

VALSANA

SUMMER
2025



WE LOVE NATURE – BE PART OF IT!

We're kicking off the summer with a declaration of love for nature – and it's easy to see why. One look at Arosa's wild beauty is enough to know: here is a place where the air is clean, the mind is clear, and the energy is altogether different. At the Valsana, nature is both on the doorstep and woven into the fabric of the hotel. Whether you're unwinding in the 800 sqm Valsana Spa or sipping a drink on the sunny Twist terrace, the view will always steal the show.

The natural world inspires us in the kitchen, too. At Restaurant Twist, we use the ingredients the season and region provide us — fresh, mindfully sourced, and bursting with flavour. What better fuel for a Moving Mountains experience or adventure? Read on to find out how it all comes together – and get ready for a summer of unforgettable moments. We're so glad you're here, or soon will be.

See you in the mountains,
Philipp Estermann

General Manager, Valsana Hotel arosa

SUMMER HIGHLIGHTS



Boredom? Not on our watch. Whether a match on our private tennis court, an adventure or experience from our Moving Mountains menu, or a laid-back yoga session with Ronya, summer at the Valsana is anything but ordinary.

FUNKY FRIDAYS

11 JULY 2025

18 JULY 2025

8 AUGUST 2025

22 AUGUST 2025

We love nature – and we love to move.
And let's be real, Friday nights were
made for dancing!

We're teaming up with Arosa bar & lounge
Wandelbar to turn up the heat on Twist
terrace – with funky beats, creative drinks,
good energy, and the ultimate cocktail of
guests, locals, and good vibes only.
Swing by and let's funk!



MOVING MOUNTAINS YOGA & NATURE RETREAT

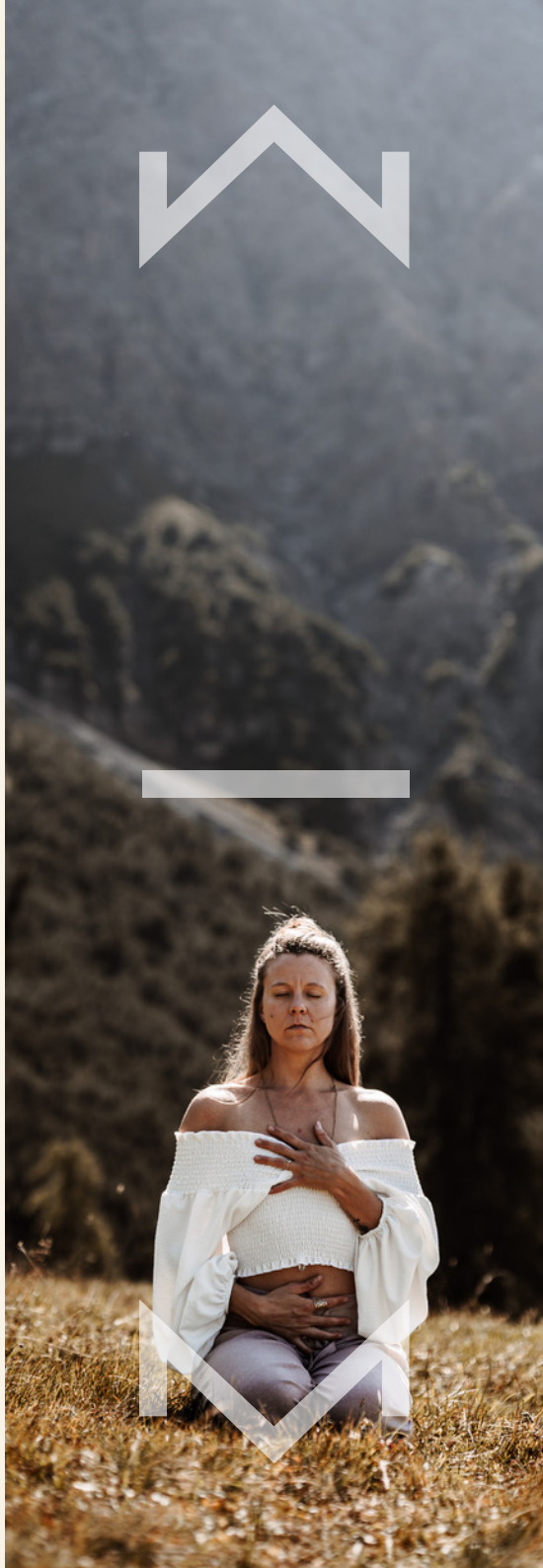
11 TO
13 JULY 2025

Breath, movement and the restorative force of nature — all in one shared flow. This retreat gives you what you've been craving: a release from the everyday, space to breathe, and fresh inspiration to carry beyond the mat.

Experience dynamic vinyasa flows, energising yoga and pranayama practices, and the calming presence of Arosa's forests. Feel the earth beneath your feet, the crisp mountain air, and the flow of energy within.

Because nature's best experienced up close, we'll also head out together on a guided hike. Out of your head, into the elements — with stunning views thrown in free of charge.

BOOK NOW



AROSA VILLAGE MARKET

25 JULY 2025

One day; one street; all of Arosa lit up with good vibes. This year, the Village Market will transform Dorfstrasse into a colourful festival mile packed with all kinds of good things: handmade crafts, fantastic food, live beats and of course, the legendary showdown between local sports clubs for the best pop-up Strassenbeiz (street tavern).

If the sun's beating down, swing by the Valsana's shared food stand with its sister property, the Tschuggen Grand Hotel, for some seriously cool ice rolls – freshly prepared and perfectly refreshing.



1ST AUGUST BBQ FOR SWISS NATIONAL DAY

1 AUGUST 2025

Hot? Cool? Both — and then some.
That's how we celebrate Swiss National
Day at Valsana.

We kick off at 18:30 with a laid-back
apéro before turning up the heat with a
world-class BBQ. Expect Swiss special-
ties straight from the grill, a seriously
irresistible buffet, and live music from
the Down Home Percolators in colla-
boration with Arosa Jazz.

Here's to Switzerland —
and a summer night you won't forget.

BOOK



AROSA JAZZ DAYS

1 TO 3 AUGUST 2025

Blue notes under blue skies: welcome to the Arosa Jazz Days. International acts, the spirit of New Orleans, and a whole lot of musical soul get the Alps swinging.

Save the date: Catch Björn Bergmann & Band live on Twist terrace from 16.00 h on 2 August.

Good sound. Good drinks. Good times.



AROSA CLASSIC CAR

4 TO 7 SEPTEMBER 2025

High revs, hairpin bends, and chrome for days: this is Arosa Classic Car, where vintage wheels race past the Valsana just meters from where you sit.

With its 76 curves and 422 meters of altitude difference, this 7.3 km course is legendary in the motor sports world. Expect elegant classic cars and high-octane action infused with cosmopolitan flair.

Our tip: Catch the race in style from our Twist terrace or drop by the Valsana's shared refreshment stand with its sister property, the Tschuggen Grand Hotel.



BIKERS' PARADISE

Welcome to bike heaven! Arosa's mountains have it all, from smooth-riding forest trails to high-alpine challenges. Beginners and pros alike are well catered for.

At Valsana, you're always at the heart of the action. We offer free hardtail bikes, secure bike storage, laundry service, and a raft of insider tips to make your biking dreams come true. Prefer a guided tour? We'll be happy to hook you up with the pros at the Arosa Bike School.

After the action, unwind in the spa and raise a well-earned glass at Restaurant Twist. Luxury, the biker way? You'll find it here.



GAME, SET AND MATCH TENNIS & PADEL

Fifteen-love to tennis fans! Just across from the hotel, our indoor tennis hall with two carpet courts welcomes you for friendlies, pro-level coaching sessions, and everything in between. When the weather's fine, we head for outdoor play on the clay courts in Inner Arosa.

New for summer 2025 is padel – the trending sport from Mexico that's (literally) making a splash, thanks to the custom-built floating court on Arosa's Obersee. Want to pick up a few tips? Head to the Padelta Open championships on 20–21 June to catch the action – then grab a racket and dive in.



LET'S TWIST AGAIN!

Laid-back vibes, good food, no fuss – this is Restaurant Twist, the heart of the Valsana.

We love nature – and we love good food. That's why we cook with whatever the region gives us: fresh, seasonal, and always with a creative twist. From Grisons classics to light, plant-based Moving Mountains classics, here is where good food meets conscious choices.

Just want to kick back in the sun? Our terrace serves up drinks, snacks, and views that steal the show. And if the weather turns, no problem: our Lounge & Bar is the place to be. (Watch out for miracles happening at the hands of our fantastic bartenders!)



CELEBRATE FUN AND SEE NATURE DIFFERENTLY: MOVING MOUNTAINS PLAY

Who says adventure's just for kids?

At the Valsana, we follow the Moving Mountains philosophy of ,PLAY': outdoors, active and full of good vibes. We get you out into nature and back to feeling light. Whether fishing, campfires, or sunrise hikes, our experiences are designed to boost the body, clear the mind and lift the spirits. Most of our experiences and adventures are available free of charge once a week or can be booked on request just for you. Find all the details on the following pages.

Find out more about any of our Moving Mountains activities by calling +41 81 378 63 63 or emailing info@valsana.ch. Alternatively, our reception team will be happy to advise you in person.





MOVING MOUNTAINS PLAY

CURATED ADVENTURES

FISHING IN AROSA'S MOUNTAIN LAKES AT ONE WITH NATURE

Free of charge on Mondays

Available upon request for CHF 260

(1-2 people)

Duration: ca. 2 hours

CAMPFIRE & STICK BREAD BAKING THE CAMPFIRE ADVENTURES OF YOUTH, RELOADED

Free of charge on Fridays

Available upon request for CHF 260

(1-2 people)

Duration: ca. 2 hours

CHASING THE SUN AT THE OBSERVATORY A JOURNEY INTO SPACE

Available upon request for CHF 260

(1-2 people)

Duration: 2 hours

CARRIAGE RIDE THROUGH AROSA THROUGH THE GRISONS BY CARRIAGE AND TWO HORSES

Available upon request for CHF 260

(1-2 people)

Duration: ca. 1 hour

MOVING MOUNTAINS COOKING CLASS SPOONS AT THE READY!

Free of charge on Wednesdays

Available upon request for CHF 260

(1-2 people)

Duration: ca. 1.5 hours

FAMILY FUN ON THE SQUIRREL TRAIL ONE OF AROSA'S MOST FAMOUS DAYS OUT

Free of charge on Tuesdays

Available upon request for CHF 260

(2-8 people)

Duration: 1.5 hours





MOVING MOUNTAINS PLAY

EMPOWERING EXPEDITIONS

MOUNTAIN LAKE SWIMMING

ICE-COLD REFRESHMENT

Free of charge on Thursdays

Available upon request for CHF 260

(1-2 people)

Duration: ca. 2 hours

A SUNRISE HIKE TO THE ALP AROSA

GREETING THE DAY

Free of charge on Saturdays

Available upon request for CHF 260

(1-2 people)

Duration: ca. 3 hours

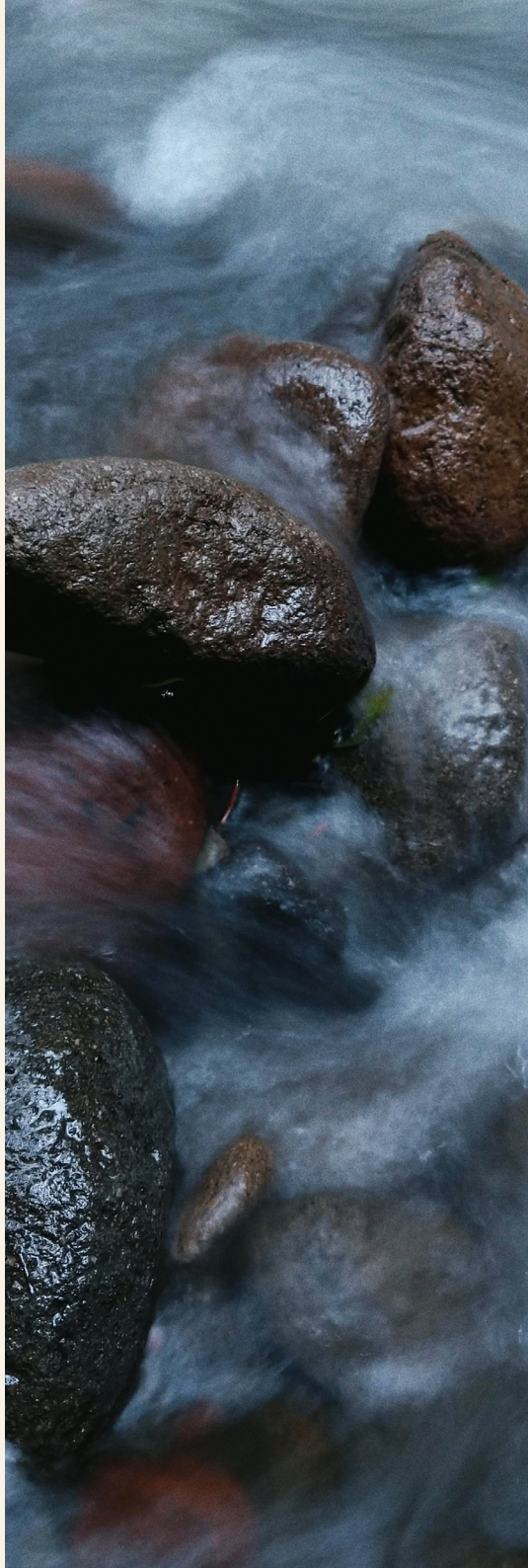
KNEIPP TREADING THE INVIGORATING FORCE OF THE MOUNTAINS

Free of charge on Saturdays

Available upon request for CHF 260

(1-2 people)

Duration: ca. 2 hours





MOVING MOUNTAINS PLAY

PRIVATE EXPERIENCES

AROUND AROSA WITH THE OUTDOOR BUTLER TAILOR-MADE EXPERIENCES

Available upon request for
CHF 130 per hour (2 people)

Duration: Depending on
the selected activity



THE „I OPEN EVERY DOOR” AROSA CARD

Stay just one night and unlock a whole summer of possibilities and perks with the Arosa Card – free with overnight stays of any duration!

Free travel on the Rhaetian Railway to Lüen, the Arosa village bus and the mountain railways? Check. Entry to the rope park, lakeside beach, Skill Center and driving range? Also check. And that’s before we mention the extras: cultural attractions, the Arosa Bear Sanctuary and archery all at discounted prices.

Our tip: Grab your card, pack your sense of adventure and away you go!

AROSA CARD

VALSANA, WHAT'S UP?

EVENTS & HIGHLIGHTS 2025

From the Arosa Trailrun and Bike Kingdom to our annual movie nights, there's always something happening in and around the Valsana. Check out what's on and plan your itinerary – because summer in Arosa is made for getting out and living it.

BIKE KINGDOM HUNT AROSA	11 TO 13 JULY 2025
FUNKY FRIDAYS	11 & 18 JULY AND 8 & 22 AUGUST 2025
VALSANA MOVIE NIGHT	EVERY WEDNESDAY on selected dates, showing films from the specially curated collection 'Films for the Earth'
AROSA VILLAGE MARKET	25 JULY 2025
SUMMER BBQ WITH LIVE MUSIC FOR SWISS NATIONAL DAY	1 AUGUST 2025
AROSA JAZZ DAYS	1 TO 3 AUGUST 2025
FAMILY BIKE VIBES AROSA	8 TO 10 AUGUST 2025
AROSA CLASSIC CAR	4 TO 7 SEPTEMBER 2025
AROSA TRAILRUN	13 SEPTEMBER 2025

OUT OF THE BOX

ROOM FOR FRESH IDEAS

Looking for a place where new ideas have room to breathe? Voila: our Ideas Workshop is made for meetings, team offsites, and creative time-outs. Located at the heart of Arosa, this superbly equipped meeting space is sprinkled with a dash of Valsana magic – for events that leave a lasting impression.

LEARN MORE



HOW COOL IS THAT?

OUR ICE BATTERY? THE REAL GAMECHANGER.

At the Valsana, we don't heat with oil or electricity — we use smart tech and a clever energy cycle.

The result? A beautifully cosy place to stay, and a serious cut in CO₂ emissions. Respected by universities, loved by our guests — our ice battery means that when you choose the Valsana, you're also choosing a holiday as sustainable as it gets.

We love nature — and we live out our promise to it, every day.



