

## Summer in the Alps: swap sweltering heat for crisp alpine air

*From heli-hiking to SUP Yoga on the picturesque Lake*



As temperatures soar and climate patterns shift, travellers are rethinking the classic summer escape. With a [300% spike in searches for “cooler holidays” over the past year](#), the Alps represent a growing appetite for more temperate, restorative getaways with a backdrop of striking natural beauty, fewer crowds, and thoughtfully curated experiences - ideal for wellness seekers, outdoor adventurers, or those looking to reconnect with nature.

In one of Switzerland’s most glamorous Alpine towns, [Le Grand Bellevue](#) in Gstaad offers a refined European retreat in the crisp mountain air - a refreshing alternative to the heat of the Med.

### **[Le Grand Bellevue](#), Gstaad: Alpine sanctuary with wellness at the heart**

[Le Grand Bellevue](#) blends high-altitude, cool-air adventure with deeply rejuvenating and innovative wellness. This summer, its signature experience - heli-hiking - invites guests on an exhilarating helicopter journey to remote mountain peaks, where guided treks through the Bernese Oberland’s breathtaking landscapes culminate in a fondue picnic among the clouds.

A playground for adventure, Le Grand Bellevue launched Gstaad’s first-ever [Padel Club](#) last year. With a brand-new court and thriving community clubhouse, it’s the perfect spot for both beginners and seasoned players looking to refine their game. Beyond the court, the hotel’s diverse activity programme caters to adventure seekers and wellness enthusiasts alike, offering everything from sunrise hikes and canyoning to panoramic paragliding and a romantic sunset hot air balloon with champagne. Traditional mindful movement comes in the form of Chi Kung, Tai Chi, and Jivamukti yoga, creating a holistic experience designed to relieve stress and restore balance, while there is also SUP Yoga on the picturesque Lake Arnen.

A place where curated experiences extend far beyond outdoor activities, wellness lies at the core of the hotel. Home to the region’s most expansive spa, Le Grand Bellevue features a vast 32,000ft<sup>2</sup> sanctuary complete with 17 wellness zones, eight distinctive saunas, and expert-led treatments drawing from alpine botanicals. Guests looking to refresh post-activities can detox in the Finnish sauna, float in the salt grotto, or soothe tired muscles with a bespoke massage. This

year, the spa introduces cutting-edge red-light therapies and advanced age-defying facials designed to aid and restore skin at a cellular level.

After extensive pampering, guests can rejuvenate by sipping cocktails at the Garden Lounge, feasting at the traditional open-air Le Petit Chalet or savouring fresh and authentic Japanese cuisine at The Sushi Bar. Whether seeking adrenaline or inner stillness, Le Grand Bellevue is an alpine escape that truly master's the art of the coolcation.

For the 2025 summer season, Le Grand Bellevue is reopening with three new packages. The 'Gentleman's Retreat' is an alpine adventure like no other, combining an overnight stay with high-intensity altitude hikes, bioactive skin rituals and unique whiskey serves. The 'Longevity Lab' is designed for seekers of clarity, balance, and rejuvenation through advanced biohacking and holistic therapies. Finally, the 'Gastronomy & Culture' package is a single-day culinary journey where guests can indulge in the region's finest artisanal offerings, where the art of cheese and chocolate-making meets the charm of alpine villages.

- END -

#### **Editor's notes:**

##### **Le Grand Bellevue, Gstaad**

Le Grand Bellevue re-launched in January 2014 after a year-long renovation by owner-couple, Daniel and Davia Koetser. In the heart of Gstaad village, the hotel was originally built in 1912. The 57-room hotel features bold interiors, an art-deco bar, private cinema, and the exclusive Gstaad Yacht Club. Dining includes the award-winning LEONARD's, led by Executive Chef Francesco de Bartolomeis and the cosy Le Petit Chalet for Swiss specialties. Its 32,000 ft<sup>2</sup> spa offers 17 wellness zones and eight types of saunas, making it a true sanctuary in the Alps.

**To book:** Rooms at Le Grand Bellevue start from £640 on a half-board basis. For more information, please visit [www.bellevue-gstaad.ch](http://www.bellevue-gstaad.ch) // Images: [here](#)