

# GIARDINO

MOUNTAIN  
CHAMPFÈR-ST. MORITZ

**Press pack**

## **Break out and let go!**

Five things you should know about Giardino Mountain.  
And which set it apart from other hotels.



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Part of Giardino Hotel Group

# Break out and let go!

## Five things you should know about Giardino Mountain. And which set it apart from other hotels.

It used to be a girls' boarding school. Today, the venue in Champfèr near St. Moritz is a mountain retreat offering casual luxury. The Giardino Mountain hotel combines tradition and innovation. It is a place where the old is exalted by the new. The fireplace in the lounge, for example, resembles one that you might expect to find in a farmhouse. Directly next door, the modern bar welcomes guests with its soft lighting. Rough-plastered stone walls and exquisite wooden panels provide a natural and warm contrast. Due to the hotel's historical structure, no two rooms are the same at Giardino Mountain. Each and every room is boldly complemented by Italian fabrics and designer objects. The former chapel located on the hotel's basement floor is now home to the Ecco St. Moritz gourmet restaurant – a white and gold room with artistic sgraffiti on the walls. The Michelin Guide has awarded the restaurant two stars. Alongside Hide & Seek and Stüva, Ecco St. Moritz is one of three restaurants housed at the hotel. The stunning region in which Giardino Mountain is located also contributes in no small measure to the hotel's appeal: With 320 days of sunshine each year, crystal clear lakes and a breathtaking mountain landscape, the Engadine is a paradise for families and sports enthusiasts. After a day of adventure, guests can relax in the 2,000-square-metre spa. Ayurveda by Giardino was added to the relaxation programme in spring 2016. The Giardino resorts are the first five-star hotels in Switzerland to offer authentic treatments and cures of the ancient Indian art of healing. **Five good reasons to visit Giardino Mountain:**





### The buildings

## Italian fabrics and wood from the Engadine

Giardino Mountain comprises seven Engadine houses and has a total of 78 rooms and suites. The interior of the hotel, whose main building was first mentioned in records from 1718, was redesigned by Bofor Design (Switzerland) and Bachhuber-Geissinger (Germany). During the renovations, the basic historical structure of the buildings was successfully retained, for example the characterful wooden ceilings. By using natural stone, elegant fabrics from Italian manufacturers and icicle-shaped lights, the interior designers transformed the former boarding school for girls into a power retreat offering casual luxury. Every room has individual ties to the Upper Engadine landscape. The wood from which the exquisite panels are made comes directly from the region. The hotel opened in December 2011 and is a Design Hotels™ member.



### The innovative cuisine

## Three restaurants, one credo: eat yourself happy!

The culinary delights served at Giardino Mountain are developed on an ongoing basis and never lose their ties to the region – the cuisine is both innovative and progressive. The hotel features three different restaurants, and each is unique.

The **Ecco St. Moritz** gourmet restaurant is located in a former chapel found on the hotel's basement floor – a white and gold room with artistic sgraffiti on the walls depicting fauns and other mythical creatures. Under the leadership of Executive Chef **Rolf Fliegauf**, the restaurant has been awarded two stars by the Michelin Guide. His creations, including his Breton lobster on fennel and chorizo or young venison on elderberries and chervil roots, are renowned far beyond Switzerland's borders. "A meal", he says, "is like an opera. It is all about the perfect composition." Critics have described Rolf Fliegauf's dishes as a symphony of flavours. His cuisine surprises – it is light and creative: classic basics, an interplay of tart and spicy flavours, different textures and temperatures. Rolf Fliegauf himself calls it "purist aroma cuisine". What is it all about? "Aroma cuisine means that every ingredient retains its original flavour", he says. "By combining the different components, I am able to optimally accentuate all of the flavours."

Hotel guests who value a perfect breakfast buffet are not disappointed at the **Hide & Seek** restaurant. Whenever they arrive at the buffet, whether at seven or at ten, it always looks perfect:

the curls of thin-cut ham, the cleanly sliced fruit and the spoons and forks that point the same way. The Ayurvedic breakfast porridge is lovingly finished with star aniseed and nuts. At lunchtime and in the evening, the restaurant follows a new and holistic concept. Focus is placed on the stimulation of four taste qualities: sweet, salty, sour and bitter components are integrated in every dish. An interplay between spices, herbs and seasoning completes the food. The carrot soup, for example, is refined with ginger, honey and apple, and the pearl barley risotto with scallops, pumpkin, chestnuts and sea buckthorn. Many recipes are inspired by Mediterranean, Middle-Eastern and Asian cuisine – the ingredients, however, are all sourced from the local region. The Hide & Seek concept is also implemented at two other Giardino hotels – Giardino Ascona and Atlantis by Giardino in Zurich. The menus of all Hide & Seek restaurants include common dishes as well as individual dishes with ties to the respective region.

Last but not least, **Stüva** – a traditional Engadine restaurant with rustic wooden panels and corner benches, true archetypes of the Alpine world – is located in the entrance area of the historical part of the building. At lunchtime and in the evening, hearty Graubünden specialities are served here. The kitchen team procures the products used to prepare these dishes from local suppliers. How about a fillet steak tartare with home-pickled vegetables and brioche? The Valtellina *pizzoccheri* with savoy cabbage, potatoes, sage and cheese are also “typically Engadine”. For dessert, locals recommend the nut cake served in a glass: “It is legendary.”



### The **dipiù Spa and Ayurveda by Giardino** **dipiù, or: a little more strength**

*Ayurveda* comes from Sanskrit and can be roughly translated as “the science of life”. Since summer 2016, Giardino Mountain has been the Alpine home of Giardino’s own Ayurveda centre. With **Ayurveda by Giardino**, the hotel group boasts the first five-star resorts in Switzerland to offer authentic treatments and cures of the ancient Indian art of healing. Yoga is also part of the revitalisation programme – it is Ayurveda’s answer to physiotherapy. Following an analysis of their medical history by Ayurveda specialists, including Dr Sajin Philip, guests are provided with individually tailored nutritional and health recommendations. The centre’s experts also include the Swiss pop alphorn player and yoga therapist Eliana Burki. The clear mountain air and sunny Engadine take care of the rest.

Ayurveda by Giardino is the logical next step in a sustainable relaxation concept. It all began with Giardino’s own **dipiù Spa** and cosmetics range of the same name, which was created in 2006 by Daniela Frutiger, CEO of the Giardino Group, together with scientists and a vintner from Ticino. The paraffin- and silicone-free products containing premium essences of Merlot grapes, herbs and fruit are used during the treatments. Alternatively, Aveda products and treatments are offered. After a day in the Engadine mountains, after a hike or stroll, Alpine or cross-country skiing, guests can then enjoy the heat and relax in one of the four saunas or steam baths.

Swim a few lengths of the pleasantly warm indoor pool. Benefit from the advice of qualified therapists. Enjoy treatments in one of the eight treatment rooms. The dipiù Spa extends over 2,000 square metres.



**The creative family programme**

## **For treasure hunters and late risers**

Beautiful lakes, a breathtaking mountain landscape and 320 days of sunshine each year – the Engadine is perfect for a family summer. Giardino Mountain has developed an exciting indoor and outdoor programme especially for families. During an adventurous treasure hunt, for example, children set out in search of the lost bell of Schellen-Ursli (a well-known figure from a Swiss children's folk story). The sailing trips on Lake Silvaplana see everyone get involved. Parents and children alike learn about the nature of animals from the horse whisperers. And those looking for a particularly sporty break can take on Olympic champion Nicola Spirig – she developed a running and fitness programme for the hotel. "At Giardino Mountain, we have created offers for individual experiences and relaxing retreats for guests of all ages", comments Philippe Frutiger, CEO of the Giardino Group, adding that "every member of the family should truly get their money's worth". The Freestyle Academy has been designed for teenagers as a cool meeting place with pool and football tables as well as games consoles. Young children can play, enjoy arts and crafts and run around to their heart's content in our friendly Kids Club – all under careful supervision. This gives parents the time and leisure to relax in the spa, play sports or read a book.



**The experience for sports enthusiasts**

## **Alpine thrills on the lake and in the snow**

Thanks to its elevated Alpine location, dry air, spaciousness, wealth of sunshine and, last but not least, breathtaking setting, the Upper Engadine offers perfect conditions for summer and winter activities. Sailing enthusiasts travel to the Alpine region from all over the world during the warm months of the year. From the early afternoon, the Maloja wind sweeps over the turquoise Engadine lakes, making wind- and kitesurfing an unforgettable experience here. The best opportunities for such activities are found in Silvaplana. The local sailing school draws up individual programmes for the guests of Giardino Mountain. Those who prefer to remain on land can ride around the region's large lakes on panoramic roads, using the hotel's own mountain bikes, or explore steep mountains and winding pass roads.

In winter, sports enthusiasts can enjoy a total of 350 kilometres of spectacular and perfectly prepared slopes at the four large and varied ski resorts of Corviglia/Piz Nair, Corvatsch, Diavolezza/Lagalb and Zuoz as well as at five other smaller resorts. Thanks to its elevated location, the Engadine is particularly reliable when it comes to guaranteed snow. Skiers and snowboarders enjoy the wonderful conditions in equal measure. After a long day on the slopes, guests can look forward to a cosily wrapped hot-water bottle in their rooms. And anyone who has the misfortune of falling while skiing can get themselves checked quickly and easily: Giardino Mountain cooperates with the prestigious Klinik Gut St. Moritz.

Prices start from CHF 365 (approximately EUR 340) in the summer, and CHF 490 (approximately EUR 450) in the winter for an overnight stay in a double room including breakfast. Bookings can be made by calling +41(0)800 333 313 or by sending an e-mail to [welcome@giardino-mountain.ch](mailto:welcome@giardino-mountain.ch).

**Luxurious nonchalance**

## **About the Giardino Group**

The Giardino Group comprises five properties in Switzerland – four five-star superior hotels and one boutique hotel. Charismatic design, superior service and a casual ambience define the resorts and retreats. Besides the parent property, Giardino Ascona, the Giardino Group also includes Giardino Mountain (Champfèr near St. Moritz), Giardino Lago (Minusio near Locarno) as well as Atlantis by Giardino (Zurich). The opening of the latest resort, Giardino Grindelwald, is planned for 2018.

### **Further information**

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