

Exquisite pleasure high up in the Alps: Pontresina

580 km of hiking routes, 400 km of mountain bike trails and breathtaking climbing in the roof of the Alps.

In Pontresina, mountain bikers, hikers, climbers, mountaineers and families can enjoy the very best of the high life. Where else do you come across a 4,000-metre peak when you're out and about, and where else do well-marked paths promise you the spectacles of imposing glaciers, romantic mountain lakes and colonies of Alpine ibex? Golfers can tee off from three courses, against a backdrop of impressive peaks. Nordic walkers have their very own trail and fans of high rope courses have also had their own park since summer 2011. If you like swimming or spas, you'll find your very own piece of paradise in the Bellavita Pool and Spa, as well as in the idyllic mountain swimming lakes. Whether you like your restaurants cosy, Swiss affairs or high-end dining establishments, you'll be sure to find plenty of award-winning treats for the tastebuds. Pontresina has also been awarded the "Family destination" quality seal, which recognises holiday destinations that cater specifically to the needs and requirements of children and accompanying adults. For successful family holidays from A to Z. In this way, luxury is a reality rather than a dream in picturesque Pontresina – a uniquely harmonious balance between people and nature.

You'll feel at home from the moment you arrive. The charm of the historical mountain village with its typical Engadine houses and belle époque palatial hotels is bound to take your breath away. Against the fabulous backdrop of the Bernina massif, Pontresina is protected from the wind and offers plenty of sunshine – a place of tranquillity, summer in the mountains, health and well-being, and culinary delight. The permanent presence of Piz Bernina (4,049 m), the highest peak in the eastern Alps, is a wonderful sight to behold, standing as it does alongside Palü, Roseg and Bellavista, so that climbers, mountaineers, hikers, mountain bikers, golfers and swimmers cannot help but look up in admiration from time to time. Relaxing and unwinding just doesn't get any more impressive than this. The proximity to Italy and a favourable climate guarantee plenty of sunshine and mild, dry weather. As a health resort known for the quality of its air, Pontresina encourages visitors to take a deep breath and relax. Nature and purity are its true luxuries – luxuries that mountain enthusiasts in particular cherish.

Hiking, mountain biking, climbing and mountaineering – as far as 4,049 metres

Conquering the summit of a 4,000-metre peak in summer with an ice pick and crampons is many a mountaineer's dream, and one that can come true in Pontresina. Alpine guides with extensive local knowledge will lead you safely over the Biancograt ridge to the Piz Bernina (4,049 m). Bellavista, Palü, Roseg and other Alpine giants also invite you to explore and experience their glaciers and granite landscapes, snow caps and mountain air. The via ferrata of Piz Trovat are also highly recommended for a climb, both only 20 minutes away from the upper station of Diavolezza. Another place where you can really appreciate the region's scenery is the via ferrata La Resgia on the outskirts of Pontresina. Pontresina is the number-one destination for alpinists – and even beginners have the chance to test their head for heights in the high rope park. 580 km of hiking trails and mountain routes are also sure to impress, leading through the wildly romantic Val Roseg, or to the Muottas Muragl (2,453 m) with its views of the Upper Engadine lakes and Piz Bernina. The mountain walk from Muottas Muragl to Alp Languard leads through the territory of Switzerland's largest Alpine ibex colony and onwards to inviting mountain huts. Switzerland's only national park, offering enchanting hiking trails, is also not far from

Pontresina. 400 km of bike trails and cycling paths will also entice both mountain bikers and cyclists to explore the surrounding countryside.

Whether you prefer to take it easy in the valley or seek thrilling single-track trails and passes towards the peak, or enjoy the speed of a fast downhill ride, one thing's for certain: the exhilarating joy of being out and about in the fresh mountain air.

Walking, skating, golfing – highlights in the valley

The valley also offers plenty of ways for you to enjoy the mountains. The scenic backdrop accompanies Nordic walkers on every step of their trail, which extends 12.9 km through the Tais forest to the wildly romantic Morteratsch valley and back again. The inline skating routes from La Punt to S-chanf (8.6 km), from Punt Muragl to Samedan (2 km) and at Samedan airport (5.1 km) will get skaters' hearts racing. Golfers can enjoy a great game on the courses at Samedan (18-hole), Zuoz (18-hole) and St Moritz (9-hole). From a traditional club with over 100 years of history to a highly modern course with expansive fairways, the area has something for everyone. And if you fancy simply taking it easy, why not enjoy a ride in a horse-drawn carriage through the Val Roseg, with beautiful panoramas as far as the eye can see.

Lakes, spas, haute cuisine and concerts – a taste of the high life

Lej da Staz, da Cavloc, Marsch and Nair are the melodious names of idyllic valley and mountain lakes. In addition to the golfing lakes, they are Mother Nature's invitation to enjoy a swim, a picnic, barbecue or a spot of fishing. And if you want a little more action, you'll find it at the Bellavita Pool and Spa, with its 75-metre water chute, indoor and outdoor pools, panoramic sauna and sunbathing terrace, as well as a spa that will cater to your every need. Gault Millau restaurants ensure plenty of tasty treats for gourmets, with numerous award-winning restaurants offering typical regional and Mediterranean specialities to be enjoyed in cosy, Swiss surroundings. The fine arts are also an important part of the high life. Evenings of music and theatre evenings with notable artists at the Convention and Event Centre Pontresina are well known, including far beyond the Engadine valley. Ideal for conferences and seminars in the off-peak season, the Convention and Event Centre inspires people in the peak season with the very finest arts and culture events. A journey on the Bernina Express through the spectacular mountain arena of a UNESCO World Heritage Site is equally inspirational.

Whether you love nature, enjoy good food, climbing the highest peaks, mountain biking or relaxing in a spa – you're certain to be able to experience the very finest pleasures in life in Pontresina.