

# VALSANA

WINTER 2024/2025



# WINTER SEASON

6 DECEMBER 2024  
TO 6 APRIL 2025

Welcome to the Valsana Hotel; welcome to the most beautiful winter in the world. Here is a place where pristine snow crunches underfoot, ice crystals glisten in the wintry light and mountains whisper their ancient songs – sometimes gently, sometimes for all to hear. Here is where no two days are the same. The slopes beckon, the spa awaits and nature writes a new chapter every day.

At the Valsana, winter is not just a time of year but a feeling – one we experience amidst Arosa's breathtaking snow-covered landscape. Leave the humdrum of the everyday behind and experience the season as it should be: unhurried, joyful and close to nature's beating heart. Ah, blissful!



Philipp Estermann – General Manager Valsana Hotel Arosa

# TWO BOARDS OR ONE?

## THE MOUNTAINS ARE CALLING!

For many of us, winter is synonymous with hitting the slopes – and undeniably, the Valsana Hotel is the perfect place to do so. At the same time, winter in Arosa means so much more than just taking to the boards: it's an all-encompassing experience that leaves mind, body and soul revitalised. With blue, red and black piste skiers equally spoilt for choice, it's easy to see why the Arosa Lenzerheide ski area has legendary status among winter sports fans. Need equipment? Look out for Valsana partner **Gisler Sport**, who'll be on hand at the hotel throughout the season supplying everything you need for mountain adventures.

Craving a few hours' break from the thrill of the piste? No problem! Arosa's snow-covered forests offer a rich variety of activities in nature. Snowshoeing, sledging, hockey or ice skating: the possibilities are almost as endless as the winter snowfall.



# RELAX RELOADED



After a day's adventure on the pistes or in the snow-covered forests, what could be better than unwinding in the cosy warmth of the Valsana Spa?

**WITH SWEEPING VIEWS OF THE REGION'S SPECTACULAR MOUNTAINS AND DEEP FORESTS, THE 800 M2 SPA INVITES YOU TO BREATHE IN DEEPLY AND EXHALE THE STRESSES OF THE EVERYDAY.**

Want all that, but better? No problem! From 20:30 to 22:30 each day, you have the opportunity to enjoy the entire spa all to yourself as part of our Private Spa experience. And because we know that exclusivity is better served sparkling, we'll throw in a bottle of sparkling wine and a fine Grisons charcuterie board on top.

To make a reservation, get in touch by emailing us at [info@valsana.ch](mailto:info@valsana.ch) or call us on **+41 81 378 63 63**.

# NAMASTÉ!

At the end of a busy year, we know it's not just your body that needs a break. Your mind also deserves to breathe deeply – which is why, at the Valsana Hotel, we provide yoga classes or guided meditation walks (almost) every day as part of our regular winter timetable. Our experienced yoga teacher Ronja will guide you gently through each session as you find your inner balance and let the soothing power of the mountains get to work.

TO THE SPORT PROGRAMME





# CULINARY EXCELLENCE

Experience the excitement at TWIST – where our new menu brings together wholesome, regionally-sourced ingredients in a delicious array of dishes. Additionally, with a wide variety of plant-based options and flavors for every taste, TWIST is the place for food lovers, gourmets, and anyone who values the joy of shared dining.

And yes, we agree: no Swiss mountain getaway could be complete without a cheese feast! That's why, if you place your order by 18:00 the day before, we'll serve our delicious fondue or raclette directly to your private balcony.

[RESERVE A TABLE](#)





# WINTER HIGHLIGHTS

AT THE VALSANA HOTEL, WINTER ISN'T JUST A TIME OF YEAR – IT'S A CAUSE FOR CELEBRATION. LOOK FORWARD TO A SEASON THAT IS ANYTHING BUT ORDINARY, WITH FESTIVE SURPRISES AND STYLISH EVENTS TO MAKE EVERY DAY A HIGHLIGHT



## SAISONERÖFFNUNG

**6 December 2024**

Valsana opens the winter season with a magical glow of lights and a cozy mulled wine reception. When the lights come on and the first mugs of mulled wine are clinked, that's when winter is officially underway. Let's celebrate the start of an unforgettable season together!



## MOVIE NIGHT

**Every Wednesday from  
6 December 2024 to 6 April 2025**

On Wednesdays, the Valsana Hotel becomes a paradise for film lovers! Our weekly Movie Night will bring a varied programme of viewing to the big screen, from timeless classics and gripping blockbusters to heart-warming romcoms. With fresh, sweet-smelling popcorn from our traditional popcorn machine, our Movie Night becomes a true cinematic experience.

## CHRISTMAS COOKIE BAKING FOR KIDS

**7 / 14 / 21 December 2024, 16:00 to 17:00**

Our little master bakers are invited to get their hands on the dough at our Christmas bakery! We'll be kneading, cutting out and decorating – and, of course, sampling the fruits of our delicious work at the end.



## EXCLUSIVE TOUR OF A SOAPMAKER'S WORKSHOP

**21 December 2024,  
16:00 to 17:30**

Experience the fragrant magic of soap making up close! Join Arosa-born master soap maker Beat Urech as he takes us behind the scenes of his workshop and shows how little works of art are created with a lot of manual labour and love.



## YOGA & TEA TALK WITH RONJA

**27 December 2024  
and 26 February 2025,  
16:00 to 17:30**

Unwind, breathe and recharge your batteries with a warming cup of tea and Ronja's relaxing yoga, designed to restore balance to body and mind.

## LIVE BEATS

**29 December 2024, 30 January 2025,  
27 February 2025, 27 March 2025**

On four nights this winter, the Valsana Hotel will be transformed into a sought-after spot for hot rhythms and cool vibes! Join us in the Valsana Lounge from 21:00 onwards as DJs serve up the best beats after dinner – the perfect soundtrack to your winter Arosa getaway.

## YOGA & MOCKTAILS

**29 January 2025, 26 March 2025  
16:00 to 17:30**

Yoga and freshly made mocktails are a recipe for relaxation in style!  
Find balance for body and soul with this restorative combination.



# O CHRISTMAS TREE, O VALSANA



**AT THE VALSANA HOTEL, THE FESTIVE  
SEASON IS MORE THAN JUST A TIME OF  
YEAR: IT'S A WINTER WONDERLAND  
WAITING TO BE EXPERIENCED.**

**Between the snow-covered mountains of Arosa and the cosy warmth of the Valsana is where the true magic of Christmas unfolds. And yes, a little bit of kitsch is a must – it's all part of the charm!**

**Look forward to surprises big and small to make your festive season truly one-of-a-kind. You bring the excitement; we'll take care of everything else.**

**24 DECEMBER 2024**

Join us on Christmas Eve for a sparkling champagne aperitif in the lounge (18:00 to 19:00) followed by a festive four-course menu with accompanying live music at Twist Restaurant. À la carte dining is available on request.

**25 DECEMBER 2024**

Enjoy a festive four-course set menu or choose from our à la carte menu as desired.

**26 DECEMBER 2024**

Head to the terrace at 16:30 for a cosy aperitif with mulled wine and chestnuts: the perfect start to a laid-back winter evening.

**29 DECEMBER 2024**

Kick off the New Year's Eve week at our New Year's Warm-Up from 21:00 in the lounge. Expect a DJ, drinks and good vibes!

**31 DECEMBER 2024**

Join us at 18:30 for a champagne aperitif in the lounge followed by an exquisite five-course New Year's Eve menu and a lavish New Year's party.





# MOVING MOUNTAINS

## IMMERSION IN NATURE

Moving Mountains is a holistic programme of holiday activities aimed at promoting vitality, connecting with nature in new ways and celebrating the joy of life. 'Play' is one of the five pillars upon which the philosophy is built. We believe that play is as important for body and soul as functional fitness or nutritious food – and it is with this in mind that we seek to help you discover Arosa playfully. Lose yourself in nature, create something new, or push your nerves to the limit with a thrill-seeking adventure.

Find out more about any of our Moving Mountains activities by calling **+41 81 378 63 63** or sending an email to **[info@valsana.ch](mailto:info@valsana.ch)**. Alternatively, our reception team will be pleased to advise you in person.





## MOVING MOUNTAINS PLAY «CURATED ADVENTURES»



### WINTER WALK WITH TOUR OF A MOUNTAIN FARM

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

This idyllic walk leads us along the Eichhörnlweg trail to the farm owned by Markus Lütscher, one of Arosa's last mountain farmers. Enjoy a tour of the barns and cowsheds and pet the friendly cows.

### WATCH AN EHC GAME FROM THE VIP LOUNGE

#### **Experience professional hockey up close**

Enjoy an EHC (Euro Hockey Challenge) game from your own VIP lounge at the arena! Taste the action-packed atmosphere and follow the game in first-class comfort.

### TORCHLIGHT WALK AND SLEDGING AFTER DARK

#### **A magical winter adventure**

On this Curated Adventure, we'll hike with torches to the panoramic Tschuggen Platform and enjoy breathtaking views with hot mulled wine before heading back down the slopes atop traditional sledges.



## MOVING MOUNTAINS PLAY «CURATED ADVENTURES»



### **BUILD A SNOWMAN**

#### **Winter like in the olden days**

Unleash your creativity and help keep this wonderful winter tradition alive.

### **SNOWSHOE HIKE**

#### **Footprints in the snow**

Pull on your snowshoes and follow our Outdoor Butler as you explore the snowy winter landscape. Each route and destination promises an invigorating experience in nature.

### **BACKSTAGE TOUR AND WINE TASTING**

#### **Behind the scenes at the Tschuggen Grand Hotel**

Welcome to an exclusive glimpse behind the scenes of the hotel, with fascinating facts about the hotel's day-to-day operations and sustainability endeavours. The tour concludes with a wine tasting session in the wine cellar.



## MOVING MOUNTAINS PLAY «EMPOWERING EXPEDITIONS»



### ICE BATHING

#### **Pure invigoration**

Enjoy a guided ice bathing session with our experts. The tingling cold invigorates body and soul for an adrenaline boost with lasting benefits to the immune system.

### SKIING AT SUNRISE

#### **Ski tracks in pristine snow**

Drink in the Arosa sunrise as you take your first runs of the day on untouched pistes followed by a scenic breakfast at the summit restaurant.

### CURLING

#### **Do you have the finesse?**

Winter fun, guaranteed! Curling requires no previous experience – just pick up your stones and get started with this highly sociable winter sport.



## MOVING MOUNTAINS PLAY «EMPOWERING EXPEDITIONS»



### FIGURE SKATING WITH SARA TOMIC

#### **On your skates, get set, go!**

Glide across the ice with former professional figure skater Sara Tomic! Be inspired by her talent and improve your own technique with her expert teaching.

### PRIVATE LAKE: ICE BATHING AND SAUNA

#### **The all-inclusive Relax Package**

Our Outdoor Butler will be your personal guide for an authentic ice bathing experience, with a freezing dip followed by a relaxing aromatherapy sauna session.

# VALSANA, WHAT'S UP?



**AROSA COMEDY FESTIVAL**

**4 December 2024 to 15 December 2024**

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

**17 December 2024**

**SWISS SNOW WALK & RUN**

**11 January 2025**

**AROSA ICE SNOW FOOTBALL**

**15 January 2025 to 17 January 2025**

**AROSA GAY SKI WEEK**

**18 January 2025 to 25 January 2025**

**BALLOON FESTIVAL**

**19 to 24 January 2025**

**AROSA ELECTRONICA**

**17 to 23 March 2025**

**LIVE IS LIFE**

**4 to 6 April 2025**

# ONE ROOM, COUNTLESS POSSIBILITIES

## THE IDEAS FACTORY

Creativity knows no seasons, and winter can nurture it particularly well.

Our Ideas Workshop is the place where your dreams and desires take shape – be that in the form of a meeting that uncovers new perspectives, a Christmas party with unique charm or a family celebration to remember.

Oh, and we almost forgot the most important thing: your event won't just be unforgettable but, thanks to our environmentally friendly infrastructure, as 'green' as the fir trees in the snow. Let's work together to deliver your meeting or event in a way that's completely you – and with a dash of wintry Valsana magic.







# PUP-TASTIC STAYS

We understand that the most special time of year isn't the same without your faithful companion. That's why, at the Valsana Hotel, your four-legged friends are just as welcome as you are!

Our dog-friendly rooms and apartments come with all the comforts your pups need for a home away from home, including welcome treats, bowls and cosy dog blankets.

**CHOOSE FROM A WIDE SELECTION OF WALKING ROUTES DIRECT FROM THE HOTEL DOOR TO EXPERIENCE THE ENGADIN NATURE WITH YOUR BEST FRIEND BY YOUR SIDE.**



# 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 are 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,  
GEOHERMAL ENERGY AND HEAT RECOVERY  
SYSTEM ENABLES 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.



# GIVE THE GIFT OF JOY

How better to spoil a loved one than with the most precious gift of all? Here at the Valsana, we offer extraordinary experiences that let guests rediscover the value of time. Whether a celebratory stay, an indulgent dinner or a relaxing spa break, we've got just the thing to say, «You're special».

Browse our vouchers and order quickly and easily in our online voucher store.

[TO OUR ONLINE STORE](#)



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Hotel Arosa