

Swiss National Park

Canton of the Grisons · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

The Swiss National Park is the only national park in Switzerland. It lies in the Lower Engadin in the east, near the Italian border. It is a strict nature reserve, and nature has been left alone since 1914.

You will find forests, high meadows and rocky peaks. Red deer, chamois, ibex and marmots are common. The park has no villages. It is a place for hiking and watching wildlife.

When to visit

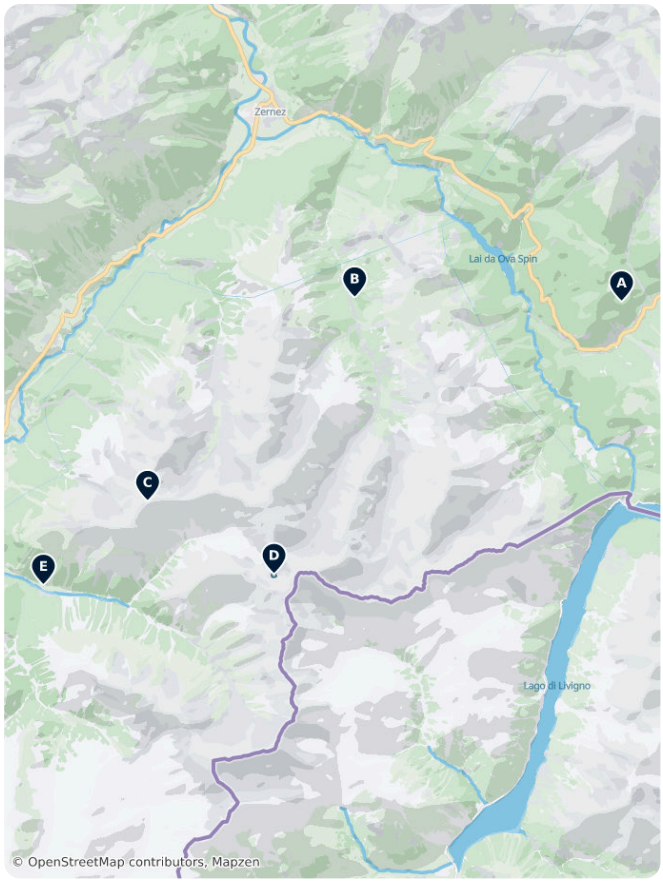
June to October is the visiting season. July and August are warm but busy. September and early October are good for autumn colours and for the deer rut. The park is closed to most visitors in winter, and snow covers the trails.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for hiking	-6° / -1° Feels like -11°	-15° / -23°	Dry air · Calm winds
February	Poor Poor for hiking	-5° / 0° Feels like -10°	-15° / -24°	Dry air · Calm winds
March	Poor Poor for hiking	-3° / 3° Feels like -7°	-11° / -21°	12 rainy days · Dry air · Calm winds
April	Poor Poor for hiking	2° / 9° Feels like -2°	-6° / -15°	15 rainy days · Dry air · Calm winds
May	Poor Poor for hiking	8° / 15° Feels like 5°	-1° / -6°	20 rainy days · Dry air · Calm winds
June	Fair Fair for hiking	13° / 19°	3° / -3°	19 rainy days · Dry air · Calm winds
July	Fair Fair for hiking	15° / 19°	5° / -1°	20 rainy days · Dry air · Calm winds
August	Fair Fair for hiking	14° / 20°	5° / -1°	19 rainy days · Dry air · Calm winds
September	Fair Fair for hiking	11° / 17°	1° / -5°	15 rainy days · Dry air · Calm winds
October	Poor Poor for hiking	6° / 13° Feels like 3°	-2° / -9°	14 rainy days · Dry air · Calm winds
November	Poor Poor for hiking	-1° / 6° Feels like -5°	-8° / -18°	14 rainy days · Dry air · Calm winds
December	Poor Poor for hiking	-5° / 0° Feels like -9°	-14° / -23°	12 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Parco Nazionale Svizzero is the park itself, with about 80 km of marked trails.
- B Chamanna Cluozza is the only hut inside the park. You can sleep and eat there.
- C Piz d'Esan is a peak on the edge of the park with wide views.
- D Lai da Müschauns is a small mountain lake.
- E Parkhütte Varusch is a park hut in the Val Trupchun, one of the best places to see deer.



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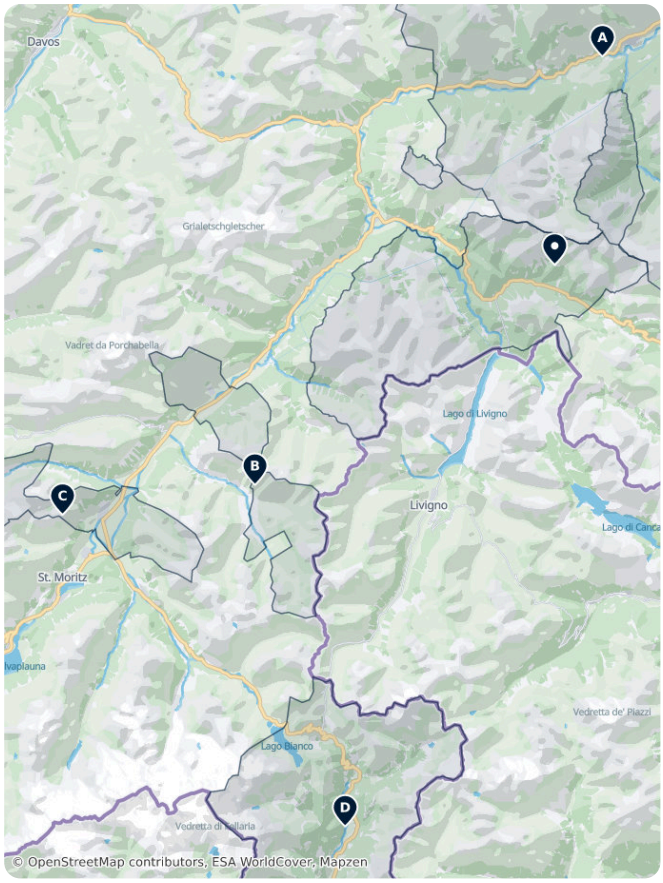
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What to experience

- Hike a day trail in the park.
- Watch deer and ibex in the early morning or evening.
- Visit the park's visitor centre in Zernez.
- Stay a night at the Cluozza hut.
- Take pictures from a distance and use binoculars.

Day trips

- A Scuol has a spa and a castle, about 40 minutes away.
- B Zuoz is an old Engadin village.
- C Samedan is the main village of the Upper Engadin.
- D Poschiavo is on the Bernina railway, south of the park.
- The Ofen Pass road crosses the park between the Engadin and the Val Müstair.



Where to explore

- Scuol and Zuoz are the nearest villages.
- Samedan and Davos are the nearest larger resorts.

Getting there

- By air: Zurich is the main airport, about 4 hours away by train.
- By train: the nearest stations are Zernez and S-chanf on the Rhaetian Railway. Check times on SBB.
- Postal buses run through the park on the Ofen Pass road.

Getting around

- There are no roads inside the park, except the Ofen Pass road.
- Postal buses stop at the trailheads.
- Walking is the only way into the park.
- Cars may park only at marked car parks outside the park.

Getting around on foot & by bike

WALKABILITY

Low

There are no towns. Walking is on marked mountain trails, some steep and long.

CYCLING INFRASTRUCTURE

Low

Bicycles are banned on park trails.

Driving

- The Ofen Pass road crosses the park. You may not stop on it, except at car parks.
- Car parks near trailheads are paid and fill up in summer.
- The pass may be closed in winter.

Food & drink

Food is simple in the park. Bring your own picnic. In the villages, try Engadin nut tart, barley soup and local cheese.

People speak Romansh and German. English is widely understood.

What to eat & drink

BREAKFAST

Birchermüesli
A raw-oat, fruit, and yogurt breakfast invented by a Zurich doctor around 1900, now standard on breakfast buffets.

LUNCH

Rösti
A fried, shredded-potato cake, originally a Bernese farmer's breakfast, now a national side dish.

DINNER

Cheese Fondue · Fondue
Melted Gruyère and Vacherin cheese in a shared pot, eaten by dipping bread cubes on long forks.

Raclette
Cheese melted tableside or under a grill and scraped over boiled potatoes, pickles, and onions.

Zürcher Geschnetzeltes
Sliced veal and mushrooms in a creamy white-wine sauce, traditionally served with rösti.

Älplermagronen
Alpine herder's macaroni gratin with potatoes, cheese, and cream, often topped with fried onions and served with apple sauce.

SNACKS & STREET FOOD

Cervelat
Switzerland's best-known sausage, usually grilled and often called the country's unofficial national dish.

SWEETS & DESSERTS

Swiss Chocolate · Schweizer Schokolade
Switzerland pioneered milk chocolate in the 19th century; look for small-batch chocolatiers alongside the big national brands.

Basler Läckerli
A dense, spiced honey-and-candied-fruit biscuit from Basel, traditional around Christmas.

DRINKS

Swiss Wine · Vin Suisse
Mostly consumed domestically rather than exported; Valais and Vaud, along Lake Geneva, produce the best-known Chasselas whites.

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Safety & health

- The park rules are strict. Stay on marked trails.
- Do not pick plants or feed animals.
- Fires, camping and dogs are not allowed.
- Mountain weather changes fast. Carry water and warm clothes.

History

The park opened in 1914. It was the first national park in the Alps. The land had been used for mining and logging before that.

Since then, forests have regrown and wildlife has returned. The park is a research area for nature.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

ELECTRICITY

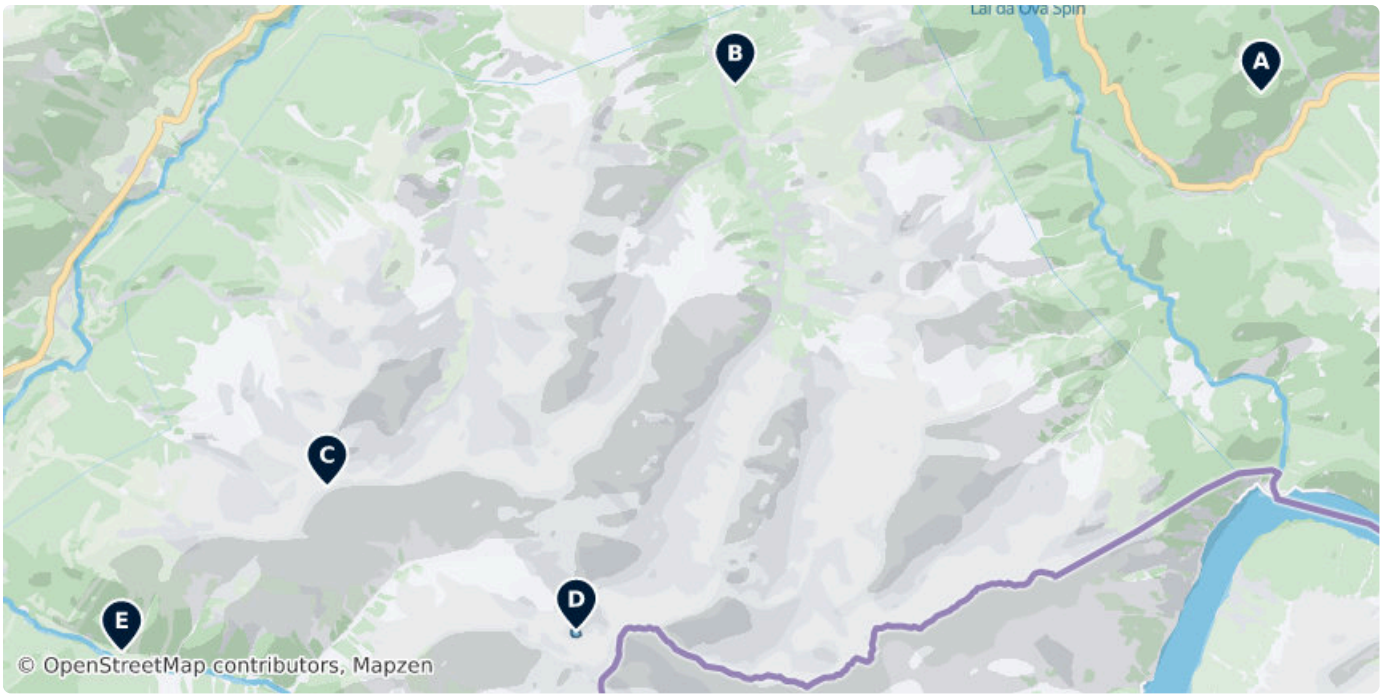


Type C / Type J
230 V · 50 Hz

LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Top sights





A Swiss National Park

The first and only national park in Switzerland. Wonderful, unspoilt alpine nature and breathtaking views - a must see.

7530, Switzerland (46.66213, 10.19120)

nationalpark.ch, +41 81 851 41 41



B Chamanna Cluozza

Val Cluozza 11, 7530 Zernez
(46.66288, 10.11762)

nationalpark.ch/besuchen/unterkunft/c..., +41 81 856 12 35



C Piz d'Esan

Piz d'Esan is a mountain of the Livigno Alps, located in Graubünden, Switzerland. It is part of the Swiss National Park.

7527, Switzerland (46.62431, 10.06050)

D Lai da Müschauns

(46.61046, 10.09538)

E Parkhütte Varusch

Via Trupchun 117, 7525 S-chanf (46.60840, 10.03179)

varusch.ch

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