

VALSANA

**SUMMER
2022**



VALSANA HOTEL AROSA

Made for sunny days: your place in the sun for summer 2022. We stand for easy-going, chilled-out holidays: ones that let you let go and feel good. Join us at over 1,800 metres altitude to breathe in the fresh mountain air and breathe out the hustle and bustle of the everyday. Raise your heart towards the sky with a spot of light yoga; discover the pristine landscape of the Grisons mountains. Arosa blossoms, it hums with life, it's resplendent in its summer green- and with us, you're right at the heart of it all. No other holiday will bring you closer to nature, or with a cleaner conscience. After all, we've been completely climate-neutral since 2019.

**Welcome to summer; welcome to your relaxing getaway in the mountains.
Step inside, relax and enjoy. We look forward to seeing you!**

CLAUDIO LAAGER
General Manager

**GET ACTIVE IN
NATURE
- WITH A
CLEAN
CONSCIENCE**



MOVING MOUNTAINS

Inspired by the history and beauty of the mountains that surround us, we've created a holistic menu of holiday activities to enable you to rediscover your vitality, reconnect with nature and celebrate joy. All five pillars of the programme – MOVE, PLAY, NOURISH, REST and GIVE – are evidence-backed and scientifically founded. You choose which are most important for your personal well-being – or whether to embrace a complete Moving Mountains journey with all five



BECAUSE WE BELIEVE YOU SHOULD NEVER STOP PLAYING

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. It means discovering the Grisons as a place to live and to visit, getting to know interesting people and soaking in their stories. Accompany Hotel Director Claudio Laager on a fishing trip on the Urdensee, join him for a spot of ibex-watching, hunt down the perfect shot of a wild 'lady's slipper' orchid or relive childhood memories baking delicious twist bread.



SUMMER GETS PLAYFUL





CLAUDIOS DINNERCLUB

AN EVENING MEAL AT THE HOME OF OUR HOTEL DIRECTOR

Besides his role as Hotel Director, Claudio Laager is a hunter, fisher, snowboarder and passionate chef. Most importantly of all, however, he's a proud Grisons native. On 6 and 20 August this year, he invites you cordially to join him at Claudio's Dinner Club for traditional Grisons dining at his private residence. Expect a companionable evening with fascinating anecdotes and a menu of authentic Grisons specialities, all prepared until the watchful eye of Claudio himself. Register your interest via email or telephone and secure your spot at this one-off event. Places are limited.





MOVING MOUNTAINS PLAY

EMPOWERING EXPEDITIONS

(from June to September)

GIFTS OF THE FOREST –

Gathering mushrooms and berries

SELF-MADE DELICIOUSNESS –

Herb salt or herb oil to take home

A UNIQUE PHOTOGRAPHIC SUBJECT –

Wild orchids in Arosa

TIME TO GET CREATIVE –

Twist bread and Swedish fire logs

CLAUDIOS DINNER CLUB –

An evening meal hosted by our Hotel Director

CURATED ADVENTURES

(from June to September)

A WORKOUT FOR MIND AND BODY –

Stand-up paddling on the Obersee

BALANCE AND FINESSE –

Building cairns on the Weisshorn

GUARANTEED REFRESHMENT

AT UNDER 10°C –

Mountain lake swimming

BETWEEN MOUNTAINS AND WATER –

Fishing on the Urdensee

AT ONE WITH NATURE –

On the trail of the ibex and chamois

ON THE PROWL –

Deer watching





BECAUSE THIS PLANET IS ALL WE'VE GOT WE ARE GREEN GLOBE CERTIFIED

Holidays with a clean conscience: the operations of the Tschuggen Collection Hotels have been completely climate-neutral since 2019. Now, our recently awarded Green Globe certification proves we've gone one step further, marking us as one of the most sustainable premium hotel groups in Switzerland. The Valsana Hotel is proud to play a pioneering role in these endeavours – not least with our ice storage system, which provides the entire heating power for our three buildings via the hotel's own probes and existing geothermal probes in combination with heat pumps. We also use 100% certified green electricity from Alpine hydropower. Similarly, our respect for the environment shapes the way we run our day-to-day operations: we operate on a largely paperless basis, strive to ensure optimal energy efficiency, avoid packaging wherever possible and work closely with local producers and partners.

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. One sure highlight will be the visit of TV chef Fabian Zbinden, who will accompany us for morning yoga and mushroom and berry picking. Bike camps offer the perfect opportunity to the Grisons forests on two wheels, while varied cultural events place music and art in the spotlight.

NISSEN-CUP	FRIDAY 1 TO SATURDAY 2 JULY 2022
ALPINE TRAIL & YOGA CAMP AROSA (WOMEN CAMP)	FRIDAY 8 TO SUNDAY 10 JULY 2022
HÖRNLI HÖRNLI TRAIL HUNT	FRIDAY 15 TO SUNDAY 17 JULY 2022
SWISS NATIONAL DAY	SUNDAY 31 JULY TO MONDAY 1 AUGUST 2022
FAMILY BIKE VIBES	FRIDAY 5 TO SUNDAY 7 AUGUST 2022
FABIAN ZBINDEN X VALSANA	FRIDAY 26 TO SUNDAY 28 AUGUST 2022
AROSA JAZZ	THURSDAY 11 TO SATURDAY 13 AUGUST 2022
GRISCHA TRAIL RIDE	THURSDAY 25 TO SUNDAY 28 AUGUST 2022
AROSA CLASSIC CAR	THURSDAY 1 TO SUNDAY 4 SEPTEMBER 2022
TRAIL RUN AROSA	SATURDAY 10 SEPTEMBER 2022

FABIAN ZBINDEN X VALSANA HOTEL

Fabian Zbinden is a chef, entrepreneur, speaker and meditation enthusiast. In his time cooking for the stars in Hollywood, he counted Madonna and David Beckham among his esteemed guests. Now the Bernese chef is returning to his roots - or rather, to root vegetables - with a focus on vegan dishes. A perfect fit for us at Valsana, don't you think? We do - and that's precisely why we're inviting him (and you!) to discover his „plant-based secrets“. Our focus for the visit? Mindfulness: conscious enjoyment that has nature at its heart.

FABIAN ZBINDEN X VALSANA HOTEL

FRIDAY 26 AUGUST 2022

Arrival and a shared evening meal at the Restaurant Twist.

SATURDAY 27 AUGUST 2022

A MINDFUL DAY WITH OUR TV CHEF

The day begins with morning activities and meditation. After heading into the forest to pick mushrooms and berries, we prepare them for eating around the open fireplace. In evening we pay a visit to the Tschuggen Grand Hotel, sister hotel of the Valsana, where we partake in some wild animal-spotting from the suite. The evening finishes at Restaurant Twist. Please note that there will be journalists on site to cover the day.

SUNDAY 28 AUGUST 2022

Breakfast and farewell.



NOURISH. STRENGTHEN. HEAL. OUR NEW SPA CONCEPT

Switzerland is famously a land of snow-covered mountains and crystal-clear lakes. It's fitting, therefore, that these notable landscapes provided the inspiration for our brand-new spa concept. Rooted in a close connection with nature, the concept centres around a holistic approach to uniting body and mind. It is founded on the latest medical findings and innovative technologies as well as on the integration of time-honoured naturopathic practices and treatments. Cleansing, purifying, renewing and strengthening treatments help you uncover radiant beauty, boost your vitality and discover a holistic sense of well-being. Our spa uses exclusively products with organic or certified natural ingredients.

Pay a visit to the Valsana Spa to learn more about what we can offer.



