


GRAND HOTEL KRONENHOF
PONTRESINA
★★★★★

Press release

Non-ski Alpine breaks
Grand Hotel Kronenhof embraces outdoor wellness in the winter season

Pontresina, Switzerland – December 2019: Guests staying at Grand Hotel Kronenhof (www.kronenhof.com) this winter season can fully embrace the **outdoor wellness** trend by booking a three-night Yoga Summit package (which includes yoga classes – naturally – but also an early morning silent hike) or by simply checking into the hotel and using it as a base from which to enjoy winter hiking, ice-climbing or snow-shoeing followed by deeply relaxing sessions in the Kronenhof Spa. Rest assured, they won't be alone. Over 50% of visitors to this quiet corner of the Engadine never set foot on skis, they come for pure R&R.



Grand Hotel Kronenhof; snow-shoe touring

Surfing the trend for **forest bathing** (or silvotherapy), which developed in the early 1980s when Japanese scientists discovered that trees have amazing therapeutic qualities and that simply inhaling their aromas can immunise the body against disease, Grand Hotel Kronenhof has created a walk that encompasses the five senses, reflecting their own spa philosophy. Guests are taken on a guided hike into the Engadine valley to smell the Swiss stone pine (renowned for its relaxing properties), listen to the calming burble of the river, gaze at the awe-inspiring Alpine landscape and feel the crispness of the fresh mountain air, before stopping for a re-energising cup of hot herbal tea. A two hour, guided forest bathing walk costs CHF230.

The village of Pontresina, where the Kronenhof is located, is the centre for **ice climbing** in the Engadine, because the local gorge is transformed into mighty ice walls with impressive stalactites during the winter season. Pontresina Mountaineering School teaches those with good physical fitness and strong upper body muscles how to scale this ice front using ice axes and special crampons.

For those wishing to expend a little less energy – ice climbing is hard work! – there are plenty of **snowshoe trails** (from a two-hour's beginner trail to an all-day tour) that lead from the village

off the beaten track through snowy forests to idyllic viewpoints and frozen lakes, providing a gentler form of outdoor exercise. What's more, the rhythmic plodding of snow-shoe hiking introduces a meditative element.



Ice climbing on Pontresina gorge; Kronenhof Spa pool

While these activities are available throughout the season, one of the best times to experience them is in conjunction with one of Grand Hotel Kronenhof's **Yoga Summit** weekends that include their own dose of "wild" wellness, with an early morning silent walk through the woods to the stunning small lake of Lej da Staz providing the perfect way to start the day feeling at one with nature. The three-night package also includes four yoga and meditation sessions, plus the option to enjoy lighter evening meals in the hotel's Grand Restaurant.

The full Yoga Summit programme can be found below; two of these long weekends will be led by travelling yoga teacher Ben Rakdidzija, a certified American Yoga Alliance (500 hour) instructor who specialises in flexibility, body awareness and deeper relaxation through conscious breathing, using a combination of Hatha, Vinyasa Flow and Yin yoga.

Rates for the Yoga Summit start from CHF2915 for two people sharing a double room on a half-board basis and include all the activities listed below. For more information and to book, email reservations@kronenhof.com or call +41 81 830 30 30.

Yoga Summit programme

Thursday

Afternoon arrival
Dinner

Friday

Tea & fruit in the Spa followed by yoga & wake-up meditation
Breakfast
Late afternoon yin yoga & meditation
Dinner

Saturday

Early morning silent hike to Lej da Staz
Breakfast
Late afternoon yin yoga & meditation
Dinner

Sunday

Tea & fruit in the Spa followed by yoga & wake-up meditation
Breakfast
Departure by 12 noon

Dates

24-26 January 2020 with Ben Rakdidzija

14-16 February 2020

16-19 March 2020 with Ben Rakdidzija

Notes for Editors

Grand Hotel Kronenhof (www.kronenhof.com), located in Pontresina, six miles from St. Moritz, offers the best of both worlds: the chance to enjoy the glitz of St. Moritz, while staying in a peaceful mountain village.

Grand Hotel Kronenhof has a rich and interesting history, having first opened its doors in the first half of the 19th century as a guesthouse. However, the main part of the current building, which is a registered historical landmark, was built at the very end of the 19th century in Neo-Baroque style. The latest wing, completed in November 2007 and costing CHF 35 million (approximately £24 million), consists of 28 new guest rooms and a stunning spa complex covering more than 2000 square metres. More recently, the internationally-renowned interior architect Pierre-Yves Rochon has been renovating a few guest rooms per year, in his own inimitable style, along with the creation of an elegant cigar lounge and adjoining billiards room.

The spa is certainly one of the hotel's highlights and has been named "the best Alpine spa" (according to Tyler Brule writing in the FT, November 2009). Facilities include a 20m indoor infinity pool with counter-current system, a flotation pool with underwater music, a wide range of saunas and steam rooms, a luxurious private suite for couples to enjoy wraps and massages together, and – for the perfect final touch – a crackling log fire in the relaxation room.

Gourmet cuisine is also a specialty at the Grand Hotel Kronenhof. Awarded the title of GaultMillau Hotel of the Year in 2009, it has three restaurants (the formal Grand Restaurant in an elegant Neo-Baroque vaulted room, Gourmet Restaurant Kronenstübli serving Italian-Mediterranean cuisine with 16 GaultMillau points and the informal Le Pavillon for light lunches). In addition, the hotel features a 19th-century original bowling alley where Swiss raclette is served.

Finally, Grand Hotel Kronenhof is renowned for its extensive children's activities and facilities (a kids' playroom and Rondelle, a restaurant just for younger members of the family).

Recent awards for the Grand Hotel Kronenhof include:

- 2019 TripAdvisor Traveller's Choice Award (five years in a row) & TripAdvisor Certificate of Excellence
Conde Nast Traveller Readers' Choice Awards: 3rd in the Top 20 Hotels in Central Europe category, 10th in the Top 20 Hotels in Europe category & 25th in the Best Hotels in the World category
Swiss business magazine Bilanz named one of ten best holiday hotels in Switzerland
- 2018 André Soares named Executive Housekeeper of the Year by Bilanz
PRIX BIENVENU awards, one of the top ten best luxury hotels in Switzerland
Trivago, best 5-star hotel in Switzerland
- 2017 World Luxury Spa Awards winner
Second place in NZZ's Swiss Hotel Ratings, named among the most beautiful holiday hotels

Both the Grand Hotel Kronenhof and its sister property Kulm Hotel St. Moritz are owned by the Niarchos family.

For more information, hi res images & to organise a review visit, please contact:

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