



Weekend Retreat

Cuisine Helvetica x Culinarium Alpinum

*A Culinary Winter Experience
in the Heart of the Swiss Alps*


**CULINARIUM
ALPINUM**

Cuisine Helvetica x CULINARIUM ALPINUM: Weekend Retreat

A CULINARY WINTER EXPERIENCE IN THE HEART OF THE SWISS ALPS

Immerse yourself in the rich culinary traditions of Switzerland with American food writer Heddi Nieuwsma and the team at Culinarium Alpinum. This retreat combines authentic flavors, Alpine landscapes, and meaningful encounters. From fishing on Lake Lungern (optional) to snowshoeing to a mountain cheese dairy, and finally to cooking and dining together—this weekend offers inspiration, outdoor adventures, and plenty of delicious moments.



Dates: February 13–15, 2026

Duration: 3 days, 2 nights

Participants: 8 to 14 people

Language: English

Please note that at least 8 spots for this culinary retreat must be filled by January 5th 2026, for this event to take place. Don't wait! Register today.

Program Overview

THURSDAY (OPTIONAL):

- Check-in at the Culinarium Alpinum on your own, in the afternoon or evening
- Dinner at the Culinarium Alpinum

FRIDAY:

- Optional: Winter fishing excursion on the shores of Lake Lungern, followed by lunch at Hotel Kaiserstuhl
- Afternoon on your own
- Official welcome with aperitif, guided tour, and Alpsbrinz tasting
- Tavolata dinner at the Culinarium Alpinum

SATURDAY:

- Breakfast
- Snowshoe hike to Bergkäserei Huismatt with guided tour and Alpine lunch (fondue or raclette)
- Visit to an apple orchard with cider tasting
- 4-Hands Dinner (3-course menu) from Chef David Zurfluh at the Culinarium Alpinum with dishes inspired by recipes from Heddi's cookbooks

SUNDAY:

- Breakfast
- Cooking class with Heddi at the Culinarium Alpinum's Cookery Studio
- Lunch featuring dishes prepared during the cooking class
- Final goodbyes and individual departures

Hosts and Instructor

HEDDI NIEUWSMA OF CUISINE HELVETICA

Along with the team from the Culinarium Alpinum, Heddi Nieuwsma will be your co-host and instructor during the retreat. Heddi is an American food writer who moved to French-speaking Switzerland in 2012. Since then, she has developed a deep passion for Swiss cuisine. Her three cookbooks (*Swiss Bread*, *Sweet + Swiss*, and *Swiss Suppers*) are available in English, French, and German. Through her website, cuisinehelvetica.com, and her newsletter, she shares recipes and culinary travel experiences from across the country. A self-taught cook, Heddi is dedicated to making Swiss cuisine more widely known and appreciated.



CULINARIUM ALPINUM

The cuisine and traditions from the lakes and the mountains are grounded in local heritage and have a global future. The CULINARIUM ALPINUM combines these culinary delights, with knowledge and thoughtful exchanges, all within the former Capuchin monastery in Stans. In the restaurant, alpine ingredients inspire creativity. The hotel and seminar rooms have a comfortable, relaxing, and historic atmosphere. In addition, fascinating courses of myriad topics inspire both mind and heart. Outdoors, the garden grows as an edible landscape, while indoors, wheels of artisanal Alp-Sbrinz cheese mature in the cellar. The monastery shop and the “walk-in wine list” further invite you on a culinary journey of discovery.

Getting here:

The Culinarium Alpinum is located at Mürgrasse 18 in Stans, Switzerland.

It takes about 8 minutes to walk to the Culinarium Alpinum from the main train station in Stans.

Travel time:

From Lucerne: About 20 minutes by car or train.

From Zurich airport: 60 minutes by car or about 1 hour and 40 minutes by train.

From Geneva airport: About 3 hours by car or 3.5 hours by train.

Package & Price

PRICE:

- Friday to Sunday:
CHF 950 / CHF 1070 (double / single room, price per person)
- Friday, with the fishing excursion & lunch, to Sunday:
CHF 1130 / CHF 1250 (double / single room, price per person)
- Additional overnight stay:
CHF 210 / CHF 150 (double / single room)

WHAT'S INCLUDED:

- An aperitif and Alpsbrinz cheese tasting
- All meals – buffet breakfasts, lunches and multi-course dinners, featuring local ingredients and traditionally Swiss food products
- Overnight accommodation for 2 nights at the Culinarium Alpinum
- A guided program that includes two site visits—a mountain cheese dairy and an apple orchard and cidery
- A hands-on cooking class with Heddi and recipes to take home
- All transfers to and from our destinations (e.g., cable cars) during the retreat
- A welcome gift

WHAT'S NOT INCLUDED:

- Flights / transportation to and from the Culinarium Alpinum before and after the retreat
- Drinks at mealtimes, other than water, coffee or tea

**DON'T WAIT!
REGISTER TODAY.**

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CULINARIUM ALPINUM

Mürgstrasse 18
CH-6370 Stans
+41 41 619 17 00
keda@culinarium-alpinum.ch
www.culinarium-alpinum.ch

