



SUVRETTA HOUSE, ST. MORITZ REOPENS FOR THE 2018 SUMMER SEASON - 29TH JUNE



June 2018 - Escape the city smog and overcrowded beaches and head to the Swiss Alps for a hearty dose of alpine air as Suvretta House - the 'Grand Dame' of the mountains - reopens her doors for the summer season. Traditionally considered a winter destination, once the snow caps thaw and temperatures rise, some *après-sans-ski* in Switzerland's beautiful Upper Engadine Valley becomes just the spot for a rejuvenating summer holiday.

The Swiss Alps offers the perfect getaway for travellers seeking to disconnect from the stresses of daily life and return from their holiday intensely refreshed, recharged and restored. Think some of the most breathtakingly verdant views, crisp mountain air, low season hotel rates and a plethora of off-piste 'Fit & Fun' activities for the whole family to enjoy. Built over 100 years ago, Suvretta House is the pinnacle of sophistication, providing a tranquil and exclusive retreat set close by to the buzz of St. Moritz - a region that remains a draw for elite travellers thanks to the beauty of the Engadine Valley, the vast hiking trails, and its reputation as a glamorous Alpine getaway.

TAKE TO THE LAKES

The lakes of St Moritz are beautiful all year round, but summer is the perfect time for sailing enthusiasts to visit. Suvretta House is just moments away from the magnificent Lake Silvaplana, which lies at an altitude of 1,791 metres above sea level and is the largest natural lake in the Alps spanning over 1,000 metres. Stretching over 3km long in some areas, Lake Silvaplana is excellent for water sports and thanks to its size, never feels crowded. Sailors and windsurfers will delight in the legendary Majola wind - this famously strong downhill wind sometimes reaches between 3 to 6 on the Beaufort Scale, providing the perfect sailing conditions for beginners and the more experienced alike. Suvretta House can arrange professional sailing instructors to take guests out on the lake to enjoy some of the freshest mountain air and cleanest waters in the world. The combination of both still and flowing water also makes the lakes of St. Moritz perfect for learning how to fly fish, and Suvretta House can arrange lessons with professional fly-fisher, Daniel Blätter, who lets guests in on the secrets of the trade. Those visiting between 12 and 15 August can also join a two-day fly fishing course.

HIKE (OR BIKE) THE HILLS

Suvretta House has 580km of hiking trails right on its doorstep, ranging from leisurely panoramic walks to more demanding mountain climbing tours. Adventurous spirits can make use of the mountain railway to reach the famous 3000m peaks the Piz Nair, the Corvatsch and the Diavolezza, where thrilling high-altitude mountain trails offer spectacular views. The Engadine Valley is home to Switzerland's only National Park, stretching over 170km² and home to 5,000 species of animal wildlife, 650 varieties of flowering plants, as well as 21 different hiking trails and guided glacier walks. The Engadine Valley is also the ultimate mountain biking destination, with 400km of biking trails offering exhilarating landscapes and trails to suit all abilities. Suvretta House has its very own *Suvretta Sports Bike School*, with experienced local guides who know all the best biking trails in the region teach guests all about freeriding. Hotel guests also have access to a selection of high-end mountain bikes, downhill bikes and even e-bikes. For something truly special, animal lovers of all ages will delight in goat trekking, with their very own goat guide, Heidi.

PITCHING, PUTTING AND PUNCHING

Both keen and budding golfers have access to the three remarkable golf courses within close reach of Suvretta House. Each course is set in the midst of mountains and lakes of the most beautiful high-Alpine valley in the world. Guests can take advantage of the hotels practice course and driving range to prepare themselves for the challenging greens of some of the highest golf courses in the world, where the altitude makes balls travel faster and further than on low-lying land. Uniquely, Suvretta House has a golf pro, Fredrik Svanberg on site seven days a week upon request, to provide private tuition for children and adults at the Suvretta House Driving Range - the hotel even offers guests a complimentary introduction to golf with Fredrik himself to whet their appetite for the sport. If however tennis is their sport of choice, Suvretta House also has three well-tended clay courts set against a striking backdrop. In addition to this, *The Sport Camp* welcomes children and teenagers to enjoy a wide selection of sporting activities daily - including horse riding, swimming and athletics.

A FEAST FOR THE SENSES

A 1.5 guided hike away, treats guests to the most magnificent views of the Engadine's glaciers, the sound of rushing water, and delightful aromas from the grill at Suvretta's weekly summer picnic, available for guests to enjoy throughout the summer season from 4 July to 29 August. Every Wednesday, hotel guests are invited to partake in the picnic serving traditional Swiss fare and delectable grilled dishes on the mountain. Foodies visiting during the month of August will have the opportunity to celebrate Switzerland's national holiday on the first of the month, savouring a five-course gala dinner in the exquisite Grand Restaurant, while admiring bonfires and fireworks over the Alps.

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Summer rates at Suvretta House start from 290 CHF (currently approx. £220) in a Single Room, or from 410 CHF (currently approx. £311) in a Double Room, per night, on a half-board basis (half board includes daily breakfast and four-course dinner in the Grand Restaurant)

Rates are inclusive of service charge, taxes, VAT, access to the Suvretta Sports & Pleasure Wellness Club, participation in 'Fit & Fun' activity programme, and Suvretta shuttle bus into the centre of town

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