

Mountain Lakes 湖光山色

GRAUBUNDEN SWITZERLAND
瑞士格劳宾登



Switzerland.



Index 目录

Welcome to Graubunden	欢迎来到格劳宾登	5
Regions	地区	6 – 7
Top 7	7大魅力	8 – 9
Good to Know	相关信息	10 – 11
Nature	自然	12
Touring	游览	13
Shopping	购物	14
Luxury	奢华	15
Family	家庭	16
Gastronomy & Wine	佳肴美酒	17
Sport & Adventure	运动冒险	18
Wellness	保健	19
<hr/>		
Brigels	布里格尔斯	20 – 21
Celerina	切勒里纳	22 – 25
Chur	库尔	26 – 27
Flims/Laax	弗利姆斯/莱克斯	28 – 33
Klosters	克洛斯特斯	34 – 35
Lenzerheide	伦策海德	36 – 41
Maienfeld	迈恩费尔德	42 – 43
Pontresina	蓬特雷西纳	44 – 47
Samnaun	萨姆瑙恩	48 – 49
Scoul	施库尔	50 – 51
St. Moritz	圣莫里茨	52 – 55
Partner/Impressum	合作伙伴/版本信息	56 – 57

WHY VISIT GRAUBUNDEN?

为什么游览格劳宾登？



Enjoy the Alpine grandeur of the Swiss National Park, or the myriad of shimmering lakes, this wonderfully remote region encourages outdoor escapades.

无论是瑞士国家公园巍峨的阿尔卑斯山，还是众多波光粼粼的美丽湖泊，这个极为偏僻的地区鼓励人们走向户外。



Indulge in exquisite Michelin star gastronomy while overlooking some of the world's most spectacular landscapes and sipping wines from local producers.

一边陶醉在米其林星级美食中，一边欣赏世界上最壮丽的部分美景，品尝当地出产的美酒。



Bathe in thermal water bliss at one of Graubunden's world-renowned spas.

在格劳宾登州举世闻名的水疗中心迷人的温泉天堂沐浴。



Visit four countries in a day! Switzerland, Liechtenstein, Austria and Italy.

一日游四国！瑞士、列支敦士登、奥地利和意大利。



Take one of the world's most beautiful train journeys.

体验世界上最美丽的列车旅程之一。



Shop for luxury brands in St. Moritz and the duty-free region of Samnaun.

在圣莫里茨和萨姆瑙恩的免税区购买名牌奢侈品。



WELCOME TO GRAUBUNDEN

欢迎来到格劳宾登

Even with Switzerland's competitive repertoire of awe-inspiring scenery, delicious cheese and chocolate, world-class medical spas, and leading boarding schools, the canton (state) of Graubunden stands out. Renowned as one of the grandest of the Swiss Alpine Valleys, its supermodel looks are home to the classic children's novel, Heidi, the sparkly ski resorts of St. Moritz, and the shimmering Lake Caumasee - one of Switzerland's most beautiful lakes.

Perfect for families seeking spectacular outdoor adventure, each region of the canton is only a hop, skip, and a jump away.

Taking the title for the easternmost and largest canton of Switzerland - bordering Austria, Italy, and Liechtenstein - when asked what makes this place so special, locals wax lyrical about its wild, natural beauty coupled with the finer things in life.

A place of bright green valleys, snow-capped peaks and shimmering Alpine lakes, days are spent hiking among the craggy ravines of the Rhine Gorge (otherwise known as the little Swiss Grand Canyon), experiencing the ultimate in thermal water healing at one of its many world-renowned spas, or taking a train through glacial landscapes so supremely beautiful that it's aptly been titled among the most spectacular train journeys in the world.

Officially the only trilingual canton, its Swiss-German, Italian, and Romansh influences ensure the culinary scene is a delicious ensemble of local specialties enhanced with the starred performances of Michelin chefs. Beyond food, you'll find an incredible wine offering that includes light, expressive and deliciously aromatic wines passed down from the Romans almost 2000 years ago.

Of course, in a place where everything outstanding appears to be somehow magnetically drawn to this one canton, it's no surprise that it's also home to palatial hotels curated by some of the world's architectural greats.

So, welcome to Graubunden! Indeed, you may not be able to pronounce its name yet, but with a destination as humbling, amazing, and surprising as this, be warned, your memories will last a lifetime!

凭借极为震撼的美景、美味的奶酪和巧克力、世界顶级的水疗中心以及一流的寄宿学校，格劳宾登州在瑞士脱颖而出。这片著名的土地拥有瑞士最大的阿尔卑斯山谷之一，同时还是经典儿童小说《海蒂》的故乡，耀眼夺目的滑雪胜地圣莫里茨以及瑞士最美丽的湖泊之一考玛湖也位于这里。

格劳宾登州的每个地区均非常适合家庭游客开展引人入胜的户外冒险活动，州内各地区相隔咫尺。

格劳宾登州位于瑞士最东端，是瑞士最大的州，与奥地利、意大利和列支敦士登接壤——如果要问是什么使这个地方如此特殊，当地人会热情地介绍这里的野生动物、自然美景以及生活中更美好的事物。

这里有翠绿的山谷、白雪皑皑的山峰和波光粼粼的高山湖泊。每天可以在莱茵河谷（又被称为瑞士大峡谷）峭壁林立的峡谷中徒步，在众多世界著名的水疗中心具有保健作用的温泉水中获得极致体验，或者搭乘列车穿越壮丽的冰川美景，感受堪称世界上最壮观的火车之旅。

格劳宾登是瑞士唯一一个拥有三种官方语言的州，瑞士德语、意大利语和罗曼什语的影响使这里荟萃了各种特色美食，米其林厨师的星级表现更为格劳宾登州的美食增光添彩。除了美食，这里还拥有令人难以置信的各种美酒，包括源自大约2000年前古罗马人香气浓郁的低度葡萄酒。

当然，这里的一切都非常出色，各种神奇集中在一个州，因此，部分世界建筑大师设计的宏伟酒店也坐落于此丝毫不令人感到奇怪。

欢迎来到格劳宾登！您可能还不会读这个单词，不过，如此低调却又令人赞叹和惊奇的度假目的地一定会给您留下终生难忘的美好回忆！



REGIONS 地区

FAMOUS FOR 亮点

Brigels family vacations	布里格尔斯 家庭度假胜地
Celerina Engadin sunshine paradise	切勒里纳 恩嘎丁阳光天堂
Chur Switzerland's oldest town	库尔 瑞士最古老的城镇
Flims / Laax crystal blue lakes	弗利姆斯/莱克斯 水晶般湛蓝的湖泊
Klosters unique combination of a re- nowned mountain resort	克洛斯特斯 著名高山度假胜地的独特 组合
Lenzerheide / Valbella Switzerland's longest tobog- gan run	伦策海德/瓦尔贝拉 瑞士最长的平底雪橇滑道
Maienfeld the birthplace of Heidi	迈恩费尔德 海蒂的故乡
Pontresina home of Muottas Muragl	蓬特雷西纳 穆奥塔斯穆拉佑的故乡
Samnaun tax-free shopping	萨姆瑙恩 免税购物
Scuol Swiss National Park	施库尔 瑞士国家公园
St. Moritz exclusive alpine town	圣莫里茨 独具特色的高山城镇

Traveling Around Europe

Traveling across Europe while planning a trip to Graubünden is easy thanks to its central location and its great infrastructure. Either by train or by car, Zurich is the best starting point for Graubünden. Munich and Milan are both within 2h50 min and can make a great combination of your trip.

If you fancy a "French Flair," why not head towards Geneva and then Paris, where you can even continue to London thanks to its Eurostar train service.

Milan and its fantastic cuisine, breathtaking historical center and high-end shopping are easily accessible as well. Munich and its world-famous Oktoberfest are also very close. After a day of strolling around, do not forget to taste the original Bretzel!

畅游欧洲

前往格劳宾登时规划畅游欧洲也非常简单，因为格劳宾登州地理位置优越，基础设施非常完善。无论搭乘火车还是自驾，苏黎世都是前往格劳宾登州的最佳起点。到慕尼黑和米兰的车程均在2小时50分钟以内，因此这些地点也可以加入您的行程。

如果喜欢“法国情调”，可以前往日内瓦，然后去巴黎，借助欧洲之星列车服务，甚至可以前往伦敦。

可以轻松前往米兰，享受迷人的美食，欣赏令人赞叹的老城，感受高端购物的精彩体验。慕尼黑以及著名的慕尼黑啤酒节也近在咫尺。一天的游览结束后，别忘了品尝独具创意的蝴蝶脆饼！

TOP 7

1

Rhine Gorge 莱茵河谷

renowned as the little 'Swiss Grand Canyon', boasting breathtaking views.

被誉为“瑞士大峡谷”，景色壮美。

2

Lake Caumasee 考玛湖

one of the most beautiful lakes in Switzerland, home to crystal clear, turquoise-hued water.

瑞士最美丽的湖泊之一，拥有水晶般清澈透明的碧蓝色湖水。

3

Bernina Express 伯尔尼纳快车

one of the world's most spectacular train journeys, the Albula and Bernina lines were awarded UNESCO World Heritage Status.

世界上最壮丽的火车旅程之一，阿尔布拉线和伯尔尼纳线被联合国教科文组织列为世界遗产地。

4

Swiss National Park 瑞士国家公园

the first National Park established in the Alps, and 100 years later it remains completely unchanged.

阿尔卑斯山区的第一座国家公园，100年后依然保持原貌。

7 大魅力

5

Thermal waters 温泉

Home to numerous natural hot springs with healing properties, relax after an active day with your family.

拥有众多有益健康的天然温泉，一天忙碌的游览结束后，可以和家人一起在温泉中放松。

6

St. Moritz 圣莫里茨

the glitterati's stomping ground for luxurious hotels and all things haute.

奢华酒店里名流荟萃，一切都时

7

Luxury duty-free shopping 免税购买奢侈品

Shop for luxury brands in St. Moritz and the duty-free region of Samnaun.

圣莫里茨的奢侈品商店和萨姆瑙恩的免税区。

GOOD TO KNOW



Flying to Graubunden

There are many international airports with easy access to Graubunden, including Zurich, Milan, Munich and Geneva.



Arriving by car

Discover Graubunden at your own pace with the Grand Tour of Switzerland.



Traveling by train

Switzerland's public transport network is among the best in the world. Get your Swiss Travel Pass to enjoy panoramic routes.

Population
197,888 (2018)



You can find 42 types of vines along the Rhine, from which more than 70 companies are pressing a wide range of wines. Especially popular is the complex and refined Pinot Noir.



Highest Mountain
Piz Bernina
at 13,284 ft

3

Graubunden is the only trilingual canton of Switzerland.

Grüezi!

Swiss German 64%

Allegra!

Romansh 13%

Buongiorno

Italian 11%

(The remaining 12% use other regional languages.)

Graubunden has it all!

1,000 mountains,
150 valleys, and 615 lakes

1°

The no.1 tourist destination in Switzerland with approx. 5.1 million overnight stays in 2018

GRAUBUNDEN

takes the title for the easternmost and largest canton of Switzerland, bordering Austria, Italy and Liechtenstein.

Capital
Chur



The land of the ibex

The ibex is Graubunden's own heraldic animal and trademark.

NATURE

自然



Castle in Tarasp - Andrea Badrutt

Whether it's the Rhine gouging out knife-edge ravines near Flims, the Alpine grandeur of the Swiss National Park, or the myriad of shimmering lakes, this wonderfully remote region encourages outdoor escapades.

无论莱茵河在弗利姆斯附近冲刷出的陡峭峡谷，还是瑞士国家公园巍峨的阿尔卑斯山，抑或是众多波光粼粼的湖泊，这个极为偏僻的地区鼓励人们走向户外。

TOURING 游览



Rhine Gorge - Flims/Laax

Dreaming of the open road? From gorges, glaciers, peaks and palms, the best ways to traverse Graubünden are by road, bike, foot or rail. Renowned for its UNESCO world heritage sites and engineering marvels, set off and discover Graubünden on your own time and in your own way.

您是否向往畅通的道路？从峡谷、冰川、山峰到棕榈树，畅游格劳宾登的最佳交通方式是汽车、自行车、徒步或火车。要欣赏著名的联合国教科文组织世界遗产地和工程奇迹，马上出发，用自己的方式和节奏畅游格劳宾登。

SHOPPING

购物



Shopping – St. Moritz

Graubünden's shopping scene is diverse and vibrant, spanning the spectrum from tax-free resorts to the haute couture of Via Serlas, St. Moritz.

格劳宾登的购物选择丰富多彩，从免税度假胜地到圣莫里茨Via Serlas大街上的高级时装，应有尽有。

LUXURY 奢华



Smokers Lounge – Grand Hotel Kronenhof Pontresina

Renowned for its world-class health spas, elegant resorts, Michelin-starred restaurants and famed shopping boulevards, life is beautiful in Graubünden.

世界顶级保健温泉、优雅的度假村、米其林星级餐厅和著名的购物街，格劳宾登的生活无比美好。

FAMILY 家庭



Heidi Village - Maienfeld

Safe, beautiful and easy to traverse, Graubünden is a dream for family travel. Kids will revel in rushing down Switzerland's longest toboggan run, reliving childhood memories in Heidiland, or making friends with Globi, Switzerland's Mickey Mouse.

安全、美丽、交通便利，格劳宾登是家庭旅行的梦幻之选。孩子们可以沿着瑞士最长的平底雪橇滑道飞驰而下，在海蒂乐园回忆童年，或者和瑞士的米老鼠Globi成为好朋友。

GASTRONOMY & WINE

佳肴美酒



Restaurant Guarda Val - Maiensäss-Hotel Guarda Val

Four ingredients make a foodie vacation in Graubünden special: the regional cuisine from three language areas (German, Italian and Romansh), the unmatched mountain scenery, delicious wines from the Rhine Valley, plus the friendly hospitality. Pure enjoyment at its finest!

四大要素使格劳宾登的美食假期变得与众不同：来自三个语言区（德语、意大利语和罗曼什语）的特色美食、无与伦比的群山美景、产自莱茵河谷的美味葡萄酒以及热情友好的接待。最迷人的纯粹享受！

SPORTS & ADVENTURE

运动冒险



Sailing – St. Moritz

Wild and dramatic nature sets the scene for monster ski runs, downhill flow trails, and Europe's freestyle capital.

壮美的自然为超长滑雪道、缓坡小径和欧洲自由式运动之都提供了最迷人的背景。

WELLNESS

保健



Outdoor Pool - Kulm Hotel St. Moritz

Aristocracy, authors, poets, and the like have been making pilgrimages to the spa towns of Graubünden since the mid-1300s. From thermal bathhouses to leading health resorts, there's something for every type of wellness traveler to enjoy.

13世纪中期以来，贵族、作家、诗人等纷纷来到格劳宾登的温泉小镇。从温泉浴室到顶级保健胜地，游客在这里可以享受到各种类型的保健服务。

Brigels

布里格尔斯

Lake Brigels - Brigels

In the sun-drenched, wide, open landscape of Brigels, you can walk, hike with llamas, mountain bike, horse ride, and play on one of Switzerland's prettiest golf courses.

在阳光灿烂、风景壮阔的布里格尔斯，可以漫步、在羊驼陪伴下徒步、骑山地自行车、骑马，还可以在瑞士最迷人的高尔夫球场之一小试身手。

Hike with a llama

Not intended for riding, llamas make for great hiking companions. So much so that Brigels offers such an experience for families and outdoors lovers alike.

Bathe in Breil

If you consider yourself a bathing beauty, take a swim in the aquamarine waters of Lake Breil.

Drive down the cows

Once a year, cows are herded down from the mountains after grazing among the green pastures of the summer months. The festively decorated animals are accompanied by herders in a traditional parade, which ends with a celebration of music, games, and a party with the town folk.

在羊驼陪伴下徒步

不用骑行，羊驼是非常出色的徒步伙伴。布里格尔斯为家庭游客和户外运动爱好者推出了这种独具特色的体验活动。

在布赖尔沐浴

如果认为自己是泳装美人，可以在布赖尔湖碧绿色的湖水中畅游。

赶牛下山

每年一次，夏季在绿色牧场放牧之后，奶牛被赶下山坡。身着传统服饰的牧人陪伴这些节日装饰的奶牛下山，最后的庆典包括音乐、游戏以及小镇居民一起参加派对。



Family vacations

家庭度假

BRIGELS

Pradas Resort

普拉达斯度假村

★★★

A summer resort located on the shores of beautiful Lake Brigels, the accommodation includes the new Premium Holiday apartments ranging in size from studios to three-bedroom units. Each feature magnificent views of the surrounding mountains and are equipped with a brand-new kitchen and a balcony or sitting area. Guests will delight in the morning bread delivery, the 500m² (5381 sq. ft) pool and sauna area, plus the exciting Pradas KidsClub which has been designed exclusively for Pradas Resort by German toymaker, Ravensburger.

这座夏季度假村位于美丽的布里格尔斯湖畔，住宿设施包括新的高级度假公寓，从小型公寓到三人间等各种房型，每个房间都能欣赏周围壮丽的群山美景，房间内设有全新的厨房和阳台或休息区。早晨提供送餐服务，泳池达500平方米（5381平方英尺），酒店还设有桑拿区，令客人开心愉快。此外，度假村还建有激动人心的普拉达斯儿童俱乐部，由德国玩具制造商 Ravensburger 专为普拉达斯度假村设计

Pradas Resort

Via Plaun Rueun 44
7165 Breil/Brigels
081 920 14 00

info@pradasresort.ch
pradasresort.ch/en

普拉达斯度假村

Via Plaun Rueun 44
7165 布赖尔/布里格尔斯
081 920 14 00

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pradasresort.ch/en


Pradas Resort



Rooms 83
Beds 434

房间数 83
床位数 434



Pradas KidsClub designed
by Ravensburger

Ravensburger设计的普拉达
斯儿童俱乐部



Celerina

切勒里纳

Celerina/Schlarigna

Claiming more rays than anywhere in the Engadin, this pretty little town wins the hearts of visitors with its charming village made up of traditional Engadin houses.

恩嘎丁的魅力无与伦比，这座迷人的小镇因传统恩嘎丁住宅组成的迷人村庄令游客流连忘返。

Take to the mountains

Ride the cable car to the glamorous mountain and ski area of St. Moritz-Corviglia and enjoy the upper Engadin's expansive network of forested trails and vast meadows.

Bathe in an Alpine lake

One of the most romantic lakes in the Upper Engadin, Lake Staz is a glorious puddle encircled by vast Staz forest. Reached by an easy stroll through mountain vistas, an alternate arrival is by horse drawn carriage.

前往山区

搭乘缆车前往迷人的高山和圣莫里茨－考尔维利亚滑雪区，享受上恩嘎丁密集的森林小径网络，欣赏辽阔的草原。

在高山湖泊中沐浴

施达茨湖是上恩嘎丁最浪漫的湖泊之一，周围是广阔的施达茨森林。漫步穿过美丽的高山美景即可轻松到达，也可以乘坐马车前往。



Engadin sunshine
paradise

恩嘎丁阳光天堂

CELERINA

Hotel Chesa Rosatsch

凯萨罗萨兹酒店

★★★★

Located in the center of Celerina on the banks of the Inn River, the Chesa Rosatsch occupies a 300-year-old building with three restaurants serving regional specialties. Rooms have been furnished in a traditional style and include suites and apartments.

Hiking trails, cross-country ski runs and cable cars are only steps away from the hotel. After a long day of fresh air and enjoying time in the mountains, guests can enjoy Chesa Rosatsch's cozy spa which includes a sauna and steam bath.

切勒里纳中心因河岸边的凯萨罗萨兹酒店位于一座拥有300年历史的古老建筑中，拥有3个供应当地特色美食的餐厅。酒店客房采用传统风格装修，包括套房和公寓两种房型。

徒步小径、越野滑雪滑道和缆车距离酒店咫尺之遥。在山中呼吸新鲜空气，度过美好的一天之后，游客可以在凯萨罗萨兹酒店舒适的水疗中心放松，该中心包含一个桑拿浴室和一个蒸汽浴室。

Hotel Chesa Rosatsch
Via San Gian 7
7505 Celerina/Schlarigna
+41 81 837 01 01
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凯萨罗萨兹酒店
Via San Gian 7
7505 切勒里纳
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hotel@rosatsch.ch
rosatsch.ch/en

CHESA  ROSATSCH



Rooms 36
Beds 77

房间数 36
床位数 77



Home of food

美食之家



CELERINA

Hotel Cresta Palace

克里斯塔皇宫酒店

★★★★S

Built in 1906, the Cresta Palace combines historic charm with modern spa facilities, fine cuisine and rooms equipped with luxe robes. The train station and the cable car are 500m (1640 ft) away.

Spa facilities include an indoor pool, a sauna, a steam bath and a hot tub. Guests can also treat themselves to a massage.

The nostalgic lobby, the bright winter garden, the comfortable reading room, the sunny terraces and the spacious lawns invite guests to step into a hotel world where the rich fabric of life is interwoven with the enchantment of the Engadin.

建于1906年的克里斯塔皇宫酒店将历史魅力与现代化水疗设施、美食和装饰华丽的客房完美融为一体。酒店距离火车站和缆车仅500米（1640英尺）。

水疗设施包括室内泳池、桑拿、蒸汽浴室以及热水浴缸。游客在这里还可以享受按摩服务。

充满怀旧气息的大堂、明亮的冬季花园、舒适的阅览室、阳光露台和宽敞的草坪吸引着四面八方的游客，酒店内丰富多彩的生活与恩嘎丁迷人的魅力交织在一起。

Hotel Cresta Palace

Via Maistra 75
7505 Celerina/St. Moritz
+41 81 836 56 56

welcome@crestapalace.ch
crestapalace.ch

克里斯塔皇宫酒店

Via Maistra 75
7505 切勒里纳/圣莫里茨
+41 81 836 56 56

welcome@crestapalace.ch
crestapalace.ch



CRESTA
PALACE



Rooms 100
Beds 170

房间数 100
床位数 170



Combines historic charm
with modern spa facilities

历史魅力与现代化水疗设施完美融为一体





Chur

库尔

Chur Tourism

Switzerland's oldest city charms visitors with its fine mountain setting, twisting alleys and historic buildings. A perfect starting point to discover Graubunden's nearby vineyards.

瑞士最古老的城市以其壮丽的高山美景、蜿蜒的街巷和悠久的历史建筑吸引着四面八方的游客。这里是探索格劳宾登附近葡萄园的绝佳起点。

Wander the cobbled streets of Old Town

The numerous boutiques, restaurants, bars and galleries provide the perfect destination for whiling away the hours.

Discover stories of the past

At one time or another Celts, Romans, Ostrogoths and Franks all ruled Chur - the gateway to important trade routes. What remains today is its 5000-year history. Take a guided city tour and discover Chur's fascinating past of gruesome tales and amusing anecdotes from times of yesteryear.

Savor the aromatic flavors of the local wine

Characterized by an abundance of sunshine and fertile soils from the Rhine Valley, Chur's wines are robust and full of flavor.

沿着老城的鹅卵石街道漫步

数量众多的精品店、餐厅、酒吧和画廊为游客消磨时光提供了绝佳的选择。

探索往昔的故事

凯尔特人、罗马人、东哥特人和法兰克人都曾统治过库尔——这里是重要交通线路的门户。今天在这里可以领略5000年悠久的历史。在导游陪同城市，探索库尔迷人的往昔，聆听历史上令人毛骨悚然故事和妙趣横生的逸闻趣事。

品尝当地芳香的美酒

莱茵河谷充足的光照和肥沃的土壤使库尔出产的葡萄酒口感醇厚，芳香浓郁。



Switzerland's
oldest town

瑞士最古老的城镇

CHUR

Hotel Stern Chur

库尔斯特恩酒店

★★★★

Rich in tradition, Hotel Stern is situated in the center of Chur and has offered superb food and wine from Chur and Graubunden for over 300 years. A culinary focal point of the region, guests can enjoy the unique atmosphere of the richly decorated restaurant, 'Buendner Stube' with 14 GaultMillau points, plus taste the region's largest selection of red, white and rose wines from the hotel's dedicated cellar.

历史悠久的斯特恩酒店位于库尔市中心，300年来一直供应产自库尔和格劳宾登的佳肴和美酒。酒店堪称该地区的美食焦点，游客可以在装饰华丽的“Buendner Stube”这一餐厅（获得高勒米罗美食指南14分评价）感受独特的氛围，还可以品尝酒店专属酒窖中当地出产的各种当地精选的红葡萄酒、白葡萄酒和玫瑰酒。

Hotel Stern Chur

Reichsgasse 11
7000 Chur
+41 81 258 57 57

info@stern-chur.ch
stern-chur.ch/home-en.html

库尔斯特恩酒店

Reichsgasse 11
7000 库尔
+41 81 258 57 57

info@stern-chur.ch
stern-chur.ch/home-en.html

HOTEL  STERN
CHUR
swiss historic



Rooms 70
including suites and apartments
Beds 98

房间数 70
(包括套房和公寓)
床位数 98



Culinary focal point

美食焦点



Flims/Laax

弗利姆斯/莱克斯

Lake Cresta – Flims/Laax

When the pioneers of snowboarding first glided across the groomed slopes, they did so here in Flims Laax. Fast-forward 40 years and it's still a mecca for all things adventure and outdoors

单板滑雪先驱第一次沿着平整的雪坡飞驰而下，他们所在的地方就是弗利姆斯莱克斯。一晃40年过去了，这里依然是各种冒险运动和户外运动的圣地。

Swim in the valley of shimmering lakes

If you ever tire of beach vacations, decamp immediately to the alpine waters of Lake Caumasee - Switzerland's most beautiful lake.

Take an adventure through Rhine Gorge

Experience Switzerland's little 'Grand Canyon' up close and personal when you train through its wild, craggy landscapes.

Hike among the wilderness

Marvel at the impressive UNESCO World Heritage Sardona tectonic area.

Feel free when you freestyle

Known for setting freestyle hearts racing for years, it's not for no reason that Flims Laax is Europe's freestyle capital.

在山谷波光粼粼的湖泊畅游

如果厌倦了沙滩度假，可以马上前往瑞士最美丽的湖泊考玛湖。

冒险穿越莱茵河谷

搭乘火车穿越莱茵河谷峭壁林立的原始美景，近距离亲身感受瑞士“大峡谷”的风采。

荒野徒步

欣赏联合国教科文组织世界遗产地萨多纳地质构造区的壮丽美景。

感受自由式运动的自由

多年来弗利姆斯莱克斯因自由式运动爱好者竞相来此运动而闻名，已成为欧洲自由式运动之都。



Crystal blue lakes

水晶般清澈的湛蓝湖泊

Peaks Place Apartment-Hotel & Spa

巅峰广场公寓式酒店

★★★★

The newly designed Peaks Place Apartment-Hotel & Spa combines the comfort of a 4-star hotel with the convenience of an apartment. The property is located in the heart of Flims, close to pristine lakes with magnificent Alpine views. Apartments range from 1.5 to 4.5 rooms, and there is an 850m² (9,149 sq. ft) La Senda Spa and one restaurant.

新设计的巅峰广场公寓式酒店将四星级酒店舒适与公寓的便利完美融为一体。酒店位于弗利姆斯市中心，靠近纯净的湖泊，在这里可以欣赏到壮丽的阿尔卑斯山美景。酒店的公寓房型从1.5室到4.5室不等，还拥有面积为850平方米（9149平方英尺）的La Senda 水疗中心和一家餐厅。

Peaks Place AG

Via Uletsch 1
7031 Laax
+41 81 927 10 10

reservation@peaks-place.com
peaks-place.com/en

巅峰广场股份公司

Via Uletsch 1
7031 莱克斯
+41 81 927 10 10

reservation@peaks-place.com
peaks-place.com/en



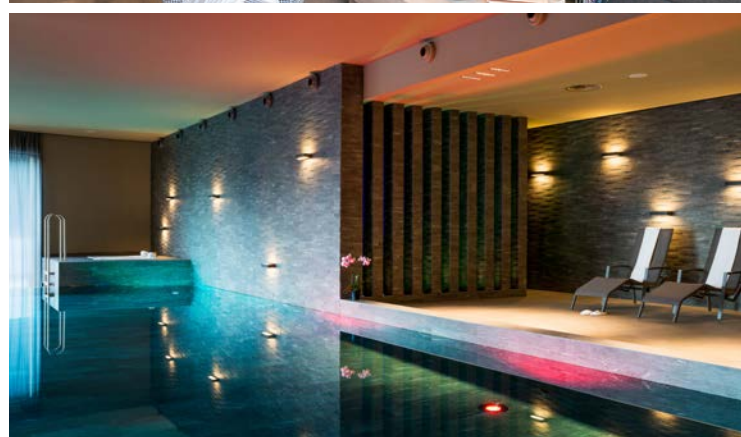
Rooms 74
Beds 280

房间数 74
床位数 280



Apartment living

公寓生活



rocksresort

岩石度假式公寓酒店

★★★★



Member of Design Hotels™, the rocksresort is where urbanity and nature mix harmoniously. Family-friendly and situated directly at the LAAX lift station, the rocksresort redefines the Alpine vacation. Exclusive, modern apartments cater for four, six, or eight people, and there are 143 apartments of two, three, and four-bedrooms; eight restaurants; a spa and wellness center; and nine shops.

rocksresort
Via Murschetg 15
7032 Laax
+41 81 927 97 97

reservation@rocksresort.com
rocksresort.com/en

岩石度假式公寓酒店是设计酒店联盟™成员，都市风格与大自然在这里完美融合。酒店位于莱克斯缆车站，适合家庭游客入住，重新定义了高山度假的含义。独具特色的现代化公寓可容纳4人、6人或8人，143间公寓包含双人间、三人间和四人间等不同的房型，酒店还拥有8家餐厅、1个水疗及保健中心和9个商店。

岩石度假式公寓酒店
Via Murschetg 15
7032 莱克斯
+41 81 927 97 97

reservation@rocksresort.com
rocksresort.com/en

 **rocksresort**



Rooms 143
Beds 588

房间数 143
床位数 588



Family-friendly modern
apartments

适合家庭的现代化公寓式酒店

Schweizerhof Flims Romantik Hotel

弗利姆斯施瓦茨霍夫浪漫酒店★★★★

A Belle Epoque hotel nestled near the shores of the turquoise-green Lake Caumasee, the Romantik Hotel Schweizerhof is a historically elegant, contemporarily managed and timelessly charming hotel set amid the mountains of Graubunden. Managed by the same family for four generations, the Schweizerhof gives guests an authentically warm welcome, with hosts Sandra and Christoph Schmidt serving as the epitome of hospitality.

48 rooms, a bar, a restaurant, a rooftop bar, and an indoor pool.

Schweizerhof Flims, Romantik Hotel

Rudi Dadens 1
7018 Flims Waldhaus
+41 81 928 10 10

info@schweizerhof-flims.ch
schweizerhof-flims.ch/en

施瓦茨霍夫浪漫酒店属于美好时代风格的酒店，位于碧波荡漾的考玛湖畔，依偎在格劳宾登群山的怀抱，历史悠久，风格典雅，采用现代管理方式，散发着永恒的魅力。酒店由同一家族的第四代人管理，热情欢迎各位游客，主人Sandra 和Christoph Schmidt 充分展现了酒店热情周到的接待服务。

48个房间，1个酒吧，1个餐厅，1个天台酒吧，1个室内泳池。

弗利姆斯施瓦茨霍夫浪漫酒店

Rudi Dadens 1
7018 弗利姆斯瓦尔德豪斯
+41 81 928 10 10

info@schweizerhof-flims.ch
schweizerhof-flims.ch/en

SCHWEIZERHOF
ROMANTIK HOTEL SEIT 1903



Rooms 48
Beds 84

房间数 48
床位数 84



Charming Belle
Epoque hotel

迷人的美好时代酒店



signinahotel

西格妮娜酒店

★★★★



Located directly at the Laax Valley lift station, signina-hotel is the ideal place for active vacationers in the Grison mountains. Whether golfing, hiking, biking, or simply enjoying the leisure of summer in the mountains, the collection of rooms and suites cater to guests' every need.

66 rooms, 6 restaurants, spa & wellness center, and fitness room.

西格妮娜酒店位于莱克斯山谷缆车站，是活跃度假者在格劳宾登群山中的理想选择。打高尔夫球，徒步，骑自行车，或者在群山中享受夏季休闲，这座集客房、套间和餐饮于一体的酒店可满足游客的各种需求。

66个房间，6家餐厅，水疗及保健中心，健身房。

signinahotel
Via Murschetg 15
7032 Laax
+41 81 927 99 99

info@signinahotel.com
signinahotel.com/en

西格妮娜酒店
Via Murschetg 15
7032 莱克斯
+41 81 927 99 99

info@signinahotel.com
signinahotel.com/en

signinahotel



Rooms 66
Beds 138

房间数 66
床位数 138



Ideal place for
active vacations

活跃度假者的理想选择



Klosters

克洛斯特斯

Destination Davos Klosters – Andrea Badrutt

Home to flower speckled mountains, the quaint little town of Klosters has been attracting royals, celebrities and tycoons since the 1950's.

宁静的小镇克洛斯特斯依偎在鲜花盛开的群山怀抱，自20世纪50年代起就一直吸引着皇室成员、名人和富豪。

Ride the most beautiful mountain-bike destinations in Switzerland

Those with a penchant for riding need not miss the Gotschna Freeride Piste: a spectacular roller-coaster trail boasting over 200 banked curves, jumps and waves.

Play at Switzerland's largest adventure park

Expect a day of fun at Madrisa Land. A pleasure dome of mythical creatures, bouncy castles, slides and water games. For the ultimate adventure, stay overnight in the tree huts.

在瑞士最美丽的山地自行车度假胜地骑行

渴望骑行的游客千万不要错过Gotschna自由骑行道：这条壮观的过山车小径拥有200多个倾斜弯道、跳台和起伏。

在瑞士最大的冒险公园玩耍

在Madrisa乐园度过有趣的一天。到处都是神秘生物、充气城堡、滑梯和水上游戏的游乐场。想体验终极冒险，可以在树屋中过夜。



Unique combination of a renowned mountain resort

著名高山度假胜地独一无二的组合

KLOSTERS

Silvretta Parkhotel Klosters

克洛斯特斯尔瑞特塔公园酒店★★★★

A hotel for mountain lovers, active travelers, athletes, families and connoisseurs. The Parkhotel Silvretta offers cozy rooms, delicious restaurants and great wellness and spa area. Rooms are designed around well-being and enjoyment and offer either quiet garden scenes or views which extend across to the Silvretta Glacier. There are also a number of interconnecting double rooms ideal for families.

84 rooms and suites, two restaurants and a bar.

一座适合热爱高山者、活跃旅行者、运动员、家庭游客和鉴赏家的酒店。斯尔瑞特塔公园酒店为客人准备了舒适的房间、美味餐厅以及宽敞的保健和水疗区。客房围绕保健和康乐进行设计，在房间里可以欣赏到宁静的花园美景，或者眺望壮丽的希尔芙雷塔冰川。酒店还有相当数量的内部连通双人间，堪称家庭游客的理想选择。

84间客房和套间，2个餐厅和1个酒吧

Silvretta Parkhotel Klosters

Landstrasse 190
7250 Klosters
+41 81 423 34 35

info@silvretta.ch
silvretta.ch/en

克洛斯特斯尔瑞特塔公园酒店

Landstrasse 190
7250 克洛斯特斯
+41 81 423 34 35

info@silvretta.ch
silvretta.ch/en



Rooms 84
Beds 170

房间数 84
床位数 170



The one hotel for
mountain lovers

适合高山爱好者的酒店



Lenzerheide

Ride the longest toboggan run in Switzerland

Dubai might be the best at building the biggest and tallest, but Graubünden takes the prize for building the longest Toboggan run. Boasting 31 twists and turns and a length of 3,060 meters (10,039 ft), let's be honest - it's not just the kids that will enjoy this ride. Take the four-seater chairlift to the top, then lean into the curves and enjoy the crisp alpine air and magnificent views! Afterward, test your skills in the rope park or on the spectacular zip line.

Master downhill riding in the Lenzerheide Bikepark

Located between the Scharmoen middle station and the Rothorn valley station lies the Lenzerheide Bikepark. Whatever your level of experience, five routes of varying difficulty provide a unique biking adventure.

Indulge in fondue, raclette and local specialties

Numerous restaurants serve up a selection of traditional Graubünden dishes. Whether you are in the mood for Gault Millau and Michelin starred ambiance or prefer a cozy restaurant nestled in the mountains, the choices are endless.

Paddle a craft in Lake Heidsee

Enchanting and picturesque in equal measures, Lake Heidsee is the local lake of Lenzerheide. A hub of all things aquatic, families flock here in the summer to rent pedalos (candy pink and shaped like vintage speed boats—perfect for grandma!), SUP's, kayaks and the like. In fact, there are so many fun-looking watercraft that a whole day could easily be spent just trialing one after the other. If you prefer to watch from the shoreline, the delightful kiosk and restaurant overlooking the shimmering waters make for a perfect spot for lakeside leisure. There are also walking trails around the lake, and the ultimate arrival is, of course, by horse and carriage.

Make friends with Globi and the squirrels

Notoriously famous in the German-speaking parts of Switzerland, Globi is a Swiss cartoon character occasionally referred to as Switzerland's Mickey Mouse. Perhaps not recognized by children; nevertheless, his fun and quirky ways will be instantly loved by kids who follow in his trail. Newly opened in 2018, the Globi Hiking Trail comprises of 13 stations at which Globi playfully explains topics such as nature and technology in an interactive way.

For those interested in getting up close to Graubünden's furry friend, the squirrel, the Eichhörnchenwald (squirrel forest) is a perfect place for a stroll. Remember to bring hazelnuts to get even closer to the tame ones who dart across the path.



Switzerland's longest toboggan run

瑞士最长的平底雪橇滑道

伦策海德

体验瑞士最长的平底雪橇滑道

在建造最大、最高建筑方面，迪拜可能最出色，但是在建造最长平底雪橇滑道方面，格劳宾登却拔得头筹。这条滑道长达3060米（10039英尺），拥有31处转弯，说实话，不仅仅孩子们会喜欢在这条滑道上飞驰。搭乘4人座椅式缆车前往山顶，乘平底雪橇沿蜿蜒的滑道飞驰而下，享受清爽的高山空气，欣赏壮丽的美景！然后，还可以在悬索公园或高空滑索上一试身手。

在伦策海德自行车公园体验刺激的速降骑行

伦策海德自行车公园位于Scharmoin中间站与洛特峰山谷站之间。无论水平如何，4条难度各异的线路都能使您获得独一无二的自行车冒险体验。

享用奶酪火锅、奶酪加土豆和当地特色美食

众多餐厅供应各种精选的格劳宾登传统菜肴。无论您钟情高勒米罗美食指南和米其林美食指南星级餐厅的氛围，还是喜欢山区餐厅温馨舒适的环境，这里提供的选择多种多样。

海德湖泛舟

魅力四射、风景如画的海德湖是伦策海德当地的湖泊。夏季，家庭游客纷纷来到这个水上运动中心，租用脚踏船（老式快艇形状的粉红色船只——非常适合老奶奶）、立桨冲浪板、皮划艇等。实际上，这里有太多外形有趣的船只，使游客能够轻松地度过精彩的一天。如果喜欢在湖畔欣赏美景，可以眺望波光粼粼湖水的凉亭和餐厅是您湖畔休闲的绝佳地点。环湖建有漫步小径，最拉风的交通方式当然是骑马和乘坐马车。

与Globi和小松鼠交朋友

瑞士德语区众所周知的Globi是一个瑞士卡通形象，有时也被称为瑞士的米老鼠。也许孩子们不认识Globi，不过没关系，他有趣而离奇的行事方式很快就会使孩子们爱上他，走上Globi小径。2018年新开放的Globi徒步小径共有13个站点，Globi在这些站点会以有趣的互动方式向游客介绍有关自然和技术的内容。

如果想近距离接触格劳宾登毛茸茸的朋友小松鼠，松鼠森林（Eichhörnchenwald）是漫步的绝佳选择。记得带上榛子，这样可以更近距离地接触小径上驯服的小松鼠。

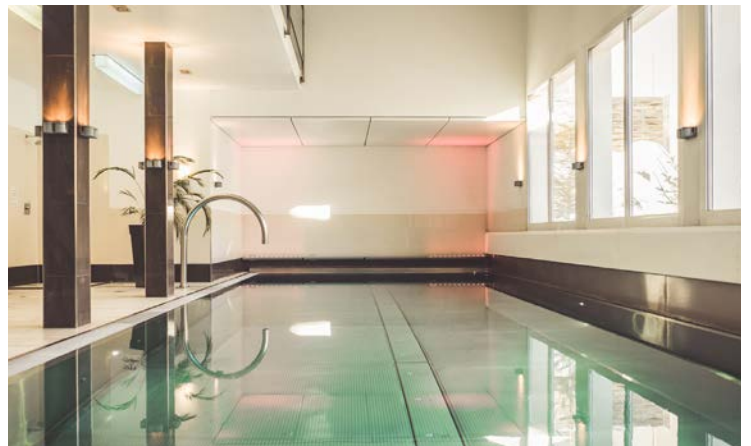
Holiday Region Lenzerheide

LENZERHEIDE

Hotel Lenzerhorn

林泽霍恩温泉保健酒店

★★★★



Open all year round, Hotel Lenzerhorn Spa & Wellness is the perfect place to relax and unwind after a full day of outdoor fun. The restaurant Heid-Stübli offers Graubunden specialties and is a favorite among locals and tourists. This hotel boasts two luxury apartments plus various room categories, three restaurants, a large sun terrace with stunning views, a modern spa with an indoor pool, bio treatments, a Finnish sauna, an herbal steam bath, and an ice-igloo.

Hotel Lenzerhorn Spa & Wellness

Voa Principala 41
7078 Lenzerheide
+41 81 385 86 87

welcome@hotel-lenzerhorn.ch
hotel-lenzerhorn.ch/en

一整天精彩的户外活动结束后，全年营业的林泽霍恩温泉保健酒店是您休闲放松的绝佳选择。酒店的Heid-Stübli餐厅供应格劳宾登特色美食，深受当地人和游客青睐。酒店拥有两个豪华公寓及其他各种房型的客房、三个餐厅、一个可以欣赏迷人美景的大型露台、一个现代化水疗中心（建有室内泳池、生物护理室、芬兰浴室和药草蒸汽浴室）以及一座圆顶冰屋。

林泽霍恩温泉保健酒店

Voa Principala 41
7078 伦策海德
+41 81 385 86 87

welcome@hotel-lenzerhorn.ch
hotel-lenzerhorn.ch/en

★★★★
LENZERHORN



Rooms 38
Beds 72

房间数 38
床位数 72



Spacious
penthouse

宽敞的顶层公寓

LENZERHEIDE

Maiensäss-Hotel Guarda Val

麦恩萨斯瓜尔达瓦尔酒店

★★★★S

This unique Maiensäss hotel consists of 11 renovated huts and barns, dating back over 300 years. Located 1600 meters (5249 ft) above sea level in the hamlet of Sporz, the Guarda Val combines the fascination of deep-rooted local Alp tradition with a contemporary Alpine design and lifestyle. A 4-star hotel perfect for those seeking a cozy retreat without having to abandon modern conveniences. Wellness facilities include an open-air hot tub, wooden barrel bath and sauna, to name a few.

Two restaurants, a sports bar and sun terraces.

这座独特的Maiensäss 酒店由11座重新装修的小屋和谷仓组成，其历史可以追溯至300多年前。瓜尔达瓦尔酒店位于海拔1600米（5249英尺）的Sporz 村，将当地悠久的阿尔卑斯传统魅力与当代阿尔卑斯设计和生活方式完美融为一体。这座四星级酒店非常适合渴望寻求轻松舒适又不想抛弃现代化便利的游客。酒店保健设施包括露天热水浴缸、木桶浴和桑拿浴室等。

2座餐厅，1个运动酒吧，多个阳光露台。

Maiensäss-Hotel Guarda Val

Voa Sporz 85
7078 Sporz/Lenzerheide
+41 81 385 85 85

hotel@guardaval.ch
guardaval.ch/en

麦恩萨斯瓜尔达瓦尔酒店

Voa Sporz 85
7078 Sporz/伦策海德
+41 81 385 85 85

hotel@guardaval.ch
guardaval.ch/en



Rooms 50
Beds 100

房间数 50
床位数 100



Luxury of another kind

另一种奢华



LENZERHEIDE

Valbella Resort

瓦尔贝拉度假村

★★★★S



Nestled in the Lenzerheide high valley, Valbella Resort is an estate in three separate buildings. The cozy sun terrace affords wonderful mountain views. Guests can enjoy different leisure options in every season, including hiking, relaxing in nature, mountain biking, skiing, and tobogganing. There are 130 rooms, suites, studios, and maisonettes; two restaurants; a five-story wellness tower, "Tor da Lenn"; tennis court, pool, and gym; and a 420sqm (4,520 sq. ft) KidsInn created by the LEGO Group.

Valbella Resort

Voa Selva 4
7077 Valbella
+41 81 385 08 08

hotel@valbellaresort.ch
valbellaresort.ch

位于伦策海德高谷的瓦尔贝拉度假村由三座独立建筑组成，在舒适的阳光露台可以欣赏壮丽的高山美景。游客在不同季节可选择不同的休闲方式，包括徒步、在大自然中休闲、山地自行车、滑雪和平底雪橇。度假村拥有130个单间、套间和小型公寓，还有2个餐厅、1座五层楼的保健中心“Tor da Lenn”、网球场、泳池和健身房，还有乐高集团打造的420平方米（4520平方英尺）的儿童旅馆。

瓦尔贝拉度假村

Voa Selva 4
7077 瓦尔贝拉
+41 81 385 08 08

hotel@valbellaresort.ch
valbellaresort.ch

VALBELLA RESORT

★★★★S



Rooms 130
Beds 312

房间数 130
床位数 312



Home to the 420sqm KidsInn
created by the LEGO Group

拥有乐高集团打造的420平方米儿童旅馆 (KidsInn)



Maienfeld

恩费尔德

Heidiland – Maienfeld

Home to the adored children's character, Heidi, Maienfeld is also home to one of the oldest wineries in Europe - producing first-class varieties for centuries.

迈恩费尔德是海蒂的故乡，海蒂一直是深受喜爱的儿童形象。迈恩费尔德还拥有欧洲最古老的葡萄酒厂之一，数百年来一直盛产品质一流的各种葡萄酒。

Nostalgic childhood memories brought back to life

If you were mesmerized by the magic of Johanna Spyri's children's classic, Heidi, then a visit to Heidiland is a must. Set in the rolling green meadows and mountains of Maienfeld, immerse yourself in the world of Heidi, Peter and her grumpy grandfather. Feed and pet the animals at her small hobby farm or take a stroll along the Heidi trail.

Trot through the meadows

For the ultimate experience, take a horse and carriage from Bad Ragaz through the meadows and terraced vineyards to Heidiland itself.

生动再现充满怀旧气息的童年记忆

如果对约翰娜·施皮里神奇的儿童经典作品《海蒂》着迷，就一定不要错过参观海蒂乐园。在迈恩费尔德连绵起伏的绿色牧场和群山之间，沉浸在海蒂、彼得和她脾气古怪的爷爷组成的世界。游客可以在海蒂的小休闲农场投喂并抚摸动物，或者沿着海蒂小径漫步。

慢跑穿过牧场

要想获得终极体验，可以骑马或乘坐马车从拉格斯出发，穿过牧场和葡萄园梯田前往海蒂乐园。



The birthplace of Heidi

海蒂的故乡

MAIENFELD

Swiss Heidi Hotel

瑞士海蒂酒店

★★★

Set amidst the Heidiland region, the Swiss Heidi Hotel offers a cozy ambiance for families while boasting delightful mountain views. Easy access to Heidi Village and Heidiland Golf Club.

瑞士海蒂酒店位于海蒂乐园地区，家庭游客可以在温馨舒适的氛围欣赏迷人的高山美景。可轻松前往海蒂村和海蒂乐园高尔夫球俱乐部。

SWISS HEIDI HOTEL

Werkhofstrasse 1
7304 Maienfeld
+41 81 303 88 88

info@swissheidihotel.ch
swissheidihotel.ch/en

瑞士海蒂酒店

Werkhofstrasse 1
7304 迈恩费尔德
+41 81 303 88 88

info@swissheidihotel.ch
swissheidihotel.ch/en



Rooms 81 and four Suites
Beds 170

房间数 81，另有4个套间
床位数 170



The ideal starting point for
excursions around Graubünden

游览格劳宾登周边的理想起点



Pontresina

蓬特雷西纳

Piz Bernina – Pontresina Tourism

Defined by stylish Belle Epoque hotels and traditional Engadin houses adorned with sgraffito, Pontresina feels like it's a village plucked straight from a fairytale.

时尚的美好时代风格酒店和五彩拉毛彩饰的恩嘎丁传统住宅使蓬特雷西纳独具特色，仿佛一座来自童话故事的小村庄。

Explore the highest peaks in the eastern Alps

Skirted by the imposing Bernina Massif, the 580 kilometers of hiking trails open this impressive mountain world up to the highest peaks in the eastern Alps.

Swing among the tree tops

Balance, climb or jump: the Pontresina Rope Park is the perfect place to challenge your balance.

Visit the largest ibex colony in the Alps

As soon as the first grass sprouts in the valley, the ibexes of the Albris colony migrate towards Pontresina. The kids will love observing them as they graze or playfully fight for the title of 'King of the Alps'.

探索东部阿尔卑斯山区的最高山峰

靠近雄伟的伯尔尼纳山，长达580公里的徒步小径打开了通往壮观群山世界的大门，带领游客去探索东部阿尔卑斯山区的最高山峰。

在树梢摇摆

平衡、攀登或跳跃：蓬特雷西纳悬索公园堪称挑战平衡能力的绝佳地点。

参观阿尔卑斯山区最大的阿尔卑斯野山羊栖息地

山谷中的青草刚刚吐露嫩芽，栖息在阿尔布里斯的阿尔卑斯野山羊就开始向蓬特雷西纳迁徙。孩子们喜欢看到这些野山羊吃草或者为争夺“阿尔卑斯山之王”而战斗。



Home of Muottas Muragl

穆奥塔斯穆拉佑的故乡

PONTRESINA

Grand Hotel Kronenhof

克罗能霍夫大酒店

★★★★★ S

Located in Pontresina, six miles from St. Moritz, Grand Hotel Kronenhof offers the best of both worlds - the chance to enjoy the glitz of St. Moritz while staying in a peaceful mountain village. A member of Swiss Deluxe Hotels, Grand Hotel Kronenhof is Pontresina's only five-star deluxe hotel, recently renovated by internationally-renowned interior architect Pierre-Yves Rochon. With a tranquil garden edged by magnificent pines and larches, the hotel looks out onto breath-taking Alpine vistas with the Roseg Glacier in the distance.

112 rooms and suites lavishly furnished in different categories - suites feature separate living and sleeping areas - award-winning gourmet restaurant Kronenstübli, 2,000 m² (21,527 sq. ft) Kronenhof Spa—including a 20m(65 ft) indoor infinity pool, Krönchen Kids Club with an extensive range of kids activities. Open from June to October and from December to April.

Grand Hotel Kronenhof

Via Maistra 130
7504 Pontresina/St. Moritz
+41 81 830 30 30

info@kronenhof.com
kronenhof.com/en

克罗能霍夫大酒店位于蓬特雷西纳，距离圣莫里茨6英里，同时提供两个最精彩的世界——既可以享受圣莫里茨的繁华，又可以住在宁静的山村。作为瑞士奢华酒店联盟成员，克罗能霍夫大酒店是蓬特雷西纳唯一的五星酒豪华酒店，最近在国际著名室内设计师Pierre-Yves Rochon主持下进行了重新装修。宁静的花园周围环绕着高大的松树和落叶松，在酒店可以欣赏令人赞叹的阿尔卑斯山美景，还可以远眺壮观的洛塞克冰川。

112间客房和套间按照不同类别进行了华丽的装饰，套房拥有独立起居区和睡眠区。获奖的美食餐厅Kronenstübli面积达2000平方米（21527平方英尺），克罗能霍夫水疗中心包含20米（65英尺）室内无边泳池，Krönchen儿童俱乐部为孩子们准备了丰富多彩的活动。6月至10月及12月至次年4月营业。

克罗能霍夫大酒店

Via Maistra 130
7504 蓬特雷西纳/圣莫里茨
+41 81 830 30 30

info@kronenhof.com
kronenhof.com/en


GRAND HOTEL KRONENHOF
PONTRESINA
★★★★★



Rooms 112
Beds 206

房间数 112
床位数 206



Historic architecture

历史建筑



Diavolezza

仙女峰

Offering fairytale-like scenery of mountain ranges extending as far as the eye can see, the three cable cars of the Upper Engadin are poised in the heart of the famous Bernina Massif, with the Piz Bernina (4049m; 13,284 ft) at its heart.

Whether it's winter or summer, or whether you are searching for adventure, fine food or relaxation—the three mountains, Corvatsch, Diavolezza and Lagalb, ensure you'll find what you're looking for.

Cable cars run 365 days a year and provide the ideal spot to lay back and absorb fantastic views of the Piz Bernina courtesy of Mother Nature and a deckchair. Alternatively, take one of the many hikes from the Diavolezza trailhead before returning to one of six mountain restaurants waiting to serve you regional specialties.

diavolezza.ch/en

Diavolezza Lagalb AG

Talstation Diavolezza
7504 Pontresina
+41 81 838 73 73

info@diavolezza.ch

一望无际的群山美景仿佛童话一样如梦如幻，上恩嘎丁的三条缆车线路位于著名的伯尔尼纳山，伯尔尼纳峰（4049米，13284英尺）巍峨地屹立在群山之中。

无论春夏秋冬，无论您渴望冒险、美食还是休闲——科尔瓦奇峰、仙女峰和Lagalb三座山峰都能满足您的心愿。

缆车全年365天运行，为游客提供了一个轻松欣赏迷人风景的理想选择，游客可以坐在帆布躺椅上尽情欣赏伯尔尼纳峰和大自然的壮丽美景，也可以沿着仙女峰的众多小径徒步，这里的6家高山餐厅期待着为游客提供当地特色美食。

diavolezza.ch/en

Diavolezza Lagalb AG

仙女峰缆车站
7504 蓬特雷西纳
+41 81 838 73 73

info@diavolezza.ch



Diavolezza Lagalb AG - Gian Giovanoli





Samnaun

萨姆瑙恩

National Park – Samnaun

There are three draws to summer in Samnaun: hiking, biking, and tax-free shopping. Once a hot-bed for cross-border contraband, former smugglers used to pack their rucksacks with goods from Austria and sell to those in Switzerland.

夏季的萨姆瑙恩有三大迷人之处：徒步、自行车和免税购物。这里曾是跨国走私的温床，当年走私者的背包常常装满来自奥地利的商品，然后在瑞士销售。

Tread the trails of smugglers

Located in the Swiss, Austrian, and Italian triangle, the very same tracks which smugglers once traveled are now happy hunting grounds for all things sporty and outdoorsy.

Enjoy cross-border views

For those who enjoy the novelty of seeing two countries laid before them, the cable car ride from the village up to the Alp Trider Sattel is a must.

Shop tax-free

Samnaun is the only town where vacationers can take a break from the strains of outdoor pursuits to fill their bags with tax-free goods.

沿走私者小径漫步

位于瑞士、奥地利和意大利接壤的三角地带，走私者曾使用过的小径现已成为运动爱好者和户外爱好者的乐园。

欣赏跨国美景

如果对欣赏两国美景感兴趣，一定不要错过村里通往Trider Sattel高山牧场的缆车。

免税购物

萨姆瑙恩是唯一一座度假者既可以在户外放松又能尽情购买免税商品的城镇



Tax-free shopping

免税购物

SAMNAUN

Chasa Montana Hotel & Spa

查撒蒙塔纳高级温泉酒店

★★★★S

Surrounded by 3,000m (9,842 ft) mountains, Hotel Chasa Montana is located at 1850m (6,069 ft), offering beautiful mountain views. Guests can enjoy lunch on the sunny terrace while enjoying views of the Samnaun Mountains. The Montana Spa is fully renovated with a swimming pool, pool bar, grotto, jacuzzi, women's spa, and steam room and sauna. The hotel boasts 54 rooms and suites, 1,500m² (16,145 sq. ft) Montana spa and sun terrace, duty-free shopping, and three restaurants.

海拔1850米（6069英尺）的查撒蒙塔纳酒店位于海拔3000米（9842英尺）的群山怀抱，在这里可以欣赏到美丽的高山美景。游客可以在阳光露台一边享用午餐，一边欣赏萨姆瑙恩群山的壮丽美景。蒙塔纳水疗中心经过彻底重新装修，拥有泳池、泳池酒吧、小酒馆、极可意按摩浴缸、女士水疗区以及蒸汽浴室和桑拿浴室等。酒店拥有54间客房和套间、面积达1500平方米（16145平方英尺）的蒙塔纳水疗中心以及阳光露台、免税店和3家餐厅。

Chasa Montana Hotel & Spa

Dorfstrasse 30
7563 Samnaun Dorf
+41 81 861 9000

info@hotelchasamontana.ch
hotelchasamontana.ch

查撒蒙塔纳高级温泉酒店

Dorfstrasse 30
7563 萨姆瑙恩村
+41 81 861 9000

info@hotelchasamontana.ch
hotelchasamontana.ch

★★★★SUPERIOR
CHASA MONTANA
HOTEL & SPA



Rooms 54
Beds 108

房间数 54
床位数 108



Recently
renovated spa

最近重新装修过的水疗中心



Scuol

施库尔

Scuol – Graubünden Tourism

Known for its Roman-Irish baths and unique mineral springs, aristocracy, poets and visitors have been coming to the spa town of Scuol since the mid-1300s.

施库尔因罗马-爱尔兰浴和独具特色的矿泉而闻名，自13世纪中叶以来，众多贵族、诗人和游客纷纷到访水疗小镇施库尔。

Bathe like a Roman one minute, Irish the next

Romans swore by the relaxing properties of steam, while the Irish placed their faith in hot, dry air. The thermal bathhouse of Bogn Engiadina marries the two to create one single, first-in-Switzerland, bathing ritual.

Encounter bears, wolves, and all things wild

Europe's first national park dates back to the late 19th century and amasses some 170km² (65 sq. mi) of natural landscape. The park plays host to guided excursions, activities for children, and exhibitions. For the fit, there is an 80km (49 mi) network of walking trails and a peak of 3,174m (10,413 ft) to summit.

像罗马人一样沐浴一分钟，然后像爱尔兰人一样沐浴

罗马人极为信赖蒸汽的放松效果，而爱尔兰人则相信干热的空气。Bogn Engiadina温泉浴场将两者完美结合，打造出瑞士独一无二的沐浴方式。

邂逅熊、狼和各种野生动物

欧洲第一座国家公园诞生于19世纪晚期，覆盖了大约170平方公里（65平方英里）的自然美景。公园适合组织导游陪同游览、儿童活动和展览。此外，公园内还拥有80公里（49英里）徒步小径网络和一座海拔3174米（10413英尺）的山峰。



Swiss National Park

瑞士国家公园

SCUOL

Hotel Belvédère

贝尔维德尔酒店

★★★★S

A contemporary wellness and family hotel with a traditional main building. A children's paradise in Scuol. Guests can enjoy unlimited daily admission to the Engadin Bad Scuol, bus, and mountain railways. There are 81 rooms and suites, Spa Vita Nova, three restaurants, and a sun terrace.

这座现代化保健与家庭酒店拥有传统的主建筑，堪称施库尔的儿童天堂。入住酒店的客人每天可以不受限制地进入恩嘎丁施库尔洗浴中心，免费搭乘巴士和高山铁路列车。酒店共有81间客房和套间、Vita Nova水疗中心、3家餐厅和1个阳光露台。

Hotel Belvédère
Stradun 330
7550 Scuol
+41 81 861 06 06

info@belvedere-scuol.ch
belvedere-scuol.ch

贝尔维德尔酒店
Stradun 330
7550 施库尔
+41 81 861 06 06

info@belvedere-scuol.ch
belvedere-scuol.ch

BELVEDERE
SCUOL - ENGADIN ★★★★★



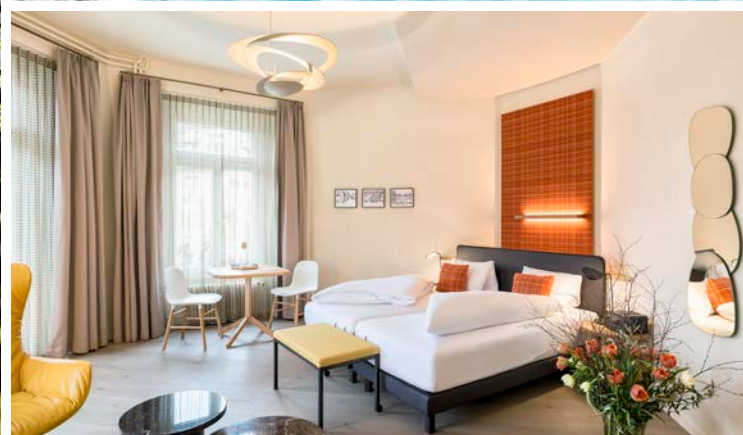
Rooms 81
Beds 147

房间数 81
床位数 147



Access to the Bogn Engiadina
thermal baths

前往Bogn Engiadina温泉浴场



St. Moritz

St. Moritz certainly needs no introduction. Although interestingly, before its rise to winter stardom, it was just a small town in the Engadin Valley more revered for its summertime activities and healing mineral springs. Whether you are an outdoor enthusiast or want to relax in total luxury (or do a bit of both) - St. Moritz offers something for everyone.

Shop like a Hollywood heroine

If your thrills come from opening your pocketbook, then Via Serlas shopping district is a must-see. Indeed, St. Moritz may be small, but it is a prominent force in the world of fashion. For something a little more Swiss, try the Lamm Cashmere House, a family-run boutique that has been selling quality knits for decades - definitely the chicest way to stay warm!

Eat your fill of Engadin tart

A gourmet mecca for foodies, St. Moritz boasts one in ten restaurants with a world-class restaurant rating. This comes as no surprise, given the sunny Alpine town's reputation for everything haute.

For those who need to satisfy their sweet tooth, the Engadin walnut tart is the ultimate guilty pleasure filled with cream, caramel, and chunky walnuts.

Ride the rails

The famed Bernina Express is the highest rail journey in Europe and, arguably, the most beautiful in the world. Connecting the Swiss and Italian Alps, railfans can cross suspension bridges over bold gorges, gasp at the flawless views of icy blue lakes, and be awed at the wonder of the Bernina Range and cascading Piz Palü Glacier.

Sun yourself in lakeside leisure

In the winter, Lake St. Moritz is a frozen arena for horseracing, polo, cricket matches, and all things Avant-Garde, but in summer, the rowers, sailing boats, fishermen, and stand-up paddleboarders (SUPs) take over. Whatever your sport, head lakeside in the early morning to watch the first rays of sunshine dance on the water's surface.

Explore themed trails

The Engadin valley is famous for its dramatic high peaks, lush meadows, and blue, cloudless skies. After the snow melts, a carpet of green pastures covered with wildflowers is revealed, making this the perfect backdrop for exploring the area on foot. The most spectacular views can be found in the areas of Corviglia, Corvatsch, and Diavolezza, but the view from Muottas Muragl is arguably the most beautiful.

Watch night turn into day as you flow-ride a peak

Mountain bikers can enjoy over 400km (248 mi) of trails and marked routes. Corviglia is something of an insider's tip, boasting flow and single Alpine trails. A highlight for early risers is the Piz Nair sunrise. The railway and cable car open before dawn so that cyclists can reach the top of Piz Nair station, which soars majestically to 3056m (10,026 ft). Watch in awe as the sun begins to appear from behind the mountain peaks, turning night into day.

Explore the beauty of Viamala Gorge

Along the route from St. Moritz to Lenzerheide, take a detour to the majestic Viamala Gorge. Formed by glacial ice and the waters of the Hinterrhein, there are still vivid traces of the fascinating history of this unique place.



Exclusive alpine town

独一无二的高山城镇

圣莫里茨

当然，圣莫里茨无需介绍。但有趣的是，在成为冬季明星之前，这里仅仅是恩嘎丁山谷的一座小镇，更受关注的是其夏季活动和温泉。无论热爱户外运动，还是渴望在纯粹的奢华中休闲放松（或者两者兼而有之），圣莫里茨不会令任何人失望。

像好莱坞女主角一样购物

如果打开钱包会使您感到兴奋刺激，一定不要错过Via Serlas购物区。圣莫里茨可能不大，但却是世界时装界的一股重要力量。想要选购更具瑞士风情的商品，可以前往Lamm Cashmere店，这家精品店由家族经营，数十年来一直出售优质纺织品——毫无疑问，这是最漂亮的保暖方式！

尽情享受恩嘎丁果馅饼

作为美食爱好者的圣地，圣莫里茨每10家餐厅中就有一家世界顶级餐厅。这丝毫不令人觉得奇怪，因为这座阳光灿烂的高山城镇方方面面都极为非常时尚。

如果喜欢甜食，恩嘎丁的核桃馅饼堪称终极选择，这种用奶油、焦糖和大块核桃仁制成的馅饼十分美味。

乘坐火车

著名的伯尔尼纳快车线路是欧洲最高的铁路线，也是世界上最美丽的铁路线，连接瑞士和意大利阿尔卑斯山。铁路迷搭乘伯尔尼纳快车将跨越横穿峡谷的吊桥，欣赏冰蓝色湖泊的完美景象，领略伯尔尼纳山脉以及气势壮阔的帕鲁峰冰川组成的奇观。

在湖畔悠然沐浴阳光

冬天，冰封的圣莫里茨湖是赛马、马球和板球比赛的绝佳场地，一切都非常前卫。不过到了夏天，湖面上则是浆手、帆船、渔夫和立式单桨冲浪（SUP）爱好者的身影。无论喜爱何种运动，都可以在清晨前往湖畔欣赏第一缕阳光在水面上翩翩起舞的动人美景。

探索主题小径

恩嘎丁山谷以其巍峨的高山、绿草茵茵的牧场和万里无云的蓝色天空闻名。冰雪消融之后，牧场绿色的草毯上鲜花盛开，为徒步探索该地区提供了完美的背景。在考尔维利亚、科尔瓦奇峰和迪亚沃勒扎地区可以欣赏到最壮丽的美景，不过毫无疑问，在穆奥塔斯穆拉佑可以欣赏到最美的景色。

沿着山坡骑行，欣赏黑夜变成白天

沿着400多公里（248英里）小径和标示清晰的线路可以尽享骑山地自行车的欢乐。考尔维利亚是行家之选，拥有缓坡小径和单线高山小径。对早起者而言，其中的一个亮点是在内尔山欣赏日出。铁路和缆车黎明前开始运行，方便骑行者前往山顶海拔3056米（10026英尺）的内尔山站，心怀敬畏地欣赏太阳从山峰后冉冉升起，将黑夜变成白天的壮丽景象。

探索美丽的维亚玛拉峡谷

沿圣莫里茨至伦策海德的线路游览，可以绕道前往壮观的维亚玛拉峡谷。峡谷因冰川和后莱茵河的冲刷形成，独具特色，依然保留了该地区众多鲜活的痕迹，再现了引人入胜的历史。

Lake St. Moritz – St. Moritz

ST. MORITZ

Kulm Hotel St. Moritz

圣莫里茨库尔姆酒店

★★★★★S

The first hotel to be built in St. Moritz, the Hotel Kulm opened its doors in 1856. A member of The Leading Hotels of the World, Virtuoso and Switzerland's GaultMillau Hotel of the Year 2018, the Kulm Hotel St. Moritz has an incomparable air of luxury, tradition, modern comfort and warm hospitality. Fabulously located in the heart of St. Moritz and offering views of the Lake, the hotel offers 164 rooms, five restaurants, the extensive Kulm Spa St. Moritz with its 20m (65 ft) indoor pool and six conference rooms.

Sports facilities include the 9-hole Kulm Golf Course St. Moritz (the oldest golf course in the country), three tennis courts and the Marmotta Kids Club for younger guests. Open from June to September and from December to April.

Kulm Hotel St. Moritz

Via Veglia 18
7500 St. Moritz
+41 81 836 80 00

info@kulm.com
kulm.com/en

库尔姆酒店于1856年开业，是圣莫里茨的第一座酒店。圣莫里茨库尔姆酒店是“世界一流酒店组织”成员和Virtuoso成员，被高勒米罗美食指南评为2018年瑞士年度酒店，拥有无与伦比的奢华气息，既保留了传统，又拥有现代化的舒适和热情周到的服务。酒店地理位置优越，位于圣莫里茨市中心，酒店客人可以欣赏到迷人的湖景。酒店共有164间客房，5座餐厅。拥有20米（65英尺）泳池的圣莫里茨库尔姆水疗中心独具特色，此外，酒店拥有6个会议室。

圣莫里茨库尔姆酒店的运动设施包括圣莫里茨9洞库尔姆高尔夫球场（瑞士最古老的高尔夫球场）、3座网球场以及适合小游客的Marmotta儿童俱乐部。6月至9月以及12月至次年4月营业。

圣莫里茨库尔姆酒店

Via Veglia 18
7500 圣莫里茨
+41 81 836 80 00

info@kulm.com
kulm.com/en



Rooms 164
Beds 304

房间数 164
床位数 304



Luxury, tradition and
contemporary comfort

奢华、传统和现代化的舒适



ST. MORITZ

Hotel Laudinella

劳迪内拉酒店

★★★★

Open all year round, Hotel Laudinella enjoys a quiet location in St. Moritz. All guest rooms are furnished with Swiss pine furniture and provide spectacular views of the lake or surrounding mountain tops. The Hotel Laudinella has 165 rooms and suites, five restaurants, and a wellness spa.

全年营业的劳迪内拉酒店位于圣莫里茨一个安静的地段，客房均使用瑞士松木家具，酒店客人可以欣赏到美丽的湖景和周围巍峨的山峰。劳迪内拉酒店共有165间客房和套间、5个餐厅以及一个水疗保健中心。

Hotel Laudinella
Via Tegiatscha 17
7500 St. Moritz
+41 81 836 00 00

info@laudinella.ch
laudinella.ch/en

劳迪内拉酒店
Via Tegiatscha 17
7500 圣莫里茨
+41 81 836 00 00

info@laudinella.ch
laudinella.ch/en

HOTEL
LAUDINELLA

St. Moritz



Rooms 165
Beds 305

房间数 180
床位数 340



Spectacular views
of the lake

壮丽的湖景



Rhaetian Railway

雷蒂亚铁路

The Rhaetian Railway (RhB) is a mountain railroad network whose lines connect Italy to Switzerland via a long labyrinth of wide valleys, tunnels, and winding mountain paths. Railfans can delight in a number of different experiences ranging from UNESCO World Heritage Sites, steam trains, luxury Pullman cars, open scenic carriages, and gourmet dining cars, to name a few.

The railway is home to two of the most famous railway lines in the world: the Glacier Express and Bernina Express. The Glacier Express is touted as the “Slowest Fast Train in the World”. It includes an eight-hour panoramic journey that traverses the Swiss Alps from St. Moritz to Zermatt, crossing over 291 bridges and through 91 tunnels along the way.

The Bernina Express is another sightseeing line that winds its way through the Bernina Range down to Tirano, Italy. Renowned as the highest railway to cross the Alps, the journey climbs up to the glistening glaciers before descending to the palms of Italy far below. The line between Thusis–Valposchiavo–Tirano has UNESCO World Heritage Status, and thanks to the modern panoramic cars, guests can enjoy unrestricted views of the unspoiled Alpine vistas beyond.

rhb.ch/cn/home

雷蒂亚铁路 (RhB) 属于高山铁路网络，其线路连接意大利和瑞士，沿途穿越荒凉的山谷、隧道和蜿蜒的高山小径，带给铁路爱好者众多不同的精彩体验：包括联合国教科文组织世界遗产地、蒸汽机车、豪华普式车厢、敞篷观景车厢以及美食餐车等。

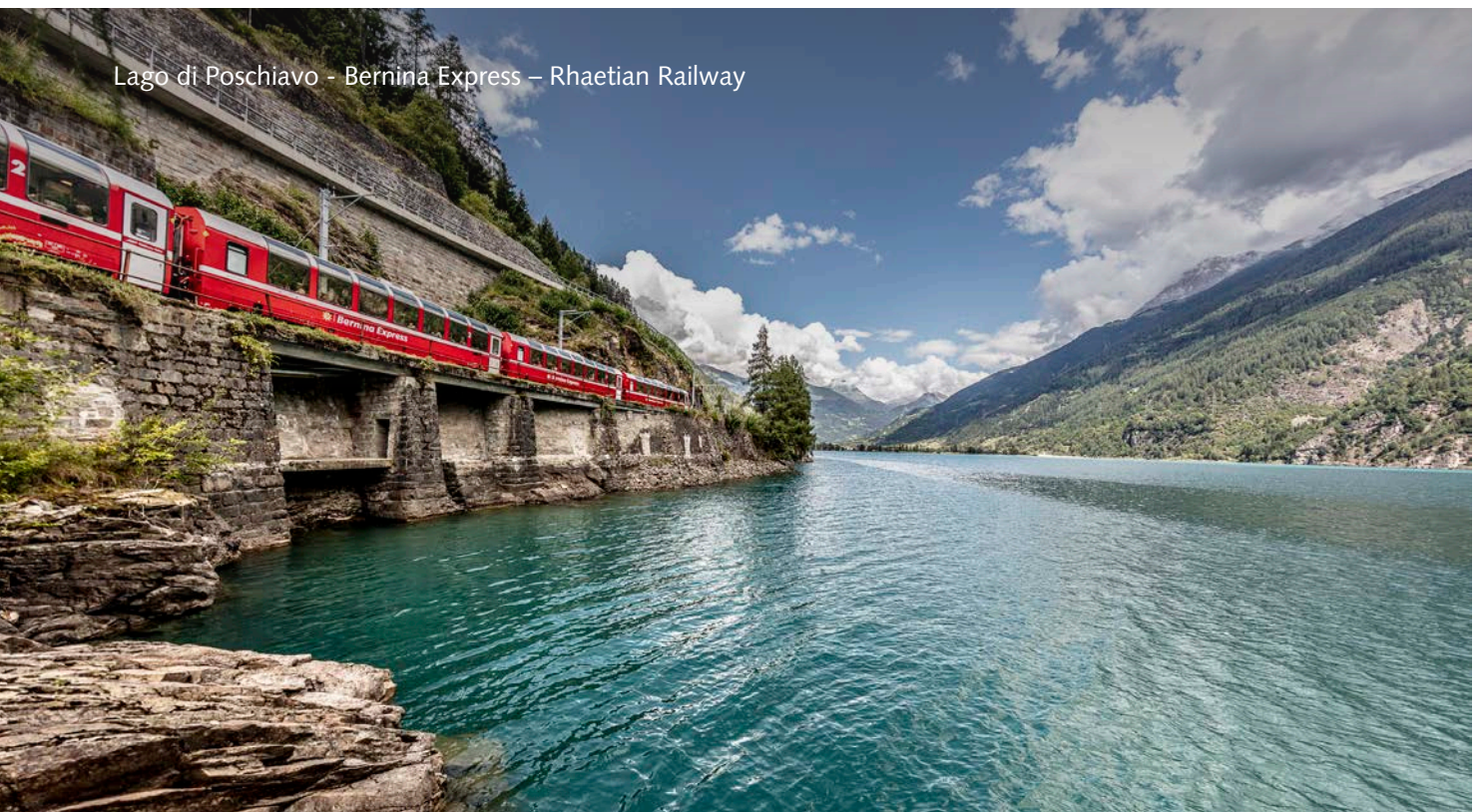
雷蒂亚铁路包含世界上最著名的2条铁路线：冰川快车线和伯尔尼纳快车线。冰川快车被称为“世界上最慢的快车”，8小时全景旅程将带领游客穿过瑞士阿尔卑斯山区，从圣莫里茨至采尔马特，沿途穿越291座桥梁和91座隧道。

伯尔尼纳快车线是另一条观光线路，一路蜿蜒穿过伯尔尼纳山脉，向下通往意大利的蒂拉诺。作为穿越阿尔卑斯山区的最高线路，这一著名的旅程将带领游客向上穿越闪闪发光的冰川，然后向下到达棕榈树摇曳的意大利。图西斯–波斯基亚沃山谷–蒂拉诺段线路被联合国教科文组织列为世界遗产地，借助现代的全景观车厢，游客可以尽情欣赏远处纯净的高山美景。

rhb.ch/cn/home



Lago di Poschiavo - Bernina Express – Rhaetian Railway



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