

# VALSANA

WINTER 2025/2026





# WINTER SEASON

5 DECEMBER 2025 - 6 APRIL 2026

Welcome to the Valsana. Here, checking in doesn't just mean winding down but heading out: across the snow, up the mountain, straight into ice-cold water. Whether with skis on or hiking boots laced, what counts is being out there living it. That's what the Valsana comes in: as your basecamp for everything Arosa's alpine playground has to offer.

And when you return through our doors? You'll find a hotel that doesn't need to shout to make an impression – with design that speaks softly, natural materials you'll want to touch and spaces that give you room to breathe and think. No frills. No fuss. Just character.

The Valsana isn't a stage but a place for stories – the kind you collect, not the kind you pose for.

Ready to blossom? Then let's begin.

Yours,  
Philipp Estermann  
General Manager, Valsana Hotel Arosa

# SKIS ON. WORRIES OFF.

## WELCOME TO THE BEST SKI RESORT IN THE WORLD.

If 225 kilometres of slopes don't make you happy, then either you've got the wrong skis, or you've never been to Arosa Lenzerheide. According to travel portal Omio, our ski area isn't just good – it's the best in the world. That's 225 reasons to pack your bags!

Whether you're cruising at a leisurely pace, chasing an adrenaline rush or soaking up the sun outside a mountain hut, Arosa Lenzerheide has something for everyone. The views? Straight off a postcard. The snow reliability? Certified fresh. The Capuns at the hut? Legendary. In short: skis on. Worries off.





# VALSANA SPA & PRIVATE MOMENTS



# SWITCH OFF. WARM UP. FEEL FREE.

Out there, the mountains call the shots. In here, it's nothing but: ahhh...

The Valsana Spa offers 800m<sup>2</sup> of soothing warmth, forest views and steam that melts your stresses away: the perfect place to meet your inner Zen. Sauna? Of course. Steam bath? Absolutely. Relaxation lounge? A place where breath finds its rhythm.

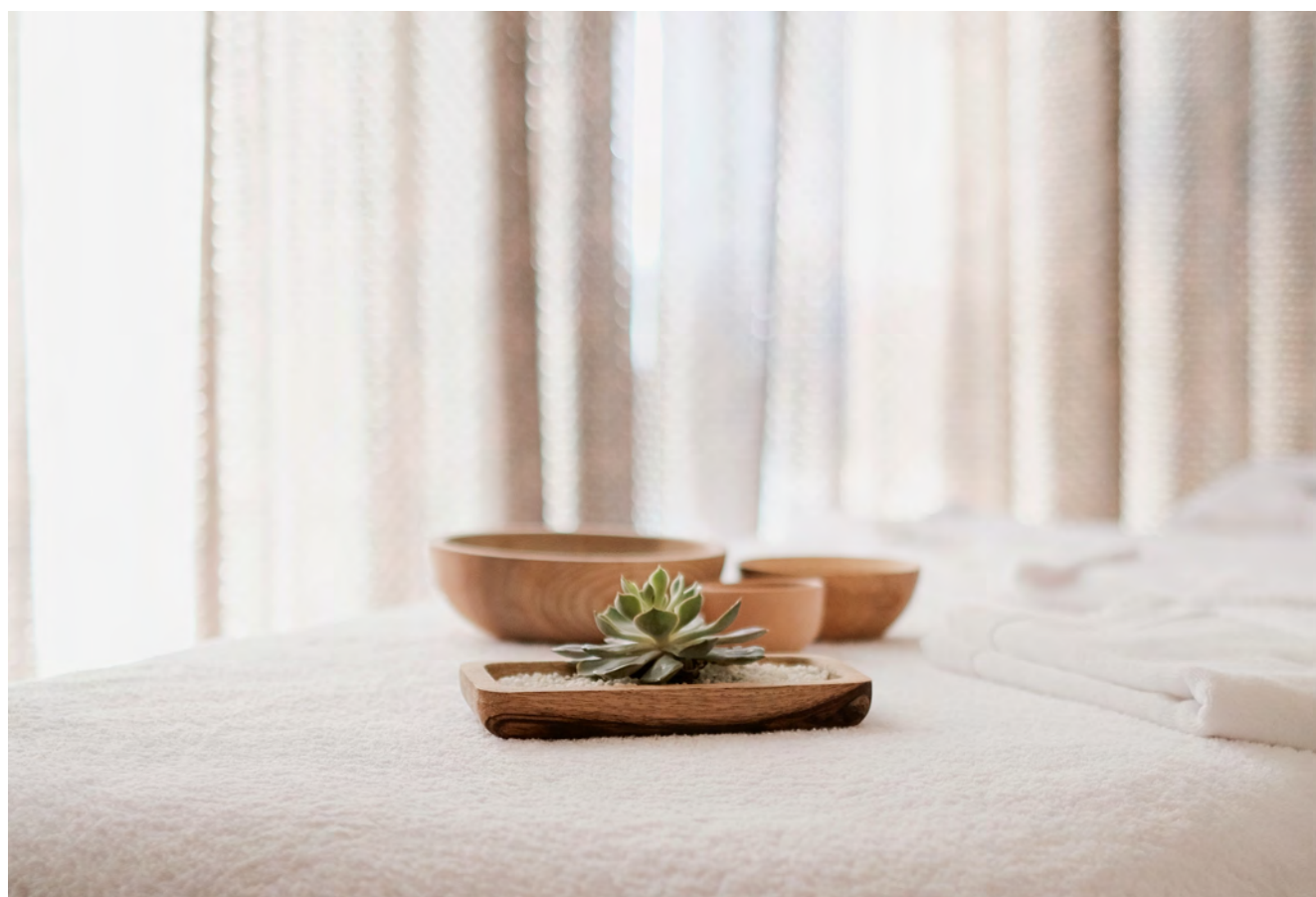
Whether fresh from a summit or simply because you can: here, unwinding is the only requirement. Once ski gear off and bathrobe is on, all that's left to do is breathe, smile and enjoy. There's a cup of hot tea with your name on it; Instagram can wait.

Book now at  
[info@valsana.ch](mailto:info@valsana.ch) or  
+41 81 378 63 63.

# PRIVATE SPA AFFAIR

## JUST THE TWO OF YOU – WITH EVERYTHING THROWN IN

Sometimes the best thing in the world is to escape it – together. That's exactly what our Romantic Getaway Package is made for, including two nights at the Valsana Hotel Arosa, a private outdoor fondue on your balcony with a bottle of wine, a two-hour evening Private Spa experience including a 37.5 cl bottle of Louis Roederer Champagne, 50% off a soothing massage per person, and an upgrade (subject to availability). Two days of peace, warmth and nothing but the two of you. Your watch? Off duty. You? Lost in steam, silence and starlight – and a little time-out that belongs only to the two of you.





# YOGA AT THE VALSANA

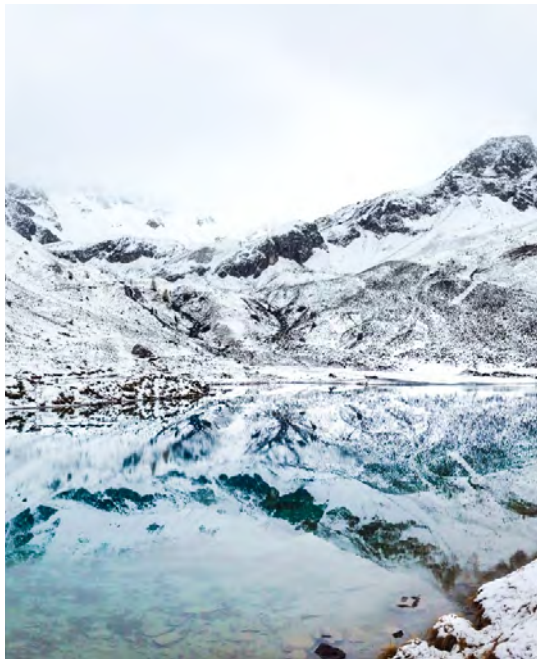
## DETOX & RECHARGE: TWO RETREATS, ONE SHARED INTENTION

Two retreats, one shared intention: a reset that works from the inside out.

At *Detox & Reset* from 4–6 January, we start the new year with intention. Yoga flows, mindfulness in nature, time in the spa and food that truly nourishes – not just keeps you going. Fresh air? We've got plenty. New perspectives? They're on the house.

At *Energy Recharge* from 27–29 March, it's all about refuelling in style. Power flows, mountain hikes in crystal-clear air, spa sessions – and for the brave, a spot of ice bathing.

Led by top instructors, framed by the peaks of Arosa; perfect for those who want more than a quick time-out.



[FIND OUT MORE](#)

# GOOD MORNING, MOUNTAINS





# TWIST RESTAURANT

Out there, it's all about racking up altitude; back inside, it's all about taste. Welcome to Twist, where you'll find nourishing cuisine made for active people. It's cooked with love, rich in flavour – no guilt, no labels, just good food.

Plant-based? With pleasure.  
Regional? Of course. Boring? Never!  
We celebrate what nature has to offer and give the classics a green twist: fresh herbs, new ideas, real flavour. Tradition? It runs deep at the Valsana – and it's thriving in a fresh new way.

What can I expect?

An easygoing atmosphere, open spaces and huge glass fronts serving up mountain views. The terrace outside is your seat in the sun – from breakfast to the last light of day, every day.

„Twist“? What’s that all about?

Twist doesn’t mean we turn everything upside down. It means we simply make it better – with flavour, conviction and more than a touch of wow.

And after the meal?

You’re left with a smile, a sense of ease, and a feeling that you’re exactly where you’re supposed to be.



[RESERVE A TABLE](#)

# FONDUE WITH A VIEW

## MELTED MOMENTS ON YOUR BALCONY

Fondue in a restaurant? Certainly, you could. But fondue under the stars, wrapped up burrito-style in blankets, with candlelight and an alpine panorama? That's not just cheese – that's living art.

Classic fondue or raclette with a twist (spoiler: it's always cheese), we bring the experience straight to your balcony: blankets for getting cosy, cheese for melting over, views for falling in love with. And yes, you're allowed to scrape the pan – we'll look the other way. Simply reserve by 18:00 the night before and leave the rest up to us.

Cheesy? Maybe. Perfect? Definitely! Tradition? It runs deep – and it's thriving in a fresh new way.





# WINTER HIGHLIGHTS



# A WINTER PARTY? THAT'S EASY.

But at the Valsana, we don't need drums and trumpets. Here, a fondue under the stars, snowflakes in our hair and a mug of mulled wine in hand is more than enough.

Little ones get flour on their noses baking cookies; grown-ups laugh until their sides ache at the Arosa Comedy Festival. At the Valsana, winter meets you on your terms – in snow, in the sauna or simply in stillness.

Our kind of winter isn't loud – but it lingers. We know it's the quiet sparks that stay with you the longest.

**VALSANA AWAKES**

# A MAGICAL START TO THE WINTER SEASON

**5 December 2025**

At the Valsana, the start of winter isn't marked by frost but by sparkle: when fairy lights meet starlight, the scent of mulled wine swirls in the air and the mountains start to smell like Christmas. That's when cosy season begins – and it's more than a little magical. Here in Arosa, we toast the start of winter with hot drinks, cold noses and a festive twinkle in the eye.

Picture snow beneath your boots, glasses in the air and a festive buzz all around – strictly no snow cannons required. Come by and raise a glass with us to the first snowfall, the first „ahhh, gorgeous!“ and the first tipsy glow. Warm. Wild. Wonderfully winter.







**SUGAR, SPICE AND EVERYTHING NICE**

## COOKIE BAKING FOR KIDS

**13 and 20 December**

Flour on their hands, sparkle in their eyes – and the dough? Everywhere. Welcome to cookie baking at the Valsana! This isn't about Michelin stars but cinnamon stars with personality. It's about traditional Swiss favourites like Brunzli (chocolate and almond cookies), Mailänderli (buttery lemon shortbread), butter, sugar – and little hands with big ideas. Perfection? Not important. Giggles? Mandatory.

Who says you have to know how to bake to have fun? For the subsequent tasting session, one thing's certain: „doesn't taste good“ simply doesn't exist.

## AROSA COMEDY FESTIVAL

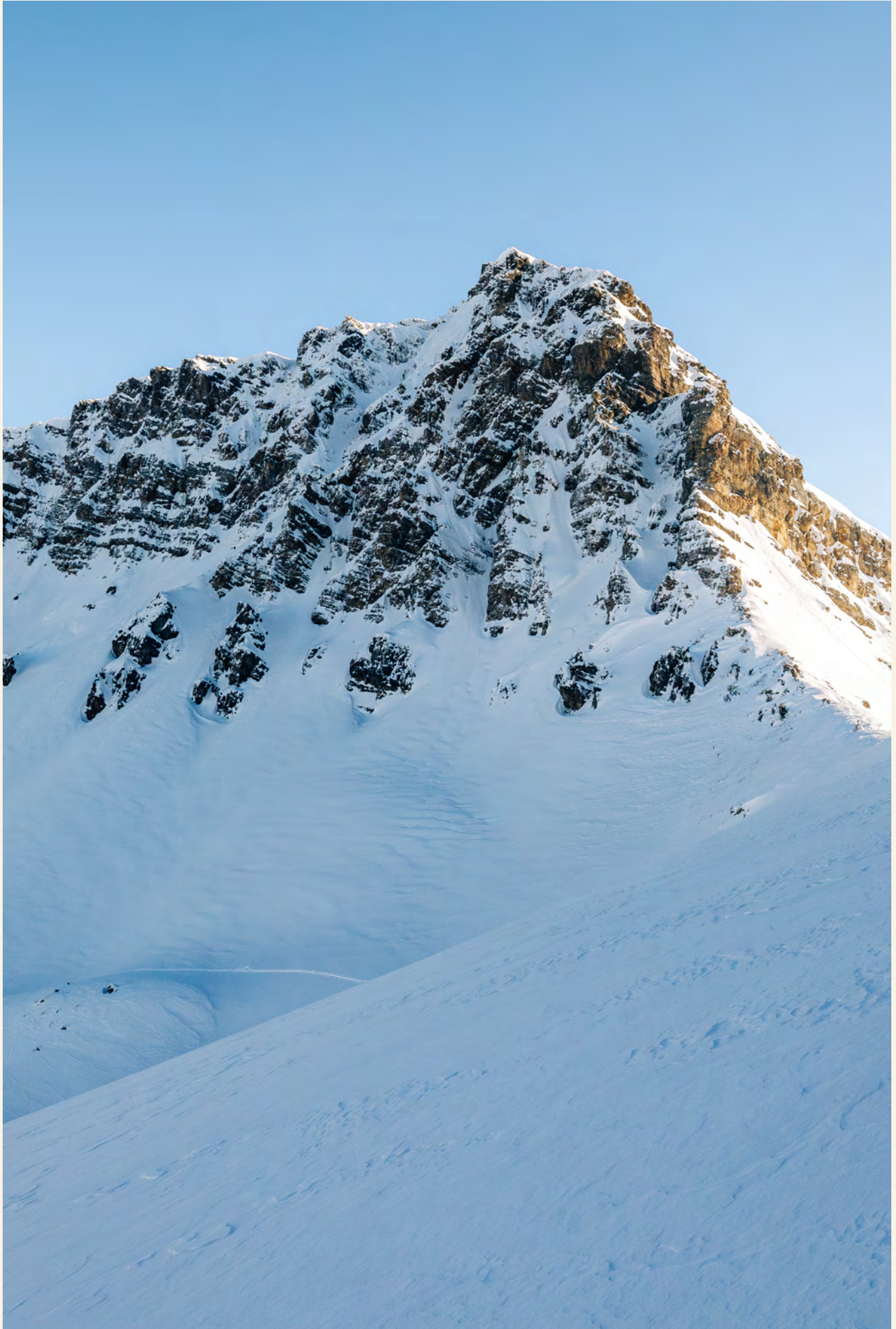
# FROM SATIRE TO SIDE-SPLITTING

5 to 14 December 2025

High up at 2,000 metres, snow crunches underfoot, laughter rolls and even the alpine choughs take note: that's when you know you've arrived at Arosa Comedy Festival, the biggest comedy and cabaret festival in Switzerland. Cabaret, satire, stand-up – all performed in a circus tent built right into the snow. It's where wit meets wide-open views and punchlines meet fresh powder snow. The best part? With our festival package, you get not just the comedy but everything around it to keep spirits high and toes cosy. Toasty. Tasty. Valsana.









**READY? PLAY!**

## TWO COURTS, ZERO EXCUSES

Our stylish, weatherproof indoor tennis arena is right across the street, ready for spontaneous rallies, dramatic tie-breaks or simply an easy smash or two. Federer-style or first try, it's all fair game here. If the big court's not quite your vibe, there's always table tennis, too: small in size, wild in spirit. Rackets up – the fun is waiting!



# CALENDAR OF EVENTS

## 2025/2026

### **AROSA COMEDY FESTIVAL**

3 to 14 December 2025

### **FIS SKI-CROSS WORLD CUP, AROSA LENZERHEIDE**

17 December 2025

### **AROSA BALLOON FESTIVAL**

4 to 10 January 2026

### **SWISS SNOW WALK & RUN**

10 January 2026

### **AROSA GAY SKI WEEK**

17 to 24 January 2026

### **AROSA ELECTRONICA**

16 to 23 March 2026

### **LIVE IS LIFE**

4 to 6 April 2026

# THE FESTIVE PERIOD AT THE VALSANA





# LET IT SNOW, LET IT GLOW, LET IT WOW

Outside, sparkling snow; inside, mugs of something hot; somewhere, a cheerful soul humming *Last Christmas*. Christmas is coming – and at the Valsana, we do it our way: less show, more soul. Tinsel? Yes, but in moderation. Spirit? By the bucketload.

Think sparkling evenings, little surprises and moments where time stands still – sometimes as soft as the crackle of a fire, sometimes as lively as the pop of the first cork.

As for you, just one thing is required: the appetite to enjoy yourself. Last one out turns off the tree!

## **24 DECEMBER 2025**

Join us on Christmas Eve for a champagne aperitif followed by a four-course dinner with live music.

## **25 DECEMBER 2025**

On Christmas Day, take your pick from our à la carte menu or enjoy our festive set menu of the day.

## **26 DECEMBER 2025**

Head down to the terrace from 16:30 for hot chestnuts and mulled wine. The restaurant will serve à la carte.

## **31 DECEMBER 2025**

Together we'll see out the year in style, with a champagne aperitif in the lounge followed by a five-course New Year's Eve dinner (from 18.30). A lounge party with DJ will see us dancing non-stop into the new year.

## **1 JANUARY 2026**

We start the new year in gentle fashion, with a late riser's breakfast served until 12 noon.

# MOVING MOUNTAINS

## WINTER GETS PLAYFUL

When did you last make time for play? Can you remember the last time you learned something new? We believe firmly that play is just as much for grown-ups as it is for kids – and where better to do it than the endless playground of Arosa. From a torchlit hike through the night to an invigorating spot of ice bathing, lean into play and sprinkle your stay with memories to last a lifetime.







## MOVING MOUNTAINS PLAY «CURATED ADVENTURES»



### WINTER WALK WITH VISIT TO A MOUNTAIN FARM

#### **Live and breathe authentic Arosa**

An idyllic walk leads us to the farm owned by Markus Lüscher. There, you'll find the soft noses of friendly cows, a glimpse into real farm life – and the intoxicating scent of hay, wood and alpine countryside. It's a little break from the everyday, right up close with nature.

### COOL BY NATURE

#### **Why our ice battery isn't just cold – it's cool**

A hotel heated by ice water? Sounds wild, but that's exactly what we do – and we think it's pretty ingenious. Our Eco Tour gives a glimpse behind the scenes of the Valsana, letting you discover how cutting-edge infrastructure and smart tech come together to create one of the most sustainable energy concepts in the Alps. Cool answers to big questions: thoroughly inspiring stuff.



## MOVING MOUNTAINS PLAY «EMPOWERING EXPEDITIONS»



### ICE BATHING

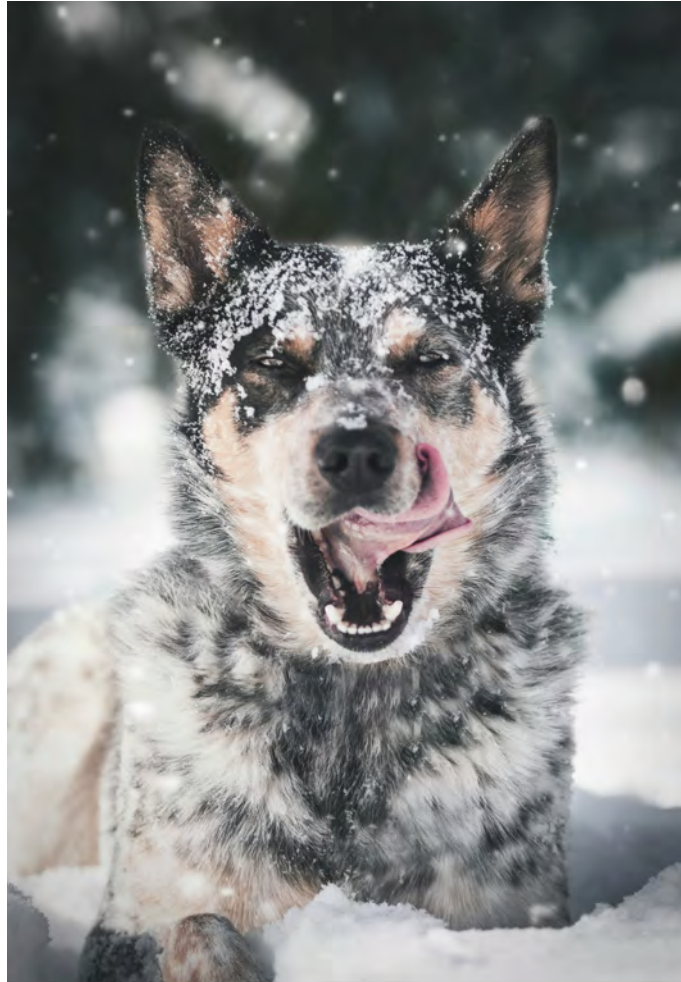
#### **Pure invigoration**

Ice bathing offers an invigorating adrenaline boost accompanied by a wide range of health-promoting effects. Our experts are on hand to guide you through this extraordinary experience. Feel the tingling cold awaken your senses and reap the benefits of a lasting boost to your immune system.

### TORCHLIGHT WALK

#### **Through the night by firelight**

Let it shine! On this Empowering Expedition, we'll hike with torches from Hof Maran back to the Valsana via the picturesque Eichhörnlweg trail. The reward? A steaming hot tea or mulled wine, sipped by the fireplace or – weather permitting – under the open sky.



# PAW-SITIVELY WOW HOLIDAYS

## PUT A PAW ON IT – IT'S GOING TO BE GREAT!

We love nature – and that includes every one of its wagging tails. That's why, at the Valsana, your dog isn't just allowed but genuinely welcome: not merely a ticked box at check-in, but part of the family from the start.

Awaiting your four-legged friend is a stylish bowl, a fluffy blanket to curl up in and a treat before they can even say „woof!“. Beyond the doorstep are trails that smell of adventure, snowfields for running wild and more admirers than they know what to do with. Your canine pal will love it – and, of course, you get to come along too, to the best playground in the entire Alps.



# VOUCHERS WITH HEART, SPARKLE AND A WHOLE LOT OF WOW

FOR THE ONES WHO DESERVE MORE  
THAN JUST A HEART EMOJI

Some gifts end up on eBay; others are the kind you never forget. If you hadn't already guessed, a Valsana voucher falls into the second category. Breakfast with a mountain view? A weekend wrapped in the fluffiest of bathrobes? An aromatherapy massage that sends you straight to Zen?

Our vouchers are as flexible as your favourite yoga flow – redeemable for nights with style, spa time with „wow“ or Swiss cheese under the stars.



SHOP NOW



# ROOM FOR FRESH PERSPECTIVES

## WELCOME TO THE IDEAS WORKSHOP

Meet, celebrate, brainstorm: our Ideas Workshop is where visions become tangible plans and heritage meets technological innovation – all, of course, with mountain views and space that positively breathes. From visionary meetings to charming Christmas parties and cosy family celebrations, the Ideas Workshop is rich with historic inspiration and ready to shape itself around your ideas.

Oh, and we almost forgot the most important thing: your event won't just be unforgettable but, thanks to our environmentally friendly infrastructure, genuinely green – even when the world is white outside.





# A SUSTAINABILITY PIONEER

At the Valsana Hotel, sustainability is more than just a buzzword – it's at the beating heart of all we do. As part of the family-run and Green Globe-certified Tschuggen Collection, we're proud to be raising the bar for the hospitality sector. Our CO<sub>2</sub>-neutral building infrastructure makes us one of the most sustainable hotels in Switzerland.

Our innovative ice battery, geothermal energy and heat recovery systems enable us to heat the Valsana Hotel without using a single drop of fossil fuel: a project that can call itself truly pioneering.

Of course, our sustainable philosophy also extends to other aspects of hotel life, from our resource-efficient procurement and optimised waste management to our use of sustainable Swiss materials and products. When you stay at the Valsana, you holiday with a clear conscience.

We offer green tours for anyone interested in finding out more about our sustainable initiatives.



# VALSANA

Hotel Arosa

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