The snow report will advise you on the conditions of the pistes, winter hiking trails and toboggan runs at all winter sports resorts, the weather forecast and the ticket prices. Updated daily. snow.MySwitzerland.com

Testing for peace of mind: flyender performs rapid RT-PCR tests at Zurich Airport for carefree travel. flyenderdiagnostics.com

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All stories at a glance:
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For more inspiration, see:
→ MySwitzerland.com

Swisstainable is strengthening awareness of sustainability in tourism. Many of the stories in this issue also focus on environmentally responsible travel and mindful interaction between guest and host.
→ MySwitzerland.com/swisstainable

The Saastal valley in Valais, with its jagged, ice-blue glaciers, is a spectacular natural wonder.
© Saastal Tourismus AG, Amarcster Media
Welcome! Winter suits me. In the mountains I can tread lightly over the snow on soft paws; in the woods I am perfectly camouflaged. People call me shy, but actually I am invisible. If someone comes close, I simply stand stock-still. They usually don't even notice that I'm there.

Together with my adaptability, this makes me your ideal tour guide. That’s how I have made my way through Switzerland: I got to spend the night beneath the stars in the SAC’s Swiss Alpine huts (p. 9). Aboard a wooden boat in Lucerne, I relaxed in the sauna and captained the vessel (p. 17). In Zurich (p. 29), I strolled down the famous Langstrasse and experienced a neighbourhood in transition. And I talked with some remarkable people: mountain guide Bettina Leimgruber told me all about ski touring (p. 6). Restaurateurs Camille and Céline Rohn described how they got to know local Swiss cuisine through their pop-up restaurant, Aplati (p. 51). I got tips for my next trip to Val d’Hérens from the Meillard skiing stars and siblings (p. 54).

Those are just a few of the highlights from my tour. I hope that my recommendations will inspire you to journey through the landscapes of Switzerland. Then when I see you, I won’t make myself invisible – I promise I’ll wave.

Safe travels!
Lynn
Mountains seem mystical, primitive and untouchable. In the Alps the mind becomes free, thoughts have more space. At the end of the day, after hours on foot, the mountains are a balm for body and soul.

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Step by step closer to the destination.
The first ski tour

We spoke to Bettina Leimgruber, a mountain guide from Davos Klosters who offers taster courses for novices.

An activity for everyone
“Anyone who can ski and has a basic level of fitness can go ski touring,” declares Bettina. However, she recommends starting with a taster course. This provides a detailed explanation of the equipment and how to use it, such as how to walk with the skins and how to operate an avalanche transceiver.

Davos Klosters ski touring area
The area around Davos Klosters is located in the heart of Graubünden. It offers numerous options at all difficulty levels, from simple beginner tours where you can still use the cable car through to really tough Alpine routes. And with a little local knowledge, gentle descents with good snow are easy to spot.

The first tour
Most novices have a lot of energy and motivation – even if their technique is, understandably, not yet up to scratch. The mountains of Graubünden are a great playground in which to hone your skills before a magnificent panorama. Beginners’ courses are recommended: participants get an introduction to the equipment, can tap into the course instructors’ knowledge and have the chance to firm up their own technique. Professional or novice, reaching a summit is always a breathtaking moment.

Paradise for ski touring
Davos Klosters, Prättigau and Disentis Sedrun: a trio of the most beautiful ski touring regions in Graubünden, ideal for novices. Expect straightforward ascents and spectacular descents.

Sentisch Horn in Davos Klosters

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Alp Culmatsch in Disentis Sedrun

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Fadeuer in Prättigau valley

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By night, the mountains become mystical places of power. The SAC huts offer everyone the opportunity to spend the night under the stars. Here is a selection:

### Chamonna Tuoi
*The hut for day trippers*
Accessible on an easy day tour on touring skis or snowshoes. Starting point for the legendary Piz Buin.

- Guarda → 2.5h
- 2,250m a.s.l.
- Sleeps 74
- Cereals to crush for your own breakfast Bircher muesli

### Planurahütte
*Surrounded by glaciers*
Base for extended ski tours in the area around the Clariden. Located on the largest wind-formed snow funnel in Europe.

- Klausen Pass → 4h
- 2,947m a.s.l.
- Sleeps 41
- High-Alp glacier feeling in Glarnerland

### Grialetschhütte
*Newly refurbished*
You won’t find internet or mobile phone reception here – but you will find a warm welcome in a lovingly refurbished mountain hut.

- Dürrboden → 4.5h
- 3,542m a.s.l.
- Sleeps 58
- Füela Schwarzhorn, 3,146m a.s.l.

### Rotondohütte
*The classic*
The Rotondohütte is located in the Andermatt region, which is known for being snow-sure. An excellent round trip: Realp–Lecki Pass–Mutten glacier–Stotzigen Firsten–Realp.

- Realp → 3.45h
- 2,570m a.s.l.
- Sleeps 80
- Small but perfectly curated selection of single malts

### Capanna Cristallina
*The gateway to the south*
The hut warden Manu Vellati provides southern hospitality. Warm showers and a drying room are assured thanks to the nearby power and water supply.

- Ossasco → 3.5h
- 2,575m a.s.l.
- Sleeps 120
- The powder-covered slopes into Val Bedretto and the house merlot

### Cabane des Violettes
*The hut for gourmets*
Manager and gourmet chef Franck Reynaud prepares delicious traditional food, enjoyed with views of the Weisshorn, Matterhorn and Mont Blanc.

- Violettes upper station → 3min
- 2,209m a.s.l.
- Sleeps 24
- Night ski tour (Rando Nocturne) with dinner at the hut

### Konkordiahütte
*Set in a UNESCO World Natural Heritage site*
The breathtaking views and traverse of the mighty glaciers make arriving at the hut a spectacular occasion.

- Jungfraujoch → 1.5h
- 2,850m a.s.l.
- Sleeps 155
- The secluded location amid the glacial landscape

### Lidernehütte
*The family-friendly option*
The open-sided mini cable car from Uri takes you up very close to the hut. The ideal choice for a first ski touring experience on the Hundstock, Rossstock, Chaiserstock or Hagelstock.

- Chäppelberg upper station → 15min
- 1,727m a.s.l.
- Sleeps 87
- Interesting crossings into the Muotatal and Schächental valleys

### Monte Rosa Hut
*Innovative*
The new building by the Swiss Federal Institute of Technology (ETH) combines unique architecture with contemporary technology. The most modern hut in the Alps is 90% energy self-sufficient.

- Rotenboden → 2.5h
- 2,883m a.s.l.
- Sleeps 120
- Starting point for visiting the highest point in Switzerland

Anyone who is staying in an SAC hut and is keen to experience a glacier tour will need more than the items on the kit list on pages 12–13. Find out more: → sac-cas.ch
The might of the Alps is especially apparent during ski tours.
Your ski touring kit

We asked the outdoor gear experts at Mammut what the rucksack essentials are for any ski tour.

**KIT LIST**

- **Hiring gear**
  - For beginners in particular, it makes sense to hire some equipment from a specialist initially rather than buying it right away. Expert advice is just as important as testing out different bits of kit.

- **Climbing aids**
  - Skins, crampons, ski touring boots and telescopic poles are essential for a ski tour. You have to have these items if you want to make an ascent on skis. Skis and snowboards – in this case splitboards – require special bindings. You also need a bag to stow your gear in when heading downhill.

- **Safety precautions**
  - The equipment includes a shovel, probe and avalanche transceiver. The transceiver must be worn on your body and not carried in your backpack.

- **Clothing**
  - Layers are key:
    - **Upper body**
      1. Functional or thermal underwear
      2. Fleece, powerstretch and merino tops
      3. Down and insulated jackets
      4. Shell jacket
    - **Lower body**
      Two layers (leggings and ski trousers) are usually enough for the legs. It makes sense to wear slightly thinner gloves for the ascent and save your thick gloves for the descent. Putting on a fresh thermal shirt at the summit is as refreshing as a shower.

- **Backpack**
  - A capacity of 18–25 litres is enough for a day excursion. It must have an avalanche airbag and all the necessary compartments and loops for your skis, probe and avalanche shovel.

- **Tools**
  - A pocket knife is important: a simple tool in case anything should jam or need to be screwed to the binding. It can also save the day at a picnic (cutting cheese/sausage/bread/apple, uncorking a celebratory wine). Wire, cable ties and duct tape also come in very handy if anything needs repairing.

- **Sun protection**
  - In the mountains, your skin is exposed to even more sun in winter. The snow reflects back the UV rays, making SPF 50 sun cream and sunglasses that fit well around the eyes a must.

- **Headgear**
  - On the ascent, a cap, headband or sunhat will protect your ears against the cold and your head against too much sun. A helmet and ski goggles are essential for the descent.

- **First aid kit**
  - Your ski touring backpack should contain a first aid kit with the essentials and a rescue blanket to protect you against the cold in the event of an accident.

- **Food and drink**
  - You must always have sufficient food and drink with you. You should carry at least 1.5 litres of fluids. Many mountain climbers routinely carry nuts, dried fruit or a chocolate bar for a quick injection of calories and sugar if needed.

- **General essentials**
  - You should always have an up-to-date map and your mobile phone on you. Swiss maps are freely available online. Some cash is handy in case of a mountain taxi ride or for a drink together after your tour.
Whenever you ski or snowboard off piste, it is important to pay attention to your own safety and health. It is also every bit as important to take care of nature and the local wildlife. Disturbing wild animals can have fatal consequences: remember that running away – especially through deep snow – expends a lot of energy. Animals have to conserve their energy in winter, as otherwise there is a risk that their reserves might be exhausted before spring arrives. You should therefore research quiet zones and protected areas before each tour so that you can avoid them.

**No litter on the mountain**
Litter, whether your own or someone else’s, must be picked up and taken away. A plastic bag is therefore essential. It can also be used for packing away damp clothes.

**WEBSITES AND APPS**

**Safety**: The SAC offers more than 250 courses, and now guided tours as well. → sac-cas.ch/en/training-and-safety

**Maps**: Offline maps with information on slope gradients, ski routes, wildlife quiet zones, etc. → maps.ch

**Institute for Snow and Avalanche Research**: Avalanche bulletins and new snow/snow depth reports. → sif.ch

**Weather**: Reliable forecasts for Switzerland. → meteoschweiz.ch
MAVERICK CHRONO

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BENEATH THE WAVES

For those who long for a precision watch: meet the Maverick Chronograph. Boasting Swiss made quartz movement and stainless steel case for optimum performance.

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ESTABLISHED 1884
With 20km of natural snow pistes, the Brambrüesch ski and snowboarding area offers a wide range of options at all levels of difficulty, along with magnificent views.
2,000 years ago, the Romans brought their hot baths to Switzerland. Two millennia later, this has evolved into an established wellness and sauna culture.
Be a sauna master and ship's captain: with the sauna boat you can chug across Lake Lucerne and take a sauna at the same time.
Getting hot and sweaty

The sauna is one thing that the Swiss can’t claim to have invented. And although the word “sauna” comes from the Finnish “savu”, meaning smoke, and Finnish sauna culture was added to UNESCO’s Representative List of the Intangible Cultural Heritage of Humanity in 2020, the Nordic countries did not invent the sauna either. In fact, the earliest evidence of primitive steam baths dates back to Stone Age East Asia. From these origins, different cultures have developed different types of saunas.

In Switzerland, saunas of all kinds have mushroomed since the 1960s in particular – with the Finnish style becoming the standard. You can find a small but select assortment of various saunas and steam rooms on the following pages. A few key considerations to bear in mind for a positive sauna experience:

Shower first
Before entering the sauna, shower with warm water and soap, so after your session you will only need to rinse with warm water. This is because soap and body lotions will clog up the pores that were opened by the heat, eliminating toxins from the body.

Take your time
You should spend 8 to 15 minutes sweating, followed by a cool-down period of at least 15 minutes and a rest period of the same length. The rest period is important so as not to overtax the body and to prevent circulatory problems. You normally repeat the whole process two or three times.

Health benefits
Alternating between hot, dry air and cool-down periods has a very powerful effect on the body, stimulating organ systems, boosting metabolism and strengthening defences. The oils in the infusion are also relaxing and, depending on the ingredients, can have a positive effect on the organs.

The infusion
Pouring water onto the hot rocks of the sauna stove is the high point in a sauna session and makes the cardiovascular system work harder. This is because the body is normally good at regulating temperature: it gets rid of excess heat through sweating and the evaporation of the sweat droplets from the skin. The infusion prevents cooling and induces sweating, intensifying the sauna effect. At some locations, such as the Tamina Therme, the sauna attendant carries out the infusions, using a towel to swirl the steamy air towards the sauna users.

Birch twigs
In some places, dried birch twigs known as whisks are soaked in the water and then used to lightly beat the skin and stimulate the circulation. The leaves also give off a soap-like substance and nourish the skin. Another welcome side-effect is that the pleasant scent of birch spreads through the sauna.

Nature Spa
Discover these and other exclusive wellness experiences set amid Swiss nature:
La Tour-de-Peilz

Steam on the water
A mobile wooden cabin on the shore of Lake Geneva was converted into a Finnish sauna. You can also relax in the neighbouring yurt.

St. Gallen

Weiere sauna
Two sauna rooms were added to this historic natural swimming pool. The interior is finished in limewood. Even the showers are wooden.
Eishadi
The sauna offers views of the mountain panorama and an ice bath. Helpful tips ensure everyone can dive safely into the icy water.

ι 90° α 1–8

Fire and ice
Fortifying soups

Fragrant pine wood

Sauna am See

Three sauna “barrels” await visitors to the Greifensee lake. This oasis of relaxation also includes yurts in which you can unwind and sample the food.

Rhysauna

Located on the river with views of Schaffhausen, an entire village awaits guests offering yurt, barrel and Swiss pine saunas.

Floating sauna

This boat, which measures 17 square metres, houses a relaxation room, sauna and small outdoor deck. Users cool off with a dip in the lake.

Lucerne

Uster

Sauna am See

Three sauna “barrels” await visitors to the Greifensee lake. This oasis of relaxation also includes yurts in which you can unwind and sample the food.

Schaffhausen

Rhysauna

Located on the river with views of Schaffhausen, an entire village awaits guests offering yurt, barrel and Swiss pine saunas.

\[ 40°-90° \]

\[ 2-6 \]

\[ 70°-90° \]

\[ 1-8 \]

\[ 90° \]

\[ 1-45 \]

\[ \text{A firm grip on the rudder} \]

\[ \text{Fortifying soups} \]

\[ \text{Fragrant pine wood} \]
Carefree travel

Your PCR test at Zurich Airport

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fly.enderdiagnostics.com
A great selection

A sauna session leaves your soul feeling like a weight has been lifted. That sensation is all the better when time feels like it stands still for even longer – something accomplished by hotels that cultivate a sauna culture and a comprehensive wellness offering.

**Bürgenstock**

*Bürgenstock Hotels & Resort Lake Lucerne*

From high above Lake Lucerne, everyday life feels very far away. You have the sensation of floating between heaven and earth. You’ll be captivated by three luxury spa areas, with a total of five pools and several saunas.

**Zurich**

*Aja Zürich *****

This is the ideal choice for anyone looking to combine a city break with wellness. After strolling around Zurich, retreat to the panorama sauna or the rooftop terrace above the city’s rooftops and find some tranquillity.

**Zermatt**

*Cervo Mountain Resort *****

At this redesigned resort, the traditions of Japanese thermal baths, Bhutanese hot stone baths and Nordic saunas blend to create a unique spa experience in the midst of the Zermatt mountains.

---

**Types of Sauna**

The healing powers of the sauna can be harnessed at different temperatures.

**40–50°**

*Infrared sauna*

Entry-level sauna with very low humidity. Infrared rays warm the body from the inside and help ease tense muscles.

**50°**

*Steam bath*

Deep pore cleansing at gentle temperatures. Humidity is increased to 100%, which is very good for the respiratory system.

**50–60°**

*Biosauna*

This gentle sauna can work with essential oils and light therapy. Lower temperatures allow longer sauna sessions and are less stressful for the circulatory system.

**60°**

*Clothed sauna*

A conventional sauna, but one in which swimwear is worn. Sometimes known as “textile saunas”, these are found mostly in lidos that do not have a separate sauna area.

**70°**

*Banya*

This is a Russian-style sauna with moderate temperatures and humidity of 100%. A beer is also a welcome addition.

**90–100°**

*Finnish sauna*

The most traditional form of sauna is also the hottest, but the humidity is no higher than 30%. The infusions are mild and have few additions.
All-round health

**Bad Ragaz**

**healing spring, straight from the mountain**

Natural, mineral-rich water flows from various springs in the village of Charmey. It feeds into three generously sized indoor and outdoor pools, where it is heated to 34°C. This lets you enjoy a dip even at the coldest time of year, all the while marvelling at the surrounding snow-covered mountain peaks. To maximise your enjoyment, treat yourself to something delicious from the region after bathing: maybe a piece of Gruyère cheese or some chocolate from Maison Cailler?

**Let's go to Charmey**

There are two wellness pavilions next to the baths

**Nordic pavilion**

The Nordic pavilion includes a biosauna, a nude sauna with light therapy and a classic Finnish sauna.

**Oriental pavilion**

This includes a large hammam and two Turkish steam baths.

**Chocolate treatment**

Cocoa butter is a true anti-ageing miracle. And as if that weren't enough, snacking is allowed during your massage!

**Hot fountains**

Fancy a quick dip en route to the museum or the pub? You can do just that in the hot fountains! There is no entrance fee, but showers are mandatory.

**Wellness for all**

From the panoramic sauna to the snow room, you will find everything you could wish for at Fortyseven. You can even take a weightless sensory journey into the cosmos.

**Limmathof**

This place for rest and relaxation, with or without accommodation, has been here since 1834.

**Exercise and bathing**

The water from the 36.5°C Tamina spring has made a ten-year journey through the rocks by the time it bubbles up in the nearby gorge. A bath in this precious water is relaxing and also helps ease muscles sore from the first few days of skiing.

**Sauna village Tamina Therme**

The heart of this sauna world is the sauna itself, built from fragrant kelo wood. Enjoy sauna and forest bathing in one.

**Let's go to Bad Ragaz**

**Baden**

**2,000 years of bathing culture in Baden**

Numerous Roman finds came to light during construction of the new Fortyseven wellness spa designed by star architect Mario Botta. The buried treasure plainly showed that people were already relaxing at this site in Baden back in Roman times. The 2,000-year-old spa tradition did not emerge by chance: the thermal water that bubbles out of the ground here at a temperature of 47°C has the highest mineral content in Switzerland. In addition to the baths, the entire spa district has been refreshed: parks, restaurants, cafes, artworks and two public hot thermal fountains now await visitors.

**Let's go to Baden**

**Let's go to Bad Ragaz**

As early as 1240, after hunters from the Pfäfers monastery discovered the healing spring in the Tamina Gorge, people began to make pilgrimages to the valley in search of cures. And when the doctor and philosopher Paracelsus confirmed the spa’s healing powers in the 16th century, spa tourism really took off. Today, the waters of the Tamina can be enjoyed comfortably in one of the many baths in Bad Ragaz. Bathers’ enjoyment is complemented by a medical wellness offering and myriad winter sports opportunities on the local mountain, Pizol.
Switzerland not only has an array of outstanding wellness hotels, but also entire destinations wholly dedicated to this theme.

MySwitzerland.com/spa
Every building tells a story about the region. A tour through Swiss architectural history, and the next chapter that is just being written.

Zurich
Zurich in transition: the courage of the new

Winterthur
A stroll around the Fotozentrum Winterthur

Across Switzerland
Old buildings with a new purpose

Across Switzerland
Switzerland – an open-air museum

Aargau Solothurn Évolene Olten
If walls could talk

Switzerland. No 06
Innovative structures within old walls: the Erlenmatt Silo in Basel.
Zurich in transition: the courage of the new

Zurich's districts 4 and 5 are dominated by lively Langstrasse. Once an industrial and red-light district, today a melting pot of cultures and cuisines – the area around the tracks into the main railway station has always been a pulsating artery of the city. Locals meet here to stroll, eat, haggle at the Kanzlei flea market, attend concerts in the Volkshaus and spend fun evenings at the alternative Riffraff cinema. Aussersihl and the industrial quarter are dynamic districts with a lot of history. A walk exploring the many facets of districts 4 and 5.
Langstrasse
The stretch of Langstrasse running from Helvetiaplatz to the railway underpass is probably the most notorious part of Zurich. However, there is plenty to explore at any time of day in this down-to-earth and appealing neighbourhood. Culinary gems and inviting bars line the many side streets: Bar 63 offers world-class cocktails, Restaurant Gamper with its wine bar and delicatessen is a culinary draw in district 4, and Tellhof's counter serves soup in winter and ice cream in summer. If you want to witness the hustle and bustle, grab a shawarma at the Palestine Grill right by the Piazza Cella and watch from up close: the piazza is a veritable kaleidoscope of the different groups that play a part in Zurich's urban life. The area's rough beauty strikes passers-by, just as it did in the heyday of the red-light district.

Olé Olé Bar
The Olé Olé Bar is a Langstrasse institution and the gateway to the new Langstrasse district. The bar, which has been firmly in female hands since 2013, boasts a jukebox, unpretentious décor, an extensive cocktail menu, unflustered bar service and above all authenticity. Just a few years ago, ATMs on Langstrasse itself were few and far between. However, it was an open secret that one lurked in the rear left-hand corner of the Olé Olé Bar. It is now a permanent fixture. Here, night revellers from out of town sip a beer next to old-time regulars; the new and old of Langstrasse rubbing shoulders.
DISTRICTS 4/5: A FRESH WIND IS BLOWING

25hours Hotel and Kosmos
Lagerstrasse, which joins Langstrasse at the Olé Olé Bar, has changed substantially in recent years. The modern 25hours Hotel is a popular place for tourists to stay. Right next door, Kosmos has quickly made a name for itself as a cultural destination since it opened in 2017. It houses a stage, book salon, cinema, bistro and bar, creating a lively cosmos in which people can come together.

Negrellisteg
At the western end of Europaallee is Gustav-Gull-Platz with its play fountains. The Negrellisteg was opened in 2021, and Zurich residents have already taken it to their hearts. It connects districts 4 and 5 above the tracks and is not only a new landmark, but also a place to stop and pause: high above the urban hustle and bustle, with clear views of the incoming and outgoing trains and of the station, your thoughts have space to breathe.

Zollhaus
With spaces for living, working, commerce, culture and dialogue, the Zollhaus is the embodiment of a lively place that explores new ideas of living together – with a strong focus on sustainability. The building has fitted organically into district 5 and is a microcosm in its own right: with a theatre, bar, guesthouse, sustainable shops and the Regenbogenhaus (Rainbow House), it is a meeting place for the LGBTQ+ community. People of every identity feel at home here. The Osso restaurant, with its intriguing flavours and honest cooking, adds the finishing touches to the experience here on Zollstrasse.
A stroll around the Fotozentrum Winterthur

The Fotozentrum Winterthur, not far from the picturesque old town, is a beacon of historical and contemporary photography. Comprising the Fotomuseum Winterthur and the Fotostiftung Schweiz, it is the leading centre of excellence for photography in Switzerland. While the museum is concerned with the presentation and discussion of contemporary photography, the foundation's work centres on the preservation of, research into and contextualisation of photographic works. It looks after an extensive archive containing works by outstanding photographers. The two institutions are located in the urban Mattenbach district, which itself has many stories to tell. A stroll through the area around the Fotozentrum.

1 Adlergarten
The Mattenbach quarter was once wasteland. The first to take possession of it were wealthy citizens of Winterthur, such as the entrepreneur Johann Jakob Sulzer. Back in 1813, he acquired land in the “Gärtnervorstadt”, as the area was then called – and established the Adlergarten. What was special about it was that it was built simply as a garden without a manor house. Today it is a public park covering 30,000 square meters, with extensive wooded areas.

2 Sidiareal
A striking change in this area was brought about by the conversion of the former Sidi silk weaving mill into residential and office space. Here, the ratio of residential to green space is reversed compared with the old, traditional housing developments in the district. Whereas modest dwellings with large gardens were the norm at the time, the new apartments on the former factory site meet today’s need for ample living space.

3 Geiselweid outdoor pool
The “Geisi”, as it is known to locals, is the oldest swimming pool in Winterthur and the oldest outdoor pool still in operation in Switzerland. The baths originally drew their water from the neighbouring Eulach river. Today, in addition to the natural pool, the Geisi also has an indoor complex with a main pool, family pool, slide and diving platform.

4 Zelgli
This development between the Mattenbach and Eschenberg is truly eye-catching: the striking blue colour of the buildings is visible from quite a distance away. The idea when it was built in the early 2000s was to replicate in a contemporary way the area’s historic working-class estates. Winterthur’s tradition as a garden city has been reinterpreted here in urban style and with greater density.
SEE FOR MILES

Eschenbergturm tower
A short uphill walk leads to a small clearing and the 31.5-metre Eschenbergturm, which has towered over Winterthur since 1888. The views are spectacular: the cityscape is at its finest, and on a clear day you can see as far as the Alps and the Black Forest.

Fotozentrum Winterthur
The Fotozentrum Winterthur is located at the former site of the Ganzoni company. The Fotomuseum Winterthur has an important collection focusing mainly on contemporary photography, and also hosts retrospectives. It exhibits masters of the 19th and 20th centuries, such as Karl Blossfeldt, Lisette Model, August Sander and Edward Weston. The collection of the Fotostiftung Schweiz is geared to Swiss 20th century photography and attracts plenty of attention through its regular temporary exhibitions.

Deutweg ice rink
The Zielbau Arena is not only home to the EHC Winterthur ice hockey club, but also an artificial ice rink for young and old alike. In the cold months, the people of Winterthur gather here to glide over the ice, be it beneath the indoor roof or on the two outdoor rinks. Over the Christmas period there is even a big tree decorated with atmospheric lights in the middle of the rink.
There is an argument that architecture is at its most sophisticated where old meets new. This is in part because building with historical structures is more environmentally sustainable, and starting from existing frameworks often gives rise to innovative approaches. A journey through Swiss architecture that combines historic structures with contemporary demands.

Old buildings with a new purpose

Café-Bar Elisabethen, Basel

The Elisabethen-Kirche is a place for everyone: since 1994, the church has had spiritual, cultural and social offerings for all people, regardless of their origin, skin colour, sexual orientation or religion. At the side entrance to the church, which catches the sun throughout the whole day, is the Café-Bar Elisabethen. The furnishings blend harmoniously with the interior of the church. The chatting clientele and the noises of the bar create an enlivening background hubbub and dissociate the venue from its original purpose: a place of rest and devotion has become somewhere for meeting and conversation. The café is open from 7 a.m., serving delicious-smelling coffee and warm croissants. Lunchtime diners can fill up on pasta and soup, while evening visitors can unwind and end the day with bar snacks and a glass of wine. All just a few minutes’ walk from Basel SBB railway station.

offenekirche.ch
In the city of Lucerne, a former indoor swimming pool was converted into the Neubad in 2013. Its spaces are used for events, gastronomy and catering, co-working spaces and galleries. The building is seen as one of Lucerne's key Brutalist works, as borne out by the compartmentalised complex full of nooks and crannies.

Lokremise, St. Gallen
The Lokremise in St. Gallen, along with the adjacent water tower, is considered a cultural centre of national importance. Three institutions – the Theater St. Gallen, the Kinok cinema and the Art Museum St. Gallen – occupy the premises, along with a restaurant.

Silo Basel, Basel
Last year, this former warehouse received an award from Heimatschutz Basel (the organisation for the protection of national cultural heritage), which described it as “fantastic”. With striking porthole windows, the exterior catches the eye; inside, the boutique hotel and its restaurant are the place to meet.

Stall Valär, Davos
The old stable right next to the Jakobshorn valley station has been respectfully converted. Many of the original structures were left largely intact, and the soul of the building is still the same. The result is a two-storey restaurant with bar and down-to-earth Graubünden cuisine.

Abbaye de Montheron, Montheron
The earliest written reference to this former abbey in the Jorat dates back to 1142. Today it is a restaurant with a charming garden, the source of much of the produce used in the kitchen. Contemporary cuisine is offered within historic walls, following a consistent regional and seasonal approach.
Shop.
Experience.
Enjoy.
Also open on Sundays.
Switzerland – an open-air museum

Switzerland is a melting pot of very diverse architectural currents. The country has been at peace for the last 200 years, which explains why so many buildings are still in excellent condition. Villages, castles and religious buildings have retained their original regional character with the help of painstaking renovations. An overview of Switzerland’s architectural heritage gems.

1. **Château de Chillon**  
This moated castle dating back to the 10th or 11th century was built on a natural island in Lake Geneva and follows its oval shape.  
📍 Vevey, Vaud

2. **Castello di Sasso Corbaro**  
The castle is located on a rocky ledge at 458m a.s.l., it has been a UNESCO World Heritage site since 2000.  
📍 Bellinzona, Ticino

3. **Stockalper Palace**  
Businessman Kaspar Stockalper built his palace in the 17th century. The garden in the three-storey cloistered courtyard is open all year round.  
📍 Brig, Valais

4. **Kartause Ittingen monastery**  
This former Carthusian monastery is now a museum, hotel and restaurant and supports people with mental or cognitive impairments.  
📍 Ittingen, Thurgau

5. **Abbatiale de Romainmôtier**  
One of the oldest Romanesque churches in Switzerland holds regular church services and concerts.  
📍 Romainmôtier, Vaud

6. **Grand Chalet de Rossinière**  
The largest chalet in Switzerland is impressive in its size and details, boasting 5 storeys, 113 windows and a facade decorated with 288 letters.  
📍 Rossinière, Vaud

7. **Schellen-Ursli-Haus**  
The house is said to have served as a model for the illustrations of the beloved tale “A Bell for Ursli” by Selina Chönz, drawn by Alois Carigiet.  
📍 Guarda, Graubünden

8. **Grotto San Rocco**  
This traditional establishment is located right by Lake Lugano and offers diners authentic Ticinese cuisine.  
📍 Caprino, Ticino

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**Meetings with history**  
The seminar hotels offer a blend of inspiration and modern infrastructure in historic buildings.  
MySwitzerland.com/inspiration

**Swiss Historic Hotels**  
Spend the night behind historic walls and immerse yourself in the atmosphere of bygone times.  
MySwitzerland.com/historic

**Holidays in buildings of historic importance**  
Tourism meets conservation – important old buildings get a new life as holiday lets.  
ferienimbaudenkmal.ch
The canton of Aargau has a rich history. It is not just home to the Habichtsburg, built over 1,000 years ago as the first seat of the famous Habsburg ruling dynasty and the origin of its name. You can also find ruins from bygone wars and baroque palaces built by influential landed gentry. In the canton of Solothurn, stately French-style castles recall the era when its capital was home to the French embassy.

The village of Évolène, located in the Val d’Hérens valley in Lower Valais, is the fourth largest municipality in Switzerland by area. It forms its own district with ten settlements and has 1,680 inhabitants. The many traditional timber buildings made of dark wood, some of which are narrow and up to five storeys high, make a striking impression. They are built above stone cellars which were used to cool the stored supplies. Roofs were covered with either slates or stone slabs.

Olten’s historic old town is full of surprises, with many sights to discover. These include in particular the covered wooden bridge (Alte Brücke) dating back to 1803, the Rathskeller with its beautiful, frescoed façades and the magnificent city tower. Tours are offered to the public on a regular basis. Olten has a rich and eventful religious history. Besides churches and chapels, there is a Capuchin monastery located in the middle of the city. It was founded in 1646, and 15 monks still live here today. The monastery garden is regularly opened for events.
Christmas is a time for reflection. Surrounded by those we love, we pause, ponder, reflect and draw strength for the year to come.
A village within the city: the Christmas market in Zurich's Sechseläutenplatz.
The Christmas season should be a time for reflection. But hunting around a shopping centre for last-minute gifts can be very stressful. How about a relaxed Secret Santa rather than a wild scramble for presents? None of the gifts may cost more than a token amount that you agree jointly in advance.

1. **Mailänderli**
   Probably the most popular and well-known classic Swiss Christmas biscuit.

2. **Brunsli**
   The chocolate and almond classic, but with a hazelnut twist, from Basel. The original recipe is said to come from Baden.

3. **Grassins**
   These shortcrust pastry delicacies are an unmistakable prelude to Christmas in Graubünden – especially in the Engadin.

4. **Chräbeli**
   This Christmas pastry with a spicy aniseed flavour has a long tradition in Central Switzerland and is now baked throughout the country.

5. **Spampezie**
   These traditional Christmas biscuits from the Leventina are baked in hand-carved wooden moulds.

6. **Spitzbuben**
   The Swiss take on Linzer Augen with jam is one of the most frequently baked Advent treats.

7. **Vanillekipferl**
   Originally from Germany and Austria, these biscuits are also a firm tradition in Switzerland.

8. **Cinnamon stars**
   In Switzerland, cinnamon stars are as much a part of the Christmas season as the candles on the tree. For a long time they were a luxury item due to the precious cinnamon.

**Secret Santa**

The smell of Christmas biscuits fills the air, baubles and candles shine.

The Christmas season should be a time for reflection. But hunting around a shopping centre for last-minute gifts can be very stressful. How about a relaxed Secret Santa rather than a wild scramble for presents? None of the gifts may cost more than a token amount that you agree jointly in advance.

If you want to protect the environment when buying a Christmas tree, it’s best to choose a native spruce or silver fir that has not been transported long distances. Organic trees grown without pesticides are becoming increasingly common.

Each year, some

1.2 million
Christmas trees light up Swiss homes.

An alternative
Choose a Christmas tree in a pot, which can be enjoyed year after year. There are now also trees you can hire.
Sending letters

When the first dusting of snow covers the mystical landscape of the hamlet of Wienacht-Tobel, it is a sure sign that the postmen and women of this Appenzell municipality will soon have their hands full. With a name like that (similar to Weihnachte, the Swiss German word for Christmas), this must be where the baby Jesus lives!

For more than 30 years, letters written by children from all over the world to the baby Jesus have not only been read, but answered immediately in this pretty village.

The Christmas Story, in wood

A nativity scene is now a standard fixture beneath many Christmas trees. Yet the crib was once a Catholic custom, while the Christmas tree was a Protestant one. Today, the two traditions are harmoniously combined.

Representing the birth of Jesus with figurines is, however, an old custom, which until the 19th century took place mainly in churches because of the cost of the wooden figurines. Versions for personal use were made from paper in the late 19th century, and later from wood. The best-known Swiss nativity figures come from Brienz in the Bernese Oberland.

Listening to stories

The Christmas season has always been a time for listening to traditional tales. Once upon a time, people sat around the fire, cosied up together and told each other stories. The significance of the fire has changed, but the stories live on. And they are retold in some very special places during the Christmas season.

Festival of lights

The days are at their shortest around the winter solstice just before Christmas. Wonderful illuminations conjure up light in the darkness.

ZAUBERWALD
Lenzerheide
Shooting stars dance through the winter night in this fabulous enchanted forest.

CHIENBÄSE
Liestal
Huge torches are carried through the city, bringing a sea of lights to Baselland.

HOM STROM
Scuol
An ancient custom to secure the favour of the sun god.

There is a whole lot of Christmas here ➔
The Christmas season is a feast for all the senses in Zug. The illuminations add a very special kind of magic to the city, while enticing smells of mulled wine, raclette and crêpes float through the air from the stalls of the Adventstreff at Metalli. Zug’s old town with its boutique stores is a real treasure trove – the perfect place to buy local gifts. And if you have a wish that cannot yet come true, hang it on the wishing tree, and maybe next year will be different. Of course it is not just the canton’s capital that falls under the spell of Christmas: other towns and cities in Zug also host cozy Christmas markets.

A wander through a Christmas market embodies the joy of anticipation. Switzerland’s oldest Christmas market, in Basel (1), first began enchanting visitors in 1978. This tradition has since taken root across the whole of Switzerland, in big cities and rural areas alike. The unmistakable scents of mulled wine and sweet Christmas biscuits are not to be missed. The same goes for the discoveries large and small to be made at every attractive stall.
Discover Christmas markets all over Switzerland

**THE SCENT OF MULLED WINE**

**Montreux**
The flying Santa above the illuminated Christmas market of Montreux has something approaching cult status here on Lake Geneva.

**Thun**
The carousel faithfully revolves, spreading nostalgic magic, while the smell of mulled wine emanates from the lovingly decorated wooden huts.

**Lugano**
“Natale in Piazza” begins with the lighting of the candles in the Piazza Riforma. One crib can even be spotted glowing beneath the waters of Lake Lugano.

**Schaffhausen**
Every festive season, the 800-year-old cloister of the Allerheiligen Monastery in Schaffhausen becomes a Christmas market in a very special setting.

**Lucerne**
Lucerne’s Christmas market takes place on Franziskaner-platz in the heart of the old town. The Franziskaner-brunnen fountain is transformed into the largest Advent crown in Central Switzerland.

**Lausanne**
Admire the twinkling lights of the Christmas market from above on a big wheel, or enjoy a cozy fondue in a horse-drawn carriage below.

**FOURDUE MAGIC**

**Hotel Schweizerhof Bern & The Spa*******
High above the rooftops of Bern, with views over the wintry city, the “Tubbo” serves raclette for lunch and dinner.

**Restaurant Le Chalet de Gruyères**
The “Chalet”, located in the heart of cheese country in Fribourg, serves fondue and raclette with regional charm.

**Sorell Hotel Zürichberg: Chalet Zürichberg**
The ingredients for the homemade fondue – be it cheese or chinoise – are sourced from the local area. Tuck in by the cozy fireplace.

**Hotel Steinbock***, **Pontresina**
Here, fondue is served in an old funicular. While it stays firmly on the ground, you might feel yourself floating away a little.

**The Eastern Switzerland way**
In this fondue, Appenzeller and Tilsiter cheese combine for a fondue that packs a punch.

**Appenzeller, Tilsiter**

**Porcini and cheese fondue**
A few porcini mushrooms make for a surprise twist on the classic moitié-moitié.

**Le Gruyère AOP, Vacherin Fribourgeois AOP**

**Valais-style tomato fondue**
Summery tomatoes and wintry cheese together conjure up a new whole.

**Emmentaler AOP, Walliser Raclette AOP**

**Tête de Moine fondue**
The rosettes of Tête de Moine disappear into the fondue, but they still work their magic.

**Le Gruyère AOP, Tête de Moine AOP**

Fondue and raclette experiences that offer more than cheese

Discover all the fondue recipes here
Basel, city of art

9 a.m.
Bäckerei Kult
Bäckerei Kult offers the tastiest baked goods in the city. Whether you want warm croissants, sandwiches or something sweet, it’s all top-notch.

10 a.m.
Kunstmuseum Basel
The Kunstmuseum houses one of the most important public collections in the world. The main building dating back to 1936 has been extended with the addition of the Kunstmuseum Basel | Gegenwart and the new building.

12 noon
Lunch at Münsterplatz
The Zum Isaak restaurant on Münsterplatz offers delicious lunch menus every day. If you have time after eating, call in at Basel Cathedral.

3 p.m.
HEK
The Dreispitzareal is home to the Haus der elektronischen Künste, a space for contemporary art with a focus on electronic media and one of the brightest stars in Basel’s museum firmament.

6 p.m.
Kunsthalle Basel
Founded in 1872, this is the oldest art gallery in Switzerland. National and international art complement each other beneath its historic roof.

Filip Wolfensberger of the Basel-based artist duo Cicolupo talks scrap yards and Jean Tinguely.

Filip, how did Cicolupo come into being?
Joel Lobisiger Vargas and I studied Arts Education – Design and Art together in Zurich. Our studies included workshop classes, where we were introduced to welding and metalworking. Together with Manou Clément and Pascal Martinoli, we then founded Cicolupo. Until that point, Pascal had worked mostly with wood. Then we started to combine the two materials. Joel and Manou have since left, so Cicolupo today consists of Pascal and me.

The comparison with Tinguely and his kinetic metal figures is obvious. Is he still an inspiration for you?
The nature of the materials is certainly similar, not least because many of the parts we use are from his time. This can be seen in the composition of the metal; many parts would not be made like this today. And of course, such an influential oeuvre is always an inspiration.

Has your work always been sustainable?
Yes, we have always found the material qualities of used metal to be more appealing. Besides, from the beginning it was fun to go to the scrap yard and rummage for material that tells a story through its texture, weathering and alloy. This normally gives you the most aesthetically pleasing patina.

So buying new materials was never on the agenda?
No. After all even old metal can be polished up and can look something like new. That’s the beauty of it; it’s very durable even if it’s already been welded. We enjoy the whole process: going to the scrap yard, selecting the metal, processing and composing the work right through to completion.

What comes first: the material or the design?
We don’t tend to make plans as such, just rough sketches with the characteristics of the work that we want to produce. We create the volume of the structure with wire and then apply material around it. So we don’t sculpt as such; we build. We add or remove material.

Why are animals a recurring motif in your work?
The animals we build are mighty apparitions that stand in contrast to their sometimes delicate constituent parts. At the same time, we want to juxtapose the seemingly organic overall picture with its technical components. When we build abstract sculptures, we try to create contrast with the natural element of wood.

What was it difficult to build a relationship with local scrap yards?
Some were sceptical at first and didn’t really know what we wanted. We had a good relationship with the recycling company Thommen right from the start. In part, that’s because the father of the current owner had rejected the famous Jean Tinguely when he was still unknown. With the benefit of hindsight, that was a mistake. It would not be good to repeat that, which is why Thommen got on board with us.

Discover Basel in winter →
What is Prototypes?
The short answer: a fashion label based in Zurich. The full version is that we are a hybrid of a classic label and a do-it-yourself approach. Garments have their origin in our studio, but it is left up to consumers to determine what these should look like. Ultimately, we make prototypes that we divide into three different lines.

Can you explain these three lines?
I must start by digressing briefly, because there is a premise on which we launched these lines.

And what is that?
There are various different ways of operating sustainably in the clothing industry. A sustainable production chain is one, and we hear a lot of debate about this. The most rampant problem, however, is the massive overproduction of finished garments and piece goods, or fabrics for the production of clothing. This was the starting point and impetus for the three lines: Proto Packs, Proto Prints and Second Life Line.

Let’s start with the Proto Packs.
The Proto Packs are instructions developed by us to sew new garments from discarded ones. Instead of throwing away old joggers, they can be turned into a hoodie. Ties are sewn into a mini skirt. No two finished products are alike, because the constituent garments come from the individual’s own wardrobe.

And what about the Second Life Line?
These items are created from the surplus piece goods and garments that end up in warehouses. The line is designed by us and then sold by retailers worldwide, so it’s like a traditional fashion label.

What is Proto Prints?
The Proto Packs is the name of the third line. This one is more radical. Instead of putting garments with prints in stores, we just sell the prints. That way, you can decide for yourself which garment you want to iron our print onto and exactly where. In the best case, this will keep it in your wardrobe for a while longer. And we avoid retailing a T-shirt with the same print in three different colours.

Was sustainable fashion a prerequisite for Prototypes from the outset?
Definitely. My partner and I had already worked in this sector, and it was difficult for us to figure out under what conditions we would like to continue working as designers. After the oil industry, the textile industry is the one that does the most damage to the environment.

Following through on that systematically sounds like a challenge.
Of course, making sustainable clothing is first and foremost a limitation. However, we firmly believe that working within such strictures ultimately boosts creativity and produces new ways of thinking. We do not want to put the focus on our design, so much as we want to initiate dialogue between the consumer and the item of clothing.

This has proved successful.
It’s also quite simply a pleasure to see trousers made from old ties, aesthetically pleasing, yet embodying something contemporary.

proto-types.ch
“We want to be close to the farms that supply us”
A conversation with young restaurateurs Camille and Céline Rohn from the mobile pop-up restaurant Aplati.

Hi, where are you right now?
Camille (C): We are going to spend three months cooking for guests at Casa Belvedere on Alp Grüm. Until then, Aplati is on holiday, so we are currently helping out on a farm in our home region of Bern and taking a look at what happens before the products reach our kitchen.

Can you give us a brief introduction to Aplati?
Céline (Cn): Aplati is the two of us, and we are sisters. We are a pop-up, i.e. a temporary kitchen. To date we have spent winters in our home area near Bern and summers in one of Switzerland’s mountain regions. Through close relationships with our producers and engagement with the region and its traditions, we want to learn the stories behind our products and bring them to the plate.

How do you foster the dialogue with your producers?
Cn: We resolved to use the shoulder season to get close to the farms that supply us. That is why I’m here in the Gürbetal valley now. When we are operating a pop-up, we personally drive by once a week in our VW bus and pick up the goods we’ve ordered. If time permits, we have a coffee and talk about the work of the producers or current difficulties in agriculture.

Why do you pick up your groceries in person rather than having them delivered?
C: Firstly, as I said earlier, it helps us to maintain a personal relationship with our producers. There are also cost reasons. I’m here on the farm right now, and the effort that goes into growing and tending organic vegetables is immense. We want to work exclusively with sustainable and regional ingredients, but they are more expensive than conventional ones. If we had them delivered, we wouldn’t be able to afford them. Also, small farms don’t usually deliver.

This increases appreciation of the product’s value.
C: Absolutely. That’s why our waste consists of nothing but the scraps from our diners’ plates. We cannot countenance throwing away kitchen waste. The appreciation for the products increases through the personal connection, which we pass on to our guests. Forging this link between producers and guests is the quintessence of what we are doing at Aplati.

How do you avoid kitchen waste?
Cn: In each course, we try to focus on one foodstuff and show its different facets. This results in three or four components. That is a challenge for food preparation: we give each ingredient the space we feel it deserves. Celery, for example, is a versatile vegetable. It can be eaten boiled, grilled, mashed or baked. Depending on the method of preparation, the same vegetable tastes totally different. Ultimately, this is one of the principles on which we run Aplati.

Do you have any cooking tips people can try at home?
C: Look less at recipes and more at what ingredients you have in the fridge. That way, leftovers are not wasted and new concoctions can be created. Ordering vegetable boxes directly from producers also raises awareness of regional products and local agriculture.

aplati.ch
Find the hidden phrase and win a rucksack from Mammut. Enter at: MySwitzerland.com/quiz

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→ On the fast track
Siblings and burgeoning talents in Swiss Alpine ski racing: Mélanie and Loïc Meillard, on the piste together in Hérémence.
Val d’Hérens is our playground

Mélanie and Loïc Meillard, though young, are part of the Swiss Alpine ski team. The siblings talk about their hobbies and their adopted home of Hérémence.

What do you do when you’re not skiing?
Mélanie (M): I am a professional athlete first and foremost, and that is always at the back of my mind whatever I am doing. That said, I like to play sport, go for long walks and enjoy all aspects of my life and free time.
Loïc (L): Competitive sport is not just our profession; it is our passion too. That’s precisely why sport in general, even off the slopes, is an important part of our lives.

Loïc, you’re also a keen photographer?
L: Yes, that’s right. But it’s difficult to say how this passion came about. I have always enjoyed taking photos, so I got myself a high-quality camera. My career allows me to do a lot of travelling, and I have realised just how much I enjoy getting to know new people, customs and cultures. Having the camera means I can capture these memories and moments that I often experience with the team and take them back home with me.

A way to unwind between races, then?
L: Definitely. Taking photos gives me the opportunity to view my surroundings differently and put racing on the back-burner for a while. It makes me think about other things, and in the best case I also then have a beautiful photo as a memory of the moment.

What are your recommendations for visitors to your adopted home of Hérémence?
M: Hérémence is located in the Val d’Hérens, one of the many side-valleys of the Rhone valley. Whatever the season, the area offers countless opportunities to discover and experience nature. The Grande Dixence, the world’s highest gravity dam, is also located here. It is a popular vantage point. In summer, visitors can walk across the top of the imposing wall, while in winter they can marvel at the edifice from the ski area.
L: The scenery is wild and natural, perfect for snowshoeing or a winter walk. And anyone wanting to go cross-country skiing will find prime conditions and a unique winter landscape.

And there’s just as much to admire at the foot of the dam wall.
M: That’s right. That’s where you’ll find the village of Pralong. In winter it is like being in a fairy tale, which is why the locals have dubbed the area the Lapland of Switzerland. There are Nordic-style adventures to be had in Valais, too.
L: The scenery is wild and natural, perfect for snowshoeing or a winter walk. And anyone wanting to go cross-country skiing will find prime conditions and a unique winter landscape.

We haven’t even spoken about the ski resort yet.
M: In winter, most locals and visitors are naturally drawn to the slopes. Loïc and I like to do our first run early, at 8:30 a.m. At that time of the morning, the sunrise bathes the Alps in beautiful colours. A perfect start to the day.
L: I advise everyone to start their day’s skiing in Les Masses, a small village above Hérémence. From there, a chair lift takes you directly to Les 4 Vallées, the largest ski area located entirely within Switzerland. All ski fans will get their money’s worth there.
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Sustainable winter experiences: over 600 excursions using public transport, just a mouse-click away.

» SwitzerlandMobility app
» switzerlandmobility.ch/winter
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Affordable pleasures

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MySwitzerland.com/snow25

Engadin ice trail

Embark on an icy adventure

From Sur En in the Lower Engadine, a three-kilometre ice trail meanders through snowy woods alongside the Inn river. Ice skates for adults and children can be hired right on site.

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Affordable places to sleep

A short trip with friends

Make sure you don’t miss out: anyone under the age of 25 can stay overnight in a multi-bed room in a Swiss youth hostel for as little as CHF 25, including breakfast. Book now – limited availability!

MySwitzerland.com/sleep25

Delectable skiing

Unique mountain scenery

With 40 kilometres of pistes and snowy mountain-sides, Elm is a winter paradise. A platter in the Bischof-alp restaurant or an aperitif in the Munggä Hüttä hut are the perfect complement to the views of the UNESCO World Heritage Swiss Tectonic Arena Sardona and the Tschingelhörner chain.

Bounè Rodzo

Winter fun in Charmey

As well as helping the mountain farmers in Charmey during the Alpine season, the little elf Bounè Rodzo also has a great winter park. Snowtubing, footgolf, snowball fights and much more await guests aged three and over.

The spa boat

Crossing the lake in a hot tub

Even in the depths of winter, you and your friends can enjoy a relaxing ride across Lake Brienz in the Hot Tug. The boat is filled with water heated to 38°C, and drinks and snacks are also available. Breathe deeply and enjoy.

Tips for exciting experiences and winter excursions whatever the weather: you will find the cosiest ski lodges, museum exhibitions and spa oases here.

FAMILY DESTINATION

For young and old

Perfect family holidays from A to Z

Families will receive a warm welcome in the 24 holiday resorts that have been awarded the Family Destination label. The offerings are specifically geared towards the needs and wishes of children and those accompanying them. Our highlights:

- Sled dog tour in Toggenburg
- Detective trail in Sörenberg
- Snowtubing in Nendaz

MySwitzerland.com/family

Winter sports for all
Every year, large numbers of domestic and international visitors look to the mountains for their holidays. Switzerland’s pistes are perfectly groomed, and its hotels are of international quality. In the 19th century, people were still hesitant about visiting Switzerland and its rugged mountains in winter. The Snow Sports Hotels brochure shows how winter sports have developed between those times and the present day.
Swiss Ski School for adults

Swiss Ski Schools have the right course for every age and skill level. Its instructors have a reputation as the best in the world at what they do. Swiss Snowsports put this to the test and sent a beginner to ski instructor Alexandra.

Day 1
With coaching from Swiss Ski School instructors, even adult novices can get into snow sports. The schools offer lessons in several languages and help learners get used to the equipment and make their first turns.

Day 2
The stem turn, a basic skiing technique, is practised with patience and sensitivity. Alexandra knows that repetition creates routine and certainty. That’s the only way to get confident on skis.

Day 3
Ski instructors have an eye for eliminating mistakes and bad habits right from the start. On the third day, the fear disappears completely, movements become more natural and bravery increases. Next winter, skiing will then be enjoyed to the fullest.
Switzerland Tourism and Transhelvetica have produced eight accommodation brochures describing accommodation options to suit every taste and mood. Find the accommodation to suit you!

**Need a holiday?**

- We have sorted through 600 selected accommodation options by interests. Are you ready to start planning your next break?
  - Yes
  - No

- Are you planning your next workshop or a team event?
  - Yes
  - No

You need some inspiration!
You'll find plenty on p. 62 or at MySwitzerland.com/hotels

- Are you a nature lover and would you ideally prefer to spend the whole day outdoors?
  - Yes
  - No

- Are you a sporty type?
  - Yes
  - No

- Are you at your most comfortable indoors?
  - Yes
  - No

- Are design, art and style important to you?
  - Yes
  - No

- Do you need a healthy dose of rustic Swiss charm in order to relax?
  - Yes
  - No

- Got it! Are you a historian at heart who is looking to take a trip through time?
  - Yes
  - No

- Take a deep breath. We’ll get it right soon. Start again at the beginning and take your time.

- Are you sure you need a holiday?
  - Yes
  - No

**All booklets at a glance:**
MySwitzerland.com/brochures
Villars-sur-Ollon is a beautiful village in the Vaud Alp, far from the hustle and bustle of the city, where a variety of outdoor activities are offered throughout the year. The Victoria Hotel & Residence lies in a quiet setting and is the ideal location for any holiday-maker looking to recharge their batteries and enjoy the pure mountain air.

Comfort and reliability from A to Z.

It's all about conviviality.

Secret tip: the piste that runs directly in front of the hotel.

These accommodation options are heaven for winter sports enthusiasts – the perfect place to relax after an action-packed day on the snow, have your equipment serviced and be the first one back on the mountain the next day. Here, guests’ needs come first.

Victoria Hotel & Residence
Villars

Hôtel Nendaz 4 Vallées & Spa
Haute-Nendaz

Bever Lodge
Bever

Aspen Alpin Lifestyle Hotel Grindelwald
Grindelwald

Reka holiday village Sörenberg
Sörenberg

Discover Snow Sports Hotels
SWISS FAMILY HOTELS & LODGINGS
MySwitzerland.com/familyhotels
Crèches, storytime, children’s spas, cinemas or adventure playgrounds: the needs of your little ones are the focus for Swiss Family Hotels & Lodgings.

Jufa Savognin
Savognin

Reka holiday village
Wildhaus

LUXURY HOTELS & HOMES
MySwitzerland.com/luxury
Impressive architecture, excellent service, creative restaurant concepts: in Switzerland’s five-star hotels, guests’ every wish is fully anticipated.

Grand Hotel Kronenhof
Pontresina

The Chedi Andermatt
Andermatt

BOUTIQUE & DESIGN HOTELS
MySwitzerland.com/boutiquedesign
High design standards, clear styling and carefully selected materials – Boutique & Design Hotels are renowned for their inspiring architecture and form.

Whitepod Eco-Luxury Hotel
Les Giettes

TYPICALLY SWISS HOTELS
MySwitzerland.com/typically
Regional building style, traditional decor or a menu of Swiss specialities: the Typically Swiss Hotels – from aristocratic townhouses to country inns – are sure to please any fan of Switzerland.

Hotel Alpenland
Lauenen

INSPIRING MEETING HOTELS
MySwitzerland.com/inspiration
Host meetings against a beautiful mountain panorama, in a former monastery or in a luxurious high-tech tent: Inspiring Meeting Hotels help promote successful meetings with their unusual locations and their exceptional social programmes.

Schloss Hünigen
Konolfingen

SWISS HISTORIC HOTELS
MySwitzerland.com/historic
Whether you choose a grand hotel from the Belle Époque or a baroque inn, guests at Swiss Historic Hotels sleep within walls that are steeped in history and can enjoy the atmosphere of a bygone era.

Jugendstil-Hotel Paxmontana
Flüeli-Ranft

La Couronne Hotel Restaurant
Solothurn

SPA & VITALITY HOTELS
MySwitzerland.ch/spa
Sauna, medical treatment or outdoor pool: guests at the Spa & Vitality Hotels will enjoy the facilities at these superior wellness hotels in some of Switzerland’s most splendid natural settings. The perfect choice for health-conscious travellers.

Hôtel de Rougemont & Spa
Rougemont

Seminar- & Wellnesshotel Stoos
Stoos
This way for more hotels and accommodation options.

Find the perfect accommodation for every taste and preference.

All supplementary accommodation establishments at a glance:

→ MySwitzerland.com/parahotellerie
Zurich → Andermatt
If you’re interested in sustainable travel, you’ll choose public transport. Switzerland has the densest transport network in the world and manages the change of scenery from urban areas to snowy Alps with ease. The course for a sustainable future has already been set.

**Travelling through Switzerland**
Whether you opt for a Swiss Travel Pass, a Half-Fare Travelcard or a Saver Day Pass, there’s a ticket to suit your individual travel needs.

### Zurich → Arosa
From Zurich Airport via the main station to Chur, where the famous Rhaetian Railway awaits. The journey up into the mountains offers views of the impressive Alpine panorama and idyllic natural surroundings. The railway station in Arosa is just a few steps away from the valley station of the Weisshorn cable car.

### Zurich → Andermatt
If you have time, travel from Zurich to Chur and change there for the iconic Glacier Express. The train takes you through untouched winter landscapes and over the Oberalp Pass to Andermatt, where the Gütsch-Express cable car awaits on the other side of the underpass. The return journey is via Göschenen.

### Lucerne → Engelberg
From Lucerne, two routes lead to the Engelberg ski area. The Zentralbahn railway takes 45 minutes to wind its way up through snowy landscapes and wild gorges. But the journey over water is just as picturesque: a comfortable boat ride across Lake Lucerne to Beckenried, then a bus and train to your destination.

### Geneva → Saas-Fee
Saas-Fee, the car-free ski paradise in Valais, is just under three and a half hours from Geneva and three hours from Zurich. Known as the Pearl of the Alps, Saas-Fee is located at the foot of the Dom, the highest mountain in Switzerland. The glacier village is surrounded by thirteen 4,000-metre peaks.

#### Grand Train Tour of Switzerland
The five stages of the Winter Magic Tour take passengers past glaciers, snowy slopes, wild gorges and frozen lakes:
- GrandTrainTour.com/wintermagic
  - Eight days in total, route can be freely chosen
  - Two nights each in Interlaken, St. Moritz and Zermatt
  - 2–3 days’ skiing in selected Swiss ski resorts

### “Rail & cable”
Zurich HB → Unterterzen (valley station) around 1 hour
65 kilometres of perfectly groomed pistes graded at three levels of difficulty (easy, medium and difficult) await you, along with 17 cable cars and ski lifts.

Luzern → Engelberg (Titlis valley station) less than 1 hour
Experience maximum winter fun on the Titlis. 3,020 metres of altitude, impressive glaciers and over 80 kilometres of pistes guarantee good cheer.

Avoid the queues and get on the piste
SwissPass = ski pass
Load your Snow’n’Rail combined offer onto your SwissPass, then you can get on the lifts as soon as you reach the ski area. Further info:
sbb.ch/snr-swisspass

Luggage transportation
Carefree travel
The relaxed way to travel without the hassle of luggage: the SBB will carry your luggage from station to station or even from door to door.
sbb.ch/luggage

161.9km/h
is the speed achieved by Johan Clarey on 19 January 2013 on the Haneegggeschuss section of the Wengen downhill race, the highest speed ever recorded in the Alpine Ski World Cup.

Olympic champions
Of the 14 medals claimed by Switzerland at the 2022 Winter Olympics in Beijing, eight were won by former students of Sportmittelschule Engelberg.

Didier Cuche holds the records as the oldest winner of a World Cup race in the downhill, super-G and giant slalom disciplines.

Alpine Museum
This museum presents the world of the mountains in art, literature, society, business and politics and connects the past with the present.
aplimesmuseum.ch

The Swiss Snow App shows you the current snow and weather conditions at a glance, including live 360° webcam views.
MySwitzerland.com/swiss-snow-app

Reward
More fun on the piste
Many cable cars and mountain railways offer visitors a discounted ski pass if they travel by public transport.

Snow’n’Rail
Ski for less in Switzerland’s most popular ski resorts: Snow’n’Rail customers benefit from discounts on ski passes, ski hire and private lessons with selected Swiss ski schools, ensuring that nothing stands in the way of carefree winter fun.

Other winter offers: sbb.ch/snownrail

All combined offers with discounts of up to 20%*
Buy online from the start of the 2022 season.

Swissrent Group AG
Rent for less
Get kitted out from head to toe with the latest outdoor sports gear and apparel.
swissrent.com

Snow like in days gone by
Skiing has changed, skis have become faster and ski suits sportier. Those with a yearning for the past will find a few places where historic skis are still in fashion.

INFOKEY

* See leisure offers at sbb.ch/snownrail, on sale November 2022. Discounts may vary from offer to offer.
Flying high

Culinary Switzerland

The indulgence route

By the time you sit back in your plane seat and travel all over the world, the delicious meals on your plate have already been on a big journey of their own. Every ingredient from the onboard kitchen has its own story that tells of its beginnings, its place of origin and its producers. It holds an authentic, regional taste and is the inspiration for tours of discovery around Switzerland.

Flauder Holder
from Flauder AI

Sun-ripened berries and herb extracts are what give Flauder Holder its authentic flavour. Visitors to Appenzell explore the St Karl Borromäus chapel or sample the regional menu and varied wine list at the Traube restaurant.

Tète de Moine
from Bellelay BE

This semi-hard cheese from the Bernese Jura was first produced in the 12th century in the Bellelay monastery. With long ranges of hills furrowed by deep gorges and covered with woodland meadows, the region is ideal hiking country.

SWISS Altitude 1150
from Elm GL

The exclusive SWISS Altitude 1150 water flows from a rocky spring that is part of a UNESCO World Heritage site in the Glarus Sernftal valley. The views of the Tschingelhörner chain from Elm are stunning, while those keen to venture into the depths of the mountain can do so at the slate factory.

Hiltl
from Zurich ZH

Hiltl is renowned throughout Switzerland as a pioneer of vegetarian and vegan cuisine. Previously only to be found near Bahnhofstrasse, the restaurant has for a number of years also had an offshoot in the Sihlpost, the perfect spot from which to explore Euroopaa, the new neighbourhood near Zurich Main Station.

Roncaia red wine
from Ligornetto TI

Roncaia comes from the vineyard of the famous winemaker Vinattieri. The area around Monte San Giorgio is diverse, with the stone village centre of Meride home to a museum built by Mario Botta, and every dish at the Grotto Fossati authentically Ticinese.

Agathe Les Dorés Beurrés Bio
from Nyon VD

All the ingredients of these delicate biscuits are sourced in Vaud – the finishing touches are made by hand in the traditional way. Visitors to the pretty town of Nyon will marvel at the excavations and sights from the time of the Helvetii.

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SWISS Taste

SWISS Taste of Switzerland is the award-winning gastronomy concept offered to SWISS First and SWISS Business travellers on long-haul services from Switzerland. The menus are curated by selected Michelin and GaultMillau chefs and change every three months. Bon appétit!