







Curated Adventures







## **CARVE AN ICE SCULPTURE -** CREATE YOUR VERY OWN WORK OF ART



In this curated adventure, Engadin native, Reto Grond, will introduce you to the art of ice carving. Set your creativity free, produce your own artwork and satisfy your desire for creative self-expression.



Duration: Three hours  
Individually bookable for CHF 360 (1-3 persons)  
Only available in March





## **TORCHLIGHT HIKE -** DANCE OF THE ELEMENTS



A step-by-step experience: our torchlight hike brings to life the magic of an alpine winter wonderland at night. It culminates at Lej Nair (the 'Black Lake'), a mystical body of water surrounded by majestic mountains.



Duration: Two hours  
Complimentary on Thursdays  
Individually bookable for CHF 300 (1-6 persons)





## **ADVENTURES AT LEJ DA STAZ –** ADVENTURES IN THE SNOW



Experience the snow in all its facets -  
that's what this curated adventure promises.  
Firstly, you travel by coach to Lej da Staz.  
The frozen lake is explored on ice skates.  
The return journey is by torchlight on a hike  
through the snow-covered forests.



Duration: Two and a half hours  
Individually bookable for CHF 300 (2 persons,  
each additional person CHF 80)





## **FOREST BATHING -** IN TOUCH WITH WINTER



A special start to the day! Even before the sun rises, we head out into the woods around St. Moritz. During breathing exercises and yoga elements, we soak up the energy of the forest. The highlight comes at the end: a spectacular sunrise in the mountains of the Engadin.



Duration: One and a half hours  
Complimentary on Tuesdays  
Individually bookable for CHF 150 (2 persons)





Empowering Expeditions







## **ICE BATHING IN LEJ MARSCH -** AN ADRENALINE KICK WITH HEALTH BENEFITS



Ice bathing offers an unforgettable adrenaline kick. Our experts are on hand to guide you through this unique experience that has lasting benefits for the immune system.



Duration: One hour  
Complimentary on Saturdays  
Individually bookable for CHF 150 (per person)





## **RENT A MOUNTAIN -** YOUR OWN PRIVATE SKI SLOPE



For a whole evening, the slopes of the Corvatsch can be yours alone: 4.2 kilometres of pure piste entirely at your disposal. Ski instructors and outdoor butlers will be on hand to ensure that things run smoothly.



Duration: Three hours  
Price on request





## **TOBOGGANING –**

WINTER LIKE IN THE OLDEN DAYS



Tobogganing can awaken childhood memories or create entirely new ones. The toboggan run from Preda to Bergün is an unforgettable outing for the whole family. Experience winter as it was in the olden days.



Duration: Four hours  
Complimentary on Saturdays  
Individually bookable for CHF 200 per person





## **A TOUR OF THE GLACIER CAVES -** DOORS TO ANOTHER WORLD

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Nowhere is the power of winter felt more than in the everlasting ice of a glacial cave. Together with an experienced guide, our outdoor butler will accompany you into the ice caves of the Morteratsch Glacier. This empowering expedition is a gateway to another world.

Please keep in mind that the activity is only feasible, when nature permits.



Duration: Two hours  
Individually bookable for CHF 650 per person





## **SNOWSHOEING –** ON QUIET SOLES



Winter equals skiing? Not at all - after all, there are countless ways to explore the winter. On snowshoes, for example - from Muottas Muragl. Take the cable car to the top and continue on snowshoes until you are rewarded with a breathtaking view.



Duration: Three hours  
Individually bookable for CHF 400 (2 persons,  
each additional person CHF 70)





## **WINTER CANYONING -** THROUGH FROZEN WATERFALLS

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The winter experience of a different kind: Winter canyoning. The Pontresina mountaineering school will introduce you to this adrenalin-fuelled sport. Then it's off into the gorges of the Engadin - climbing, hiking and gliding over ziplines past frozen waterfalls. You won't get wet.



Duration: Three hours  
Individually bookable for CHF 600 (2 persons,  
each additional person CHF 100)





## **SKIJORING -** FOLLOWING THE HORSES

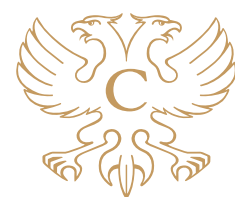


Standing on skis while being pulled by a horse - that's skijoring. A legendary, if not very well-known, sport that originated in St. Moritz in 1906. No wonder, the high alpine and snow-sure valleys of the Engadine are the perfect place for it.



Duration: Two hours  
Individually bookable for CHF 400 per person





CARLTON HOTEL  
ST.MORITZ