



SUVRETTA HOUSE, ST. MORITZ REOPENS FOR THE 2019 SUMMER SEASON – 28 JUNE 2019



April 2019 – This summer, swap the traditional beach break for some fresh alpine air whilst staying at [Suvretta House](#). Considered the ‘Grand Dame’ of the Swiss Alps, this iconic hotel in Switzerland’s Upper Engadine Valley is reopening its doors for the summer season on 28th June. Offering a plethora of outdoor activities as part of its annual ‘Fit & Fun’ programme, it is the perfect base for travellers looking to disconnect from the stresses of daily life; try something new and return from holiday feeling rejuvenated, restored and refreshed.

While Switzerland is traditionally considered a winter destination, not far from the buzz of St. Moritz, the Upper Engadine Valley totally transforms in the summer months into a playground for the elite looking for an alternative break away from the crowds. Breathtaking mountainous views, vast beautiful lakes, fresh alpine air and attractive season rates makes Suvretta House the perfect place to be this summer for a stylish 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 paddle boarders 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. Guests visiting between 11th and 14th August can also try their hand at fly-fishing and can enjoy a two-day workshop under the professional guidance of the resident expert Daniel Blätter, who lets guests in on the secrets of the trade.

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. During the summer season, guests staying for two nights or more can make the most of unlimited free access of the Upper Engadine resort lifts. With 400km of biking trails, travellers can also explore the region on two wheels. In addition, 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.

TREK WITH A TWIST

Travellers seeking a trek with a twist will love the opportunity to go hiking through the mountains with their very own goat while accompanied by local guide and 'Head Goat', Heidi. On meeting with Heidi in the hotel lobby, guests take a short transfer to a local farm where they will spend time meeting the resident goats, before heading out on a two-hour guided trek through the mountains. A packed lunch with local specialities will also be provided along the way.

RALLY WITH A VIEW

Home to three clay tennis courts, Suvretta House provides a dramatic backdrop for those looking to have a friendly knockaround. Perfect for beginners and experts alike, guests can make use of the ball machines which are great for practicing forehand and backhand swings. Private lessons are also available with the resident coach for those eager perfect and fine-tune their techniques even further.

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. 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.

PAINTING IN THE PEAKS

Guests who prefer a more tranquil escape can book to stay during the Suvretta Art Week from 25th August – 1st September. Ideal for amateur artists looking to learn something new and for experienced artists hoping to enhance their techniques, guests will enjoy five days of tuition with international resident artist and lecturer, Nicki Heenan. Specialising in oil, cold wax, acrylic and watercolour, Nicki will teach the class how to capture the breathtaking mountainous landscape using experimental methods. Guests will have the chance to showcase their masterpieces at the end of the week in an exhibition at Suvretta House.

suvrettahouse.ch

Summer rates at Suvretta House start from 330 CHF (currently approx. £251) in a Double Room, per night, on a B&B basis.

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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