

Sample notes for a snow holiday

Although these sample notes are representative of the level of detail we provide about the area and the activities available locally, they describe an entirely fictitious hotel and village.

Hotel Hospitable

CH-1234 A Swiss Village

Switzerland

Telephone: +41 (0)12 345 6789

Email: info@hotel.ch

Your hosts: Mr and Mrs Hotelier

With grand scenery and easy access to cross-country skiing and winter walking away from the crowds, this corner of Switzerland is the perfect place for a winter holiday on the quiet side of the mountain.

We wish you a most enjoyable holiday.

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Assistance:

In the rare event that you should encounter any problems during your stay, please contact the owners/agents in the first instance as they act as our representatives. Please do not wait to report any dissatisfaction until you return as problems can only be rectified if you give us the chance to do so at the time.

24-hour emergency contact with Intravel

If you need to contact Intravel on urgent matters, please phone

+44 (0)1653 XXXXXX.

Out of office hours your initial call to this number will be taken by our emergency assistance service. Please provide them with your contact telephone number, location, booking reference number (if you have this easily to hand) and a brief description of your problem; they will then immediately contact Intravel's 24-hour Duty Officer, who will call you to assist. If you are unable to reach us on this number at any time, you should call **+44 (0)XXXX XXXXXX** as an alternative way of reaching our emergency assistance service.

The local emergency services in Switzerland can be summoned on **117**.

The international dialling code for Switzerland is **+41**

These notes have been compiled carefully by Intravel with the best information available. We welcome any comments you might wish to make in order for us to improve our standards of service.

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Documentation for your holiday

Your information pack includes:

- Itinerary
- Tickets/e-ticket (please double-check these)
- Swiss transfer ticket per person and information sheet on how to complete (if applicable)
- Ski pack vouchers (if applicable)
- Luggage labels
- Emergency telephone numbers
- General information on your holiday
- Winter walking map
- Cross-country trail map

You should already have received the following documents, either with your holiday confirmation/invoice, or by links on your MyIntravel webpage (please let us know if you have not received them):

- Your insurance policy documents (if applicable)
- Switzerland Country Information leaflet
- 'Preparing for your holiday in the snow' leaflet

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Travel by air

Included in your holiday is a **Swiss Transfer Ticket** which entitles you to one round trip between Zürich airport and the local station. The transfer ticket is valid for travel on any suitable route, using trains or buses. Each journey to or from the airport must be completed within 24 hours.

Before commencing your journey, please **validate your Swiss Transfer Ticket** by completing the obvious boxes on it by hand (please see enclosed information for more details). We recommend that you do not fill in your transfer ticket until the day you commence your journey as once the boxes have been completed they cannot be changed (for example in the event of a significant delay to your flight).

On arrival at the airport, once you have re-claimed your luggage and cleared customs, head out of the terminal building and across the road into the railway station, which is clearly signed. The information boards as you enter will advise the correct platform, which are one floor down from the main concourse.

Trains leave direct from the airport (Zürich Flughafen) and will generally involve a change at Bern. The train to Bern departs from the airport at XX minutes past the hour. Trains for the next leg from Bern again depart hourly, **but be aware that the train splits at a later station so please make sure you are sat towards the front of the train.** Some late evening connections will require a second change of train, but this will be shown on your itinerary.

The village station is a few minutes' walk from the hotel, but you will be collected by the hotel's minibus. If there is no-one at the station, please call the hotel and they will send someone, or you can walk: go to the end of the road facing you to the junction and you will see the hotel.

Please check all train times locally as schedules can be subject to alteration. The SBB (www.sbb.ch/en) Swiss Travel website is very useful, showing timings for all travel and connections within Switzerland and we will have sent you a print-out of your travel details. These timetables are very handy as they show the platform numbers for the trains, although please do check locally before jumping on the train just in case there has been a platform change.

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Return journey: you take a train back to Bern and then take an hourly Intercity service to Zürich airport. Trains to Zürich airport will usually be heading for St Gallen, calling at Zürich HB (main station), and then the airport (Zürich Flughafen).

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Travel by rail via Paris

By Eurostar via Paris

Check-in: Eurostar check-in closes 30 minutes before departure. We recommend checking in at least one hour before departure during the peak season (Christmas, New Year and February holidays), as queues at security screening can be longer than usual due to increased passenger numbers, many carrying skis.

Your times for rail travel are shown on your itinerary. In Paris, we include metro/RER tickets for your journey from the Gare du Nord to the Gare de Lyon. For directions, see our Travelling by Eurostar leaflet.

Boarding TGV in Paris

TGVs sometimes consist of two trains which are joined together engine to engine. The two trains may travel the entire route together or may be decoupled further down the line. It is therefore important to allow enough time to find your carriage when boarding as you may not be able to access it later by walking through the train. It can take up to 10 minutes with luggage to walk the length of these trains, especially during busy periods. In order to maintain punctuality, passengers are asked to be present on board the TGV at least 2 minutes before departure. If you arrive later than this, you may be denied boarding.

Your TGV and Swiss Rail tickets

For the direct TGVs between Paris and Basel, Inntavel supply an electronic ticket printed on A4 paper. It is not necessary (or possible) to validate/date stamp this before boarding.

Once on board your TGV, please **validate your Swiss Transfer ticket** by completing the obvious boxes on it by hand (please see enclosed information for more details).

We recommend validating the Swiss transfer ticket on the date of travel rather than in advance. Once the boxes have been completed they cannot be changed (for example in the event of a significant delay to your Eurostar).

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Onwards from Basel

From Basel you take one of the hourly onward services via Bern. **Be aware that the train splits at a later station so please make sure you are sat towards the front of the train.** Some late evening connections will require a second change of train but this will be shown on your itinerary.

The village station is a few minutes' walk from the hotel, but you will be collected by the hotel's minibus. If there is no-one at the station, please call the hotel and they will send someone, or you can walk: go to the end of the road facing you to the junction and you will see the hotel.

Please check all train times locally as schedules can be subject to alteration. The SBB (www.sbb.ch/en) Swiss Travel website is very useful, showing timings for all travel and connections within Switzerland and we will have sent you a print-out of your travel details. These timetables are very handy as they show the platform numbers for the trains, although please do check locally before jumping on the train just in case there has been a platform alteration.

Return journey: you take a train back to Bern and then catch one of the regular Intercity services to Basel. From Basel, you take a direct TGV to Paris.

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The hotel is a handsome, Victorian-style building occupying a commanding position on the edge of the village.

Originally a small tavern, it evolved into the hotel you see today during Victorian times, in response to the influx of wealthy Europeans doing the Grand Tour. The current owners took over in the late 1980s.

The bedrooms are light and airy, and some have a balcony or terrace overlooking the village or surrounding mountains. All are well equipped with a tea and coffee making machine, telephone, hairdryer, bathrobes and satellite TV (with a small selection of English channels such as BBC World).

Meals are taken in the high-ceilinged main restaurant and you will be allocated the same table for your entire stay. Dinner is served from 1900-2030 and a 4-course menu is included. There is a choice of main course, and you will be asked at breakfast each morning which option you would like that evening. Should you wish to dine in the à la carte restaurant, then a credit from the half-board menu will be deducted from your bill.

A hearty buffet breakfast is available each morning from 0730 to 1000, with a good selection of cereals, bread, local cheeses, cold meats, eggs and fresh fruit.

The hotel has a bar which is open in the evenings and a small wellness area with a relaxation area and sauna. As is often the norm in Switzerland, this is a naked sauna so guests are requested not to wear swimwear. Please do however use the towels provided in your room and you can take these into the sauna as they should be used to sit on when inside. There is also a large indoor swimming pool which is open daily from 0700 to 2200.

Guest card

On arrival, the hotel will give you a guest card, which entitles you to discounts on buses and at nearby shops and facilities.

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The village

Situated at an altitude of 1111m, the village is surrounded by a ring of high mountains.

Traditionally the local economy relied on seasonal alpine herding and farming, and agriculture is still important today despite the growth of tourism in the valley.

The village has a good number of shops (including a supermarket open daily from 0700-1900), cafés and restaurants, and there are also banks with ATMs. The village tourist office is on the same street as your hotel (turn right out of the entrance) and is open Mon-Fri 0800-1200 & 1400-1800 and Sat 0830-1200 & 1430-1730.

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Switzerland

Language

Given its location in the heart of Europe at the meeting point of three main language areas, it seems only natural that Switzerland has no single 'official' language. German is the 'main' language with 64% of the country speaking a dialect known as *Schweizerdeutsch* or Swiss German, 22% speaking French and 8% Italian. Meanwhile, the fourth language, Romansch, is spoken by less than 1%, mainly in the Graubünden region in the south-east of the country.

Swiss German (*Schweizerdeutsch*) forms part of the Alemanic group of languages which encompasses all speakers of Upper German, generally found in the southern German-speaking regions such as the Tyrol in Austria or Bavaria in Germany. Swiss German is split into many different dialects throughout the country and can be quite different to Swiss Standard German which bears much more resemblance to German. Although Swiss German is the native language, most Swiss people will understand and speak both variations, and there are certainly overlaps between the two.

The main language in the region you are visiting is German, although English is widely spoken.

Here are some useful words you may like to try out/see when you are out and about:

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English

hello/good day

goodbye

please

thank you

sorry

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

entrance

exit

open

closed

toilets

German

Grüezi

Tschüss

Bitte

Danke

Entschuldigung

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

Eingang

Ausgang

geöffnet

geschlossen

Toiletten

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Local Food

As with much Swiss food, the cuisine of the region reflects mountainous influences. Many dishes evolved from what was available during the changing seasons but also due to the need to feed the body during a hard day's work out on the mountain farm.

When one thinks of Swiss gastronomy, cheese and fondue immediately spring to mind. Swiss cheese was mentioned by the first century Roman historian Pliny the Elder, who called it Caseus Helveticus - the "cheese of the Helvetians", one of the tribes living in Switzerland at the time. For centuries, cottage cheese, made by souring milk, was the standard type, although it did not keep very well. The technique of using rennet - a substance taken from the stomach lining of calves - to make hard cheese first appeared in Switzerland around the 15th century. Since such cheese could be stored for lengthy periods it is not surprising that it soon became part of the basic fare of travellers.

Monks who worked in the high Alps and who were usually snowed in for the whole winter would keep large stocks of cheese for their guests. It is said that Napoleon, with the help of his 40,000 troops, got through a tonne and a half of the monks' cheese in the winter of 1799/1800.

Once it could be stored, Swiss cheese soon became a valuable trading commodity and by the 18th century it was being sold all over Europe. Practically all Swiss cheese is now made of cow's milk. Until the 1930s, cows shared the meadows of the central plateau with sheep and goats but gradually farmers have preferred to leave the pasture solely to cows, which depend on rich grass. Sheep and goats are now kept almost exclusively in the higher mountains, living on slopes too steep for cows.

Raclette (taken from the word *racler* which means 'to scrape off') is a dish which originated in the Valais region to the south when shepherds and cowherders were looking after their livestock in the high pastures in the summer months, and their food supplies had to consist of things they could carry up with them and which would keep well. A large cheese would be put near the fire in the evenings to melt, and as it did so the bubbling cheese would be scraped off on to a dish of potatoes, gherkins and whatever else was available. Today Valaisian cheese-makers follow a recipe which has been passed down through the generations.

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Another cheesy dish is *croûte au fromage*, a Swiss version of cheese on toast. Bread is soaked in local wine and then covered with ham and melted local cheese. As is often the case with Swiss mountain dishes, it frequently comes with an egg on top! When ordering a *croûte*, the description on the menu may show various numbers. This refers to the number of slices of bread; anything above two is not for the faint hearted!

Other generic Swiss delicacies which can be found anywhere in the country include *rösti*, a crisp, shredded potato cake, which has become a Swiss national dish and is often served with various additional ingredients, including bacon, onion, cheese and even a fried egg on top, which makes for a wonderfully hearty meal. *Züri-gschnätzlets*, meanwhile, is a dish originally from Zürich, consisting of veal cooked in cream and mushrooms and served with *rösti* or pasta-like *Spätzli*.

Brieskuchen is a local 'cake' made with milk from a cow which has just recently calved. The particularly rich and nutritious milk is incorporated into either a sweet version flavoured with lemon zest and served to accompany a cup of coffee, or a savoury / salty version which makes a good lunch alongside a salad.

Switzerland is renowned for having some of the best chocolate in the world. Hernando Cortez brought cocoa to Europe in the early 16th century and since the 19th century the Swiss have made it into an art form. Theodor Tobler created possibly the most famous Swiss chocolate, Toblerone, in 1908 in his father's chocolate factory in Bern. Mixing honey and almond nougat with chocolate, they chose the name for this new sweet treat by incorporating their family name, Tobler, with the Italian word for nougat, *torrone*. It is often believed that the famous shape of the chocolate was taken from the infamous peak of the Matterhorn, an obvious symbol of Switzerland, but according to the family this is not the case; the triangular design was modelled on a line of dancers at the Folies Bergères who formed a pyramid at the end of the show! Next time you see one of these unmistakable triangular packages, take a look at the logo on the end; this may look like an image of the Matterhorn, but there is actually a bear hidden in the mountain, symbolising the town of Bern where the chocolate originated.

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Drink

Wine is often referred to as Switzerland's best kept secret as, largely due to the high cost of production in this harsh environment, only 1% is actually exported.

The Vaud and Valais cantons are the main wine-producing regions with vines criss-crossing the lower slopes. Being sheltered from the moisture-laden ocean winds by the mountains, this is the driest area of Switzerland and the steep, south-facing slopes are perfect for growing vines - although the soil was in such short supply on these rocky mountains that in the early years of wine cultivation the farmers had to toil uphill to their narrow terraces carrying the earth washed down by the rain and streams. Today, mechanisation has meant that viticulture is not so demanding, although you will be surprised by how much of the land on the lower slopes is used for the vines, with no patch of land considered too small!

The most popular red wine in Switzerland, the Dôle, is made from a blend of Pinot Noir and Gamay grapes, whilst those who prefer white wine should try those from the Lavaux region, an area of terraced vines leading from the banks of Lac Léman up the slopes at the eastern end of the lake and which in 2007 was declared a UNESCO World Heritage site. Consisting of over a dozen villages and with many vineyards owned by the same family for generations, the 830 hectares of vines produce some of the finest Swiss wines, including eight with the AOC control label, among them Dézaley and St Saphorin.

Restaurants and bars in Switzerland tend to offer the option to buy 'open wine' in larger quantities than just by the glass. When ordering wine other than by the bottle, you will be asked how much you would like and this is measured by the decilitre (dl). One (1dl) or two (2dl) tends to be a glass, whilst 3dl or 5dl are half or three-quarters of a bottle which will be decanted into a carafe.

Prost!

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Some useful vocabulary when eating out:

English	German/Swiss German
lunch	Mittagessen
dinner	Abendessen
bread	Brot
cheese	Käse
beef	Rindfleisch
veal	Kalbfleisch
pork	Schweinefleisch
fish	Fisch
potato	Kartoffel
starter	Vorspeise
main course	Hauptgang
vegetarian	Vegetarisch
menu	Speisekarte
wine (red / white)	Wein (weiß / rot)
orange juice	Orangensaft
apple juice	Apfelsaft
mineral water	Mineralwasser
...with gas/without gas	...mit/ohne Kohlensäure

Enjoy your meal! Guten Appetit!

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Winter Activities

The village is an excellent place to spend a winter holiday and, with a choice of wide-ranging activities on offer, you can enjoy some great days out cross-country skiing, winter walking and snowshoeing.

Travelling in the local area

The hotel is located just 150m from the railway station, which is also the main terminus for the buses in and out of the village.

To access the trails at the western end of the valley, you can catch bus number 123, which stops at the railway station and the church. This bus, which is free with your guest card, runs hourly at XX minutes past the hour. The return bus back departs at XX minutes past the hour, with the last departure just after 1700.

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Cross-country Skiing

With 75km of maintained trails in the valley, there is something for everyone, particularly beginners and intermediates. The enclosed trail map outlines the various routes, and they are graded according to their difficulty; blue for easy, red for intermediate and black for difficult. There is also one trail for night skiing (highlighted with the lightbulb) which is floodlit from 1730 to 2100. On the back of the trail map there is a brief description in English of each of the trails plus a profile to show the ascent/descent. Most trails are prepared for both classic and skating skiers.

Before you set out each day, it is best to check both the weather forecast and the current conditions for your route with the hotel reception; an up-to-date condition of the trails is posted on reception each morning. There is also a website where you can check online (details at reception).

A trail pass (Loipenpass) is obligatory for all cross-country skiers, and must be worn at all times as there are frequent checks.

Access to the trails is a short walk from the hotel, with the closest trail passing through the meadow next to the hotel – turn right out of the hotel entrance and cross the road just after the supermarket. Just beyond the road is a right turn onto a pathway and access to the green trail.

Should you wish to access the easy blue trail on your first morning to find your ski legs, then turn left out the hotel and walk for 10 minutes to the start of the trail. (Alternatively, you can catch the bus – it's one stop along.)

Beyond the village

There are also up to 8km of trails available from the top of the cable car at the end of the valley. The cable car runs every 30 minutes from 0830/0900 until 1700/1730 depending on the month. A return ticket on the cable car costs CHF23 adult/CHF11.50 child – there is a 10% reduction with your trail pass, which is also valid for this domain.

The trail leads away from the top of the cable car and is initially quite steep, so less proficient skiers might prefer to walk down the first section. However, once onto the flatter part of the trail there are options to complete a 3km, 5km or full 8km circuit. There is a nice mountain restaurant at the top of the cable car for lunch or a drink.

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Winter Walking

With 66km of prepared trails, the valley is also a good choice for winter walking. The various walking routes are outlined on the enclosed winter walking map (Winterwandern), which shows the trails around the village, in the mountains above, and at the end of the valley. Each trail is marked in a different colour on the map and there is a brief description in English, plus an estimated timing, for each option. Your hotel is situated just to the right of the information 'i' on the main map of the village.

The winter walking routes in the valley are clearly sign posted with pink *Winterwanderweg* signs. The yellow summer hiking signs are not taken down in the winter so do please ensure you are following the correct trails. Depending on the snow conditions during the winter, some of the lower level hiking trails may also be accessible. Care however must be taken if following any of these summer marked trails during the winter months; these trails are not maintained and could therefore be dangerous. A fall of snow can considerably change the features on the ground and it is therefore difficult to write as detailed notes for our winter walking routes as we would do for our summer or southern European winter hikes.

Before you set out each day please check both the weather forecast and the current conditions for your route with the hotel reception. There is also a website where you can check online (details at reception).

Above the village

No stay here would be complete without a visit to the lake that is hidden in the mountains above the village. From December to March the lake is generally frozen and, when the ice is thick enough, two paths of different lengths (30mins & 1h30) are cut across the ice.

From the top of the gondola, the most direct route to the lake will take about 30 minutes. However, for a longer walk (approx. 1h30) you can take the higher route, which affords superb views over the lake and surrounding peaks. The shorter route is marked as route 2 on the enclosed map whilst the longer route is route 1. A nice extension once you reach the lake is to follow route 3 along the shore.

The restaurant at the end of the lake is a great spot to stop for lunch or a hot drink.

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The gondola station is a 10-minute walk from the hotel; turn right out of the hotel and take the 2nd right onto Bahnstrasse. After 100m turn left, following the signs to the gondola station. The gondola runs continuously from 0900 to 1700 (last ride down) and a return ticket costs CHF26 adult/CHF13 child (6-16yrs).

Beyond the village

Another worthwhile walk involves taking the cable car at the end of the valley and heading on foot to the pass. At the midpoint of the walk you pass an old customs house which used to be a hangout for smugglers and thieves, but which is now a restaurant (open daily) serving simple mountain dishes along with some very tasty homemade cakes.

Beyond the restaurant, the walk continues alongside a lake to reach the pass, where you are rewarded with exceptional views encompassing a multitude of peaks over 4000 metres.

Access to the cable car is by bus 123, which stops at the railway station and the church. This bus, which is free with your guest card, runs hourly at XX minutes past the hour. The return bus back departs at XX minutes past the hour, with the last departure just after 1700. The cable car runs every 30 minutes from 0830/0900 until 1700/1730 depending on the month. A return ticket on the cable car costs CHF23 adult/CHF11.50 child.

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Village walking tour

Our walking tour round the village takes in some of the best original architecture as well as the local museum and churches. Allow an hour to simply walk the circuit without visits.

Route Notes

Our notes are written in a concise bullet-point style. Please familiarise yourself with the following abbreviations before setting off:

L	left
R	right
LH	left-hand
RH	right-hand
J	junction
TJ	T-junction
X-road	crossroad
SA	straight ahead, straight across or straight on

Walk notes

- Turn R out of the hotel along the main road to the tourist office, beyond which, across a small car park, is a museum.

Village museum

The museum is housed in the former village nuclear bunker - an interesting insight into how Switzerland prepared itself during the height of the Cold War. It examines how the trade route which passed through the valley influenced the prosperity of the village, as well as how tourism developed in the 19th century.

Open Mon- Fri 1400-1700, free entry.

- Turn R out of the museum along Bahnstrasse, and take the first L over to a bridge to cross a river.
- Turn L onto a path immediately after crossing the bridge, to reach a church in a few metres

Catholic church

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The church was built in the early 20th century for visiting guests and local residents, prompted partly by an influx of Italian tourists following the construction of the railway.

- Leave the church, heading N (away from the path you arrived on) on a small path ending in parking spaces on the side of a road.
- Turn L along this road to reach the main road, turn L to retrace route to the hotel.
- Continue just past the hotel to reach another church on L.

Marienkapelle

The village's oldest church dates from the early 16th century. Paintings on the pulpit and ceiling and the stained glass date from the early 17th century and the font from 1689. In 1910 a tower was added.

- Across the main road from the church is the Belle Epoque tea room.

Belle Epoque

The period between the Franco-Prussian and First World wars became known, retrospectively, as the Belle Epoque. The late Victorian & Edwardian era was a heyday for tourism in the Alps and Switzerland, much of it from Britain, driven in part by the so-called Golden Age of alpinism. Old Swiss resorts are still populated by grand hotels from the period as well as tea rooms such as this.

- Detour briefly towards the station on Bahnhofstrasse, to visit the cheesemonger, which has cow carvings outside.
- Retrace along Bahnhofstrasse and turn R onto the main road to pass the 'Samis' house on the R within 350m.

'Samis'

Built in 1556, this is the oldest house in the village, a classic example of a local farmhouse. These houses had a lower ground floor but no cellar because of the risk of flooding. On the first floor were the living room and kitchen, with bedrooms above. At one end was the stable and hay storage. Over time floods brought mud and soil, which banked up against the building, requiring steps to be dug down to reach the lower floor, which became a cellar.

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- Continue along the main road for 350m and turn L into a small road/driveway just past the Hotel des Alpes.
- Pass through a small car park behind the hotel to take a footbridge over a stream to follow a path skirting a couple of lakes.

The lakes

The lakes are bordered to the south by marshland. Before refrigeration became available, ice was cut from them and stored for use by the hotels to cool food and drinks. The lake is a breeding place for mallard ducks and is a communal conservation area.

- Retrace to the main road and turn L along it to pass an old sawmill; the waterwheel which once powered it can still be seen.
- Continue along the main road and within 250m, after the shop, turn R onto a lane to reach one of the most exceptional buildings in the village, the Ruedihus.

Ruedihus

This impressive house was built in the late 18th century as a private home for the country squire. As well as his home, it served as an inn and a place where travellers could change mules. After a brief spell as a school, it returned to its original incarnation, as a hotel. The main façade is richly decorated with carved and painted mouldings and inscriptions. The rows of windows with their bull's-eye panes have been preserved, as have historic interior furnishings, including painted doors.

The tour now returns to your hotel via a pretty path beyond the Ruedihus (unless there is too much snow, in which case you can retrace your route along the road).

- Keep on up the lane past the Ruedihus and take a path off R immediately before the way crosses railway lines via a bridge.
- Follow the path beside the tracks, ignoring minor ways off to the R.
- At a TJ with a tarmac lane (and river beyond), turn R (L goes immediately under the rail tracks).
- Merge into a road in 100m and keep SA for another 100m to reach a TJ with the main road.
- Turn L along the road to retrace your steps to your hotel.

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Snowshoeing

There are three options to try out some snowshoeing around the village; snowshoes and poles can be hired from the ski shop (CHF19 for 1 day's hire). The marked snowshoe trails are shown by pink dots on the Winterwandern map. Please note that the routes are only partly marked on the ground and tend not to be as well signposted as the walking routes.

Option 1: Valley Viewpoint, 2.2km, 1h

For a beautiful view into a classic glacial valley, this route takes you from the top of the cable car to the viewpoint at 1743m.

Option 2: Along the Pass, 4.8km, 2h30

A slightly more challenging option, this routes takes you from the top of the cable car along the pass.

Option 3: Panoramic Trail, 4km, 2h

Starting from just beyond the train station, this route climbs for about an hour to a viewpoint, giving you lovely vistas back over the village and surrounding mountains. The trail then winds through the woods before descending back to the village.

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Other Activities

Downhill skiing

There are two small downhill areas around the village which are particularly suitable for beginners, intermediates and families. For access to the domain in the mountains above the village, the hotel offers a shuttle bus service to the gondola every morning. This is available on demand, so please ask at reception. The domain at the end of the valley is served by bus 123.

Tobogganing

Wooden toboggans can be hired from the hotel (CHF5), should you wish to try one of the two toboggan runs in the valley. These are marked in blue on the maps.

The shorter run (1km) is reached via a 40-minute walk from the village. Once at the top, you can toboggan back to the village. The run is illuminated in the evenings from 1800-2200.

The longer run (3.5km) is located in the mountains above the village, accessed by gondola. A day ticket with hire of a plastic sledge costs CHF54. Sledges are picked up from the sports shop at the bottom of the gondola; there is a CHF20 supplement for a wooden toboggan.

Ice-skating

There is a covered rink in the village, open Monday to Friday 1300-1630 and Saturday-Sunday when there are no hockey matches. Admission to the rink costs CHF4.50 adult/CHF3.50 child with your guest card and skate hire is CHF5 adult/CHF4 child.

Curling

There is a curling lane at the village ice rink. Hire of the lane cost CHF90/1h and curling shoes cost CHF5 to rent. Every Wednesday afternoon there is an introduction to curling. This starts at 1545 and includes an overview of the sport, along with a game. A place can be booked at the tourist office by Tuesday and costs CHF15 with your guest card, including shoe rental.

Ice-fishing

This is possible on the lake above the village from January through to March, when the ice is thick enough to walk on. A permit is required to fish

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and this costs CHF28 for the week. Equipment can be rented from the tackle shop on the main street (open late afternoons only).

Horse-drawn sleigh rides

A wonderfully relaxing way to experience the local countryside is to take a horse-drawn sleigh ride through the quiet landscape. Sleigh rides can be organised through reception at the hotel and costs from CHF88.

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Intravel Ski Packages

If you have pre-booked one of our ski packages then the following has been booked for you:

Cross-country package (beginner/improver), adult

- 6 days' classic cross-country ski and shoe hire
- 3 x 2hr group lessons
- cross-country trail pass

Cross-country package (intermediate), adult

- 6 days' classic cross-country ski and shoe hire
- cross-country trail pass

Downhill package (all levels), adult

- 6 days' downhill ski and boot hire
- 6-day local area downhill lift pass

Downhill package (all levels), child (6-16yrs)

- 6 days' downhill ski and boot hire
- 5 x 2hr group lessons with the hotel's own ski instructors
- 6-day local area downhill lift pass

A voucher will have been provided for the ski hire and the lessons/lift passes. Please take the ski hire voucher to the shop to exchange for your skis but hand the lessons/lift pass voucher in at the hotel.

Hotel Hospitable

Passes, Ski Equipment and Lessons

Cross Country Pass

A cross-country trail pass is needed to access the trails around the village and can be purchased either from the hotel reception or the tourist office. A weekly pass costs CHF30 with your guest card and entitles you to a 10% reduction on the village gondola and the cable car at the end of the valley.

Downhill Pass

Lift passes can be arranged through the hotel or tourist office, or purchased at the lift station. Children under 6 go free. A photo is not required.

Length of pass	Adult	Child
1 day	CHF42	CHF29
3 days	CHF111	CHF78
6 days	CHF209	CHF146

Equipment Hire

We recommend the hire shop on the road leading to the railway station, which is open Mon-Fri 0900-1200 & 1330-1800, Sat 0900-1200 & 1330-1600 and Sun 0930-1200 & 1330-1600. Prices vary according to the standard and length of the skis required – please see below as a guide – and the shop accepts credit cards.

	3 days	6 days
Adult cross-country skis, shoes & poles – skating	CHF73	CHF115
Adult cross-country skis, shoes & poles – classic	CHF58	CHF96
Child cross-country skis, shoes & poles – classic	CHF38	CHF63
Adult downhill skis, boots & poles – superior	CHF124	CHF195
Junior downhill skis boots & poles (from 150cm)	CHF102	CHF165
Child downhill skis boots & poles (up to 140cm)	CHF63	CHF99

Hotel Hospitable

Lessons

Cross-country group lessons are available through the local ski school and these can be booked either through the hotel or at the ski school office which is located in the paper shop on the right hand side of the road leading to the station. Lessons usually take place Mon-Wed from 1000-1200, and you will be picked up from the hotel. If there is insufficient snow in the village, lessons will take place at the domain at the end of the valley. In this case, the hotel will arrange a reduced fare for the lifts (CHF19).

Group	Hours	
2 days	2	CHF85
3 days	2	CHF120
Private		
1 person	1	CHF70
Additional person		CHF10

Downhill group lessons are available through the hotel's own ski school. These normally take place Mon-Fri from 1100-1300, and meet at the top of the gondola. The hotel runs a shuttle bus in the morning to the lift. Children's lessons are available for aged 4 years.

Group	Hours	
2 days	2	CHF95
3 days	2	CHF130
4 days	2	CHF155
5 days	2	CHF175
Private		
1 person	1	CHF70
Additional person		CHF10