



LE GRAND BELLEVUE

GSTAAD

## Le Grand Bellevue launches Gstaad's first Wild Wellness experience



**London, April 2018:** This summer, Gstaad's chicest boutique bolthole, [Le Grand Bellevue](#), will introduce an exclusive new wild wellness experience. Set to launch in June 2018, the four-night programme will see guests further their fitness as they swim, cycle and run through a series of mountain pursuits, before indulging in balancing wellness experiences, including mountainside massages and a spectacular heli-yoga trip.

The programme kicks off with a bracing **wild swimming** session in one of Gstaad's picturesque mountain lakes, whilst subsequent days will see guests **mountain-biking** along the region's extensive network of vertiginous cycle trails, and **trail running** through the verdant hills of the Bernese Oberland, all accompanied by Le Grand Bellevue's knowledgeable local guides.

Fitness-focused challenges will be interspersed with al-fresco indulgence: athletic pursuits will be followed by secluded **mountainside massages** to ease aching muscles, and Le Grand Bellevue's Michelin-starred chef, Urs Gschwend, will lead guests in **foraging for nourishing Alpine ingredients** such as wild strawberries, porcini mushrooms and edible flowers, followed by a **healthy cooking class**. Ending the trip on a high, guests will enjoy a unique **heli-yoga** trip, soaring above the mountain passes aboard a private helicopter before unwinding with a tranquil **mountain-top yoga session**.

The new programme will build upon Le Grand Bellevue's extensive, recently revamped wellness offering. The 3,000 square metre *Le Grand Spa* is one of the largest in the region, and offers **17 unique wellness experiences**, including a new Hay Sauna, Ice Fountain and Infrared Sauna, plus Himalayan Salt Grotto, Finnish Sauna and Laconium. The exclusive Swiss partner of organic British brand, Bamford, Le Grand Spa offers a wide variety of pampering treatments using the finest natural ingredients, as well as high-tech facial and body treatments from Cellcosmet.

**To book:** *The Wild Wellness Experience at Le Grand Bellevue ([www.bellevue-gstaad.ch](http://www.bellevue-gstaad.ch)) starts from £2,422 for two people, including four nights' accommodation, daily breakfast and dinner, a wild swimming session, guided cycle tour, trail running with massage, foraging experience and cooking class, and heli-yoga session.*

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*Independently minded*

Editor's Note:

*Le Grand Bellevue re-launched in January 2014 after a year-long renovation by dynamic young owners, Daniel and Davia Koetser. In the heart of Gstaad village, the hotel was originally built in 1912 as a Cure House and Spa. Family-owned, managed and designed, the hotel comprises 57 bedrooms. Bold colours, eye-catching prints and elegant furniture make up the interiors. The hotel's signature restaurant LEONARD's offers exceptional Michelin-starred cuisine whilst the more intimate 18-seat Le Petit Chalet serves up a menu of hearty Swiss dishes. An on-site sushi bar serves up the freshest sushi in the Alps, and the off-site Chesery restaurant offers a range of fine dining options from Michelin-starred chef Robert Speth. Other features include an art-deco bar and cocktail lounge, Cigar Lounge, Private Cinema and the Gstaad Yacht Club. Le Grand Bellevue is home to a 3,000 square metre spa in partnership with organic English brand, Bamford and Cellcosmet. Le Grand Spa features a Thermal Oasis, indoor swimming pool and outdoor relaxation pool, well-stocked fitness suite, comprehensive roster of complimentary fitness classes and expert in-house Personal Trainers, Physiotherapists and Osteopaths.*