

VALSANA

WINTER  
2023/2024



## SKIING SUCKS!

Well, that got your attention! No, don't worry, we haven't abandoned our faithful ski fans – quite the opposite, in fact, as Valsana is and will remain the ideal base for skiing holidays of dreams. But Valsana has much more to offer than just skiing, as does the wider resort of Arosa in the wintertime.

That's why this year, our winter programme offers a small homage to – well – not skiing! While we love the slopes as much as ever, we want to raise up the sides of winter that are yet to be discovered. This winter is for true explorers and those who want to become one; for creating, lighting fires, going on the hunt and so much more. Read on to find out what we mean.

**HAPPY PLANNING, AND SEE YOU SOON!**



## THERE'S MORE TO DO IN WINTER THAN SKIING?!

But of course! If you can promise to keep a secret, we'll let you in on all the fun things you can do off the slopes. But shhh – don't tell anyone. It's between us, right?

“ Ice bathing! Call me crazy, but I'm addicted. Admittedly, it's no longer really an insider tip, but it's still nowhere near ordinary – for most of us, it takes an incredible amount of resolve. But afterwards you feel like you've been reborn. It's a real endorphin boost – and I'll be right there with you. ”

- **Christina, Yoga teacher**

“ In my free time, I love crunching through the snow on foot. You can't beat waking up to a fresh snowfall early in the morning and setting out to plant the very first footprints. I like to make my way slowly through the peaceful forest and savour the fresh mountain air. Nothing relaxes me more! ”

- **Julia, Rezeption**

“ I'll admit it: I look forward to winter all year for. . . well, for fondue. It's a beautifully simple dish that I love to be inspired by. More generally, Swiss cuisine, especially from the Grisons, is full of wonderful secrets. We at TWIST Restaurant share some of these secrets for people to enjoy ”

- **Steven, Küche**

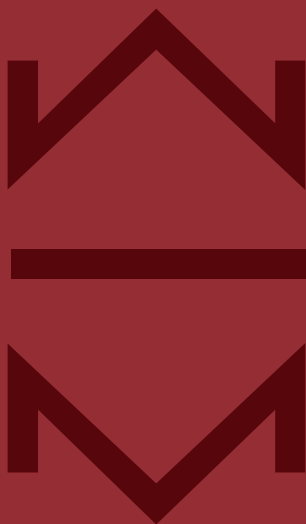
WAIT A  
SECOND...

## NATURE'S STRESS BALL – TIMES THREE!

Each winter, we strive to go higher and further than ever before. We seek out thrills that are ever more spectacular. But why? This year, we're celebrating simpler pleasures by taking a trip back in time to our childhoods. As the first snowflakes dance their way to earth outside, what could be more inviting than to run out the door and build a snowman? This winter, we invite you to rediscover your inner child and relive this nostalgic feeling as you build snowmen (and women!) with us. A little ball of snow that gets bigger and bigger. . . then another one, then another. Two sticks for the arms, stones for the eyes – and that's just the beginning. Let your creativity run wild!

At the end, you'll have your very own temporary work of art and hours of mindful joy to look back on.





## FILLED WITH WONDER, TOUCHED BY PEACE

It is in this same fun-loving spirit that our Moving Mountains PLAY activities are designed – because we believe you should never stop playing! At the Valsana Hotel, PLAY means immersion in nature and culture alike. It means authentic hand-picked experiences that bring winter in Arosa to life.

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, ask our reception team about booking. All of the activities can be experienced free of charge as part of our weekly programme. Activities can be booked for private groups at an additional cost.

# MOVING MOUNTAINS PLAY EXPERIENCES



## CURATED ADVENTURES

### AT ONE WITH NATURE:

Outdoor campfire & grill

### WINTER AS IT USED TO BE:

Building a snowman

### WELCOME TO A NEW DAY:

Sunrise walk & sledging

### MIND GAMES:

Swiss snowball chess

### STROLL AND SIP:

Torchlight hike and wine tasting

### LISTEN TO THE SILENCE:

Winter walk with campfire

## EMPOWERING EXPEDITIONS

### AN ICE-COLD BURST OF ADRENALINE:

Ice bathing in Untersee

### CHEESY WINTER DAYS:

Outdoor fondue and snowshoe hiking

### MEMORIES OF TOMORROW:

Sledge racing



**12 JANUARY**

**19 JANUARY**

**2 FEBRUARY**

**9 FEBRUARY**

**1 MARCH**

Adventures in nature are all well and good – but we need some time to let our hair down, too! From January to March, a selection of guest DJs will be joining us at the Valsana Hotel to bring stylish weekend vibes to the lounge. We'll add the cool drinks, cool people and cool décor – everything we could possibly need for an evening that's, well, truly cool. Head to our Valsana DJ nights to shake off the winter cobwebs and dance the night away.

**HAVE NO FEAR,  
THE DJ IS  
HERE**



# ALL I WANT FOR CHRISTMAS IST VALSANA

Of course, we can't talk about winter without mentioning the festive period – and as usual, there'll be plenty to keep you entertained at the Valsana over Christmas and New Year. We can't wait to deck out our beautiful hotel in its even more beautiful festive splendour – complete with a little kitsch, too, because who could resist it at this time of year? A Christmas tree here, candles there, and Wham! warbling Last Christmas in the background: Stop Grinching around and head to the Valsana to enjoy the festivities. We'll take care of the rest!

## 24 DECEMBER 2023

Aperitif gathering with mulled wine, mulled gin and chestnuts – with live music by Cherry Cool

## 25 DECEMBER 2023

Christmas aperitif and dinner at TWIST – with live music by Cherry Cool

## 31 DECEMBER 2023

A New Year full of ideas! New Year's Eve Party at TWIST Restaurant – with DJ Matt Delaney

## 1 JANUARY 2024

Morning-after breakfast... You know the drill!





# VALSANA WINTER DAYS ARE THE BEST



# EVENTS AND THINGS TO DO THIS WINTER

Arosa has so much to offer outside the festive period, too. If you don't believe us, take a look at our events calendar! From the Comedy Festival to the Ski Cross World Cup and the colourful Gay Ski Week, there's something for everyone to enjoy.

## VALSANA MOVIE NIGHT

8 December 2023 to 7 April 2024

Every Wednesday

## AROSA HUMORFESTIVAL

Arosa Comedy Festival

1 December 2023 to 17 December 2023

## FIS Ski Cross World Cup Arosa Lenzerheide

12 December 2023

## AROSA ICE SNOW FOOTBALL

17 January 2024 to 19 January 2024

## SWISS SNOW WALK & RUN

20 January 2024

## AROSA GAY SKI WEEK

20 January 2024 to 27 January 2024

with Opening Tavolata at TWIST Restaurant on 20 January 2024

## LIVE IS LIFE MUSIC FESTIVAL

5 April 2024 to 7 April 2024

WHAT'S UP,  
VALSANA?



## THINK OUT OF THE BOX

The winter calendar is packed with events to enjoy – but what if you want to create your own? At the Valsana Ideas Workshop, it couldn't be easier. One room, 1,000 possibilities: meetings, family celebrations, Christmas parties, birthday gatherings and more. You decide, we make it happen! Browse our Ideas Workshop brochure to get inspired.

Oh, and we almost forgot the most important thing: Your event is 100% green thanks to our sustainable infrastructure.

## WHEN WAS EASTER AGAIN?

If Easter caught you off guard this year, be sure to take full advantage of it in 2024 for a short but sweet break in Arosa. We're open until 7 April for Easter revelry - with friends, family, snow, sun and delicious Easter Zmorgä (breakfasts) in unmistakable Valsana style. It's Easter with a difference - yet comfortingly familiar. Don't forget to book early to have your pick of Easter nests!

OH,  
RABBITS...!!



## AND LAST BUT NOT LEAST...

Can't get enough of Valsana? If anyone can understand that, we can – yet every year, the winter seems to go too fast. Never fear: while we at the Valsana take our customary inter-season break in 2024, our holiday apartments will remain open. These beautiful unserviced apartments let you enjoy holidays in complete privacy and at your own pace without forgoing the Valsana charm you love. What's more, the changing of the seasons means a whole new Arosa to discover on your doorstep. 365 days of Valsana power – sounds good, doesn't it?



