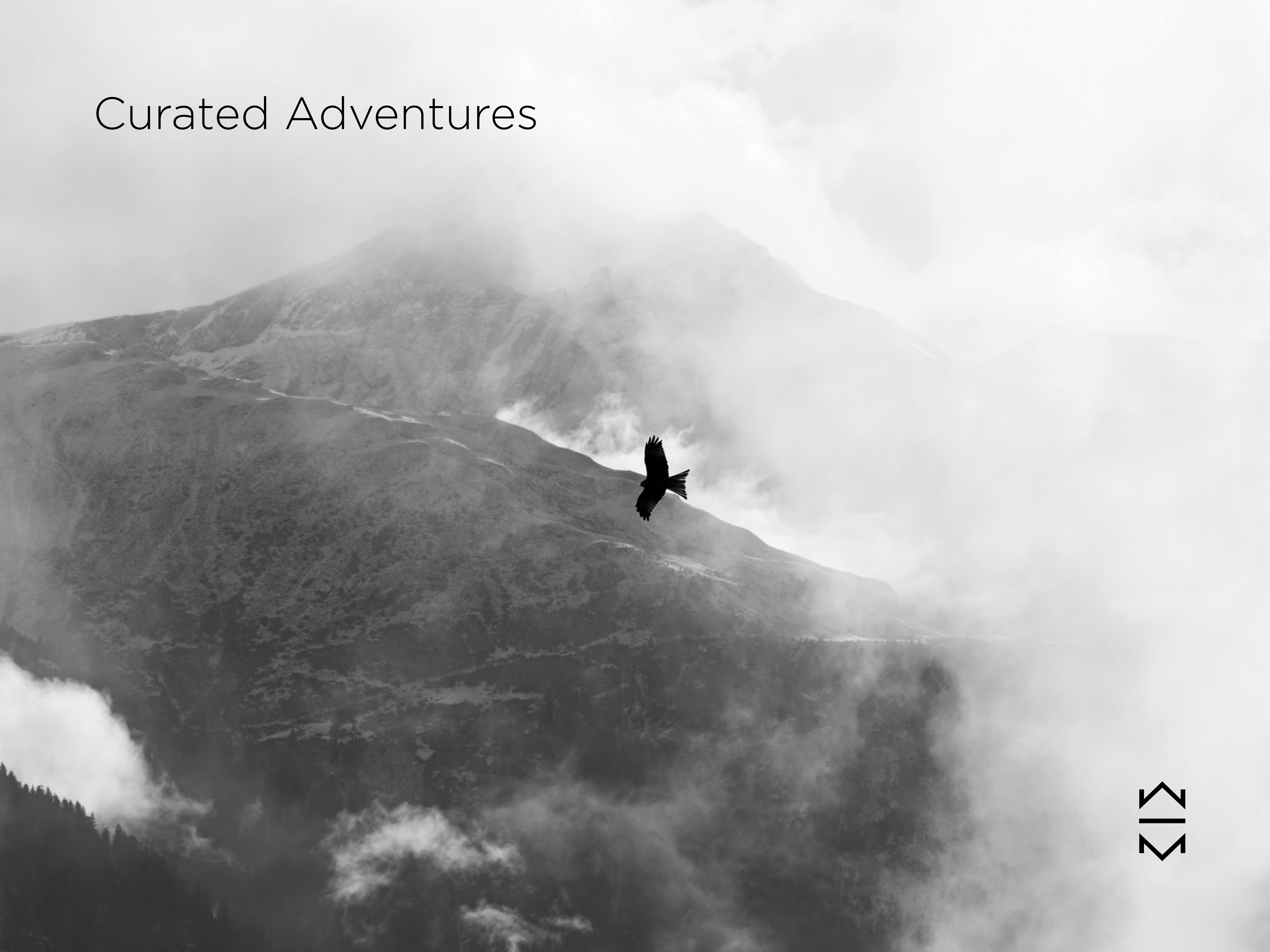




Curated Adventures





GIFTS OF THE FOREST: GATHERING MUSHROOMS AND BERRIES



In summer, nature gives us berries; in autumn, mushrooms. To experience these wonders first-hand, come foraging with Valsana Hotel's General Manager Claudio Laager on a tour of discovery through the forests of Arosa. Back at the hotel, our professional chefs will be waiting to work their magic on your pickings

Duration: Two hours
Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 150 per Person
(1-3 persons)





SELF-MADE DELICIOUSNESS: HERBS TO TAKE HOME

Our hotel garden is home to all kinds of aromatic herbs. Under the watchful eye of our professional kitchen team, you'll use these freshly picked goodies to craft your very own culinary souvenir: a delicious herbal syrup.

Duration: One hour

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 150 (1-6 persons)





TIME TO GET CREATIVE: BAKING TWIST BREAD ON SWEDISH FIRE LOGS



This Curated Adventure is all about letting those creative juices flow. After making our own Swedish fire logs, we'll light them together and bake delicious twist bread on an open fire.

Duration: One hour

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 150 (1-6 persons)





TRACING THE FOOTSTEPS OF SCHELLEN-URSLI: A BOOK READING

In Tschuggen Grand Hotel General Manager Silvana Schlösser's fabulous book reading, we join Schnellen-Ursli – a Swiss childhood hero – on his hero's expedition through the mountains. Listen and dream as you soak in this piece of Grisons tradition.

Duration: One hours

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 150 per person





ON AN OPEN FIRE: A TRADITIONAL SANDWICH IRON

Salsiz (Grisons sausage), Bündnerfleisch (Grisons meat), cheese, Grisons barley and cranberry jam: delicious Grisons specialities combined in a traditional regional sandwich. The sandwich is prepared using a sandwich iron over an open fire.

Duration: Two hours

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 200 (1-6 persons)





ON THE PROWL: GET UP CLOSE WITH NATURE IN PERFECT COMFORT

As dusk draws in, we set out to go stalking – but not as you might expect it. After a refreshing aperitif, it's time to enjoy uninterrupted views of the wildlife sanctuary at Schafrügg from the uppermost floor of the Tschuggen Grand Hotel. As you observe, you'll be regaled with all kinds of interesting titbits about the unique animal world of the Grisons.

Duration: One and a half hours

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 200 (1-6 persons)





COOKING CLASS: GRISONS SPECIALITIES WITH A GRISONS NATIVE

Claudio Laager is the General Manager of Valsana Hotel, passionate chef and proud Grisons native: three things that make him the perfect teacher for a regional cooking class. Under Claudio's watchful eye, you'll cook Grisons specialties like Capuns, Pizokel, Gerstensuppe or Plain in Pigna.



Duration: Three hours
Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 50 (1-6 persons)

Empowering Expeditions





BALANCE AND FINESSE: BUILDING CAIRNS ON THE WEISSHORN

In the past, cairns served as waymarkers in pathless terrain; today, they are a transient form of art. Summon your finesse and join us for this creative activity at the Alteiner Wasserfall, where skill and dexterity will be required to build the highest tower. Afterwards, you'll have to chance to survey the fruits of your labour and spectacular mountain views over a tasty picnic.

Duration: Three hours

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 200 (1-6 persons)





GUARANTEED REFRESHMENT AT BELOW 10°C: MOUNTAIN LAKE SWIMMING

You can't get better than a refreshingly cool dip on a warm summer's day. Here in the mountains, this becomes an experience all of its own: dive into the crystal-clear water and savour the kick. A swimming expedition to the Schwellisee and Älplisee rewards you with full-body invigoration and the chance to see the valley to its best advantage.

Duration: Two hours

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 200 (1-4 persons)





AT ONE WITH NATURE: ON THE TRAIL OF THE IBEX AND CHAMOIS

Above the timber line is where the ibex and chamois of the Grisons are at home. Why not start your day with a unique glimpse into the animal kingdom of the high mountains? Gredigs Fürggli is where we'll set up our lookout post.



Duration: Four hours
Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 250 (1-6 persons)



A SUNSET TOUR: E-BIKING WITH INGO SCHLÖSSER

How to make sunset in the Grisons mountains even more special? Add two wheels! In this Empowering Expedition, hop on your e-bike and join Tschuggen Grand Hotel's General Manager Ingo Schlösser on a tour of his favourite spots for enjoying the sunset. It's the perfect way to round off the day.

Duration: Two and a half hours

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 250 (1-5 persons)





ICE-COLD COOLING: KNEIPPING IN AN ICY RIVER

Kneipping and water treading can help to strengthen and stabilise the body's functions and thus promote the healthy functioning of the immune system. At the Welschtobelbach river, we go in search of a suitable spot for kneipping or – for the brave amongst us – a session of 'Bachsitzen' (literally 'sitting in the brook').

Duration: Three hours

Free of charge as part of our weekly events programme
Bookable on an individual basis for CHF 150 (1-4 persons)





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