

VALSANA

SUMMER  
2023



## VALSANA HOTEL AROSA

This summer, we're jumping in at the deep end and seeing where the good vibes take us. We're raising a glass and showing no mercy. We're collecting, observing, building, creating and going stalking.

**A cryptic puzzle? No – just a typical jam-packed Valsana summer. Browse our activity programme and get inspired for your time out in the mountains in summer 2023. Happy reading – and see you soon!**

**CLAUDIO LAAGER**  
General Manager

**EVERY  
SUMMER HAS  
A STORY**



## WANNA KEEP A COOL HEAD?

First things first: Being cool looks good on us – and on you. With that in mind, here are our top five tips for cooling off this summer.



## **1. JUMP IN AT THE DEEP END**

Literally! What could be more refreshing than cool, deep blue mountain lakes of Arosa? It's always worth daring to take the plunge – and it has many benefits for the body, too.

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## **2. AN ICE-COLD COCKTAIL**

On the rocks, please! The Valsana terrace is the perfect place to enjoy first-class cocktails and soft drinks while drinking in spectacular views of the mountain landscape.

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## **3. GAMES OF LIGHT AND SHADOW**

Of course, the most natural giver of shade is nature itself. The dense forests in and around Arosa are perfect for a relaxing stroll away from the rays of the hot summer sun.

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## **4. CHASING THE SUMMIT**

The forest is not the only place where refreshing coolness lies in store. There's plenty of it to be found high up in the mountains, too – at over 2,900 meters, to be exact. The air at the beautiful 'Gipfelkreuzen' (summit crosses) is crystal-clear.

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## **5. FRESH BREEZE**

Our spectacular mountain landscape lends itself equally well to expeditions on two wheels – where you can always rely on a fresh breeze to provide the necessary cooling.

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## WHEN IN DOUBT, PEDAL IT OUT

This summer, we're showing no mercy. Combining high Alpine passages with fun, easy-riding forest trails, the 'Bear Mountains' of Arosa are a veritable El Dorado for biking enthusiasts – and the Valsana Hotel is the ideal base for exploring the mountains on two wheels. Hard-trail mountain bikes (free of charge) and e-bikes (CHF 40 per day) are available for rent, while the hotel's on-site bike store and workshop will ensure that your own bike is in perfect working order. A laundry service and first-class insider tips are all part of the package. Whether a leisurely ride or an enduro tour, we'll be happy to advise you or to organise a guided excursion in partnership with the Arosa Bike School.

Afterwards, enjoy well-deserved relaxation in the spa and refreshments at Twist Restaurant.



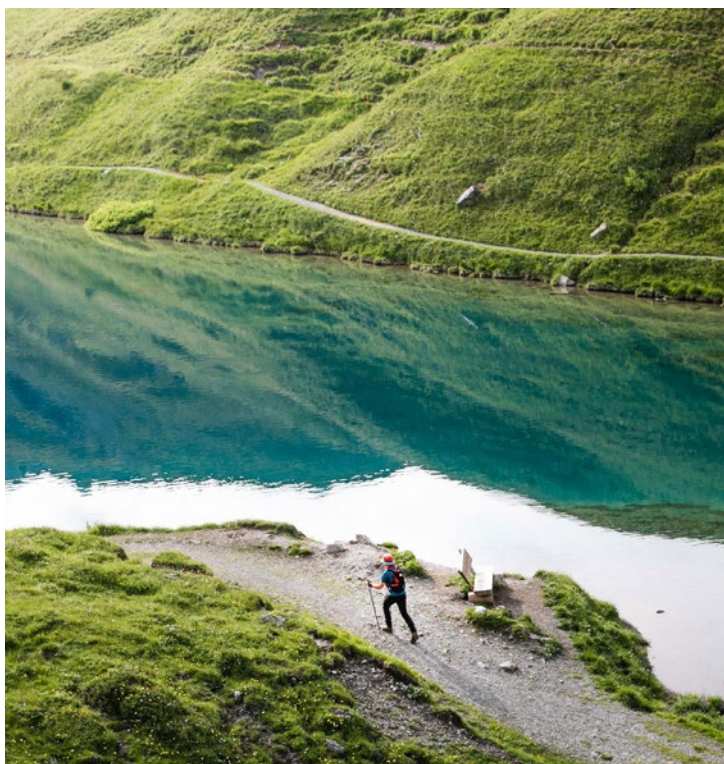


## SWITZERLAND: LAND OF LAKES

With a whole ten of them, we in Arosa take this reputation quite seriously. Prättschsee, Schwellisee, Älplisee, Obersee, Untersee or Grünseeli: all are well worth a visit and – of course – a souvenir photo. Heading out hiking? Our staff will be happy to advise you on the best trails to take to see as many of our beautiful mountain lakes as possible.

Our tip: Take a closer look at the benches you encounter during your hike. Each tells its own little story!

LIVE, LOVE,  
LAKE

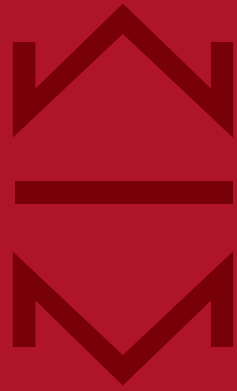


## AROSA'S LIVING ROOM

The clinking of glasses, the jangling of ice cubes, the sound of laughter on the breeze and the buzz of animated conversation all around: what more could you want for a balmy summer evening? Here in Arosa's living room – in our Twist Bar and on the terrace – this summer night's dream becomes reality. We meet to be together and to celebrate life in all its fullness!

To start your day the way you mean to go on, join us in the morning for a cappuccino with a twist or a delicious homemade iced tea.





## IMMERSE YOURSELF IN THE GRISONS NATURE WITH MOVING MOUNTAINS PLAY

PLAY means immersion in nature and culture alike. It means authentic experiences that bring our region to life; hand-picked activities selected purely for their enjoyment factor. This summer, our PLAY activity programme will focus on the Grisons as a place to live and visit as well as on the lives and stories of some of its most interesting residents. Get the adrenaline flowing with a guided Kneipping session, go on the lookout for ibex and chamois, join a foraging trip for mushrooms and berries – and, of course, make memories to last a lifetime. Will you join us this summer?

Ask a member of reception, call us on +41 81 378 99 99 or email us at [info@tschuggen.ch](mailto:info@tschuggen.ch) to find out more or book an activity. Our Moving Mountains PLAY experiences are free to join as part of our weekly in-house events programme. An overview can be found [HERE](#). Each experience can also be booked on an individual (private) basis for an additional charge if so desired.





# MOVING MOUNTAINS PLAY

## EMPOWERING EXPEDITIONS

(June to September)

### **GUARANTEED REFRESHMENT AT BELOW 10°C —**

Mountain lake swimming

### **BALANCE AND FINESSE —**

Building cairns on the Weissshorn

### **COOKING CLASS —**

Grisons specialties with a Grisons native

### **AT ONE WITH NATURE —**

On the trail of the ibex and chamois

### **ICE-COLD COOLING —**

Kneipping in an icy river

### **SUNSET TOUR —**

E-biking with Ingo Schlösser, General Manager, Tschuggen Grand Hotel

## CURATED ADVENTURES

(June to September)

### **TIME TO GET CREATIVE —**

Baking twist bread on Swedish fire logs

### **SELF-MADE DELICIOUSNESS —**

Herbal syrup to take home

### **TRACING THE FOOTSTEPS OF SCHELLEN-URSLI —**

A book reading

### **GIFTS OF THE FOREST —**

Gathering mushrooms and berries

### **ON THE PROWL —**

Get up close with nature in perfect comfort

### **ON AN OPEN FIRE —**

A traditional sandwich iron



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**PLAY PROGRAMM**





## THE SECRET INGREDIENT? A PINCH OF GRISONS MAGIC

Claudio Laager is a hotel director, passionate chef and proud Grisons native: three things that make him the perfect teacher for a regional cooking class. Spice up your time out by discovering Claudio's favourite recipes and taking a culinary tour of discovery through the Grisons mountains. On the plate will be such Grisons delicacies as Capuns, Pizokel, Gerstensuppe and Plain in Pigna. As for what they are and how they're made, we think that's best explained in person by our very own Grisons native.

Free to attend on 5 and 12 August 2023

Duration: Three hours

Also bookable on an individual basis for  
CHF 50 per person (for 1-6 persons)



## THINKING OUTSIDE THE BOX

Did you know that the Valsana Hotel is home to a hidden creative treasure? Our Ideas Workshop is a place for creative minds and those who want to become one. It's where ideas are born, where thoughts flow freely and where we give free rein to our creativity. If you're travelling to the Valsana as a group, why not use a free hour or two to get your own creative juices flowing? Whether a shared cooking class or a Green Tour, tell us what you have in mind and we'll make it happen.





## **A RACE TO PROTECT OUR NATURAL: THE RACE FOR NATURE AND THE VALSANA OPEN NIGHT RACE**

And what a race it was! Earlier this year, we marked the 100-year anniversary of the Tschuggen Collection with a very special event: The Race for Nature in Arosa, where our pioneering hotel group was born a century ago. It seemed only fitting that our celebrations should point the way to the future by taking further steps to protect our natural world. Ably supported by skiing legends such as Didier Cuche, Mauro Caviezel, Maria Walliser Anesini, Erika Reymond Hess und Brigitte Oertli, we welcomed forward-thinking companies to participate in the race event between 16 and 18 March 2023.

We were thrilled to raise more than CHF 335,000 in donations for selected conservation organisations as well as to crown the fastest Arosa residents on skis at the Valsana Open Night Race. Now, we look back on an incredible week and a further step in the direction of a sustainable future.

# VALSANA, WHAT'S UP?

## EVENTS AND HIGHLIGHTS

As is customary for the Valsana Hotel, the summer is packed with exciting events you won't want to miss. Bike camps offer the perfect opportunity to discover the Grisons forests on two wheels, while varied cultural events place music and art in the spotlight.

HÖRNLI TRAIL HUNT	THURSDAY 14 TO FRIDAY 15 JULY 2023
COOP KINDERLAND OPENAIR	THURSDAY 14 JULY 2023
AROSA VILLAGE MARKET	FRIDAY 28 JULY 2023
SWISS NATIONAL DAY	MONDAY 31 JULY TO THURSDAY 1 AUGUST 2023
AROSA JAZZ	THURSDAY 15 JUNE, 6 JULY & 8 AUGUST 2023
FAMILY BIKE VIBES	FRIDAY 4 TO SUNDAY 6 AUGUST 2023
GRISCHA TRAIL RIDE	THURSDAY 24 TO FRIDAY 25 AUGUST 2023
X WARRIOR AROSA	SUNDAY 27 TO MONDAY 28 AUGUST 2023
AROSA CLASSIC CAR	THURSDAY 31 TO SUNDAY 3 SEPTEMBER 2023



