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The sandwich position.

Dear media friends,

Well, we promised you all the latest winter news in our last newsletter so here it is, hot off the press - just scroll down or access it [here!](#)

After enjoying the final moments of summer, we are now heading into autumn. Often described as shoulder season, autumn takes up what we would call 'the sandwich position' in Swiss German, yet it is one of the most beautiful times to visit Switzerland. After all, the filling of the sandwich is the most important bit, right?

Autumn is not only a great time for active pursuits like e-biking and walking in the mountains, but also for kicking back and relaxing at a spa. Below, we have proudly put together some of the most unique outdoor nature spa experiences in Switzerland.

And we've saved the best for last...

Fancy meeting our ambassador Roger Federer or winning tickets to the Laver Cup tennis tournament taking place this month in London? Why not take a chance and enter our competition?

We look forward to seeing you in Switzerland this autumn!

Best regards,

Myriam, Fran & Chloé
Your UK & Ireland media team

P.S. On another note - on Tuesday 8 November, all the best names in travel will be celebrated at the Wanderlust Travel Awards 2022. We are thrilled to share that Switzerland has been nominated as the 'Most Desirable Country in Europe' - we hope we'll get your [vote!](#)



Winter News & Trips 2022/23 media booklet.

What's new in Switzerland this winter, and what group media trips are coming up? From husky sledding in Valais and traditional wood craftsmanship at Trauffer, to amazing new hotel openings, there is a variety of exciting activities waiting for you this winter, as well as a number of unique group media trips. Read all about it in our new Winter News & Trips 2022/23 media booklet...

[Peruse the news.](#)



Roger Federer competition.

Think you're the world's #1 tennis fan? Love Roger Federer? If so, keep reading! This year, Switzerland Tourism is the Official Travel Destination Partner for the Laver Cup 2022 taking place at the O2 in London. To mark the occasion, we are running a competition where the lucky winners will meet Roger Federer at the Laver Cup on 25 September! Find out how to enter the competition by clicking on the link below.

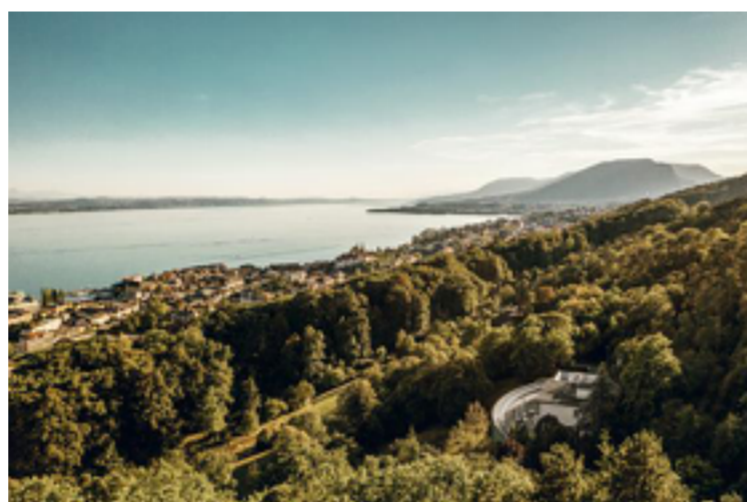
[Rub shoulders with Roger.](#)



Nature spas.

We are excited to present the 50 most unique nature spa experiences in Switzerland, an overview of the most extraordinary takes on rest and relaxation that our country has to offer! Whether it's relaxing on a sauna boat or enjoying a massage in an igloo village in Davos, there is sure to be a nature spa experience to suit everyone's tastes!

[Kick back and relax.](#)



Autumn strolls.

Mediterranean-looking lakeshores, rugged Jura hills and mountains on the distant horizon - the French-speaking western part of Switzerland, also known as 'Romandie' - stands out from the usual clichés. Explore this unique part of Switzerland away from the crowds, head out on countless colourful autumn walks, such as that from Saint-Blaise to Le Landeron, and enjoy the golden beauty of Lake Neuchâtel and Lake Biel this time of year, all on one holiday!

[Enjoy a golden autumn.](#)



Discover Bern by e-bike.

Autumn is the perfect month to hop on an e-bike and discover all of Switzerland's beautiful natural landscapes. The canton of Bern boasts a number of e-biking routes, one of which will take you on a voyage of discovery based on Switzerland's popular Kambly biscuits. Cycling from Langnau through the rolling hills of the Emmental Valley, you'll marvel at the many breathtaking views of Bern's beautiful mountains and valleys, not to mention enjoy a biscuit or two as you go. No crumbling now!

[On yer e-bike.](#)



All aboard the cheese train.

From November 2022 to March 2023, passengers can now embark on a foodie excursion aboard the cheesemaker's train! Departing from Morges in the Lake Geneva Region, passengers can enjoy traditional *fondue vaudoise* and other local specialties while watching the beautiful scenery pass by.

[Fondue with a view.](#)



Direct Bristol to Zurich flights.

Starting in February next year, Swiss International Air Lines (SWISS) will operate the first ever direct flight from Bristol to Zurich. The new route, which will operate once a week in both directions, should prove especially popular among winter sports enthusiasts in the the south west of England.

[Get ready for take off.](#)



Covid-19 travel situation.

There are no longer any Covid-19 restrictions for travellers arriving from the UK and Ireland into Switzerland. This means when travelling between Switzerland and the UK or Ireland, it is no longer necessary to take a Covid-19 test or fill out a Passenger Locator Form.

[Find out more.](#)



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