

*my*Switzerland

# UPGRADE YOUR WINTER

SEASON 2018/2019

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Switzerland.



**A GLORIOUS PANORAMA OF  
THE SWISS ALPS AND A  
THRILLING PISTE TO DESCEND –  
THE SWISS WINTER COULDN'T  
BE BETTER. ESPECIALLY  
IF YOU CAN SHARE IT WITH  
OTHERS.**



Upgrade Your Winter:  
watch the TV ad at  
[MySwitzerland.com/  
winter](https://www.myswitzerland.com/winter)





**Martin Nydegger** CEO Switzerland Tourism.  
Inspired by tourism, travel and trends.



♥ 93 Likes

Snow-covered villages. Fantastic ski regions. Spectacular pistes. But also crackling fires and quaint mountain huts. The Swiss winter has everything you need for unforgettable experiences with your family and friends. “Upgrade Your Winter” is the motto of this year’s holiday magazine, which showcases the Swiss winter wonderland.

Have fun! 😎☀️😎

[#inlovewithswitzerland](#) [#myswitzerland](#)  
[#winterwonderland](#) [#snow](#) [#fun](#)

6

## Skating express

Travelling by train and cross-country skiers from St. Moritz to Zermatt

20

## The men by the T-bar lift

Quotes and pictures of the most easy-going T-bar lift helpers in the Alps

36

## Snow viewed from above

A bird's eye view of winter in Switzerland

44

## Hotspots

Places where you can jump from the sauna into the wintry waters of a lake or river

60

## Blue, red, black, yellow

Ski piste markings and what they mean

70

## Sleeping in the snow

How the Arnolds become champion igloo builders in the Swiss Alps



# 28

## Animal fun on runners

Travelling by dog sled through the Swiss winter wonderland

# 50

## Nadia Damaso

The cookery book author from Graubünden adds a new twist to traditional Swiss winter dishes



# 82

## Staying the night with an upgrade

Hotels that offer snow enthusiasts more than just nice rooms

- 6 Skating express
- 17 Snowflakes
- 20 The men by the T-bar lift
- 28 Animal fun on runners
- 36 Snow viewed from above
- 44 Hotspots
- 50 Nadia Damaso
- 60 Blue, red, black, yellow
- 68 Swiss Ski School for everyone
- 70 Sleeping in the snow
- 78 The toboggan builders
- 82 Staying the night with an upgrade
- 86 Prix Biennu
- 88 Winter is calling
- 95 Useful information

**Day 1** St. Moritz is known the world over as an Alpine destination for jet-setters. But the **Engadin** also has a tremendous amount to offer cross-country skiers, including the fairytale Stazerwald forest, the cross-country ski trail to the Morteratsch Glacier and – not to forget – the impressive vastness of its frozen lakes.



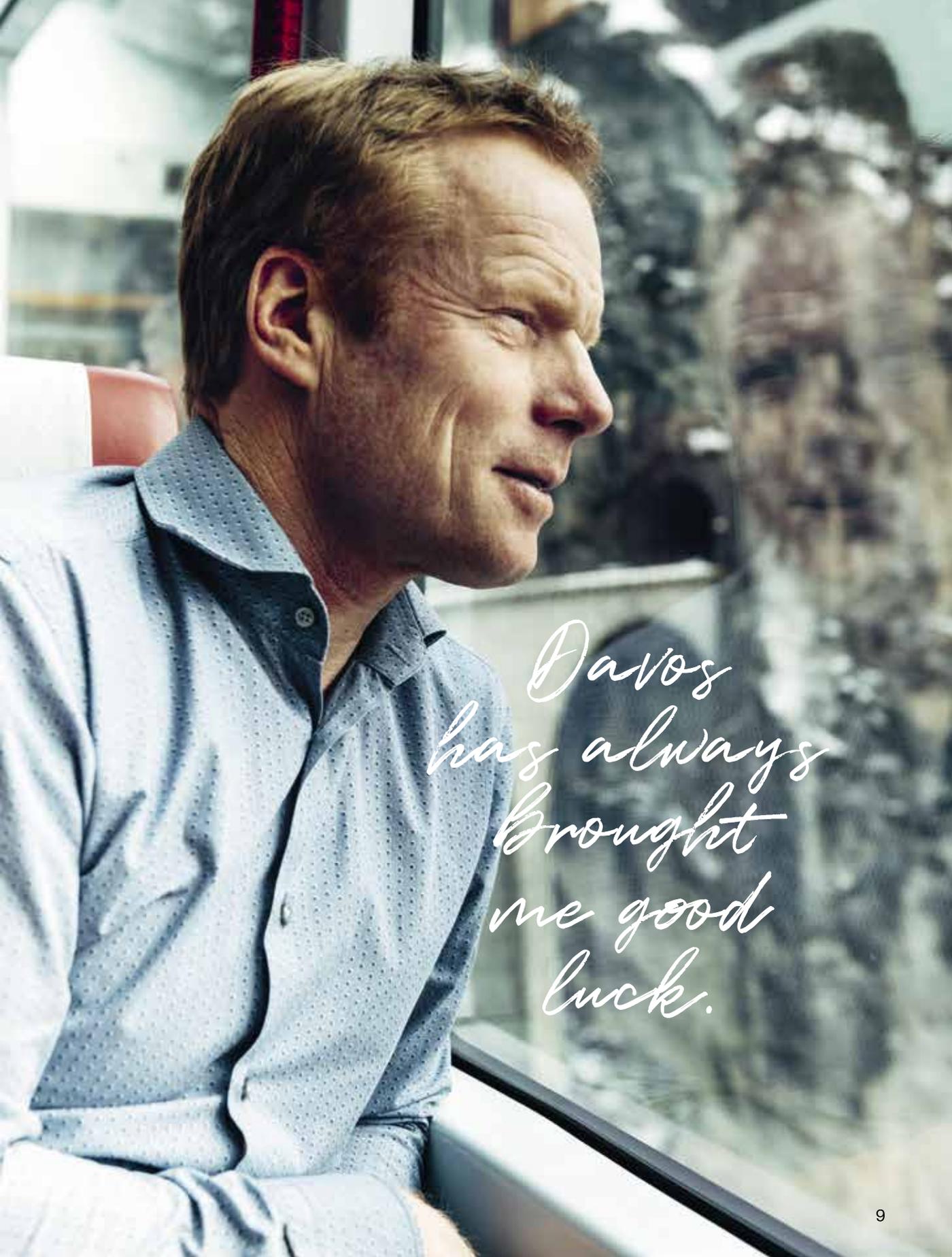
# Skating express

**He used to be the express train of winter athletes.** 12 Olympic medals and 46 World Championship victories make him the most successful cross-country skier of all time. Norwegian Bjoern Daehlie feels particularly at home in Switzerland. He discovers the most beautiful Swiss cross-country skiing areas on a five-day trip on the Glacier Express.

Text: Christoph Zwaan  
Photographs: Lorenz Richard



**Day 2** The Glacier Express runs every day from St. Moritz to Zermatt. The picturesque Albula marks the end of Bjoern Daehlie's trip today, however. **Davos** is calling. This is where the Norwegian won most of his World Championship races. The 51-year-old still keeps in touch with friends in Davos – especially with sports shop owner Andy Hofmaenner, with whom he also likes to go hunting.

A man with short brown hair, wearing a light blue button-down shirt with a small dark pattern, is shown in profile from the chest up. He is looking out of a window, with his right hand resting on the window sill. The background outside the window is a blurred cityscape with buildings and trees. The lighting is natural, suggesting daytime.

*Davos  
has always  
brought  
me good  
luck.*

# Switzerland's most breathtakingly beautiful train route

**The Glacier Express is the most relaxed express train in the world.** It takes more than eight hours to cover the 291 kilometres distance from St. Moritz to Zermatt. And its leisurely pace pays off, because the journey offers a wealth of things to see and marvel at.

**Before Andermatt, the Glacier Express traverses the Oberalp Pass,** the highest point of the journey (2,044m above sea level). This is where you can see the only lighthouse in the Alps – at the source of the Rhine. Alpine and Nordic skiing enthusiasts are sure to be impressed by the dynamic resort of Andermatt. The train continues through the Goms Valley and to Brig, with its imposing Stockalper Castle.

## Andermatt

## Oberwald

Brig

## Zermatt

**Travellers dream of seeing the Matterhorn and Zermatt.** The traditional charm of the car-free village delights visitors, and they are bowled over by the size of its ski area (around 360km of pistes), not to mention its versatility, breathtaking views of the Matterhorn and a high Alpine mountain landscape that boasts nearly 40 four-thousand-metre peaks.



Disentis

Reichenau

Chur

Filisur

Davos

St. Moritz

**The Domleschg is Switzerland's valley of castles**, all of which were constructed on account of its closeness to the Alpine passes. 14 medieval fortifications line up in a row across the eight-kilometre-long valley, the oldest dating back more than 800 years. The scenic highlight is the 400-metre deep and 13-kilometre-long Rhine Gorge between Reichenau and Ilanz. Disentis Abbey is even older than the castles in the Domleschg, having been founded in the 7th century AD.

**Davos is home to the Spengler Cup and World Economic Forum**, in addition to boasting famous ski areas and the charming Schatzalp – otherwise known as Thomas Mann's "Magic Mountain". One of the highlights of the Albula/Bernina UNESCO World Heritage Route is the Landwasser Viaduct at Filisur, which is one of Graubünden's most elegant examples of bridge building.

**St. Moritz, one of the world's most glamorous holiday destinations**, offers everything for winter sports enthusiasts: 350 kilometres of stunning pistes that traverse the highest regions of the Eastern Alps, a cross-country skiing paradise on the lake plateau of the Upper Engadin, a bobsleigh run made of natural ice and the legendary White Turf horse race on Lake St. Moritz. It's no wonder that it was the birthplace of winter tourism in 1864.

 Cross-country skiing paradises in other regions: [MySwitzerland.com/cross-countryskiing](http://MySwitzerland.com/cross-countryskiing)



**Day 3** The journey continues over the Oberalp Pass to the next stop – **Andermatt**. The pearl on the Gotthard underwent another major change in its history when it raised its number of beds by 30 % and linked up its ski area with that of Sedrun. The highlight for cross-country skiers: Andermatt’s idyllic ski trails and New Nordic House offer everything their hearts could desire.



**Day 4** The journey from Andermatt through the snow-covered Urserental Valley and Furka Tunnel to Oberwald is short, but the destination fills you with absolute delight – **Goms** is Switzerland's undisputed cross-country mecca. A peaceful, relaxed atmosphere prevails in this wide valley, where everything is geared towards cross-country skiing. Young and old alike are out in great numbers on its trails. Visitors to Goms have obviously realised that cross-country skiing is a great way to stay fit!

*Cross-country skiers in Norway are pretty much fixated on their performance - unlike here where people place a lot more emphasis on enjoyment.*

**Day 5** Two hours after travelling through the wide valley of Goms, the Glacier Express arrives in **Zermatt**, which marks the final stop of this breathtaking panoramic train journey. On reaching the foot of the world's most photogenic mountain, you can clearly see what makes Switzerland so famous across the globe.



The mountains  
and the entire  
landscape are simply  
fantastic -  
and virtually without  
parallel.





## SKI CARRIERS

You can check in your suitcase and ski equipment at home in the knowledge that it will be taken all the way to your holiday destination in Switzerland by the national luggage transport service. And again on the way back. You can also count on your luggage turning up at your next destination as you travel around the country, leaving you free to discover Switzerland's beauty completely unencumbered.

[MySwitzerland.com/luggage](https://www.myswitzerland.com/luggage)





# WHAT MAKES THIS WINTER EVEN COOLER THAN USUAL



## THE EARLY BIRD

Swiss ski brand Early Bird operates according to the maxim: be the first to get on the mountain and the pioneer in sustainable ski engineering. Freeskier and engineer Hanno Schwab only uses natural FSC-sourced wood, 100% natural flax fibres and organic-based epoxy resin for his skis.

[earlybirdskis.ch](http://earlybirdskis.ch)



## DAHU: SKI BOOT 2.0

Although people's expectations have changed, the overall design of the ski boot has stayed pretty much the same over the last few decades. Fribourg-based company DAHU has launched a ski boot that combines the comfort of a snow boot with the performance of a traditional outer shell.

[dahusports.com](http://dahusports.com)





## OVER AND UNDER

Odlo, inventor of the three-layer sportswear principle, has been a favourite among amateur and professional athletes for more than 70 years.

[odlo.com](http://odlo.com)



## SWITZERLAND-MOBILITY

No matter whether you are snowshoeing, sledging, cross-country skiing or – the latest trend – ski touring, you can find maps, descriptions and other useful information on planning and safety with just one click. Also available as an app for your smartphone.

[switzerlandmobility.ch](http://switzerlandmobility.ch)



Switzerland Mobility

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[cailler.ch](http://cailler.ch)



## SNOW SURFERS

You can surf in landlocked Switzerland – the only difference is that our waves are made of snow. Nidecker's Snow Surf offers three boards that will give you that surfing sensation while carving down the mountain. The Mosquito, The Donuts and The Gun (photo) each have a special shape that will guarantee enjoyment both on the piste and in deep snow.

[snow.surf](http://snow.surf)

## WINTERSHOME

Pop and folk band Wintershome hail from the home of winter – Zermatt. The band members have known each other since they were kids, and their success goes far beyond Zermatt thanks to their catchy, laid-back songs and lively tunes. You can find samples of Wintershome's songs at

[wintershome.ch](http://wintershome.ch)



A LOT OF  
LOVE AND  
CRAFT GOES  
INTO THESE  
ORGANIC HER-  
BAL TEAS FROM  
POSCHIAVO.

[bioraselli.ch](http://bioraselli.ch)



# The men by the T-bar lift

**They stand stoically.** They are there whatever the weather. They can interpret every breeze. They patiently help beginners navigate their first ascent on the ski lift without accident. Without them, nobody would have a peak experience. They are as diverse as Switzerland itself. They are: the T-bar helpers.

Text: Florian Frey  
Portraits: Silvano Zeiter



**Christian  
Lechmann (42)  
Obersaxen  
Graubünden**

“Our ski lift is to be dismantled. Amazing: it runs throughout the winter with fewer problems than modern cable cars have in a single week.”

**Ski lift  
Gischniga–Stein  
In operation since:** 1976  
**Operating days:** 105  
**Length:** 1,885m  
**m a.s.l.:** 1,565–2,170  
**Number of T-bars:** 160



**Thomas Rauw (29)**  
**Adelboden**  
**Bernese Oberland**

---

"I'm Dutch. It was always my dream to spend a winter in the Swiss mountains. And here I am."

**Ski lift Guetfläck**  
**In operation since:** 1991  
**Operating days:** 100  
**Length:** 289m  
**m a.s.l.:** 1,810–2,099  
**Number of T-bars:** 113



**Martin "Sturzcheib"**  
**Holdener (65)**  
**Hoch-Ybrig**  
**Lucerne-Lake**  
**Lucerne Region**

---

"I have a great job. I stand at the entrance and make sure that nobody has an accident and repair a few broken T-bars every now and again."

**Ski lift Fuederegg**  
**In operation since:** 1970  
**Operating days:** 116  
**Length:** 320m  
**m a.s.l.:** 1,440–1,493  
**Number of T-bars:** 60



**Guy Talla (33)**  
**Anzère**  
**Valais**

“I love the peace and slow pace of life in the mountains. I tend to feel a bit overwhelmed when I visit friends in Geneva. Everybody just races around there. That’s not for me.”

**Ski lift Les Luis**  
**In operation since:**  
1978  
**Operating days:** 100  
**Length:** 1,235m  
**m a.s.l.:** 1,894–2,306  
**Number of T-bars:** 90



**Stéphan  
Frachebourg (63)  
Belalp  
Valais**

---

“The nicest day of the season is when the Witches’ Descent takes place. Then you’ll find me up here before sunrise.”

**Ski lift Hohstock**  
**In operation since:** 1982  
**Operating days:** 118  
**Length:** 1,520m  
**m a.s.l.:** 2,663–3,113  
**Number of T-bars:** 118

# UP, UP AND AWAY

The birthplace of winter sports was not only home to the first cable car for tourists, but also to the world's first T-bar lift. In 2016, there were 2,492 cable cars and ski lifts in Switzerland. These included 805 T-bar lifts, 354 chair lifts, 122 aerial cableways and 52 funicular railways.

**180** PEOPLE

can be transported in Switzerland's most spacious double-decker cableway that operates between Samnaun and Alp Trida Sattel.

**207**<sub>M</sub> A.S.L.

The Locarno–Madonna del Sasso funicular railway starts at 207m a.s.l. and is the lowest cable car in Switzerland.

**1934**

was the year in which the Bolgen lift was opened in Davos. It is the world's oldest ski lift.

**460**<sub>M</sub> A.S.L.

Switzerland's lowest ski lift is in Dietikon, near Zurich. The 180-metre piste extends from 460 to 490m a.s.l.



# 1908

was when Switzerland's first cable car, the Wetterhorn Lift, was opened in Grindelwald.

# 3,820<sub>M</sub> A.S.L.

The highest cable car station in Switzerland is on the Klein Matterhorn.

# 110%

is the gradient climbed by the world's steepest funicular railway. It runs up to the village of Stoos and was opened in December 2017.

# 3,899<sub>M</sub> A.S.L.

is the altitude reached by Switzerland's highest ski lift, the Zermatt/Breuil-Cervinia/Valtournenche glacier ski lift in Valais.

# 35<sub>KW</sub>

drive output is generated by the world's first solar ski lift, which was opened in Tenna, Graubünden, in 2011.

# 2,899<sub>M</sub>

is the length of the Gandegg T-bar lift near Zermatt, which makes it the longest in the world.

Experience in nature: husky sled ride

# Animal fun on runners





The dogs demonstrate their strength and stamina as they pull us uphill along the snow-covered paths near the hamlet of **Les Giettes**, just above Monthey in Valais.

**Anyone who thought that husky tours were offered only in the Far North is mistaken.**

**You can embark on this exhilarating experience in the Valais Alps and in other regions of Switzerland. And against a magnificent mountain backdrop.**

**Text:** Alexandra Schlump  
**Photographs:** Switzerland Tourism

**E**xcited whining, barking and howling resound through the snow-covered Valais mountain world above the hamlet of Les Giettes. “Come on, let’s get going,” is what the Siberian huskies seem to be shouting at the winter sky. Hundreds of small puffs of condensed breath float above them. They jump around in their harnesses as they try to get the sled moving. Patrick Junod, owner of Arluk Adventure, is completely unperturbed. The 36-year-old spent many years taking part in long-distance competitions with his dogs in Central Sweden. Now, he is sharing his love of mushing – the official name for husky sledging – with others just above Monthey.

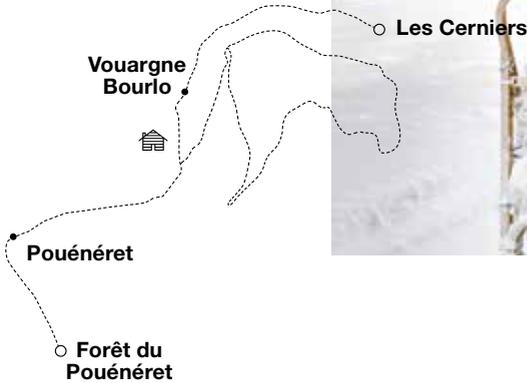
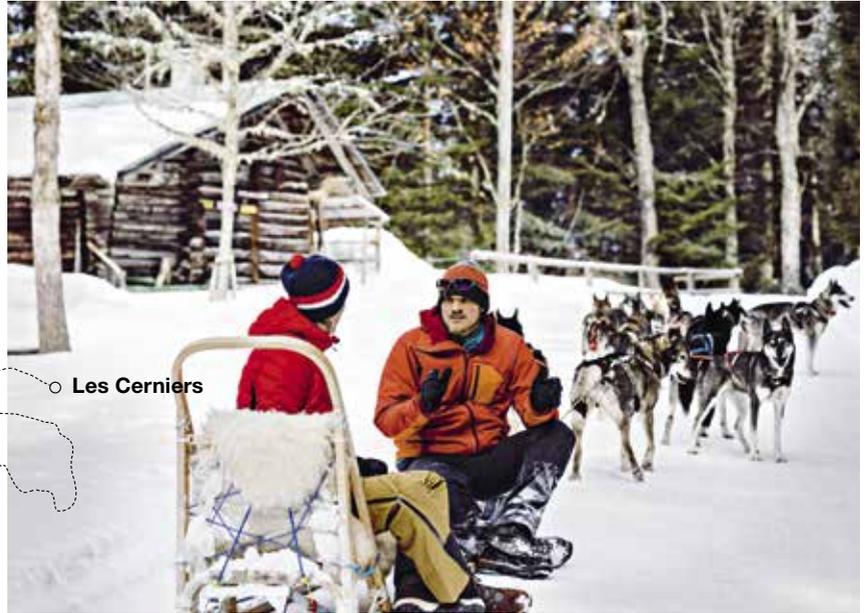
#### **Slowing down is no easy feat**

“Mush, let’s go!” shouts Patrick. Once all the dogs are in position, he finally takes his foot off the brake, and for a moment all you can hear is the rhythmic padding of 48 paws on the groomed snow. The dogs lurch forward in leaps and bounds. Patrick’s love of huskies started 18 years ago and is contagious – I can already feel it after the first couple of metres. And I am not →



**Driving a sled** is a bit like skiing – you stand on runners and keep your balance by shifting your weight.

**Patrick Junod** got his first husky at the age of 18 – now he has 17. Today, he shares his enthusiasm for these dogs with others.



even driving the sled myself to begin with, preferring instead to sit back in comfort on the sheepskin-padded seat. Patrick is standing behind me on the runners, gripping the sled’s wooden handlebars tightly. “Haw, haw, gee, gee,” he constantly shouts at his dogs, telling them to go left or right as they ascend the mountain. He also gives me instructions every now and again. “Lean to the right – we are coming to a bend. Hold on, things are going to speed up.” And the dogs tear ahead across the snow at a speed of up to 30 kilometres an hour along a straight forest path. I can imagine me crying out to them a euphoric “yippee!”. But Patrick tries to slow his dogs down with a long and drawn-out “eaaaasy”. “But that doesn’t really work,” he grins later. He can only get them to slow down by stepping on the drag mat brake with spikes behind the sled.

**Just about every dog is a lead dog**

Although Scandinavia and Canada are the first countries that spring to mind at the mention of sled dogs, the 20-kilometre circuit that Patrick navigates virtually →



**Alexandra Schlump**, journalist and dog trainer from Cologne, is fascinated by the team work between the huskies and musher and impressed by how trusting the dogs are.

every day in winter with guests shows how appealing Switzerland is as a venue for such an adventure. The roughly four-hour tour takes you along remote, snow-covered forest paths at an altitude of 1,400 metres, passing through the odd sunny clearing. The summits of the Diablerets massif soar into the sky on the other side of the valley. You can make out Lake Geneva in the faraway mist. And a few bends later, the imposing peak of the four-thousand-metre Grand Combin rises up just in front of us. “The best is yet to come,” promises Patrick and keeps on driving the team until we can see the unmistakable peaks of the Dents du Midi reaching out into the sky on the left. Siberian huskies are perfectly suited for this demanding terrain full of mountain passages, stream crossings and paths featuring changing gradients. “They are extremely fast, robust and have a lot of endurance,” enthuses the musher. But what makes them special is that you can put any of them up front as the lead dog. Eight-year-old Arluk, for example, is perfect on difficult terrain, in deep snow or when there’s a storm, as he loves a challenge. When Patrick has guests like today, he prefers to work with Nina, Ago and Mo as lead dogs. “These three are especially good-natured and simply want to do everything right,” assures Patrick.

### **Ready to run, gentle and really friendly**

The dogs must be able to haul quite a heavy load. A guest sled loaded with three to four people can soon weigh 400 kilograms. But this is not a problem for the huskies, who can easily pull twice their own weight, and even nine times their own weight over short distances. Figures like these sound impressive. But a lot more touching is how friendly and attentive they are in their interaction with humans. When I crouch down among them during a break, they rush to me from every direction, nudging me with their noses in order to be stroked. Patrick wants to know at the end of the tour if I have also been bitten by the husky bug. I just nod with an animated grin on my face. See you around Nina, Ago and Mo. \*

arlukadventure.com

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## **GO/MUSH**

Let's go

## **AHEAD**

Straight on

## **GEE**

Turn right

## **HAW**

Turn left

## **COME GEE**

Make a turn to the right

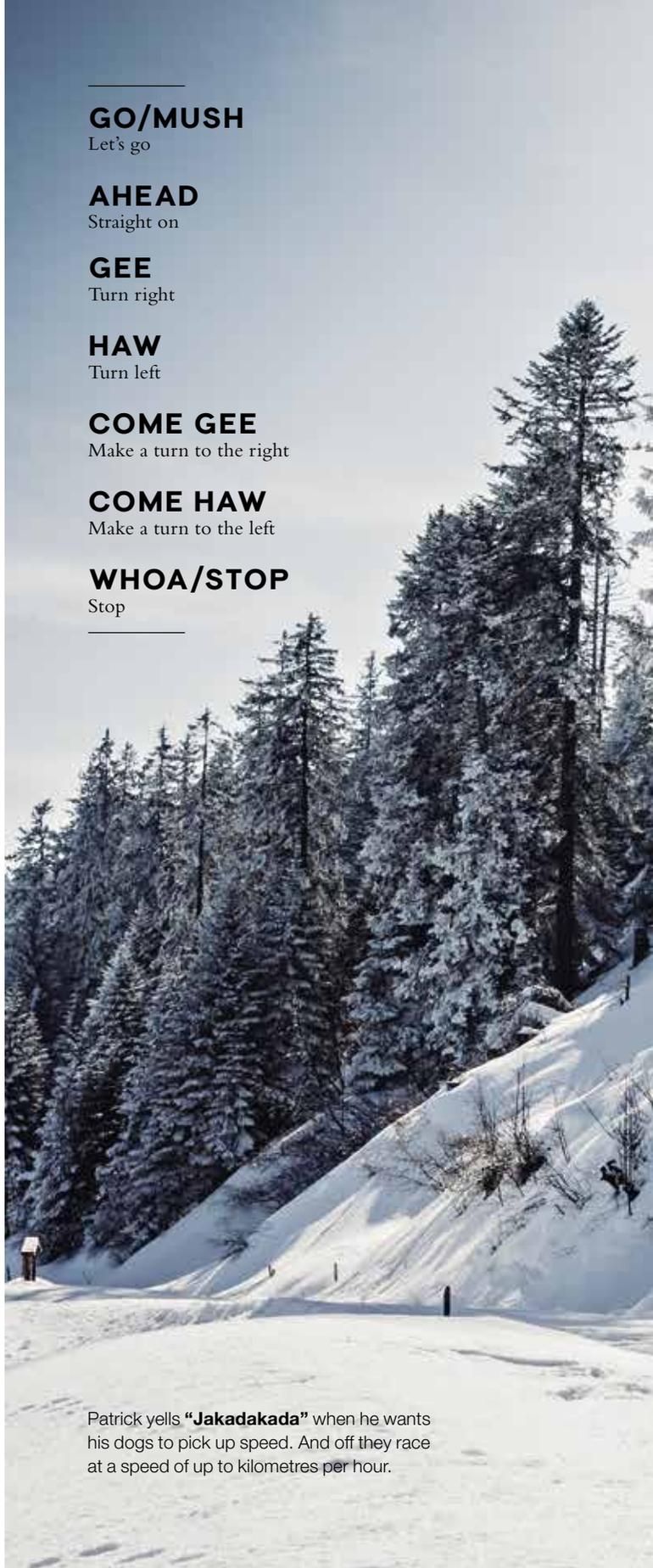
## **COME HAW**

Make a turn to the left

## **WHOA/STOP**

Stop

---



Patrick yells “**Jakadakada**” when he wants his dogs to pick up speed. And off they race at a speed of up to kilometres per hour.



# NINA IN FIGURES

The Siberian husky is the smallest, fastest and most popular breed of sled dog. A husky is not very suitable as a family pet as it needs to be in a big pack – and it needs to be given something to do.

**23**

kilogrammes is what I weigh as a female.

**9**

times my body weight – that's what I can pull.

**5,000**

kilometres is what I cover as a working dog in winter – and I love it!

**450**

to 700 grams of dry food is what I get through a day, depending on what I am doing.

**2**

colours – I have one brown eye and one blue one.

**40**

kilometres an hour is how fast I can run.

**100**

kilometres and more is what I can cover in a day.



# 5 TIPS FOR

dog lovers



1

Davos, Graubünden

## CROSS-COUNTRY SKIING

Here, you can hit the cross-country trails with your dog. Dogs can run alongside you for 18.5 kilometres on three specially prepared cross-country ski trails. Double the nature experience.

2

Lenk, Bernese Oberland

## DOGS WELCOME

Hotel Waldrand is well prepared for four-legged guests: a dog basket complete with blanket, lined up next to a food and water bowl, are standard fixtures in their rooms.



3

Rigi, Lucerne-Lake Lucerne Region

## UP THE RIGI FREE OF CHARGE

The Queen of Mountains is pretty much designed for long walks with man's best friend thanks to its countless winter walking trails. And no matter what their size, dogs always get to travel for free with Rigi Bahnen railways.



4

Champex-Lac, Valais

## WINTER HIKE

If you don't have a dog, you can go walking with the St. Bernards that belong to Fondation Barry. Kids especially love to be pulled along on a sled through the snow by one of the dogs.



Get to know your local hosts and explore Switzerland with them.

[MySwitzerland.com/myswissexperience](http://MySwitzerland.com/myswissexperience)



5

Alt St. Johann, Eastern Switzerland / Liechtenstein

## HUSKY TOUR

Try your hand at mushing in Toggenburg. You can harness and hook up the dogs yourself and drive them from Schwägälp to Wildhaus accompanied by seasoned guides, as well as stopping off for lunch under the open sky.



Fancy embarking on other animal adventures?  
[MySwitzerland.com/winter](http://MySwitzerland.com/winter)

Photo gallery: drone shots



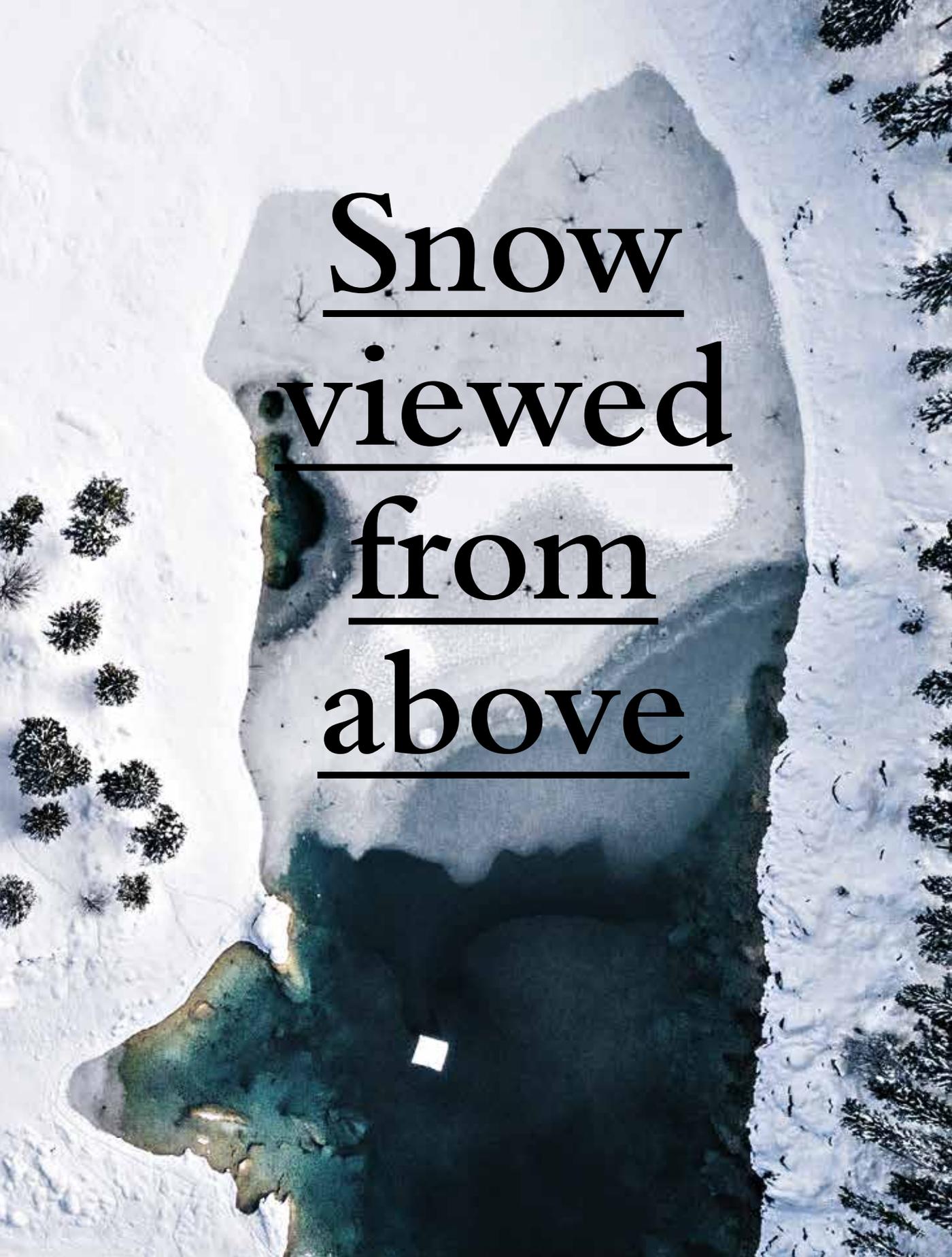
**Snow-covered  
Lake Cauma, Flims,  
Graubünden**  
Silvan Widmer

**46°49'  
11.9" N**

4:50pm

31 December

**9°17'  
45.3" E**



Snow  
viewed  
from  
above



**Snowcat on the  
Stätzerhorn,  
Arosa/Lenzerheide,  
Graubünden**  
Philipp Aebischer

**46°45'**

**32.4" N**

7:26 pm

28 February

**9°31'**

**2.8" E**



**Ski tour in spring, Schafberg,  
Furka area, Lucerne-Lake**  
Lucerne Region  
Christian Muelhauser

**46°36'**

**27.2" N**

5:02 pm

24 April

**8°27'**

**59.3" E**



Heading towards  
the Ringelspitz Hut,  
Tamins,  
Graubünden  
Nico Schaerer

46°51'  
40.3" N

12:35 pm

30 December

9°23'  
27.5" E





**Tobogganing run  
on Col de la Croix,  
Les Diablerets,  
Lake Geneva Region**

Nicole Schafer

**46°19'**

**51.8" N**

10:52 am

9 March

**7°8'**

**13.4" E**







Above Lake  
Klöntal, Glarus,  
Eastern Switzerland  
Martin Maegli

47°1'

26.4" N

2:05 pm

11 January

8°57'

47" E

# Hotspots

The contrast between hot and cold gets your circulation going, increases your resistance to infection and boosts your immune system. Cooling down with a dip in a wintry lake or river is especially refreshing.

Text: Richard Oppermann





## SEEBAD ENGE LIDO, ZURICH

Right in the middle of the city – yet far, far away. It’s easy to lose yourself in the view you have of the lake and mountains as you sweat in Seebad Enge Lido. You really feel at one with nature and the elements. Fresh air, cold lake water and the dazzling panorama eventually lure you outside and into the icy water. The maximum three-hour stay simply flies by – and all the more so if you treat yourself to one of the daily massages on offer, gentle Oriental hair removal or deep relaxation. Freshly made soup from the lido café is the perfect way to round off your feel-good experience.



**What to do next:** the comfortable lobby lounge of the Hotel Park Hyatt is just a ten-minute walk away. How about a petit four in the hotel’s own patisserie and one of its special coffees?

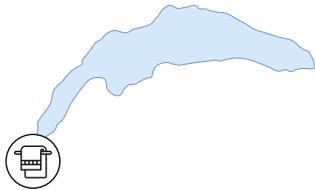


## SAUNA AM RHY, BASEL

Nobody can resist the pull of this nude Finnish sauna by the Rhine – leave the everyday hustle and bustle behind, kick back and indulge in complete relaxation. After pouring water infused with natural essences over the stones every half an hour and jumping in the river and letting yourself get carried away by the green-coloured current, you can lie back and relax in the handmade yurts on the Napf. Yes, you heard right. Yurts. Some small refreshments, a sip of cool, clear water and the crackling fire imbue the most restless of spirits with a feeling of peace as the sun slowly sets over the gentle Rhine.



**What to do next:** healthy body, healthy mind. The award-winning light frieze on the facade of the new building adjoining the Kunstmuseum Basel lights up just a few steps away. On the opposite side of the road, the last rays of sun are reflected in the brass-coloured counter of the bistro in the main building, which dates back to 1936. Time for an aperitif.

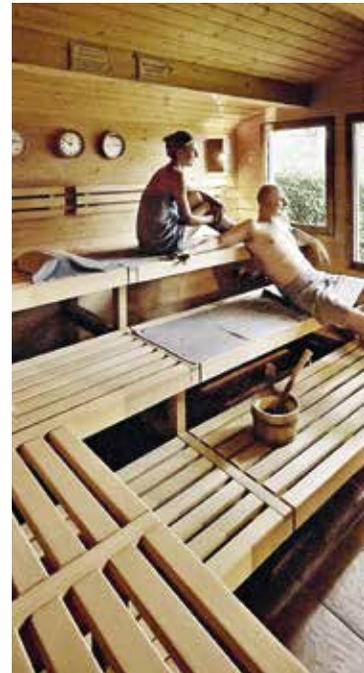


## BAIN DES PÂQUIS, GENEVA

Bain des Pâquis with its views of Lake Geneva and the city's Jet d'Eau landmark has been attracting visitors for nearly 150 years. Two mixed saunas, a Turkish bath and two hammams are the ideal places to while away the time before cooling down in the wintry lake. As far back as 1932, architects Louis Archinard and Henry Roche ensured equal rights between men and women when they designed the new building that featured a total surface area of 6,500 square metres! Theatre performances, panel discussions, readings and concerts throughout the year guarantee stimulation for body and mind.



**What to do next:** Hôtel Beau-Rivage, just down Quai du Mont-Blanc, serves excellent afternoon tea. Just what you need after a sauna.





## SAUNA IN HOTEL BEATUS, MERLIGEN

Everything is geared towards relaxation here by deep-blue Lake Thun: a log cabin outdoor sauna (90°C), bio sauna with colour therapy (55°C), hammam (45°C) and a flower grotto (45°C) provide tranquillity and relaxation in the shadow of the Niesen. You can cool down after your sauna at an ice fountain, Kneipp circuit or by taking a dip in the lake. Those who opt to stay the night in the hotel and receive exclusive access to the bamboo sauna get to enjoy a real treat! Here, you'll find "Le Petit Oubli", an oasis of peace complete with water beds and music, where you can lie back and forget the stress of everyday life.

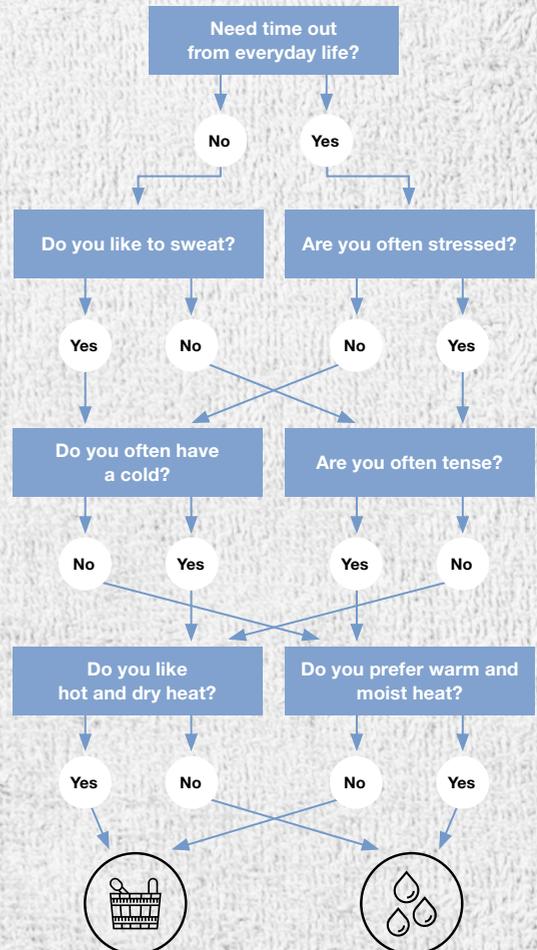


**What to do next:** why head off to distant climes? Hotel Beatus's Orangerie Piano Bar is a laid-back meeting place where you can satisfy your small appetite or indulge in a cocktail – in addition to offering unbeatable views of the sun setting over Lake Thun.



## MORE HEAT OR MORE STEAM?

Some like it hot. Others prefer it to be pleasantly warm. Find out what you prefer – the heat of the sauna or moisture of the steam bath.



Temperatures range from a hot 80 to 100°C in a Finnish sauna. This means that the air is on the dry side. If you like it really hot, you should lie on the highest bench or throw some water infused with essential oils over the stones. Professional "sauna masters" do this as part of an impressive show.

Temperatures in a steam bath range from 45 to 55°C with humidity of up to 100%, which is particularly good for your respiratory tract and mucous membranes. Although you also sweat, you don't notice it as much, as the air is full of small water droplets that cover your skin.

# MY SWISS EXPERIENCE



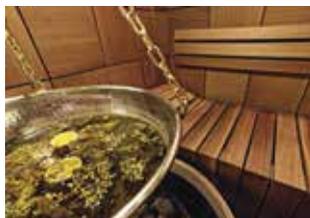
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myswissexperience](http://MySwitzerland.com/myswissexperience)



# 5 TIPS FOR

sauna goers



1

Grand Hôtel les Endroits,  
La Chaux-de-Fonds

## “FÉE VERTE” SAUNA

The “green fairy” sauna casts a spell over your body, soul and mind at 60–70°C. The name “Fée Verte” comes from the mixture of 17 absinthe herbs that diffuse an invigorating and refreshing fragrance.

2

Hotel La Val Brigels,  
Brigels-Breil

## HERBAL SAUNA

The fragrance of fresh mountain herbs from the Surselva wafts through this sauna, while the earthy scents gently help you to sweat, cleanse your body and feel regenerated.



3

Seehotel Wilerbad,  
Wilen (Sarnen)

## HIMALAYAN SALT SAUNA

The Himalayan salt-laden air is said to have a health-promoting and stimulative effect on the body. Breathing in Himalayan salt-laden air is believed to stimulate the respiratory system, reduce inflammation and alleviate infections.



4

Wellness destination  
Ascona-Locarno

## PANORAMA SAUNA

Going in the sauna improves the blood flow to the skin and mucous membranes. Your complexion improves and the ageing process slows down. The breathtaking views of Lago Maggiore also contribute to your relaxation in the Termali Salini wellness centre.



5

Wellness destination  
Rheinfelden

## RUSSIAN BANYA

The birch twig ritual in the Russian banya of Sole Uno in Parkresort Rheinfelden is carried out under the supervision of specially trained staff. The ritual features the traditional birch twig massage, which starts during your second sauna session: having your body hit with fresh birch twigs stimulates your blood circulation, while the essential oils in the birch leaves give you a warm and relaxed feeling.



Interested in other Spa & Vitality offers?

**MySwitzerland.com/  
wellness**

Breakfast: Bircher muesli  
with almond crunch  
This Swiss superfood  
originated in Zurich. Nadia's  
version gives you an extra  
energy kick and a completely  
new taste experience!





Morning scene  
in Sechseläuten  
Square, Zurich

# Nadia Damaso

The mere 22-year-old has already launched two cookery books that went on to become international bestsellers. Nadia, who grew up in the Engadin, lives in Zurich, tours around the globe and is constantly thinking up creative and healthy recipes. She has reinterpreted three Swiss dishes for MySwitzerland: breakfast, lunch and dinner – en Guete!

Text: Sheila Moser  
Photographs: Nadia Damaso, Switzerland Tourism

**“The region of Bern is home to many tasty and hearty dishes such as plaited loaf, meringue with cream and onion quiche. My interpretation of roesti shows that a light version can be just as tasty.”**



**Nadia in  
Bären Square,  
with Parliament  
House, Bern,  
in the background**



**Lunch:**  
sweet potato roesti  
Potato roesti is a Swiss classic that is known the world over. Nadia presents it with sweet potato rounds accompanied by peas, lamb's lettuce and walnuts.



**Dinner: barley risotto**

Barley is a much-loved ingredient in Graubünden cuisine, which Nadia uses instead of rice to create a creamy dish. A filling dinner after a day spent out in the snow!

**“The Engadin is my home – and its unbelievably beautiful natural surroundings still inspire me today. They are my most important and most valuable sources of inspiration for new and creative recipes.”**



**Nadia in front of her local mountain in Pontresina, Engadin, Graubünden**

# BREAKFAST

## Bircher muesli with almond crunch



### Recipe for 4 people

**Muesli:** 100g thick rolled oats, 2tbsp poppy seeds, 3dl any type of milk (e.g. almond milk), a pinch of Himalayan salt, 120–140g frozen blueberries, 1 large apple, 2tbsp acacia or blossom honey, 1.5–2tbsp almond purée (light or dark), ¼tsp cinnamon, 6–8 dates (pitted, finely chopped). **Crunch:** 2tbsp almond flakes, 2tsp poppy seeds ½tsp cinnamon, 1tbsp maple syrup. **Topplings:** coconut or natural yoghurt (unsweetened), blueberries (fresh or frozen)

### Method

1. Bring the oats, poppy seeds, milk and salt to the boil. Stir well, reduce the heat and simmer for one minute. Remove from the heat and set aside for two minutes.
2. Place the frozen blueberries in a bowl and spoon over the warm oats.
3. Grate the apple into the bowl and add the honey, almond purée, cinnamon and dates. Mix well. Blend in 1–2tbsp of coconut or natural yoghurt, according to taste.
4. Cover, put in the fridge and leave at least two hours or overnight to steep.
5. Crunch: Pre-heat the oven to 170°C. Mix together the almond flakes, poppy seeds, cinnamon and maple syrup. Spread the mixture over a baking tray and bake for 6–7 minutes until golden brown. Remove from the oven and set aside to cool and get crispy.
6. Place the Bircher muesli into bowls. Top with coconut or natural yoghurt and garnish with fresh blueberries and crunch.

# LUNCH

## Sweet potato and carrot roesti rounds



### Recipe for 4 people

**Roesti rounds:** 4 carrots (each approx. 100g), 4 sweet potatoes (each approx. 150g), 100g walnuts, 100g oats, 1–2 garlic cloves, 1.5tsp Himalayan or sea salt. **Puréed peas:** 330g frozen peas (thawed out for 20 minutes), 300ml milk (e.g. soya milk), 10g fresh parsley, 3tbsp olive oil, 1.5–2tbsp lemon juice and some grated zest, 1.5tsp Himalayan salt, ½tsp freshly ground pepper. **Salad:** 200g lamb's lettuce, 2tbsp olive oil, 1.5tbsp acacia honey, 2tbsp lemon juice. **Walnut crunch:** 160g walnuts, 2tbsp maple syrup, ¼tsp Himalayan salt

### Method

1. Pre-heat the oven to 180°C. Grease two baking trays with coconut oil. Bring a pan of water to the boil.
2. Peel the carrots and sweet potatoes. Cut into large chunks and boil for 5–6 minutes in the water. Rinse in cold water and set aside to cool.
3. Finely grind the walnuts and oats and finely chop the garlic. Put everything in a dish. Roughly grate the carrots and sweet potatoes. Add to the mixture and shape into rounds (each approx. 1 heaped tbsp). Spoon the rounds onto a baking tray and press flat. Brush with a little coconut oil and bake for 30–35 minutes until golden brown.
4. Blanch and rinse the peas in cold water. Add to the rest of the ingredients. Place in a high-speed blender and purée until fine and smooth. Pour the purée into a small frying pan. Heat up again and stir until smooth before serving.
5. Walnut crunch: Roughly chop the walnuts. Add the maple syrup and salt and mix well. Spread over a baking tray lined with baking paper and bake in the oven for approx. 7–8 minutes until golden brown. Remove from the oven. Set aside to cool completely and get crispy.
6. Wash the lamb's lettuce well and spin until dry. Mix the acacia honey with the lemon juice. Pour over the salad and carefully toss with your hands.
7. Remove the rounds from the oven. Spoon some of the puréed peas onto plates. Place the roesti rounds on top. Garnish with salad and top with the caramelised walnuts.



## NADIA DAMASO



**Nadia grew up in idyllic Pontresina and published her first cookery book at the age of 19. Her texts and photos are as harmonious as her creations, which was the reason for the huge success of “Eat Better Not Less”.**

The bubbly young woman from the Engadin travelled around the world for her second book “Eat Better Not Less – Around the World”. She visited twelve countries in nine weeks to familiarise herself with the cuisine of ordinary people. Her trip paid off, as her inspirational cookery book made it to the top of the bestseller list in 2017.

More recipes:  
[nadiadamaso.com](http://nadiadamaso.com)

## DINNER

### Creamy barley risotto with puréed cashews



#### Recipe for 4 people

**Barley risotto:** ½ medium-sized white onion, 1 garlic clove, 2–3tsp coconut oil (or olive oil), 5g lemon thyme or thyme, 200g barley, 800ml vegetable stock, 2dl milk (e.g. soya milk), 1tbsp lemon juice and some grated zest, 80–100g puréed cashews. **Vegetables:** 2–3tsp coconut oil (or olive oil), 200g mixed mushrooms, 5g lemon thyme or thyme, Himalayan salt and freshly ground pepper, 250–300g fresh leaf spinach. **Hazelnut topping:** 2tbsp ground hazelnuts, 2tbsp desiccated coconut, 1.5–2tsp Himalayan or sea salt, ½–1tsp pepper, 1tbsp coconut sugar or raw cane sugar

#### Method

1. Finely slice the onion and garlic. Heat up the coconut oil in a frying pan. Sauté the onion, garlic and lemon thyme leaves for 2–3 minutes until shiny and golden, stirring occasionally.
2. Add the barley and continue to fry for 2–3 minutes, stirring occasionally. Deglaze with approx. 500ml of the vegetable stock and simmer for 25–30 minutes. Keep on stirring while adding the rest of the stock.
3. Wash the mushrooms and spinach. Slice the mushrooms and set aside the spinach. Heat up the coconut oil in a frying pan. Add the mushrooms and lemon thyme and fry until golden brown. Keep warm at a very low heat.
4. Hazelnut topping: Roast the hazelnuts and desiccated coconut in a frying pan, stirring constantly until golden brown. Add the coconut sugar, Himalayan salt and pepper. Mix well and tip into a bowl. Set aside to cool.
5. Stir the milk, lemon juice, lemon zest and puréed cashews until smooth. Add to the barley risotto and mix well. Add the leaf spinach and half of the mushrooms and reduce the heat. Add more milk if necessary and stir well until the spinach has wilted. Remove the frying pan from the heat and season to taste with pepper.
6. Spoon the barley risotto onto plates. Top with the rest of the mushrooms and fried lemon thyme and garnish with the hazelnut topping.

# 5 TIPS FOR

ski gourmets



1

Zermatt, Valais

## CHEZ VRONY

Vrony's cuisine is down-to-earth, yet inspired. The restaurant with views of the Matterhorn is one of Zermatt's most popular restaurants, so booking ahead is highly recommended.

2

Klosters, Graubünden

## BERGHAUS ALPENRÖSLI

If you manage to grab a seat in front of the hearth in the restaurant or on the sunny terrace with views of Prättigau, you can sit back and let yourself be spoiled by the friendly staff as they serve you up tasty, market-fresh cuisine.



3

Grindelwald,  
Bernese Oberland

## BERGGAST- HAUS BORT

Once you have shaken hands with host Bruno Brawand, who is the fourth generation of his family to manage the restaurant, you feel immediately at home. You can savour regional specialities with views of the Eiger North Face in this tastefully designed mountain restaurant.



4

Melchsee-Frutt,  
Lucerne-Lake Lucerne Region

## FRUTT STÜBLI

The gourmet restaurant of the Hotel frutt Lodge & Spa has 15 GaultMillau points and serves up a fusion of traditional haute cuisine and Alpine delicacies.



5

Lenzerheide, Graubünden

## MOTTA HÜTTE

The Motta Hut, a veritable institution for more than 30 years, has radiated new splendour since 2017. The interior features an optical highlight: a walk-in wine cabinet, which is embedded in the cosy lounge complete with a fireplace. The hut's extensive sun terrace is a big attraction. Skiing pretty much comes in second here, given the great food, magnificent views and live music.



Feel like more culinary  
indulgence?

**MySwitzerland.com/  
culinary**

# WINTER CHEESE

## Vacherin Mont-d'Or AOP



Vacherin Mont-d'Or was originally produced only between October and spring, milk being so scarce in winter to produce the big wheels of Gruyère cheese. It went on to become a tradition and today is a seasonal cheese that gourmets look forward to enjoying between the end of September and start of April.

Only a few selected producers from the Vallée de Joux supply the cheese to the approximately 15 specialists who mature it in their cellars and bestow the ultimate touch by enclosing it in a strip of spruce bark.

[vacherin-montdor.ch](http://vacherin-montdor.ch)





1

The Vounetse upper station in the Charmey ski area is not only the place to set out on a beautiful and easily navigable descent, but also provides a fantastic view of the Fribourg Alps.

## 5 TIPS

2

The slopes of the Chuenisbergli in Adelboden make you feel like you are skiing in the World Championships.

3

The **SLOW SLOPES** in the Matterhorn ski paradise let beginners and those that like to take it easy make the descent at their own pace.

4

Everyone finds their own personal highlight on the Princess Piste in St. Moritz.

5

The Panorama Piste on the Riederalp in Valais delivers what its name promises.



# Blue

occasional skiers and  
families

**Skiers and snowboarders know that the colour of a piste's marking stands for how difficult it is. This is precisely defined: blue pistes have a gradient of no more than 25%. They are ideal for skiers who are not yet very confident or those who just want to glide slowly across the piste.**

# Red

for intermediate skiers

Red pistes are a bit more demanding and have a gradient of no more than 40% – with the exception of short stretches in open terrain. They offer you not only relaxed skiing enjoyment, but often magnificent views of the mountains as well.

1

You can enjoy an 8-kilometre descent from 3,000 metres down to 1,300 metres on the Red Run in Les Diablerets.

## 5 TIPS

2

The Sunshine Piste in Meiringen-Hasliberg is on a south-facing slope with wonderful views.

3

You can enjoy easy descents on natural ski slopes in the Engelberg-Titlis glacier ski area.

4

The Parsenn descent from the Weissfluhjoch down to Küblis is considered to be among the longest in the Alps.

5

The wide and moderately steep Sedrun Ride has a unique view of the valley.



# 5 TIPS

2

Seasoned skiers really come into their own on the Bernhard Russi Run on the Gemsstock, above Andermatt.

3

Le Mur Suisse in Valais is one of the most difficult and fascinating pistes in the world, with a gradient of 75%.

4

The Silvano Beltrametti Piste in Lenzerheide puts the Alpine ski sport elite through their paces.

5

The Piste de l'Ours in Vevey was formerly the setting for a whole series of spectacular World Championship races.



1

The notorious Tiger Run in Gstaad with an average gradient of 100% is considered to be the steepest descent in the Bernese Oberland.





**The colour says it all but is a bit ambiguous. This is because all pistes that exceed the maximum red piste ratings are officially black. This means that black can range from a perfectly groomed piste to a challenging mogul slope. To sum up: adrenaline highs and enjoyment for all skilled skiers and snowboarders.**

# Yellow

for those who love to be free

**Descents that are marked but not groomed are coded yellow. Perfect for freeriders – the routes are only open when they are safe. They often include difficult stretches, which make them highly challenging depending on the state of the snow. But they are also exciting and offer a lot of variety for seasoned skiers and snowboarders.**



1

Vallon d'Arbi in Verbier, the magical off-piste route, is reserved for experts only. It's advisable to take a guide when going on this half-day tour.

## 5 TIPS

2

The 10-kilometre Diavolezza Glacier descent in the Engadin is the longest in Switzerland.

3

Laax shows itself in its best colours from the Vorab Glacier to Alp Ruschein.

4

When you ski down the 6-kilometre Terza descent in Flumserberg, you are treated to a great view of the the Walensee lake and the Churfirsten range.

5

The Gurschenstock descent near Andermatt tempts you to make some forays off-piste.



## FIRST SKI EXPERIENCE

You can also discover the fascination of skiing and snowboarding at an all-inclusive price. This includes not only equipment, ski pass and lessons, but also guaranteed feelings of exhilaration after making your first descent.

- 1 Book a day's skiing**  

- 2 Pick up equipment**  

- 3 Meet instructor**  

- 4 Off you go!**  




Book now: [MySwitzerland.com/learn-skiing](https://www.myswitzerland.com/learn-skiing)

## Experts

You can always learn something new: such as how to navigate moguls elegantly, freestyle tricks or the perfect carving swing.

## Beginners

Promise: everybody can ski down a blue piste after three days' tuition.

Kids learn to ski in no time in the Swiss Snow Kids Village with the help of Snowli, the Swiss Ski Schools' mascot.



# SWISS SKI SCHOOL

FOR EVERYONE



Swiss Ski Schools have just the right course for you no matter whether you are a beginner, intermediate skier or expert. Not only for skiers, but for snowboarders as well. Swiss Snow Sports instructors enjoy passing on their pleasure and passion to you on the slopes.

Accompany the Marti family on the slopes in Swiss Ski School films:  
[swiss-ski-school.ch](http://swiss-ski-school.ch)

## Inter- mediate skiers

Improve your skiing technique while having fun: even those who are at home on their skis and boards can benefit. Swiss Snow Sports instructors are extremely well trained and can concentrate on whatever you wish.

## Freeriders

Swiss Snow Sports instructors also accompany you off-piste and make sure you have some unforgettable experiences.



**Oh!** I hope this holds.  
What's it like to sleep in a house  
made of snow?

# SLEEPING IN THE SNOW

**Try sleeping outside in an igloo that you have built yourself.** Alain, Zoe, Lian and Anouk dressed up warmly and immersed themselves in the “Muotathal World of Adventure”. They fortunately only had cold feet when planning for their adventure.

Text: Zoe Arnold  
Photographs: Ruedi Thomi

# W

hat do you need to spend a night in an igloo?

How cold is it

in a house made of snow, and how do you keep warm? The questions we've been asking for days suddenly become urgent just before we set off. For example: Which shoes should we take? Or do we just have to put up with wet feet as part of the adventure? All will soon be revealed as we are now strapping on our snowshoes. We're off! While our son Lian is already out of sight, our daughter Anouk is still making her first wobbly steps. It looks like she is walking in flippers – flippers in the snow. But a few metres later, she has got the hang of her new footwear. So we set off on our snowshoe hike through the magical winter landscape from Muotathal in the direction of the Prigel Pass. The trail takes us first through the forest and along a small stream. Icicles sparkle all around us and we find some fox tracks in the snow. The terrain opens up again and we shuffle up a steep hill to the Alpine hut on the Schinboden.

### Block for block

Instructors Dieter and Paul have already levelled out some space for our igloo. We follow Dieter's instructions and saw one block of snow after the next. We had never thought that it could be so easy, and only a few blocks of snow fall apart. Paul skilfully places the inside blocks at the right angle, with some energetic support from the kids. Our igloo is up in →



**Off we go** through the deep snow in the direction of the sun. Not a problem at all in snowshoes.

### All hands on deck!

While the kids survey the igloo dome with instructor Paul, Alain and Zoe saw the blocks in the right size.



**A bit like Lego.** Both builders large and small are focusing all their energy on the task at hand.

# GOT EVERYTHING?

Lian is well kitted out with a warm hat (1), thermals (2) and waterproof boots (3).

The easiest way to get to ideal igloo country is on snowshoes (4). A shovel (5) and saw (6) are indispensable for the igloo's construction as is an avalanche probe (7) for measuring snow depth. You also need space in your backpack (8) for a thermos flask (9) with something warm to drink and a sweet snack for in between (10). The grown-ups warm themselves up with a drop of Appenzeller Sântis malt whisky (11). A fondue beckons after all the hard work. Anyone not keen on fondue can heat up some ravioli (12) in a pan (13) – don't forget a pocket knife (14) equipped with a can opener. A cosy night in the igloo is guaranteed when you have an insulated camping mat (15), sleeping bag (16) and head torch (17).



# HOW TO BUILD AN IGLOO IN 9 STEPS

Building an igloo is easier than you think, but we would recommend calling in an expert to help the first time around. This makes the whole process faster and safer – because the most important factor in building an igloo is finding a place to build it where there's no risk of an avalanche.



## 1. Test the snow for consistency where you plan to harvest the blocks.

Not all snow can be used for making an igloo. You need a firm layer at least 50cm deep for the blocks.



## 4. Prepare the place where you want to harvest your snow blocks.

Shovel away the top, soft snow and measure out blocks sized 60 x 45 x 20cm.



## 7. Lay out more rows of blocks.

Prepare them in such a way as to make sure that they are supported on three corner edges. Give them a pat to fix them into place.



## 2. Prepare the site for your igloo.

Stamp over the spot where you want to make the foundation. The site should be as near as possible to where you are going to harvest your blocks, as they can weigh up to 20kg each.



## 5. Cut the blocks.

Make sure that you always make the last cut with the saw inserted behind the face cut. Tip the block and carefully break it free.



## 8. Lay the final block.

Adjust it from inside until it fits. Now all you have to do is fill in the joints on the outside with snow and pat down firmly.



## 3. Measure out a circle for your igloo.

Insert a ski pole in the snow where you want the centre to be. Use the other ski pole and some string to measure out a radius of 1.25m and 1.70m.



## 6. Lay the first row.

Ensure that the blocks tilt slightly (approx. 17°) – better tilted than too straight. Cut out a ramp over the last four to five blocks.



## 9. Finishing touches.

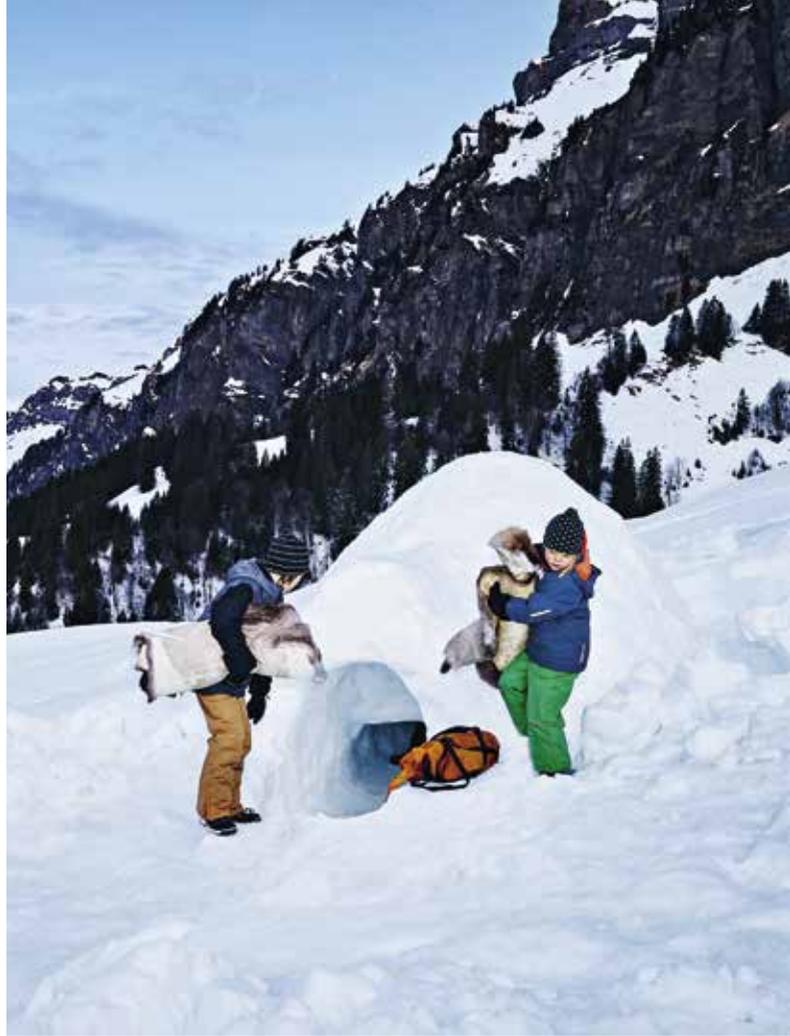
Dig an entrance tunnel, straighten out the sleeping area, set up some wind protection at the entrance and cut some air vents into the walls.

no time, and Lian and Anouk are soon able to peer over the upper edge. We finish off by digging a tunnel under the igloo wall. “Cool – just like a slide,” shout the kids and proudly clamber outside.

### Off to bed

The foehn wind stirs up the snow between the mountain peaks to the south. Fortunately, it is only giving us the benefits of its pleasant side up here: a perfect day! Nevertheless, it slowly gets colder and we retire to the cosy Alpine hut, where Romy, the igloo building team’s good-hearted soul, has made us cider fondue, a regional speciality. We have some tins of ravioli just in case either of the kids doesn’t feel like fondue. All we need are some finishing touches – reindeer skins, insulated camping mats and sleeping bags – and our igloo is ready for the entire family to nestle down in comfort in. All of our worries were for nothing. It’s cosy in our sleeping bag with the hot water bottle, and only the tips of our noses tingle in the cold air. And although we don’t have a star-studded sky above us, the bright outline of the snow blocks soon sends us off to sleep. Good night! \*

erlebnisswelt.ch



**You did it!** Yetis and ice princesses proudly take possession of their new snow kingdom – until they are overcome with tiredness and fall asleep.

**A dream house** for a winter's night. It's around zero degrees inside the igloo – but cuddling up together stops you freezing. A great adventure!



# 5 TIPS FOR

## igloo fans



1

Gstaad, Bernese Oberland

## BUILD YOUR OWN IGLOO

Learn the right way to build your own igloo in the Alpinzentrum Gstaad. All your hard work is rewarded with a delicious fondue.

2

Schwarzsee, Fribourg Region

## IGLOOS AND ICE PALACES

Stroll around and climb the illuminated ice constructions by Karl Neuhaus that are up to 15 metres high. All the castles, caves, grottos, igloos and sculptures have been dedicated to fairy-tale figures and winter.



3

Atzmännig, Zurich Region

## WOODEN IGLOOS

A comfortable alternative to camping: the two- to six-bedded PODhouses offer plenty of space for families. And you don't have to do without amenities such as electricity and light in the midst of nature. The wooden igloos are well insulated and have electrical heating.



4

Davos, Graubünden

## AN ENTIRE IGLOO VILLAGE

The romantic igloos decorated with snow and ice art on the Parsenn promise an unforgettable stay. Guests in the igloo village even have their own sauna and whirlpool.



5

Kemmeribodenbad,  
Bern Region

## CULINARY ENJOYMENT IN AN IGLOO

Landgasthof Kemmeriboden-Bad in the Emmental offers an unparalleled igloo experience. Every year since 2008, a lot of muscle and machine power goes into building a large igloo in front of the hotel. You can savour the Kemmeriboden fondue made from cheese from the local dairy over romantic candlelight.



Other destinations for families in search of adventure:



[MySwitzerland.com/families](https://www.myswitzerland.com/families)

**"Family Destination"**  
is the seal of quality awarded to destinations that tailor their range of offers to families. From first-class infrastructure to an attractive entertainment programme – for kids, parents and grandparents.



**T**hese are the Rolls-Royces of toboggans,” says father Bruno Morerod proudly, while his son Joël tenderly touches their latest creation made of ash – a fast toboggan of the brand Morerod. The low centre of gravity and flexible runners enable the toboggan to navigate extremely narrow bends. But you have to look under the toboggan to see its actual highlight. Unlike traditional toboggans, the runners are not only made of metal but feature an additional ski coating. This ensures a top-speed tobogganing experience.

#### **A passion for toboggans**

The action takes place in Col de la Croix, which connects Les Diablerets with Villars. Four- and two-wheelers are left in the garage in November, where they have to remain for the duration of the winter. This is when the tobogganers take over, which has been the case for years. The Morerods’ farm has been on this mountain pass road for generations. With sparkling eyes, father Bruno tells how he whizzed down the road in a multi-seated toboggan – a type of bobsleigh – in the sixties. This super-fast toboggan no longer exists – and Bruno tells that it met with a mishap, which he doesn’t want to go into in any more detail. But his passion for tobogganing is as strong as ever. The Morerods earn their living doing carpentry and joinery work on chalets. However, the 10 to 15 exquisite toboggans that they build each year are the icing on the cake for each →



# The toboggan builders

The faster the runners, the more agile the toboggan. You ride these hand-made rockets like you would a go-cart. For this reason, their builders Bruno and Joël Morerod give no more than a weary smile at the mention of traditional Davos toboggans.

Text: Christoph Zwaan  
Photographs: Lorenz Richard



employee. “Our toboggans last a lifetime,” adds Joël enthusiastically. Depending on their design, the exclusive, hand-crafted toboggans, which are made with a great deal of love, cost around 600 Swiss francs.

### **Moving on fast runners through the night**

The employees of the Morerod company are excited as they gather for their regular round of night-time tobogganing. It goes without saying that they all have their own toboggans. The run from Les Mazots down to Les Diablerets involves quite a bit of technique, and it’s recommended that tobogganers take a look at the 180-degree bends in advance in daylight. This doesn’t apply to the Morerods, of course, who know the entire seven-kilometre run like the back of their hand. Anyone who has ever been on one of their toboggans very soon realises why they thunder down the run again and again – it’s incredibly exhilarating. \*



Unique fun creations are made **with a lot of love and craftsmanship** in Bruno and his son’s workshop. Joël: “I get a real kick out of building a toboggan that will give someone a lot of enjoyment their whole life long.”



## 5 night-time tobogganing adventures

1

Les Diablerets, Lake Geneva Region.

In the footsteps of the toboggan makers: after indulging in a Gruyère and Vacherin fondue, set off through the night-time winter landscape for approximately seven kilometres on the Col-de-la-Croix road down into the valley.

2

Saas-Grund, Valais: a tremendous tobogganing adventure with a head torch.

3

Preda-Bergün, Graubünden: the longest night-lit tobogganing run in Europe.

4

Nods/Chasseral, Jura & Three-Lakes: in top gear along a romantic forest trail.

5

Engelberg, Lucerne-Lake Lucerne Region: torchlight descent and fondue enjoyment.



Feel like trying out other fast downhill tobogganing runs?

[MySwitzerland.com/tobogganing](https://www.myswitzerland.com/tobogganing)

# Staying the night with an upgrade



1

Arosa, Graubünden

## HOTEL WITH ITS OWN MOUNTAIN RAILWAY

Getting to the Tschuggen Grand Hotel is an experience in itself. The hotel's own Tschuggen Express, which was fully overhauled in summer 2018, will get you to the hotel or back to the **Arosa skiing and winter paradise** in a mere 2.5 minutes. The 5,000-square metre wellness oasis is also spectacular. Designed by top architect Mario Botta, it features impressive geometric sails channelling light into the hotel as they rise up from the mountain.



2

Küsnacht, Zurich

## ROMANCE BY THE LAKE

The romantic Seehotel Sonne is even more romantic in winter: lit up by international light artist Gerry Hofstetter and **with its own ice rink right by the lake**. And if you don't feel like gliding over the ice, you can warm yourself up at the mulled wine stand or indulge in some delicacies in the traditional "Gaststuben" restaurant of the historical four-star superior hotel.



3

Lauterbrunnen, Bernese Oberland

## CAMPING WITH A VIEW

Who needs five stars when you can have thousands? On the Jungfrau campsite, you sleep in the outdoors in your own motorhome or in one of the chalets. On one side, you can admire the imposing **Eiger, Mönch and Jungfrau**, while Staubbach Falls thunder down the rock face on the other. Children and beginner skiers even have their own ski lift right in front of the camping site.



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4

Les Giettes, Valais

## LUXURY IGLOO

At Whitepod Eco-Luxury Hotel & Alpine Experience, environmental conservation coexists with luxury.

The igloo-shaped pods provide 40 square metres of modern comfort, complete with local spring water, wood pellet stove, bathroom and large terrace with sun-loungers. Each of the **three new pod suites** has its own private sauna. You can find all this in the midst of pristine nature with a fabulous view of the surrounding mountains.



5

Villars-sur-Ollon, Lake Geneva Region

## PRIVATE SHOWING

If you feel like going to the cinema but don't want to leave the hotel, you're in the right place in the Chalet RoyAlp Hôtel & Spa. The hotel has its **own cinema with 27 seats**. The Michelin-starred hotel restaurant with 16 GaultMillau points offers more creative masterpieces before or after your cinema visit.

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## Prix Bienvenu

Attentiveness, warmth, empathy and helpfulness are the criteria for the Prix Bienvenu award. This Swiss prize for hospitality is awarded to 100 Swiss hotels each year. This evaluation is based on comments by hotel guests taken from over 250 rating and booking platforms. These are the winners of the four categories in 2018.

Presenting Partner



1

Luxury hotel

## THE OMNIA, ZERMATT

You are transported by a lift cut into the cliff face right into the lobby of The Omnia\*\*\*\* mountain lodge at just under 1,650 metres. The hotel with 18 rooms and 12 suites, library, restaurant with open fireplaces, lounge bar, board room, cavern club and two sun terraces towers high above the roofs of Zermatt.

[the-omnia.com](http://the-omnia.com)

2

City hotel

## MICRO HOTEL, BASEL



Its location right in Messeplatz, just a few steps from Musical Theater Basel, makes the Micro Hotel\*\*\* an ideal temporary home for tourists and business people alike. Fully in keeping with the hotel's philosophy: "You come as a hotel guest and by your second visit have the feeling of coming home."

[microhotel.ch](http://microhotel.ch)

3

Large leisure hotel

## HOTEL ALLEGRA, PONTRESINA

Arrive and take a deep breath – this is what’s recommended in Garni-Hotel Allegra\*\*\*. You can recharge your batteries in the fresh mountain air of the Upper Engadin with views of Alp Languard and Val Roseg. Hotel guests have direct access to the Pontresina Bellavita Pool & Spa Center. Four of the 54 generously sized rooms are disability-friendly and wheelchair-accessible.

[allegrahotel.ch](http://allegrahotel.ch)



4

Cosy leisure hotel

## HOTEL GLOCKE, RECKINGEN

Relaxing stays are guaranteed at the Hotel Glocke\*\*\*, whose hallmark is tranquillity, recuperation and hospitality. The heart of the hotel run by the Schmid-Heinzmann family is its big lounge complete with tiled stove and billiard table. Two market-fresh and creative menus are served daily, one of them for vegetarians.

[glocke.ch](http://glocke.ch)



You can find more information on the winners of the Prix Bienvenu and the 100 friendliest hotels in Switzerland at [MySwitzerland.com/prixbienvenu](http://MySwitzerland.com/prixbienvenu)



# WINTER IS CALLING!



1

Adelboden, Bernese Oberland

## OBERLAND HIGHLAND CATTLE

Before **Hansueli Hauri** zooms over to the Chumi Hut on his snowmobile, he takes care of his Highland cattle, around which the life of the Oberland farmer and restaurant owner revolves. Skiers love the delicious aroma of his beef burgers – they provide a perfect end to a good day on the slopes!

2

Arosa/Lenzerheide,  
Graubünden

## WOMAN AT THE WHEEL

The powerful slope vehicle slowly moves below the Stätzerhorn under a full moon. A petite young woman is behind the wheel. **Nadja Gut** has found her dream job at the wheel of a 14-tonne vehicle. She never feels lonely as she enjoys the feeling of having the mountain all to herself.





3

Obersaxen, Graubünden

## TOMORROW'S CHAMPIONS

There are four of them. And you'd better give them some room on the slopes when they come thundering by. Brothers **Jan** (14), **Ben** (12), **Finn** (10) and **Ron** (6) are among the best skiers in their age categories. As soon as school is out, these boys from Obersaxen hit the slopes. This is not an easy undertaking as the family lives in the lowlands. Every week they travel 500 kilometres just to be able to ski as much as possible. Their greatest dream is to live right next to the slopes. Maybe that time is not far off.



4



Fribourg, Fribourg Region

Pens and skis are his tools, mountains such as the Moléson in the Fribourg Alps his source of inspiration. **Simon Charrière** has been drawing since he was a small boy – and has been skiing for just as long. He always had the mountains of Fribourg in full view from the window of his playroom. No wonder that he was drawn to them. At school, he sketched the tricks he wanted to learn on paper. Today, the lines of the illustrator and freerider can be found on walls and posters all over the world – and of course on the powder-covered slopes of the Fribourg mountains.



# TRACING LINES FOR LIFE





5

Engelberg, Lucerne-Lake Lucerne Region

## A STAR IN THREE WORLDS

The photos went around the world: he rode up an escalator with one arm while other athletes were preparing for the Olympics in Pyeongchang. Welcome to the world of **Fabian Boesch**. The Engelberg freestyle skier has also reached the top on the sports front. After being world champion at the age of 17, he went on to win the X-Games one year later in 2016, which is the world's biggest extreme sports event. He often collects ideas for clips and tricks while spending a day in the snow with friends in Engelberg. No matter whether in his leisure time or profession, in Korea or Switzerland, Boesch always does his own thing.

6

Engadin/St. Moritz, Graubünden

## MYTH MAST 13

Race manager **Martin Berthod** was given the warning that an unusually strong energy field was having an influence on the central section of the World Ski Championship pistes in St. Moritz. And some strange things indeed did happen, one of which was Beat Feuz soaring, as if borne on wings, 90 metres beyond the nearby jump. Although Berthod kept all the details to himself, he will always remember the myth about mast 13 before every race.



7

Crans-Montana, Valais

## ROESTI, CAVIAR AND POWDER SNOW

SAC hut meets gourmet cuisine? That the two are compatible is proven by **Franck Reynaud** in Cabane des Violettes. With his enthusiasm for local products and love of the mountains, the Frenchman adds a certain touch to the usual down-to-earth fare you get in a hut. Down in the village, he puts his kitchen knife to work preparing the haute cuisine served in “Pas de l’Ours”. How does he manage to balance the two? “Going on a ski tour at sunrise releases an enormous amount of energy.”

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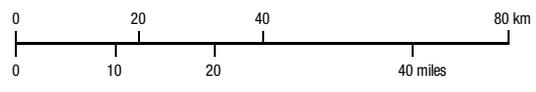
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