

# Donnerstag, 9. Januar 2025

## Tobogganing at Muottas Muragl



Narrow bends, adventurous gradients and fast speeds with a fantastic view. If you like action, you shouldn't miss this downhill run. The funicular takes you and your sled up to the top station, the starting point for this run: 20 tricky curves, 718 metres of vertical drop and a length

of 4.2 kilometres. The slope is fast and steep in parts, so it is not suitable for families with small children or absolute novices on the toboggan.

**For more information, please see our Concierge.**

Suvretta Sports & Pleasure

## Suvretta House Coiffeur



Eine gepflegte Frisur, ein neuer Look, vielleicht etwas Farbe, dezent oder gewagt? Unsere Coiffeuse freut sich Sie zu verwöhnen und zu beraten. **Sie benötigen noch einen Termin für den perfekten Auftritt? Dann buchen Sie direkt bei unserem Sports & Pleasure Team, Tel. 9274.**

Today, 5.00 until 6.00 pm at Gymnasticum

## Core Training



Let our fitness team lead you into a form of training to improve your body stability. Your coordination will be strengthened through targeted training of the muscles in the central part of the human body between the diaphragm and the hips.

**Our Fitness instructor is looking forward to your participation.**

## Il Regalino



Are you looking for a suitable gift for those left at home? Drop in at our kiosk. At the Regalino our shop assistant Elisa will help you to find the best choice under a great selection of Suvretta souvenirs including magazines, books, Teddy Club accessories, Suvretta House nut cake, Suvretta bathrobes for adults and children, products from enSoie and much, much more. It's worth a visit.

**The perfect reading pleasure: the Suvretta House anniversary coffee table book in German or English is available for CHF 118. – at il Regalino.**

Morgen, 10. Januar 2025, im Suvretta Sports & Pleasure Club  
**Bleiben Sie in Bewegung mit unserem Fitnessteam**



8.00 – 9.00 Uhr Yoga  
17.00 – 18.00 Uhr Back Training

Friday, 10<sup>th</sup> January 2025 until Sunday, 12<sup>th</sup> January 2025

## BMW IBSF Weltcup Bob & Skeleton 2025



The Winter Olympics of 1928 and 1948 and the Youth Olympic Games 2020 accorded a high reputation and worldwide standing to the Olympia Bob Run from St. Moritz to Celerina. At the edge of this historical bobsleigh track, you have the possibility to watch the athletes during trainings

and competitions in the disciplines monobob, 2-man or 4-man bobsleigh, para sport, skeleton, luge, and bob run skating. Day ticket CHF 25.- per person. **For further information please contact our Concierge.**

Suvretta Sports & Pleasure

## Produkte von Cellcosmet und Cellmen



Cellcosmet und Cellmen setzt mit seinen Pflegeprodukten für alle Hauttypen für Sie und Ihn Masstäbe in der Schweizer Kosmetik. SwissCellSpa kombiniert die Zellular-Technologie und Expertise im Bereich der Phyto-Kosmetik und kreiert Pflegeprodukte, die überragenden Ergebnisse liefern.

**Lassen Sie sich von unserem Spa Team beraten. Die Produkte können Sie an unserer Spa Rezeption käuflich erwerben.**

For Smartphone & Tablet

## Suvretta House Hotel App – Download now



All the Hotel information, at your fingertips. Download the Suvretta House app directly onto your smartphone or tablet and see at any time all the information, news, events and menus for our alpine luxury resort in St. Moritz. **Available for iOS and Android.**



## Ferienwetter / Weather Forecast / Prévision du temps



Veränderlich  
Variable  
Variable

Temperaturen um 8.00 Uhr  
Temperature at 8.00 am \_\_\_\_ °C  
Température à 8 heures