



The Alpina Gstaad Is Ready for Winter 2019-2020 in Switzerland's Quintessential Alpine Town

***Culinary, Wellness and Art Experiences to Unfold from December 6,
2019 through March 15, 2020***

Gstaad, Switzerland, November 15, 2019: The Alpina Gstaad, a Swiss hideaway that defines alpine chic, will reopen for the 2019-20 winter season on December 6, 2019. From opening day, the winter calendar will be filled with culinary, art and wellness experiences at the hotel, on the slopes and in the welcoming Swiss village of Gstaad. There has never been a better time to discover why Gstaad has the best combination of winter fun and mountain sophistication.

Culinary Magic at The Alpina Gstaad

With three of Gstaad's most sought-after restaurants – Sommet (one-star Michelin restaurant with an outstanding vegetarian and vegan menu, Megu (Michelin-starred contemporary Japanese cuisine) and the Swiss Stübli (traditional specialties featuring locally sourced ingredients) – culinary programs are a signature of The Alpina Gstaad. Coming up this winter:

Hands-on pasta-making classes: Inspired by the Sunday pasta station in Restaurant Sommet and noted for the eco-friendly philosophy of Executive Chef Martin Göschel, these two-hour classes teach guests how to make delicious pasta from scratch. Only a few simple ingredients are involved: flour, eggs and water plus a modest amount of time and much *amore* (love). Classes are arranged privately at the convenience of guests (not available in February) and "students" enjoy the results of their tasty new skills for dinner. (CHF180, or about US\$182, per person; classes for two to six persons.)

Sardinian Week at the restaurant Sommet: Executive Chef Maurizio Locatelli and his team from the five-star Hotel Cala di Volpe will join Executive Chef Göschel from February 1 to 8, 2020 in bringing the Mediterranean to the Sommet kitchen, a warm treat after a day on the slopes. Start with an exclusive tasting of Sardinian wines at The Alpina Gstaad's vinothèque guided by sommelier Luca Padovani followed by a special menu from the Cala di Volpe in Sardinia. The degustation menu will start at CHF180 or about US\$182.



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Exclusive cognac from Remy Martin: The Alpina Gstaad has acquired one of only 1,498 limited edition decanters containing a rare blend of Remy Martin's Louis XIII cognac, a signature of the cellar André Hériard Dubreuil. And it is for sale. The cognac is drawn from a single tierçon hidden in the family reserve, a blend of up to 1000 eaux-de-vie, 100% from grand Champagne. Visit www.Cognac-Louis-XIII-Black-Pearl-AHD

Wellness Reaches New Heights at Six Senses Spa

The Six Senses Spa, the only one in Switzerland, is a sanctuary of peace and wellbeing in the heart of The Alpina Gstaad. Inspired by Asian traditions and drawing energy from the surrounding Bernese Oberland, the spa features indoor and outdoor pools and offers personal training and fitness classes, as well as unique and holistic treatments from all over the world.

Winter treatments for a transformative stay: In addition to group classes in Tai-Chi, various styles of Yoga, Pilates and HIIT Cardio, individual personal training sessions are offered. A number of special programs are available for the winter season to send guests home feeling better than when they arrived. New for the winter season, the [Holistic Anti-Aging Program](#) combines scientific advances in nutrition, fitness and neuroscience with wisdom from long-lived communities. Three-, five- and seven-night programs feature pranayama meditation, hot stone massages, private fitness training and mountain bathing along with facials, body treatments and colonic cleansing. Advanced technology and corneotherapy tackle the underlying immune responses repairing skin barrier defenses. The three-night program for one person starts at CHF4900 (about US\$4,915) and includes accommodations with full board, 10 treatments, wellness screening, skin analysis, a personal consultation and group wellness activities and workshops.

Other treatments offered for the winter season include Tibetan Healing Retreat, Yoga Sleep, Yoga Discover, Yoga Detox, Light and Sound Healing, Mountain Detox and Energy Healing.

Beauty Mixology Workshops: New this winter, an innovative Alchemy Bar at The Alpina Gstaad's Six Senses Spa will teach hotel guests how to create potions blending them to make aromatic scrubs and masks. The hands-on workshops cover body scrub, bath soak, face masks and poultices using natural alpine ingredients such as goat milk powder, lavender and chamomile flowers as well as almond oil, orange flower water and lemon grass and mint essential oils. A personal one-hour workshop starts from CHF195, or about US\$197.



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Exhilarating Times on the Mountain

Complimentary Shuttle Service to the Slopes: During the winter season, The Alpina Gstaad concierge provides complimentary shuttle service to the three main ski areas: Eggli (Gstaad), Wasserngrat and Wispile. Transfers are also available to other ski areas including Glacier 3000 for a fee.

Hit the Slopes Alpina Style: Together with the Wasserngrat Mountain restaurant, The Alpina Gstaad offers a special ski day package including all-day ski tickets for the Gstaad region and a 3-course mountain lunch at the restaurant Wasserngrat, which is 1,920 meters (approximately 6,300 feet) above sea level. Among the smaller ski areas in the region, the Wasserngrat offers the Tiger Run, one of the steepest and most spectacular runs in and around Gstaad. The package including a daily ski pass will start from CHF90, or about US\$91.)

Discovering Eggli in Style: Beginning in December 2019, a brand-new panoramic gondola will begin operating whisking snow sports enthusiasts and nature lovers up 7,057 feet to Eggli, the local Gstaad mountain. The elegant Porsche Design gondolas offer a uniquely comfortable ride in their cabins accommodating 10 people. To celebrate, The Alpina Gstaad has put an Eggli experience together starting with an exclusive horse-drawn carriage ride to the Eggli cable car station. Once at the top, guests can take a break at the pop-up restaurant, an exclusive culinary experience with breathtaking panoramic views. Guests who don't ski can take a winter hiking trail from the mountain station down to the village of Gstaad where the horse-drawn carriage returns to the hotel.

Gstaad Gourmet Mobil "Top Chefs of Gstaad on Tour:" This winter season, a new snow cat food truck will make guest appearances at the mountain station of Eggli's new gondola. On five dates in January and February, top chefs from Gstaad's leading hotels and resorts will delight skiers and foodies with delicious Swiss specialties. The Alpina Gstaad will be featured on February 15, 2020. The other dates are January 18 for the Hotel Ermitage, February 1 for Gstaad Palace, February 8 for the Le Grand Bellevue and February 29 for the Park Gstaad.

Art: An Obsession at The Alpina Gstaad

The Alpina Gstaad's Art Collection Continues to Expand: The Alpina Gstaad's collection continues to expand with a new work arriving in time for the winter season. *The Dog Roses Crackle and Break* is a recent oil painting by contemporary British artist Cecily Brown who has emerged as one of the most influential of her generation. Currently the hotel's collection features more than 60 pieces by some of the world's foremost artists including Dan Colen, Tracey Emil, Jana Euler, Alex



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Israel, Terence Koh, Henrik Olesen, General Idea and The Bruce High Quality Foundation.

In June, two new works were installed at The Alpina Gstaad. A smoke-exhaling mythological creature in bronze, *Third Animal*, arrived from Thomas Schütte's recent exhibition at the Monnaie de Paris and *Boatman*, a painting by Dana Schutz came from her acclaimed show at New York's Petzel Gallery. These pieces join other recently-acquired works by some of the world's leading contemporary artists including Jacqueline Humphries, Pierre Huyghe, Wade Guyton and Nicole Eisenman, one of the standout stars of this year's Venice Biennale.

***Mirage Gstaad* Part of Last Year's "Elevation 1049: Frequencies" Continues on Display this Season:** The outdoor site-specific installation by Los Angeles-based artist Doug Aitken called *Mirage Gstaad* will continue to be on view until January 2021. The surrounding mountain scenery and the ever-changing seasons will be reflected in and will interact with the sculpture. Located in a field along the winter hiking trail between Schönried and Gruben, the installation can only be reached on foot.

For more information about The Alpina Gstaad, please email info@thealpinagstaad.ch, call 011-41-33-888-9888 or visit [The Alpina Gstaad](https://www.thealpinagstaad.ch).

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The Alpina Gstaad is set on five acres in Oberbort, the exclusive hilltop area of the village, which is in Saanenland in the heart of the Bernese Alps. Part of a CHF300 million-luxury development which includes private chalets and apartments, The Alpina Gstaad is a contemporary interpretation of traditional Swiss architecture incorporating local materials and authentic Alpine style. The luxury hotel has three restaurants: Restaurant Sommet, a Michelin-starred restaurant serving contemporary cuisine; MEGU, a Michelin-starred Japanese restaurant and a traditional Swiss stübli. There is a 21,000 square foot Six Senses Spa, and indoor and outdoor swimming pools, a bar and lounge, wine-tasting room, private cinema, cigar lounge, a ballroom and several boardrooms. The 56 spacious rooms and suites – all with balconies – range from 333 square feet to 4,305 square feet.

The Alpina Gstaad is a member of Virtuoso and is part of the Legend Collection of Preferred Hotels and Resorts. Committed to achieving best practices for environmental and social sustainability, the resort has partnered with EarthCheck, the world's leading scientific benchmarking and certification group for tourism. The Alpina Gstaad is also a member of the NOW Force for Good Alliance, an organization aiming for accountability and transparency in sustainability in the hospitality industry.

Awards & Accolades

In July 2019, Organic Spa Magazine honored The Alpina Gstaad's Six Senses Spa as one of its Wellness Travel Award winners for 2019. The Forbes Travel Guide named The Alpina Gstaad a 2019 Star Award and one of 41 hotels worldwide with the "World's Best Rooms." In July 2019, The Alpina Gstaad was voted one of the "World's Top 100 Hotels" by the



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readers of *Travel + Leisure*, as it was previously in July 2018 and in July 2016. In January 2016, the hotel was named to *Condé Nast Traveler's* Gold List. The Alpina Gstaad was voted to *Condé Nast Traveler's* "Hot List," *Travel + Leisure's* "It List" and *Robb Report's* "Best of the Best" for 2013. In November 2018 and 2017, Switzerland's most prestigious newspaper, *Neue Zürcher Zeitung* named The Alpina Gstaad the country's top hotel. In July 2017, *BILANZ*, the Swiss business magazine listed the hotel as the country's top resort. *Schweizer SonntagsZeitung* (the Swiss Sunday Newspaper) named The Alpina Gstaad one of the "Top Ten" best holiday hotels in Switzerland and *Handelszeitung* (a Swiss German newspaper) anointed it, "Best hotel in the Ski-Spa" category. In October 2019, and previously in October 2018, [Gault Millau](#) Swiss awarded Sommet 18 points. Gault Millau named [The Alpina Gstaad](#) "Hotel of the Year 2013." The hotel was a finalist in Virtuoso's "Best of the Best" awards for excellence in design, and in November 2013 won European Design Hotel of the Year from the European Hotel Design Awards.