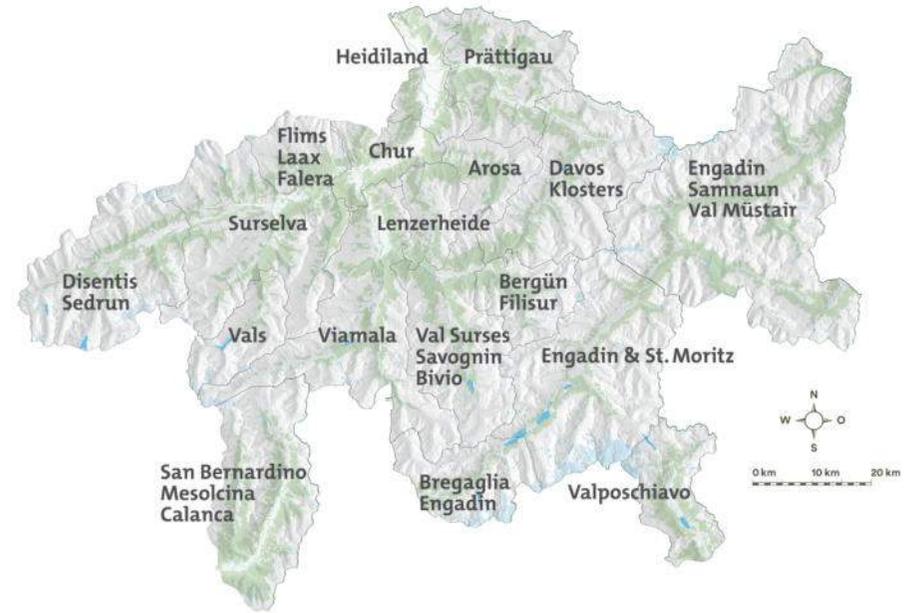


News & research ideas





A warm welcome to you



Whether you want to research a specific topic in Graubünden or are still looking for the right story – we are happy to be at your service.



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New experiences & offers

Graubünden: Bike tour along the Alpine Circle



The Alpine Circle connects the four highlights of Graubünden: the Rhine Gorge, the Landwasser Viaduct (a famous railway bridge), the Diavolezza glacier world and the Swiss National Park. Now you can experience the sights on a 6-day bike tour from Disentis to Chur via Thusis and Zerneß. The tour can also be tackled with an e-bike. Luggage transportation from hotel to hotel is included. www.graubuenden-erleben.ch/alpine-circle-velo (in German)

Graubünden: E-mountainbike tours lasting several days



Thanks to tour provider E-Alps, you can experience the Alpine Circle with an e-mountainbike as of this summer. Two tours are available: The "Ruta Ost" leads from Chur to Lenzerheide via Klosters and Davos, the "Ruta Vest" from Laax to Brigels via Vals. The tours take place on fixed dates and are guided. The offer is aimed at sporty people; experience in mountain biking is not required. www.e-alps.com

Graubünden: Experiences for cyclists along the Rhine



From the Alps to the midlands: The Rhine offers an enormous variety of cultural, culinary, landscape and outdoor experiences. 'Rheinwelten' (Rhine worlds) combines these into an enjoyable travel experience. From this spring, guests will be able to enjoy their first pleasurable experiences on the route and benefit from all services from summer 2023. This includes a digital travel companion through which all the offers can be easily booked. www.rheinwelten.com (in German)

Chur: Switzerland's first Cross Golf course



Cross Golf is a variation of classic golf. However, it is not played on golf courses, but in all possible places. Switzerland's first official Cross Golf course on Brambrüesch, Chur's local mountain, has nine holes. The start is directly at the gondola mountain station, while the finish is at the mountain restaurant 'Bergbaiz Brambrüesch'. Specially made wooden sculptures await as targets on each hole. www.chur.graubuenden.ch/en/cross-golf

Diavolezza: Glacier Experience Trail



The new Glacier Experience Trail is a supplement to the theoretical knowledge imparted at the Visitor Centre at the Diavolezza valley station. The approximately two-hour tour takes you along a hiking trail past five stations where you can experience the local glacier world and see the glacier up close. The tour starts and ends at the Diavolezza mountain lodge. glacierexperience.com/glacier-experience-trail?lang=en_GB

Flims: Cable car access to the Sardona Tectonic Arena



By 2023, a tourist flagship project in the cable car industry will be realised in Flims Laax: A cableway that runs fully automatically and according to demand. Gondolas do not rotate on the suspension rope, but are called by guests pressing a button. The first two sections will be implemented in 2022. The remaining three sections will follow in 2023. weisarena.com/en/projects/new-gondola-lift-to-the-tectonic-arena-sardona-unesco-world-heritage-site

Heinzenberg: Culinary Hike



On the Heinzenberg mountain in the Viamala region, you can put together your own individual culinary hike. You can go from guesthouse to guesthouse with your 'KulinarikPASS'. Everyone decides where and when to eat which dish of the 3-course menu for themselves. You can thus design the hike or bike tour according to your own preferences – from a short walk to a day tour. www.viamala.ch/kulinarikpass (in German)

Pradaschier: Zip line



The Pradaschier mountain in Lenzerheide offers a new racy adventure: the first zip line in Graubünden. It spans 1.7 kilometres and overcomes a height difference of 470 metres. It takes about two minutes to travel down the zip line and you'll reach top speeds of up to 110 kilometres per hour. The 29 per cent gradient that follows the gentle start will give you a free-fall feeling. www.pradaschier.ch/en/summer-zipline

Rhaetian Railway: Alpine Cruise, a cruise on rails



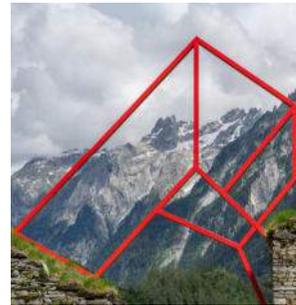
The Alpine Cruise is the new round trip on the Rhaetian Railway and it connects the most beautiful sights in Graubünden with one of the most spectacular railway routes in the world. The starting point is the Alpine town of Chur, from where the train takes you to the mountain destinations of St. Moritz and Davos. Luggage will be transported from hotel to hotel for guests to allow them to make stops along the way. www.rhb.ch/en/leisure-travel-and-excursions/alpine-cruise

Safiental: Art Safiental



This summer, for the fourth time, the international "Land and Environmental Art" exhibition will take place in the remote valley of Safiental. Under the title "Learning from the Earth", 15 projects by national and international artists will be presented that critically examine the present and man's relationship to the earth. The works are located throughout the valley and are freely accessible. www.artsafiental.ch/en

Vicosoprano: Biennale Bregaglia



The second edition of the Bregaglia Biennale is dedicated to the connection between the villages of the Italian speaking valley. Its setting is the village of Vicosoprano. The former main town of Val Bregaglia with its infrastructure is still the regional supply centre of the valley today. In Vicosoprano, artists find numerous points of reference to reflect the peculiarities of everyday life and history in Val Bregaglia. www.biennale-bregaglia.ch (in German)



New accommodation

Laax: Switzerland's first zero-waste hotel



The Riders Hotel is seeking to become a zero-waste hotel. To achieve this goal, the first thing that was investigated was waste at the accommodation. Based on the findings, measures were taken to reduce waste in all areas. The Riders Hotel also thinks and acts sustainably in other ways: A few years ago, they converted their culinary offerings to vegetarian and, with a photovoltaic system, the hotel produces a fifth of its own electricity. en.ridershotel.com

Mulegns: Post Hotel Löwe



The 'Nova Fundaziun Origen' is one of the most idiosyncratic cultural institutions in the Alpine region. In its latest project, it has dedicated itself to saving the pass village of Mulegns. Once an important changeover station for carriages, the place fell into oblivion in recent decades and its 'Post Hotel Löwe' was threatened with destruction. 'Origen' saved the classicist building and renovated it with care. The hotel will reopen in the summer. www.origen.ch

San Romerio: Million Stars San Romerio



Alp San Romerio with its mountain hut, ristoro (restaurant) and chapel lies high above Lago di Poschiavo and can only be reached on foot. Now you can spend the night there comfortably under the stars. This is made possible by the "Million Stars San Romerio", a double bed made of solid wood that can be pushed outside from its shelter in fine weather. This unique accommodation option is situated on a quiet plateau above the alp. www.sanromerio.ch/en

Anniversary

Swiss National Park: Chamanna Cluozza



This summer, the Chamanna Cluozza mountain hut will reopen after extensive renovation. The aim of the structural and operational changes was to make the hut more sustainable. In future, for example, wastewater will be treated using worm compost and plant-based purification. The company also wants to reduce supply flights as much as possible by using the naturally available drinking water for beverages, among other things.

graubuenden-erleben.ch/cluozza-en

Zuoz: White Light Alpine Chic



In July 2022, the White Light Alpine Chic hotel in Zuoz will open its doors. The boutique hotel has 25 rooms with a modern, airy design. Almost every room has a balcony with a view of the river Inn. The hotel's own restaurant offers Alpine cuisine with Italian flair. With the appropriate weather, guests can enjoy their food and drinks on the spacious sun terrace. The spa area is equipped with a sauna and a hammam.

www.whitelightzuoz.ch

300 years: Hotel Bodenhau in Splügen



Hotel Bodenhau is one of the oldest hotels in Switzerland and looks back on an eventful history with illustrious guests. In 1722, the building was erected as a storage room for transport goods and a postal station, but even then it provided accommodation and meals for travellers. With the increase in coach traffic over the Splügen Pass, it was transformed into a proper guesthouse in 1820. It still fulfils this function today.

www.hotel-bodenhaus.ch/en

150 years: Tamina Therme



Built in 1872, the Tamina Therme is the oldest indoor thermal water pool in Europe and laid the foundation for Bad Ragaz's reputation as a spa and health resort. Today, the spa offers a comprehensive wellness experience with indoor and outdoor pools, a large sauna area, and therapeutic treatments. If you feel like getting out into nature after a swim, follow the Tamina river to the old Pfäfers spa and the spring of the healing water. www.taminatherme.ch/en

10 years: Bike Kingdom Park



The Bike Kingdom Park (formerly Bikepark Lenzerheide) is the heart of the Bike Kingdom Lenzerheide. Between Rothorn valley station and Scharmoin intermediate station, five different routes – from the easy family route to the World Cup route – provide fun and thrills. To mark the park's 10th anniversary, there will be a daily evening service operating until 9 pm during peak season.

www.bikekingdom.ch/en

Unexpected products

Graubünden produces cheese, nut cake and 'Bündnerfleisch'. But that's not all. Between the Rhine Valley and the Italian-speaking southern valley of Misox, innovative farmer and businesses also produce other products.

Hemp nuts from the Rhine Valley



Hemp has a long history as a foodstuff in Graubünden. 'AlpenPionier' wants to revive this. Because important amino acids and healthy omega fatty acids make hemp protein a plant-based and ecologically interesting alternative to animal protein. The hemp is grown exclusively by organic farmers, many of whom have their farms in Graubünden. 'AlpenPionier' processes the hemp nuts into pasta, energy bars, and snacks, among other things. www.alpenpionier.ch (in German)

Saffron from the 'Bündner Herrschaft'



On Jürg Adank's fields in Fläsch, Beat Ruffner and Salome Schneider grow one of the most expensive spices in the world: saffron. The saffron crocus is a frugal plant, but its harvest requires a lot of manual labour. The blossoms must be picked individually from the field and the saffron threads – three per piece – carefully removed. The spice is also used to refine other foods, such as gin, honey, and beer. www.etal.boutique (in German)

Berries from Valposchiavo



In the southern valley of Valposchiavo, the Paganini family grows blueberries, blackberries, raspberries, currants, and strawberries, among others. These are sold fresh and processed on the farm into jams, juices, syrups, and vinegar. Due to the topography of the village, the berries do not grow in large fields as is usual in the lowlands, but in over 60 small plots. This means a lot of manual work, both in terms of cultivation and harvesting. www.coltiviamo-sogni.ch (in German)

Gazosa from Misox



Gazose La Fiorenzana are a popular alternative to the usual soft drinks in Switzerland. Especially the more unique flavours, such as blueberry (blue), raspberry (red), and tangerine (orange). These colourful lemonades are produced in a family business in Grono in the Misox Valley in the south of Graubünden. The fifth generation has since taken over the business, and the recipe has remained unchanged since 1921. www.gazosa-lafiorenzana.swiss (in German)

Ice cream from the Albula Valley



Swiss stone pine, red cherry and sea buckthorn – these are some of the unusual flavours of the fifty types of ice cream and sorbets from Glatsch Balnot, which Holger Schmidt produces in Surava. For his ice cream creations, the former baker relies on the best local ingredients: The organic milk is supplied by a farmer from the village, the cream comes from Lenzerheide, and in autumn the boss picks the elderberries for his fruity sorbet himself. www.glatsch-balnot.ch (in German)

Melons from Domleschg



In addition to tomatoes, carrots, cucumbers, and artichokes, Marcel Foffa's farm also grows an exotic fruit: the melon. And indeed hanging ones. After many experiments, it turned out that the sweet fruits ripen particularly well this way. The yield is more modest, but the quality is better. Word has got around: top chefs like Andreas Caminada and Sven Wasmer swear by Foffa's melons.

Sustainable experiences

Nature and its protection have always been of great importance in Graubünden. This is how many sustainable experiences and offers have been created in recent decades, starting with the Swiss National Park's foundation in 1914.

Sleeping: Swiss Youth Hostels



Sustainability is firmly anchored in the philosophy of the Swiss Youth Hostels. Ecology plays a central role in construction as well as in operations and the accommodation prices are designed in such a way that they remain affordable, while ensuring that good quality can be offered and fair wages can be paid. In Graubünden, there are eight youth hostels for individual guests – including in St. Moritz, Laax and Davos – and one group accommodation option. www.youthhostel.ch/en

Train travel: Rhaetian railway (RhB)



The railway lines of the RhB are so magnificently laid into the mountain landscape that a ride in its red carriages is more than just getting around – it's an experience. One that can be enjoyed with a clear conscience: for eight years now, RhB has been running exclusively on energy from Graubünden hydropower. Incidentally: The Albula/Bernina line from Thusis to Tirano is one of only three railway lines in the world that are UNESCO World Heritage Sites. www.rhb.ch

Hiking: Swiss National Park



Since 1914, the Swiss National Park in Engadin and Val Müstair has been the oldest and best protected wilderness area in the Alps. Nature is left to its own devices here, allowing visitors to experience it in its most pristine form. With a bit of luck, or if you take part in a guided excursion, you will also meet the furry and feathered inhabitants of the National Park; including ibexes, chamois, deer, and bearded vultures. www.nationalpark.ch/en

Enjoyment: 100% Valposchiavo



95 percent of the agricultural land in Valposchiavo is cultivated and maintained by organic farms. That is a Swiss record. But that's not all: With the “100% Valposchiavo” charter, 13 restaurants in the southern Graubünden valley, for example the mountain restaurant on the Alpe San Romerio, have committed themselves to offering at least three dishes on their menu made exclusively from regional products. graubuenden-erleben.ch/100-valposchiavo-en

Animal watching: Arosa Bear Sanctuary



Together with animal welfare organisation 'VIER PFOTEN', Arosa Tourism opened the “Arosa Bear Sanctuary” in summer 2018. Since then, former circus bears and bears from poor husbandry have found a new home on the 2.5 hectare site. In the midst of the mountain landscape with pastures, bushes, rocks, small streams, and forest, the animals can enjoy a happy old age and get back to their natural way of life. www.arosabaerenland.ch/eng

Volunteering: Mountain Forest Project (Bergwaldprojekt)



Founded in 1987 in Graubünden, the Mountain Forest Project has enabled over 70,000 voluntary work assignments for lay people in the mountains to date. The assignments last one week and as a thank you for their work, volunteers receive board and lodging. The tasks to be carried out under professional guidance are very diverse: from building wildlife fences and paths to planting trees and assisting alpine staff. www.bergwaldprojekt.ch/englisch

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A wonderful country can be discovered in many ways. And on board the Swiss airline, you immediately notice what makes it so unique. Be it the smile of the crew when boarding or the chocolate before landing: It is this personal and individual service that shows how closely Swiss International Air Lines, as the airline of Switzerland, is linked to its values. The special warmth and renowned Swiss quality are evident in every detail of a SWISS flight.

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Switzerland comprises the densest public transport network in the world. It extends over 29,000 captivating kilometres, linking city centres, tiny tucked away villages, mountain resorts and lakes. Especially for 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 (excl. seat reservation fee) and are a part of the Grand Train Tour of Switzerland (www.mystsnet.com/grandtraintour). Furthermore, the Swiss Travel Pass offers free admission to more than 500 museums nationwide (of which 29 are in

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