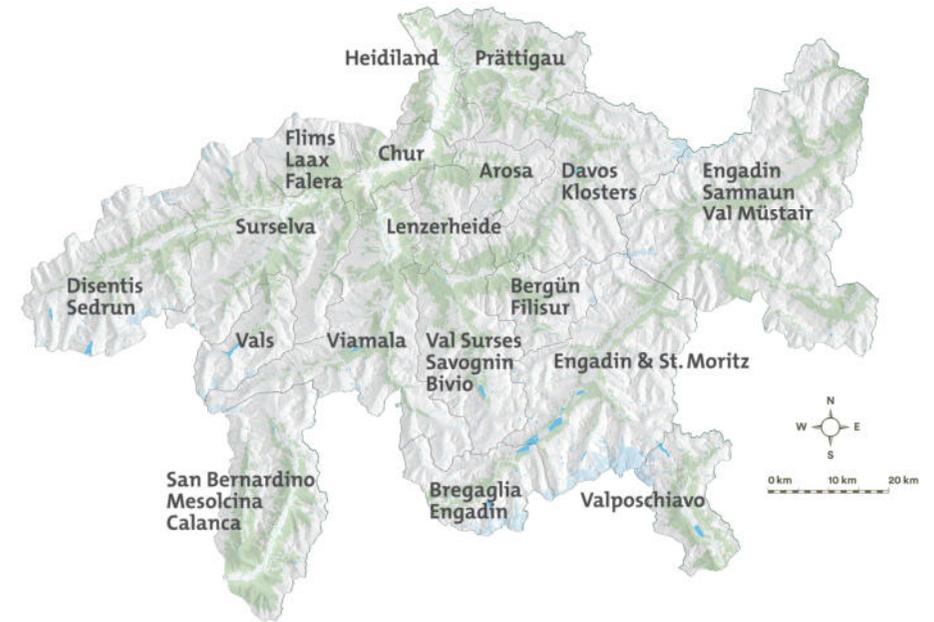


# News & researching ideas





# Welcome to our home



Whether you want to research a specific subject in Graubünden or you are still looking for the right story – we are here for you.



Cornelia Schnell  
+41 81 254 24 57  
[cornelia.schnell@graubuenden.ch](mailto:cornelia.schnell@graubuenden.ch)



Thalia Wünsche  
+41 81 254 24 32  
[thalia.wuensche@graubuenden.ch](mailto:thalia.wuensche@graubuenden.ch)



Nadja Maurer  
+41 81 254 24 68  
[nadja.maurer@graubuenden.ch](mailto:nadja.maurer@graubuenden.ch)



Follow our Twitter channel for media professionals (in German) and be the first to know about tourism news from Graubünden: [twitter.com/graubuenden](https://twitter.com/graubuenden).

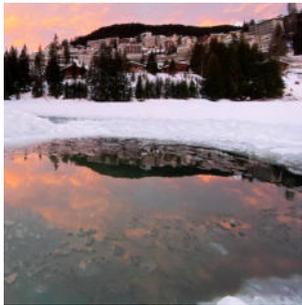
# New experiences & offers

## Graubünden: cross-country skiing instructor for the spontaneous



Cross-country skiing is a dynamic and attractive winter sport. However, this discipline is not that easy technically. That's why Savognin and other Graubünden destinations are now providing cross-country skiing "skeachers" (ski-teacher). As opposed to classic lessons, you don't have to book them in advance; instead, the skeacher will be waiting at the edge of the cross-country ski trail and can be hired on the spot for a short lesson. [graubuenden-erleben.ch/skeacher](http://graubuenden-erleben.ch/skeacher) (in German)

## Arosa: ice bathing in the Untersee lake



Hardy water lovers can also swim in the "Untersee" lake in Arosa in winter. Ice bathing activates your body and soul, is healthy and sustainable. Starting this winter, the Untersee lake will have an official bathing area that is open to all visitors. In addition to the bathing area, a sauna, fire bowl and deck chairs are also planned to round off the magical winter experience and provide the right winter idyll. [eisbadi.ch](http://eisbadi.ch) (in German)

## Churwalden: zip line with free-fall



Since September, visitors to the Pradaschier Adventure Mountain in the Lenzerheide holiday region can zip down the mountain on the newly built zip line: This zip line allows you to fly down into the valley at up to 110 kilometres per hour, safely attached to a wire rope. You will travel 1,739 meters during your two-minute flight. The 29 per cent gradient that follows the gentle start will give you a free-fall feeling. [pradaschier.ch/en/zipline](http://pradaschier.ch/en/zipline)

## Corvatsch: highest whisky distillery in the world



Last autumn, Ricardo Willy and Pascal Mittner of ORMA opened a new whisky distillery in the mountain station of the Corvatsch cable cars. At 3303 metres above sea level, the distillery is the highest in the world. This is more than a marketing ploy, for the altitude has an influence on the distillation process. Visitors can find out which one during guided tours of the distillery. [orma3303.ch](http://orma3303.ch) (in German)

## Fideriser Heuberge: go to a sauna powered by solar energy



This year, the first Lytefire sauna to work with solar energy was inaugurated on the Fideriser Heubergen. Its heat is produced by using mirrors to focus the sunlight and project it into the interior through a window. The concentrated ray of sunlight hits the sauna stone, which then generates the heat and steam. The sauna can reach temperatures between 60° and 100°C and in the future it should be able to store heat for up to six hours. [lytefiresauna.com/en](http://lytefiresauna.com/en)

## Fideriser Heuberge: new hiking trail connects two ski resorts



A new winter hiking trail makes hiking from Schanfigg to Prättigau possible in winter. It runs from the Hochwang ski resort to the Fideriser Heuberge ski resort. As the mountain railway takes away some of the altitude difference, it is a leisurely three-hour tour. It scores points for its views: First you can admire the mountains of Arosa and Lenzerheide and then those of the Rätikon. [graubuenden-erleben.ch/Heuberge-Hochwang](http://graubuenden-erleben.ch/Heuberge-Hochwang) (in German)

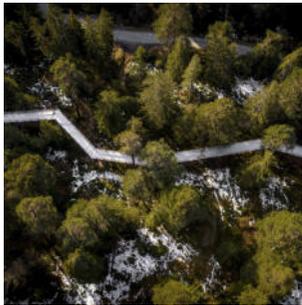
### Flims: winter hiking from restaurant to restaurant



Flims Laax now offers a culinary trail in winter as well, where you hike from course to course and from restaurant to restaurant. The route takes gourmets from Flims past Lake Cauma to Trin Mulin. At three culinary stops, well-known and lesser-known Graubünden specialties await winter hikers: from Bündnerplättli to dried pear ravioli and nut cake in a glass.

[flimslaax.com/en/culinary-trail/winter](https://flimslaax.com/en/culinary-trail/winter)

### Laax: world's longest treetop walk in winter



A visit to the world's longest treetop walk can also be a winter experience, when the forest is covered in deep snow. Four platforms invite you to linger and admire nature. Adults can learn more about the region's animals, geology and plants through a rental tablet. For children, there is a story by Ami Sabi, a well-known character in Laax, who accompanies them as an AR character during their visit to the treetop path.

[graubuenden-erleben.ch/treetop-walk](https://graubuenden-erleben.ch/treetop-walk)

### Lenzerheide: night sledging reinvented



The new "Light Ride" in Lenzerheide combines classic tobogganing with playful elements familiar from video games. On the trip down to the valley you will have to collect virtual objects, knock away obstacles and set speed records at defined points. The more skilful you are, the more credits you will win during your trip down. The toboggan run is fully illuminated and there is also music to make the whole event even more fun.

[graubuenden-erleben.ch/light-ride](https://graubuenden-erleben.ch/light-ride)

### Lower Engadine & Val Müstair: multi-day snowshoe tour



On the new "Via Silenzi" multi-day tour you will be able to experience snowshoe hiking in its most beautiful form. After the horse sleigh ride to the small hamlet of S-charl on the edge of the Swiss National Park, it continues in two daily stages to Lü in the Val Müstair and on to the Ofen Pass. The snowshoe trail leads through open terrain. A guided tour for beginners will be provided on selected dates.

[graubuenden-erleben.ch/snowshoe-via-silenzi](https://graubuenden-erleben.ch/snowshoe-via-silenzi)

### Madulain: ice trail from one village to the next



Would you like to glide through snowy winter landscape and along frozen rivers on ice skates? This only happens in Graubünden, especially in the Engadine. An ice trail will connect the villages of Madulain and Zuoz for the first time this winter. It will wind for nearly three kilometres through the meadowy landscape of the wide high valley and along the river Inn.

[graubuenden-erleben.ch/eisweg-madulain](https://graubuenden-erleben.ch/eisweg-madulain) (in German)

# New accommodation

## Laax: **wellnessHostel<sup>3000</sup>**



In addition to 158 beds in six to double rooms, the wellnessHostel<sup>3000</sup> offers guests a spa area, a fitness centre and a swimming pool. In the spa area you can pamper all your senses with sauna, fire bath, herbal steam bath, adventure showers, sound room, Kneipp pool and more. One overnight stay including wellness and fitness is available from 60 Euros. [youthhostel.ch/en/hostels/laax-wellness-hostel-3000](https://youthhostel.ch/en/hostels/laax-wellness-hostel-3000)

## Pischa: **Hotel Pischa**



Pischa in Davos Klosters is the mountain for alternative winter sports and for everyone who wants to enjoy the snow far away from the hustle and bustle. You can now even do this overnight. Nine modern guest rooms were installed in the cable car top station last winter and the restaurant was modernised. Once the day guests have left, there is almost no one else on the mountain. [pischa-davos.ch](https://pischa-davos.ch) (in German)

## Savognin: **Hotel Piz Mitgel**



Built in 1868, Hotel Piz Mitgel in Savognin dates back to the early days of tourism. After extensive renovation, it will reopen in the winter with new hosts. The new Piz Mitgel has 29 rooms and it combines traditional elements, for example art nouveau furniture with contemporary comfort and a modern touch. Guests dine in the rustic and traditional pub or in the elegant restaurant. [pizmitgel.ch](https://pizmitgel.ch) (in German)

# Anniversaries

## 25 years: **7132 Therme**



The spa, built by star architect Peter Zumthor from local quartzite, stands where the only thermal mineral spring in Graubünden, the St. Peters spring, bubbles out of the ground at 30 degrees. The spa is of timeless quality and simple elegance. It harks back to the original experience of bathing: contact with the stone and the water at different temperatures. [7132.com/en](https://7132.com/en)

## 10 years: **B & B Brücke 49**



10 years ago, Ruth Kramer and Thomas Schacht opened the Brücke 49 with four rooms in the mountain village of Vals. In 2019, the couple expanded their B & B to include the Brücke 49 Hostel with three studios and the workshop, a space for many things. The B & B and the hostel are characterised by their reduced Nordic design. Cosiness and comfort are nevertheless not neglected in either accommodation. [brucke49.ch](https://brucke49.ch)

# Winter camping adventure

Camping sites are more popular than ever. What's more, it's all year round in Graubünden: This is because numerous camp sites offer comfortable glamping accommodation during the cold season.

## TCS Camping Scuol



Guests can stay in cosy pods for up to four people all year round at Camping Scuol. Beds are fitted in the igloo-like wooden huts and there is a small kitchen area and a table in the larger versions. Power is available in all of the pods.

**Excursion tip:** The free ski bus takes guests to the nearby mountain railways of the Motta Naluns ski resort.

[graubuenden-erleben.ch/camping-scuol](http://graubuenden-erleben.ch/camping-scuol)

## Camping Flims



The pods at the Flims camping site are for two, three or four people. They are all fitted out with beds, lighting, electricity and heating. There is a "Bed & Breakfast" option with breakfast in the camping café for ensuring a good start to the day.

**Excursion tip:** Free regional buses take guests to the valley station of the Laax ski resort. Several winter hiking trails pass directly by the camp site.

[camping-flims.ch](http://camping-flims.ch)

## Camping Gravatscha in Samedan



In winter – and naturally in the summer as well – guests can rent nine modernly furnished wooden bungalows with kitchen, small bathroom and a living and sleeping area at Camping Gravatscha in Samedan.

**Excursion tip:** The Engadine ski-marathon trail and numerous winter hiking trails are all in the camp site's immediate vicinity.

[camping-gravatscha.ch](http://camping-gravatscha.ch)

## Camping Sur En in Sent



Different types of rental accommodation are available to guests at the all-year-round Sur En camp site: they range from log cabins and camping chalets of various sizes to sleeping barrels and sleeping containers.

**Excursion tip:** The Engadine ice trail, a 3-kilometre long ice trail for ice skaters that winds through the winter forest passes alongside the camp site. Ice skates can be rented locally.

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

## Camping St. Cassian in Lenzerheide



There is enough space for two to three people in the cosy pods at the St. Cassian camp site thanks to the special drying room for winter sports equipment, shoes and clothes. Those who prefer a larger accommodation and their own kitchen can rent a spacious chalet for up to six people instead.

**Excursion tip:** Guests can take introduction courses in the nearby biathlon arena.

[camping-lenzerheide.ch](http://camping-lenzerheide.ch)

## Camping Morteratsch in Pontresina



Even in winter you can stay comfortably at Switzerland's second-highest camp site thanks to sleeping barrels for two or wooden chalets for up to four people. The beds in the rental accommodation are made in the Nordic way so you can leave your sleeping bag at home!

**Excursion tip:** A cross-country ski trail and a winter hiking trail pass right by the camp site. It is also an ideal base camp for ski tourers.

[camping-morteratsch.ch](http://camping-morteratsch.ch)

# Up, in and on the ice

Ice attractions have one thing in common: in spring they all perish. Fortunately, there are people who take on the work of building them year after year.

## Ice trails: skating through the winter forest



How about gliding through the snow-covered winter forest and along frozen rivers on narrow runners instead of always doing the same laps on the ice rink? This is only possible in Graubünden. As soon as the temperatures allow it, hiking trails in Sur En, Madulain and the Albula Valley are transformed into ice trails. Once they are ready, the ice trails provide fast-paced fun for old and young skaters alike.

[graubuenden-erleben.ch/ice-trails](http://graubuenden-erleben.ch/ice-trails)

## Ice climbing: up the ice wall with pickaxe and crampons



When the temperatures drop below zero, the waterfalls at the end of the Sertig valley near Davos freeze and the ice climbers arrive. The climbers work their way up the ice wall step by step with pickaxes in their hands. The Gotschna mountain guides give introductory ice climbing courses for adventurous outdoor sports enthusiasts. Climbing experience is an advantage, but not a prerequisite.

[graubuenden-erleben.ch/ice-climbing](http://graubuenden-erleben.ch/ice-climbing)

## Natural ice rink: ice skating with a view



One of the highest and most beautiful ice rinks in Europe is on the Alp Raguta, which is 1,952 m above sea level. Whether you are curling or skating – it's hard to take your eyes off the mountain panorama. Anyone who wants to warm up away from the cold fun and needs new energy can sample the house speciality in the mountain hut next door: "Maluns", a traditional Graubünden dish made from potatoes and served with mountain cheese and apple sauce.

[alpraguta.ch](http://alpraguta.ch) (in German)

## Igloo village: sleep in snow and ice



Every year an igloo village made from snow and ice is built in the middle of the Parsenn ski resort above Davos. It consists of 14 sleeping igloos – ranging from a romantic suite with a jacuzzi to a family room for up to six people as well as a communal sauna and whirlpool, bar and restaurant. The igloo village is open to everyone during the day, so you can enjoy a mulled wine at the bar or a fondue in the restaurant.

[graubuenden-erleben.ch/igloo-village](http://graubuenden-erleben.ch/igloo-village)

## Olympic bob run: go down the ice track at 130 kilometres/hour



The Olympic bob run at St. Moritz-Celerina is not only the oldest bob run, but also the only natural ice track in the world. Every year, South Tyrolean railway workers model the 1,722-metre-long ice track within three weeks. Anyone who wants to know what a 4G centrifugal force feels like can try this – safely crammed between pilot and brakeman – on a guest ride in a four-man racing bob.

[olympia-bobrun.ch](http://olympia-bobrun.ch) (in German)

## Ice fishing: a waiting game on a frozen lake



What has long been a tradition around the arctic circle can also be experienced in the Engadine: ice fishing. With its low temperatures and large lakes, the high valley is predestined for this leisurely winter activities. Since 2019 ice fishing is permitted on Lake Sils. The most common species that bites is the Namaycush, an American arctic char. A good specimen can often be up to one metre long.

[graubuenden-erleben.ch/ice-fishing](http://graubuenden-erleben.ch/ice-fishing)



Cross-country skier in Disentis Sedrun © Schweiz Tourismus, Stefan Schlumpf

## Our travel partners

# Swiss International Air Lines

Winter fairy tales begin before you even arrive in Switzerland thanks to Swiss International Air Lines. All of the passengers are greeted on board with a warm “Grüezi” and treated to delicious Swiss chocolate. With SWISS, you can fly in a relaxed way every day from many German airports straight to the heart of the Alps.

The low price always includes a comfortable return flight, all taxes and fees, valuable “Miles & More” miles and typical Swiss hospitality. SWISS also transports ski or snowboard luggage\* free-of-charge for a perfect skiing holiday. Each passenger can check in 1 x pair of skis, 1 x pair of poles, 1 x pair of ski boots (also in a separate bag) and 1 x helmet or 1 x snowboard, 1 x pair of snowboard boots (also in a separate bag) and 1 x helmet as free-of-charge luggage.

\* On flights operated by SWISS, not valid with Economy Light fares.

[media@swiss.com](mailto:media@swiss.com)  
[swiss.com](http://swiss.com)



# Swiss Travel System AG

Switzerland comprises the densest public transport network in the world. It extends over 29,000 kilometres, linking city centres, tiny tucked away villages, mountain resorts and lakes. Travellers from abroad, the Swiss Travel System offers visitors the opportunity to discover the many diverse delights by road, rail and waterway. And with just a single all-in-one ticket – the Swiss Travel Pass.

The world-famous panoramic routes through Graubünden, such as the Glacier Express and the Bernina Express, are also included (excludes seat reservation fee) and are a part of the Grand Train Tour of Switzerland ([mystsnet.com/grandtraintour](http://mystsnet.com/grandtraintour)). Furthermore, the Swiss Travel Pass offers free admission to more than 500 museums nationwide (of which 29 are in Graubünden) and 50 per cent discount off most mountain railways.

+41 44 225 80 40  
[media@swisstravelsystem.com](mailto:media@swisstravelsystem.com)  
[mystsnet.com](http://mystsnet.com)



# Graubünden Ferien

Alexanderstrasse 24

7001 Chur

[graubuenden.ch/en/media](http://graubuenden.ch/en/media)

