

Summer experience

Information and offers

12 June – 24 October 2021



Arosa

Lenzerheide

Will thrill your senses.

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Arosa Summer feeling - another day in paradise

Dear guests and friends of Arosa, I have the honour of writing the welcome article for our summer brochure. All about the summer in Arosa and the beauty of our favourite destination in the warm season. Where should I start? First of all I must confess that the winter is my favourite season of all. The snow, the white mountains, skiing, the shimmering snow crystals, and even the cold temperatures. I am really a complete fan of winter. And then, just over 10 years ago, it hit me like a bolt of lightning. My first summer in the Arosa mountains!

«I fell in love.»

This beauty captivated me. The nature, the colours, the tranquillity, the range of activities, the people - I was hooked. And from this moment on, I told everyone and anyone. Winter in Arosa is unique, but what there is to offer in summer is almost unbelievable. THIS must be experienced! The love has endured. I still think Wow, this is paradise. And this was still the case in summer 2020. For example, when I rode my bike on the Hörnli trail from Urdenfürggli to the Älplisee lake. Who could have painted a more beautiful landscape? Or when I watched the sunrise from the Schiesshorn with my children at 6 a.m. and looked down onto the lakes and the village of Arosa. Pure happiness! And each time I go to the Arosa Bear Sanctuary, I think: "It is so unbelievably beautiful." I am really happy for our bears and would love to know what they would say about the view. I am actually sure that the bears see it



in the same way. By the way, an evening round of golf at the Arosa golf course. I can tell you: it's such fun. One evening is enough to make you feel as if you have enjoyed a two-week holiday. And don't forget our wild, romantic Schanfigg valley. Anyone who has ever travelled through it with the open-topped train on the Rhaetian Railway wants to do it again straight away. I recommend getting out at each stop. Here you can find tourist gems that are in complete harmony with the environment. The Walser villages of Medergen, Sapün and Fondei are just some examples.

«Arosa – my love!»

You feel at home here. Every time. The valley end station connects and unites. You can enjoy it from the first second you arrive. And talking of enjoyment. Our hotels are unique oases of pleasure. From the moment you check in, your well-being is taken care of, whether it is down to the wonderful spa facilities, unique guest services, or all-round service. And a paradise, which Arosa certainly is, of course needs unique culinary offerings. The wealth of diversity is enormous. From classic to hip, from simple to gourmet cooking. Everyone can find their favourite restaurant(s) in the smallest of areas. Somehow, I now have to come to an end; when you have taken something to your heart, you can talk about it forever. The

Arosa events alone need a whole separate chapter. Events for families, bike and walking lovers, sports fans, culture fans and those wishing to enjoy the finer things in life. You will find always something, throughout the summer.

«Arosa – another day in paradise»

I am happy to say it again. Come and see us. Feel and experience this summer feeling in Arosa. I am sure it will be immediate. Let yourself go. Fall in love and enjoy extra days in paradise with every trip to Arosa.

Regards,

Roland Schuler

Director of Tourism (from summer 2021)



Travelling by train promotes sustainability

Travel to Arosa by public transport – the train ride from Chur* by the Rhätische Bahn is a truly enjoyable experience. The railway line has been in existence for over 100 years and takes you through forests, tunnels and over bridges, such as the famous Langwieser Viaduct in the Schanfigg valley. The Rhätische Bahn is strongly committed to sustainability and has been drawing 100 % of its electrical energy from hydropower since 2013. Another service on the Chur–Arosa–Chur route is the RhB Bear Train with the Bear Safari. On your way to the Arosa Bear Sanctuary, you can get in the mood for your visit by visiting the themed railway coach at no extra charge. The books that you will find on the train will tell you some exciting bear facts.

Free public transit

In Arosa, you can also take advantage of the free local bus, which takes you around Arosa from A to B. You can also use the Arosa Card for overnight guests to travel free of charge along the RhB route from Lüen-Castiel to Arosa and back – perfect for a day trip to the charming and romantic Schanfigg. Note: The offer is not valid for arrival/departure or on the way to school or work.

We wish you a pleasant journey to Arosa and are delighted that you are using our local public transport.

*You can find the train schedule of the Rhätische Bahn online at rhb.ch.

Arosa

- Arosa 1775 m.a.s.l.
- 3145 residents (as of 31.12.2019)
- 38 hotel facilities
- 2790 vacation cottage bed-places
- Weisshorn 2653 m.a.s.l.
(highest mountain station)
- 300 km of hiking trails (Arosa Lenzerheide)
- 10 lifts (Summer Arosa Lenzerheide)
- 1676 hours of sunshine per year (Meteo Schweiz)

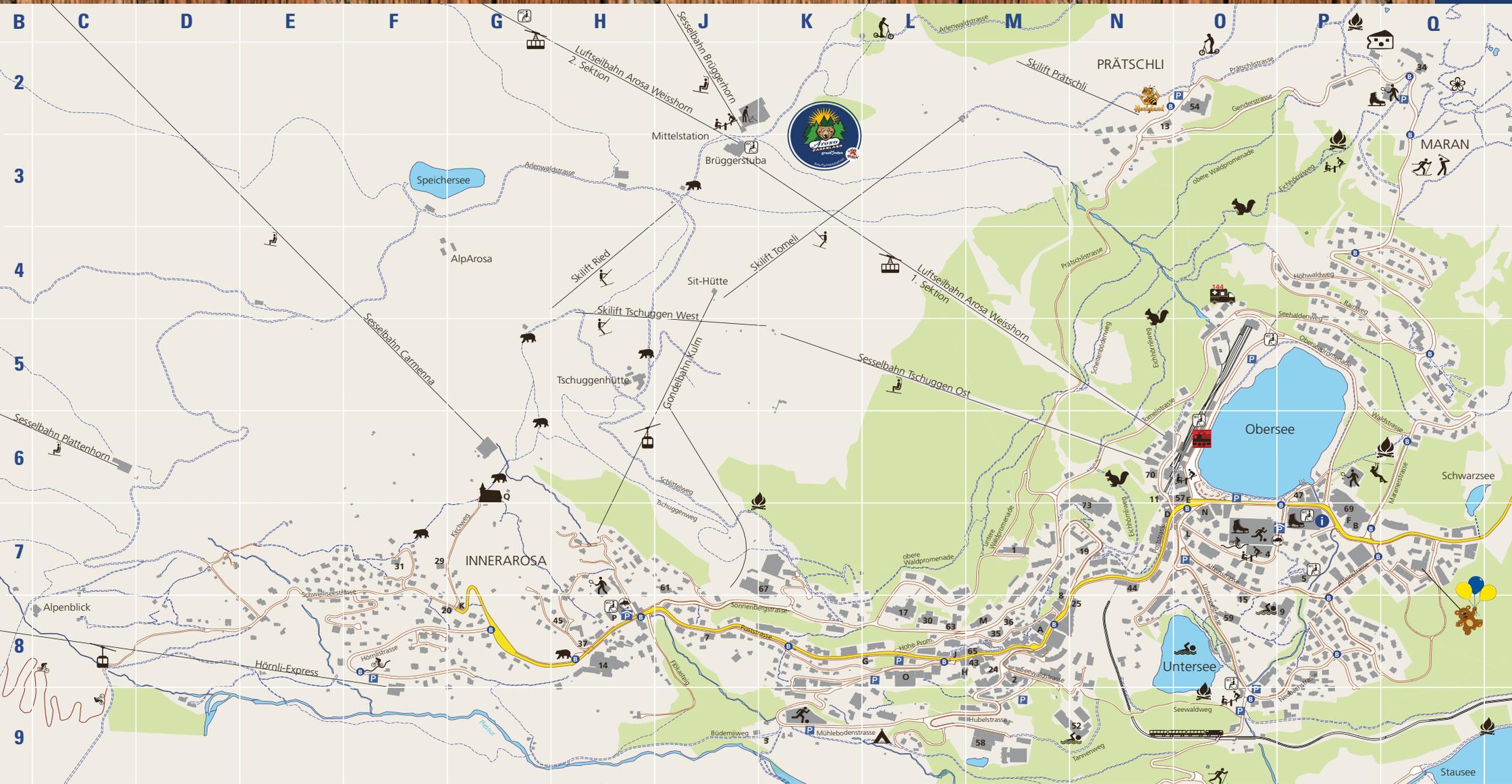


Replacement track Litzirüti - Arosa

The Arosa tunnel, which opened in 1914, will be completely demolished by 2022 and replaced with a new tunnel on the same line layout. The rebuild is the first link in an entire chain of extensive measures to be implemented over the next few years so that the Rhaetian Railway can both expand its services and improve the situation when boarding and leaving the trains in stations (Equal Opportunities Act for Persons with Disabilities). In order to repair the Arosa tunnel, the section of Rhaetian Railway track from Litzirüti to Arosa will be closed for rail transport from 12 April to 28 November 2021. An efficient replacement bus service will run between Litzirüti and Arosa.

Please see the online timetable at sbb.ch.





PUBLIC SERVICES	
Arosa Tourism	+41 81 378 70 20
Retirement Home	5 P7
Railway Station (Rhaetian Railway)	O6
Mountain Church	Q G6
Evangelical Church	H LM8
Municipality Arosa	J L8
Municipal police/lost property office (Rathaus)	J L8
Museum of Local History	
Arosa-Schanfigg „Eggahuus“	K G8
Cantonal police	L O7
Catholic Church	M M8
Post Office	N O7
School building/multi-purpose hall	O L8
Coop Arosa Village	A M8

Coop Arosa Valsana	B P7
Pill Pharmacy Montana	D N7
Denner	E O6
Medical centre Arosa	F P7
Doctor's surgery Chalet Erosen	G L8
Ambulance base	O4
Civil defence facility	4 O7
Day care centre Sunnastrahl,	
Innerarosa Ski School Centre, Bear gang	P H8
HOTELS/GUESTHOUSES	
Hotel Alpensonne	+41 81 377 15 47
AlpinArosa Hotel	+41 81 378 89 89
Arenas Resort Altein	+41 81 378 86 86

Hotel Arlenwald	+41 81 377 18 38
Arosa Kulm Hotel	
& Alpin Spa	+41 81 378 88 88
Arosa Vetter Hotel	+41 81 378 80 00
Hotel Astoria	+41 81 378 72 72
Basic Hotel Arosa	+41 81 378 52 52
Hotel BelArosa	
Suiten & Wellness	+41 81 378 89 89
Hotel Blatter's Arosa	+41 81 378 66 66
Chamanna B&B Arosa	+41 81 377 61 09
Cristallo Arosa Hotel	+41 81 378 68 68
Hotel Erzhorn	+41 81 377 15 26
Hotel Gspan	+41 81 377 14 94
Hotel Haus am Wald	+41 81 377 31 38

13 N2-3	Golf- & Sporthotel
14 H8	Hof Maran
70 N6	Hotel Hohe Promenade
15 O8	Hotel Hold
24 M8	Home Hotel
	Hotel Metropol
19 N7	Pension Mezzaprada
17 L8	Prättschli Alpine Spa Hotel
43 M8	Hotel Provisorium 13
25 N8	Hotel ROBINSON
29 F7	Club Arosa
31 F7	Hotel Seehof Arosa
11 N6	Hotel Sonnenhalde
	Hotel Stoffel
	Sportclub Hohenfels

34 Q2	Sunstar Hotel Arosa
36 M8	Hotel The Excelsior
37 H8	Garni The Lindemann's
65 M8	Tschuggen Grand Hotel
44 N7	Valsana
45 H8	Hotel & Appartements
54 O2	Waldhotel Arosa
47 P6	
GROUP ACCOMMODATION	
58 M9	Arosa Mountain Lodge
59 O8	Juhui Arosa
61 J7	Pfadiheim Ramoz
20 FG8	
35 M8	Campsite

52 N9	
30 L8	
57 O6-7	
67 K7-8	
69 P7	
73 N7	
1 M7	
2 M8	
3 K9	
L9	



Alpine hiking trails
 Mountain hiking trail
 Hiking trail (forest trail, suitable for baby prams, partly accessible for wheelchairs)
 Local bus
 Flowtrail Hörnli Trail

- | | | | | | | | |
|--|--|--|---|--|---|--|---|
| <p>1. Arosa Tourism sports and convention centre
 2. Arosa railway station
 3. Aerial cableway Arosa-Weisshorn
 4. Hörnli-Express cable car
 5. Arosa Lenzerhölde "Urdenbahn" cable car
 6. Pharmacy / drugstore
 7. Post office</p> | <p>8. Physicians
 Dr. med. V. Meyer & M. Walkmeister, T +41 81 377 27 28
 Arosa Medical Centre, T +41 81 377 14 64
 Medical emergency number Arosa, T 0848 7050 00
 Dental Surgery Arosa, Dr. med. dent. Nicola Bianco
 T +41 81 377 23 27
 9. Bank / ATM
 10. Camping</p> | <p>11. Bergkirche ("Mountain Church")
 12. Local history museum
 13. Maran Alpine Cheese Factory
 14. Waldhütte ("Forest Stage")
 15. Unterseer beach complex / beach volleyball
 Solar heated swimming pool for children,
 Sunbathing area, beach, diving board, table
 tennis, Playground, beach volleyball and restaurant
 16. Artificial turf
 50x100 m, for all turf sports
 17. Tennis courts
 Golf- & Sporthotel Hof Maran, Outdoor
 Valsana Hotel & Apartments, Indoor
 Tennisclub Arosa, Outdoor
 18. Boat rental
 rowing and pedal boats
 available for rent</p> | <p>19. Scooter rental
 Luzi Sport AG T +41 81 377 35 43
 20. Bike rental and service
 More information at Arosa Tourism
 21. Planetary trail
 22. Ice skating / ice hockey
 T +41 81 378 70 20,
 Ice skating and hockey rink at request
 23. ChippinGolf
 Between Prättschli and Middle Station,
 Material available from Arosa Tourism</p> | <p>24. Fishing
 fishing season: 01.05. – 15.10.2021
 More information at Arosa Tourism
 25. 10LakesFun
 26. Natural history hike
 27. Maran Alpine Garden
 28. Squirrel trail
 29. Trail "Protection Forest Man"</p> | <p>30. Lucky Stone Trail
 31. Ambulance and rescue base
 32. Electric filling station
 33. Golf
 34. Bear Sanctuary adventure trail
 35. Hörnli Trail
 36. Bear mini golf</p> | <p>37. Unraveled hiking and biking trail
 38. Skill Center
 39. Renting out roof-top wheelchairs</p> | <p>Rope park
 Bear gang
 Playgrounds
 Scooter route
 Fireplaces
 Indoor playground
 Bear's den
 Shelter
 Restaurant
 Parking place
 Bus
 Cable Car
 Aerial Cableway</p> |
|--|--|--|---|--|---|--|---|

Arosa - fun yet sustainable

In Arosa there is everything – simply a little better and more conscious! Pleasurable consumption without renunciation, with responsibility and a clear conscience.

Arosa is not leaving the future to chance. With Arosa 2030, the comprehensive destination strategy, we are continuing on a consistent path to sustainability, with the goal of once again becoming tourism pioneers in the Alpine region. Here sustainability means: conscious management of available resources and, at the same time, a focus on ecological, economic and social aspects - so that future generations will have the necessary resources available and can experience the impressive diversity of nature. For more information, see arosalenzerheide.swiss/arosa/sustainability.

Arosa4SDGs

With our services, initiatives and cooperative partnerships, Arosa is contributing to the UN Agenda 2030 and its goals for sustainable development (Sustainable Development Goals, SDGs).

Arosa 2030 enjoyably sustainable

we make a contribution to



Our eight pledges for the future of Arosa

1

Arosa is a feeling – this is reflected in all our actions.

2

Ecological, economic and social sustainability is a way of life for us as well as an obligation.

3

In Arosa, we celebrate responsible tourism as the lifestyle of tomorrow. We develop facilities that our guests can enjoy with a clear conscience.

4

The mountains shape us. We remain real and authentic.

5

We strive for more and do our bit to ensure that Arosa becomes an ecological pioneer in Alpine tourism.

6

In Arosa, we get things done – sustainability is not a paper tiger here. We take matters into our own hands and work together.

7

We actively protect animals, nature and the environment.

8

In Arosa we are doing our bit for Sustainable Development Goals 2030.
#tourism4sdgs

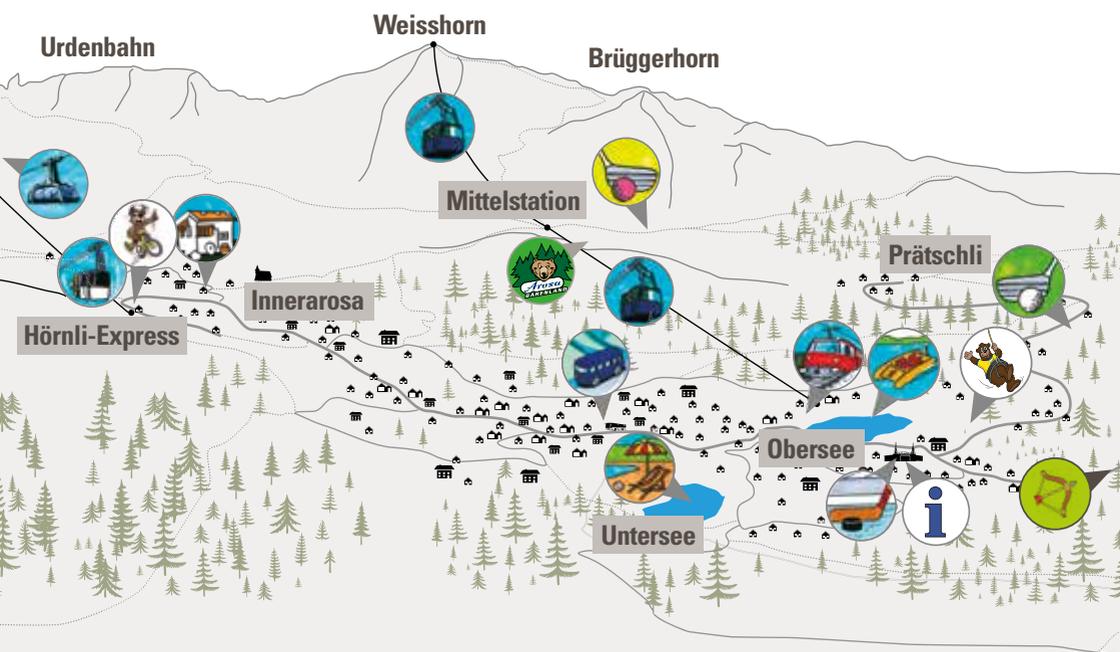
Arosa All-Inclusive

Extra value for families

Discover the versatile all-inclusive offer from the Arosa holiday destination. For guests staying for at least one night, the Arosa Card gives free use of the mountain railways in Arosa (a separate ticket is required for bike transport), the Arosa buses, and the train journey by the Rhaetian Railway between Lüen-Castiel and Arosa.

Various leisure activities such as entrance to the rope park, the nature lido, the driving range, the Arosa-Schanfigg "Eggahuus" local museum, and the hire of pedalos and boats on the Obersee lake are also included. You can also go ice-skating or enjoy special family time on the Arlenwaldweg with the ChippinGolf clubs.

For more information, see arosalenzerheide.swiss/allinclusive.



ALL-INCLUSIVE OFFER FOR OVERNIGHT GUESTS

As a holiday guest, you can receive the Arosa Card (deposit CHF 5.00) when you stay for at least one night in a hotel, holiday apartment, or at the camp site and pay the tourist taxes. Please keep the Arosa Card with you at all times and enjoy the offers included. And what's more: with the Arosa Card, you can use the mountain railways straight away without queuing at the ticket office.

- Arosa railways: aerial cableway Arosa – Weisshorn, Hörnli-Express gondola, Urden aerial railway
- Rhaetian Railway Arosa – Lüen-Castiel – Arosa
- Arosa bus
- Rope park
- Pedalos and boats on the Obersee lake
- Untersee lido
- Ice rink
- ChippinGolf
- Driving Range Golf Club Arosa
- Bike Skill Center
- Arosa-Schanfigg "Eggahuus" local museum
- Discounted entry to Hochwang Archery Park
- Discounted entry to Arosa Bear Sanctuary

SERVICES INCLUDED

Rhaetian Railway

Enjoy a free return trip between Lüen-Castiel and Arosa on the Rhaetian Railway and discover the wild, romantic Schanfigg Valley. Not valid for journeys from/to work/school or for arrival/departure.

Timetable available from rhb.ch.

Arosa bus

With the Arosa Card, you can use the blue Arosa bus free of charge. Timetable available at bus stops, online or from Arosa Tourism.

Timetable is available from arosalenzerheide.swiss/arosa/bus.

Mountain railways

The Arosa Card includes use of all open stations of the Arosa mountain railways. Your Arosa Card is your ticket for the railways. As a foot passenger, you can get straight on to the train without queuing.

BIKE TRANSPORT: with the Arosa Card, you need an additional ticket for all mountain railways. Only the summer season ticket for Arosa Lenzerheide and the TOPCARD permit use of the Arosa Lenzerheide mountain railways with free bike transport included. All other offers are excluded. Subject to change.



Ice rink

During the summer season, time slots are available during which you can take to the ice rink free of charge with the Arosa Card. Ice skates can be hired at the rink for CHF 6.00.

For more information, see arosalenzerheide.swiss/arosa/icesports.

Hochwang Archery Park

Three exciting archery parks, each equipped with 28 3-D animals, are located above St. Peter in the Hochwang area. Open daily. You receive discounted entry with the Arosa Card. Adults CHF 7.00 and young people from 12 years of age CHF 4.00.

For more information, see bogenpark-hochwang.ch.

Arosa-Schanfigg "Eggahuus" local museum

The local museum in Innerarosa recounts the history of the Arosa Schanfigg region from the oldest house in Arosa. With the Arosa Card, you can visit the museum free of charge every Monday, Wednesday and Friday, from 2.30 p.m. – 4.30 p.m.

For more information, see arosa-museum.ch (in German).

Untersee lido

Leisure fun for young and old with natural swimming lake, children's paddling pool, diving platform, beach volleyball court and the bathhouse by the lake which is a protected building.

Pedalos and boats on the Obersee lake

Enjoy an excursion by rowing boat or pedalo and drift away on the idyllic Obersee lake in front of the imposing mountains right next to the Arosa railway station.

Driving Range

The driving range at the Maran golf course is open to everyone who wants to practice their shots. Show the Arosa Card to the golf club secretary to use the range and clubs free of charge. 30 golf balls cost CHF 5.00. Daily from 9 a.m. – 5 p.m., in the high season from 8 a.m. – 6 p.m., children only permitted if accompanied by an adult.

For more information, see golfarosa.ch (in German).

Rope park

Adventure high up in the trees. The Arosa rope park is in the midst of the natural woodland on the "Waldfestwiese". With eight courses (two for children and six for youths and adults), we guarantee that all climbing fans will have a unique experience.

Conditions, requirements and important information

- All climbing fans must be physically and mentally fit and wear solid, closed shoes with a non-slip sole.
- The two children's courses are suitable for children aged from four or six years respectively, and who are 100/120 cm tall.
- Children aged at least 9 and who are 140 cm tall or above may climb on other courses in the rope park.
- Children under 12 years of age may only climb if accompanied by an adult.
- The maximum permitted weight per climber is 120 kg.

- Equipment hire: For handling, checking and maintenance of the hired equipment (harness, helmet, gloves), we charge an equipment fee of CHF 5.00 for each guest who climbs on courses A to D, or H and J. As part of our "youth development" project, we do not charge for younger guests who only use the two children's courses (K + L).
- Groups and schools of at least 12 persons can reserve their visiting times in advance from Monday to Friday (reservation fee CHF 200.00 per group). This reservation ensures that the equipment can be guaranteed for the required time period.

For more information, see arosalenzerheide.swiss/arosa/ropepark.

Bike Skill Center

Novice mountain bikers and families have the perfect practice facility at the valley (bottom) station for the Hörnli Express. Four different trails prepare you for a bike adventure on the mountain. Open daily 8.45 a.m. - 4.30 p.m., free of charge.

For more information, see arosalenzerheide.swiss/skillcenter.

ChippinGolf

ChippinGolf is not played on specially designed courses, instead it is played outside in nature. You can get the ChippinGolf equipment free of charge from Arosa Tourism with the Arosa Card.

Discounted entry to the Arosa Bear Sanctuary

By showing the Arosa Card, guests staying overnight in Arosa receive discounted entry into the Arosa Bear Sanctuary: adults CHF 5.00 and children CHF 3.00.

For more information, see arosa.baerenland.ch.

The home
for rescued bears



Where **sustainable animal protection**
meets **innovative tourism**

www.arosabaerenland.ch

In collaboration with



OFFER FOR DAY VISITORS

Are you in Arosa for the day and still want to take advantage of this offer? Buy the suitable package from the sales outlets listed below or use the offers individually at the establishments.

Packages and what is included

Arosa Bear Sanctuary

Aerial cableway Arosa–Weisshorn, entry to Arosa Bear Sanctuary, Arosa bus

Mountain Hike & Bike

Arosa and Lenzerheide mountain railways, bike transport, Arosa bus

Sport & Fun

Rope park, Untersee lido, driving range, pedalo Obersee, ChippinGolf, Arosa bus

Rainy Days

Ice rink, Indoor playground bear cave, Arosa-Schanfigg "Eggahuus" local museum

Sales outlets for the packages

- Arosa Tourism, Arosa Sport and Conference Centre: Arosa Bear Sanctuary Package, Sport & Fun Package, Rainy Day Package and Mountain Hike & Bike Package
- Arosa Bergbahnen AG, valley station Arosa-Weisshorn cable car: Arosa Bear Sanctuary Package and Mountain Hike & Bike Package
- Arosa Bergbahnen AG, valley station Hörnli-Express gondola: Arosa Bear Sanctuary Package and Mountain Hike & Bike Package

Individual tickets

You can also purchase individual tickets for the varied attractions included in the packages from the respective partners: rope park, Untersee lido, driving range at Arosa golf course, pedalo Obersee, ChippinGolf from Arosa Tourismus, ice rink, Indoor playground bear cave, Arosa-Schanfigg "Eggahuus" local museum, Arosa Bear Sanctuary, Arosa and Lenzerheide mountain railways, Arosa bus (free of charge), Rhaetian Railway, Bike Skill Centre (free of charge).

Prices and further information

The prices for all offers and further information: arosalenzheide.swiss/allinclusive.





Arosa Bear Sanctuary

Switzerland's first bear sanctuary, the Arosa Bear Sanctuary accommodates up to five bears rescued from poor habitat conditions and provides a species-appropriate environment in the midst of Arosa's wonderful natural surroundings.

Together with the animal welfare organisation FOUR PAWS, the Arosa Bear Foundation implemented the innovative and sustainable Arosa Bear Sanctuary project. Bears that once lived chained up in a tiny cage have been freed from their miserable conditions and brought to Arosa. In the midst of a natural mountain landscape with pastures, bushes, rocks, several ponds, forest and snow, the bears can gradually learn to behave naturally.

At an altitude of over 2000 metres above sea level, visitors are offered a unique and unforgettable experience. In the entrance area of the new visitor centre, there are different stories to read about the bears, films of their rescue are shown and interactive information is provided. The visitor platform provides valuable information directed at both children and adults. In the outdoor area, the bears can be observed in their natural environment. Of course, several animal keepers take care of the Arosa bears. In addition to the viewing platform, the bear mini golf and the bear adventure playground in the immediate vicinity offer fun for the whole family.

Napa, the first inhabitant of the Arosa Bear Sanctuary, was the last Serbian circus bear to be rescued in the summer of 2018 and, thanks to Arosa and VIER PFOTEN will be able to live in Arosa Bear Sanctuary 2.5 enjoyable years. At the beginning of October 2020 he fell asleep forever. In February 2019, two of the last Albanian restaurant bears were brought in. Meimo and Amelia have been released from illegal keeping and are now enjoying the fresh mountain air of Arosa.

Further information is available at arosabaerenland.ch

EXPERIENCES

Viewing platform



The viewing platform is the ideal place from which to observe the bears and enjoy Arosa's breathtaking mountain panorama. Various educational elements convey knowledge about animal protection and bears and make for an exciting visit. The information is suitable for both adults and children and perfectly completes the visit to the Arosa Bear Sanctuary. The sight of the bears in their natural surroundings of the Grison Alps is and will remain the highlight of your stay.

Adventure Trail

The "floating" adventure trail with eight viewing platforms which are connected to one another with suspension bridges takes you from the visitor platform out into the lofty heights in the direction of the northern enclosure. This is the location of the rocky part of the Arosa Bear Sanctuary enclosure.



Mini golf

The Bear Mini golf offers fun for the whole family. The mini golf course with what is probably the most beautiful view in the world tells the story of how bears search for food during the summer months and eat as much fat as possible for their hibernation.

Playground

Visit the "Bear school" adventure playground and learn what a baby bear can do. The bear school curriculum includes climbing, balancing, jumping, sliding, enjoying the view, tracking and hiding.

Bear sanctuary adventure trail

On the ursine Tschuggentrail, you will discover six different big bears and learn where they live and how big they grow. The route leads from the Arosa Bear Sanctuary to Tschuggenhütte, past the Bergkirchli and to the Kulmwiese.

The Weisshorn Bear on Weisshorn summit

On the Weisshorn summit, at 2653 m. a. s. l., there is a photo spot featuring the Weisshorn bear, which definitely makes for a unique panoramic view. Take a wishband and tie it to the Arosa Weisshorn bear's fur on the summit plateau. Don't forget to make a wish.



AROSA BEAR ACADEMY

NATURE AND EDUCATION IN ONE

AROSA IS A HIVE OF (SCIENTIFIC) KNOWLEDGE

The Arosa Bear Academy would like to educate interested persons about the following topics:

animal and nature conservation

wilderness and nature education

animal communication and animal care

sustainable tourism, ecology, natural remedies and health



AROSA BEAR ACADEMY

NATURE AND EDUCATION IN ONE

The town of Arosa and the Arosa Bear Academy offer perfect conditions for studying natural sciences. During a half-day outdoor course, held each Thursday morning, the children receive fun lessons giving them an initial insight into biology, zoology, physics, astronomy and geography. The final highlight of the course is a visit to the Arosa Bear Sanctuary.

Sustainable and sensitive management of the alpine natural resources is a model and, with these activities, the Academy would like to play its part in protecting animals, nature and the ecosystem. The level of instruction is adjusted to suit the existing knowledge to ensure entertaining and informative learning success.

Registration and further information from baerenakademie.ch



Hiking in Arosa

Is hiking your passion? Arosa is an irresistible destination for those seeking peace and quiet and offers the perfect route for all tastes. Arosa's unique location sets it apart from other vacation regions. There are many treasures to discover. Whether it is a special hike along an historic route, a walk through picturesque forests or a hike to crystal-clear mountain lakes – all this can be experienced on the well-maintained and marked hiking trails around Arosa. Enjoy the unique panorama of the Alps and the fresh air – peace and relaxation are awaiting you.

Hiking guides

In Arosa and the Schanfigg there are hiking guides at your disposal. Enjoy a guided hike where you will receive exciting background information be it on the subject of culture, the history of the region, flora and fauna or wildlife. We wish you enjoyable hikes with our local hiking guides.

Karin Bächinger baechifamily@bluewin.ch
Martin Jäger naturerlebniswelt-jaeger.ch
Michael Illien michaelillien.ch
Werner Forrer wanderbaer.ch



Family hikes and thematic trails

Discover our exciting theme trails. If you are equipped with good footwear, a rain jacket or an umbrella, the thematic trails can be explored in all weathers. If you need tea or soup to warm you up after a walk, visit one of the many restaurants or cafés in and around Arosa.

Further information at arosalenzerheide.swiss/arosa/theme-trails.

Did you know that we have a new thematic trails booklet? In it you will find all the thematic trails and can take the handy booklet with you on your walks with the whole family.



Detective Trail

Maran–Scheitenböden–Obersee

- 2½ h
- 4,4 km
- 130 m
- Hiking trail
- Var. restaurants
- All year round



Arlen Forest Trail

Prätschli–Innerarosa

- 1¾ h
- 5,8 km
- +148 m/-197 m
- Hiking trail
- Var. restaurants
- All year round



Isel natural history hiking trail

ARA–Isel–Stausee

- 1½ h
- 5,2 km
- +67 m/-80 m
- Hiking trail
- no restaurants
- June–October



Squirrel trail

Maran–Arosa

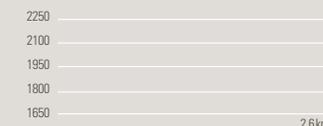
- ¾ h
- 1,7 km
- +102 m/-6 m
- Hiking trail
- Var. restaurants
- All year round



Planetary trail

Prätschli–Roter Tritt

- ¾ h
- 2,6 km
- +103 m/-0 m
- Hiking trail
- Var. restaurants
- June–October



Educational trail «Protection. Forest. People»

Arosa–Langwies

- 2 h
- 7,3 km
- +77 m/-451 m
- Hiking trail
- Var. restaurants
- June–October



Middle station–Schwellisee–Innerarosa

Maran–Innerarosa

- 2½ h
- 8,9 km
- +206 m/-360 m
- Hiking / mountain trail
- Var. restaurants
- All year round



Lucky Stone Trail

Alpengarten Maran–Prätschalp–Maran

- 1½ h
- 4,4 km
- +180 m/-109 m
- Mountain trail
- Var. restaurants
- June–October



Bear Sanctuary Adventure Trail

Middle Station–Innerarosa

- ¾ h
- 2,5 km
- +10 m/-180 m
- Hiking / mountain trail
- Var. restaurants
- June–October



Hiking to the sights

These easy hikes take you to points of interest in the Arosa region. The hiking trails are well developed and are a great experience for the whole family. The hikes “Culture and Origin” and “Nature and Alpine Farming” provide an insight into life and work in Arosa. They are perfect for getting an overview of the area and exploring new hiking destinations. Further information at arosalenzerheide.swiss/arosa/hiking.



Culture and origin

Brüggli—Local history museum—Bergkirchli—Tschuggenhütte—Tschuggentor—Brüggli

-  1 h
-  3,2 km
-  +173 m/-173 m
-  Hiking trail
-  Var. restaurants
-  All year round



Furggaalp-Grünseeli

-  2¼ h
-  6,9 km
-  +373 m/-373 m
-  Hiking / mountain trail
-  No restaurants
-  June–October



Nature and mountain farming

Sennerei Maran—Arosa golf course—Maran Alpine Garden—Prätschalp

-  1¼ h
-  4,5 km
-  +140 m/-140 m
-  Hiking trail
-  Var. restaurants
-  June–October



Langwieser Viaduct

Arosa—Litzirüti—Langwies

-  2 h
-  6,8 km
-  +76 m/-448 m
-  Hiking / mountain trail
-  Var. restaurants
-  All year round



Untersee-Altein waterfalls

-  1¾ h
-  6 km
-  +172 m/-194 m
-  Hiking / mountain trail
-  Strandbad Untersee
-  June–October



Hörnli Express mountain station-Urdenbahn-Parpaner Rothorn

-  2¼ h
-  5,0 km
-  +500 m/-141 m
-  Hiking / mountain trail
-  Var. restaurants
-  June–October



Culinary, cultural and leisure walks

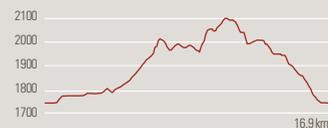
Whether a hike with a culinary highlight on the way or with exciting insights into the Walser culture, these hikes invite you to enjoy and rest. This way, you get to know and enjoy the most beautiful side of our valley – pure holiday enjoyment!

Further information is available at arosalenzerheide.swiss/arosa/hiking.



Obersee-Langwieser view-Ochsenalp-Prätschalp-Maran-Obersee

- 5 h
- 16,9 km
- +427 m/-425 m
- Hiking / mountain trail
- Var. restaurants
- June–October



Hörnli-Weisshorn

- 1½ h
- 3,5 km
- +382 m/-235 m
- Mountain trail
- Var. restaurants
- June–October



Fondei

Strassberg–Grünsee–Durannapass–Strassberg

- 2½ h
- 8,1 km
- +297 m/-297 m
- Mountain trail
- Var. restaurants
- June–October



Arosa-Ochsenalp-Tschiertschen

- 3½ h
- 12,3 km
- +137 m/-705 m
- Mountain trail
- Var. restaurants
- June–October



In the footsteps of the Walser community

Arosa–Medergen–Sapün Dörfji–Langwies

- 5 h
- 15 km
- +532 m /-908m
- Mountain trail
- Var. restaurants
- June–October



Panoramic hikes

The ascent is worth it, whether from the Schiesshorn, the Weisshorn or the Blackter Fürggli, the unforgettable, breathtaking view will be your holiday highlight!
 Further information is available at arosalenzerheide.swiss/arosa/hiking.



Ochsenalp round trail (Nr. 768)

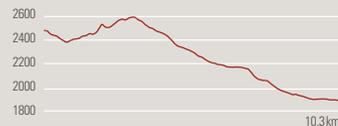
Arosa-Prätschli-Prätschalp-Ochsenalp-Scheidegg-Arosa

- 4¼ h
- Mountain trail
- 14 km
- Var. restaurants
- +529 m/-529 m
- June-October



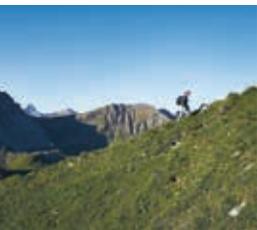
Hörnli-Gredigsfürggli-Älplisee-Arosa

- 3½ h
- Mountain trail
- 10,3 km
- Var. restaurants
- +265 m/-883 m
- June-October



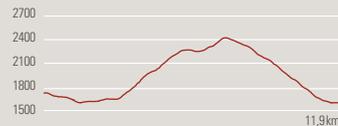
Middle Station-Weisshorn-Carmennahütte- Innerarosa Nr. 766

- 4¼ h
- Mountain trail
- 9,3 km
- Var. restaurants
- +659 m/-831 m
- June-October



Schiesshorn-Rundtour Nr. 767

- 5½ h
- Mountain trail
- 11,9 km
- no restaurants
- +967 m/-967 m
- June-October



Round trail Peist-Peisteralp-Peist

- 5¼ h
- Hiking / mountain trail
- 14,8 km
- Var. restaurants
- +840 m/-840 m
- June-October



Langwies-Blackter Fürggli-Fondei-Langwies

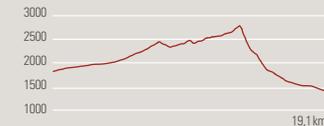
- 4½ h
- Hiking / mountain trail
- 11,8 km
- Var. restaurants
- +817 m/-817 m
- June-October



Heidi and Gigi Weg

Arosa-Prätschli-Hörnli-Urdenfürggli-Parpaner Rothorn-Scharmoin-Lenzerheide

- 7¼ h
- Hiking / mountain trail
- 19,1 km
- Var. restaurants
- +1153 m/-1558 m
- June-October



Alpine hiking

Alpine hikes enchant with spectacular views but are also very challenging. Therefore, they can only be recommended under certain conditions. In addition to sturdy footwear and equipment suitable for the weather, a topographic map is also recommended. Surefootedness, a sound mental state, knowledge of the dangers in the mountains and being in very good physical shape are also a must.

Some of the hikes lead through roadless terrain, over snowfields and scree slopes. Structural safety precautions should not be relied upon. If you feel up to the demands, nothing stands in the way of enjoying the alpine terrain our beautiful mountain world.

Further information is available at arosalenzerheide.swiss/arosa/hiking.

Arosa-Isel-Welschtobel-Ramozhütte-Erzhornsattel-Äplisee-Arosa

-  8 h
-  18,2 km
-  +1134 m/-1134 m
-  Mountain / alpine hiking trail
-  SAC hut (unmanned)
-  July–September

Äplisee-Erzhornsattel-Arosar Rothorn

-  3¼ h
-  7 km
-  +1180 m/-35 m
-  Alpin hiking trail
-  No restaurants
-  July–September

Rundtour Urdenfürggli-Parpaner Rothorn

-  6 h
-  15,4 km
-  +1148 m/-1225 m
-  Mountain / alpine hiking trail
-  Var. restaurants
-  July–September

Calfreisen-Montalin-Maladers

-  5¼ h
-  11,7 km
-  +976 m/-2265 m
-  Mountain / alpine hiking trail
-  Var. restaurants
-  June–October

Hörnli-Express mountain station-Tschingla-Alpstein-Weisshorn

-  6 h
-  13,3 km
-  +1266 m/-1120 m
-  Alpin hiking trail
-  Var. restaurants
-  July–September



The destination is the summit

What could be better than scaling a mountain under your own steam? How about a mountain hike on the "Sandhubel"? The tour is marked and there are no exposed parts. The summit cross, the summit register and breathtaking view are looking forward to your visit.

Guided sunrise walk on the Weisshorn

Karin Bächinger will take you on an early morning walk to the Weisshorn summit. The tour starts according to the sunrise so that you can catch the first rays of sun on the summit. arosalenzerheide.swiss/arosa/hiking



Long-distance hiking trails

Along the Schanfigger Höhenweg, the Jakobsweg, the Walserweg and the Mittelbünden-Panoramaweg, fascinating and charming long-distance hiking trails lead through Arosa and the Schanfigg. Follow in historic Walser trails and discover various crossings and mountain passes, which were used as key access routes to Arosa from the Schanfigg valley.

HIKING SUGGESTIONS	DURATION
Schanfigg Höhenweg	6 stages
Jakobsweg No. 43 (Davos–Langwies–Tschierschen)	2 stages
Mittelbündner Panoramaweg No. 54 (Lenzerheide–Arosa–Davos)	2 stages
Walser trail No. 35 (Davos–Arosa–Langwies–Klosters)	3 stages
Arosa–Ramozhütte–Parpaner Rothorn–Lenzerheide	2 stages
Arosa–Ramozhütte–Alvaneu	2 stages

Further information is available at arosalenzerheide.swiss/arosa/hiking.

Schanfigger Höhenweg hiking trail

The Schanfigg region is characterised by the two important centres of Chur and Arosa at the entrance and end of the valley. In between, there are small and medium-sized villages which, despite the tourist development of Arosa, have retained their original charm. Simple, harmonious wooden houses surrounded by meadows, hedges and larch forests line the winding mountain road. The mountain lakes, the old Walser settlements (Strassberg in FONDEI, Sapün and Medergen) and the mountain peaks worth discovering, such as Montalin and Mattjisch Horn, are all popular destinations. Experience a varied cultural landscape on the Schanfigger Höhenweg.

Let yourself be spoiled in an authentic Bergbeizli (mountain inn) or enjoy a picnic amongst unique alpine flora. The Schanfigger Höhenweg begins in Meiersboden in Chur and follows marked hiking trails to Tschierschen and Arosa, then to Medergen and then above the tree line via Sapün, FONDEI and Hochwang back to Chur.

Recommended hiking maps and literature:

Swiss Federal Office of Topography (Swisstopo) 1:50 000, No. 248, Prättigau

Swisstopo 1:25 000, No. 1196, Arosa

Hiking map 1:25 000, Arosa Schanfigg, available at Arosa Tourism

Information:

Arosa Tourism, +41 81 378 70 20, arosa@arosa.swiss, arosalenzerheide.swiss/arosa/hiking



SCHANFIGGER HÖHENWEG HIKING TRAIL

1st stage: Chur-Tschiertschen

Varied hike through forests and over fields.

Requirements Forest and alpine paths facilitate the difference in altitude. In case of high water levels, take extra care when crossing the Steinbachtobel.

Route Chur train station—Chur Meiersboden—Passugg—Upper Grida—Maiensäss—Ricaldei—Usser Praden—Sagentobel—Inner Praden—Tschiertschen

Distance: 8.8 km
Walking time: 3 h
Elevation gain: +822 m/-126 m

Rest and replenish Pack a lunch, restaurants in Praden and Tschiertschen

Accommodation Various hotels and pensions in Tschiertschen and Chur

Further details tschiertschen.ch, churtourismus.ch

SCHANFIGGER HÖHENWEG HIKING TRAIL

2nd stage: Tschiertschen-Arosa

Mountain hike with magnificent panoramic views.

Requirements Hiking mostly on walking- and mountain hiking trails.

Route Tschiertschen—Clüs—Löser—Ochsenalp—Rot Tritt—Prätschalp—Maran—Arosa

Distance: 13.9 km
Walking time: 4 h
Elevation gain: +715 m/-322 m

Rest and replenish Pack a lunch, Restaurant Ochsenalp (summer season), various restaurants in Arosa

Accommodation Various hotels and inns in Arosa

Further details arosalenzherheide.swiss/arosa, tschiertschen.ch

SCHANFIGGER HÖHENWEG HIKING TRAIL

4th stage: Sapiün-Fondei

Demanding mountain hike over peaks and through green mountain valleys.

Requirements Mountain hiking experience required. Ascent and descent on snow fields or with fog in the area of the watershed between Totalp and Obersässtalli require special caution.

Route Berggasthaus Heimeli—Strelapass—Weissfluhjoch—Casannapass—Grünsee/Durannapass—Reckholdern—Fondei

Distance: 12.7 km
Walking time: 4½ h
Elevation gain: +803 m/-726 m

Rest and replenish Pack a lunch, Strelapass mountain restaurant

Accommodation Strassberg mountain guesthouse, Casanna ski and mountain guesthouse, various accommodations in Langwies

Further details
Strassberg mountain guesthouse +41 81 374 22 32
berggasthaus-strassberg.ch

Casanna ski and mountain inn +41 81 374 20 82
skihaus-casanna.ch

Langwies Tourist Office +41 81 374 22 55
langwies.ch

SCHANFIGGER HÖHENWEG HIKING TRAIL

5th stage: Fondei-Hochwang

Enjoyable high-altitude hike through spectacular moorland landscapes, alternating with arid areas and wetlands.

Requirements Easy mountain hike on well marked mountain paths with little elevation gain.

Route Strassberg—Blackter Fürggli—Tamial—Ried—Hochwang

Distance: 8.8 km
Walking time: 2½ h
Elevation gain: +382 m/-339 m

Rest and replenish Pack a lunch, Hochwang ski house, Triemel mountain restaurant

Accommodation Hochwang ski house, Tanne sport hotel, various hotels in St. Peter-Pagig

Further details
Hochwang ski house +41 79 282 64 47
hochwanghuette.ch

Tanne sport hotel +41 81 374 16 85
sporthotelanne.ch

Pagigerstübli +41 81 374 11 71
pagigerstuebli.ch

SCHANFIGGER HÖHENWEG HIKING TRAIL

3rd stage: Arosa-Sapiün

Varied hike with magnificent vantage points.

Requirements Easy mountain hike on good alpine and mountain paths.

Route Arosa—Untersee—Furggaalp—Tieja—Medergen—Seebijboden—Heimeli mountain inn

Distance: 10.8 km
Walking time: 3½ h
Elevation gain: +558 m/-466 m

Rest and replenish Pack a lunch, Alpenrose Medergen Restaurant, Heimeli Mountain Inn

Accommodation Heimeli mountain inn, various accommodations in Langwies

Further details Langwies Tourist Office, langwies.ch, +41 81 374 22 55

SCHANFIGGER HÖHENWEG HIKING TRAIL

6th stage: Hochwang-Chur

Through unique alpine flora, wild ravines and mountain forests to Chur.

Requirements Mountain hiking experience required. Extra care when crossing the ravines during high water.

Route Hochwang—Triemel—Bargun—Lafet—Hütten—Balnettis—Stoggwald—Maiensäss—Maladers—Chur

Distance: 16 km
Walking time: 4¾ h
Elevation gain: +255 m/-1615 m

Rest and replenish Pack a lunch, various restaurants in Chur

Accommodation Various hotels in Chur

Further details churtourismus.ch

Hiking trail markings

The hiking trail network consists of all the interconnected hiking, mountain hiking and alpine hiking trails. As a rule, it is located outside the settlement area, covers areas particularly suitable for recreation, beautiful landscapes (panoramic views, shorelines, etc.), cultural sights and tourist facilities, and includes historical routes wherever possible.



Hiking trails are generally accessible and are usually reserved for hikers. They are as far from motorised traffic as possible and have no asphalt or concrete surfaces. Steep passages are overcome with steps and high drops are secured with railings. Streams or rivers are crossed on footbridges or bridges. Hiking trails do not place any special demands on the user. The hiking trails are marked with yellow.



Mountain hiking trails are hiking trails that partially cover impassable terrain. They are mostly steep and narrow and partially exposed. Particularly difficult passages are secured with ropes or chains. In some cases, streams may have to be crossed via fords. Users of mountain hiking trails must have sturdy shoes, be in good mental and physical health, and be aware of the dangers in the mountains (rock slides, danger of slipping and falling, sudden weather changes). The requirements are sturdy shoes with a good grip, equipment appropriate to the weather and topographical maps. The road signposts are yellow with a white-red-white point, confirmations and markings are white-red-white.

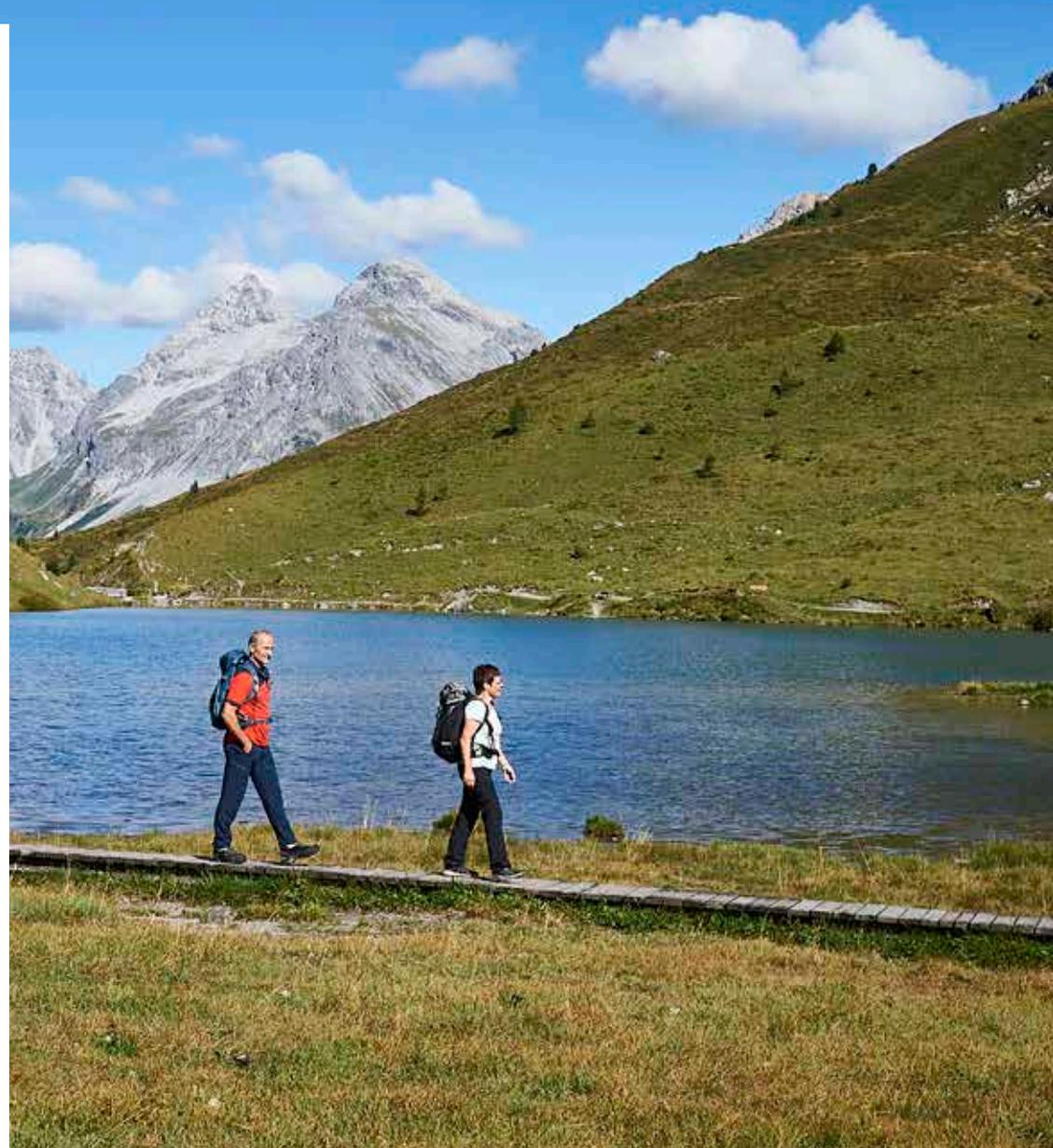


Alpine hiking trails are demanding mountain hiking trails. They lead partly through unpaved terrain, over snowfields and glaciers, over screes, through rockfalls or through rock with short climbing sections.

Structural precautions should not be relied upon and are limited to securing particularly exposed areas where there is a risk of falling. Users of alpine hiking trails must be sure-footed, be in sound mental health and in very good physical shape and be able to handle ropes and pickaxes as well as to climb using hands. You must be aware of the dangers in the mountains. In addition to equipment for mountain trails, altimeters and compasses as well as ropes and ice picks are required for glacier crossings. The signposts are blue with a white-blue-white point, confirmations and markings are white-blue-white.



Boundary marking of a game reserve



Trail Running

The fresh mountain air in your lungs, the wonderful alpine views of Arosa before your eyes and natural surface under your feet. There are running routes for every taste in and around Arosa. For example, discover the varied Helsana Trails, the more challenging routes in the different running events or discover your own favourite trail. In Arosa, you can run across meadows, through mysterious forests, over hills and mountains offering plenty of viewpoints and to wonderful mountain lakes.

Our Trail Tips:

- plenty of views to enjoy around Prätschli – Rot Tritt – Scheidegg – Maraner Hauptji – cable car Arosa-Weisshorn Middle Station – Prätschli
- a flat circular route to the Isel lake and the small Altein waterfall
- a gentle circular route around the Schwellisee lake
- a circular alpine route on the higher paths on the Weisshorn, Hörnli or Welschtobel
- a long circular route on the Schanfigger ridgeway

Further information and suggestions for trail running routes under arosalenzerheide.swiss/arosa/trailrunning.



Events

For those who enjoy competing against other runners, there are a number of running events to challenge the body and reward the mind with unique views.

X-Warrior Arosa – Natural Obstacle Race

Get away from it all and out into nature. An obstacle race for body, mind, and soul - just you, alone or in a team. Climb up waterfalls, cross canyons, climb hand over hand on ropes across ravines, wade through muddy water – all 100% natural. No artificial mud baths or metal fixings, everything is wood or hemp. What really counts is you, your stamina, strength, balance, coordination, agility and, most importantly, team spirit. The motto is HUMAN vs NATURE, “Down to Earth”.

X-Warrior Arosa: 12 – 13 June 2021

Further information under x-warrior.com.

Swiss O Week

The Swiss O Week takes place from 17 – 24 July 2021. The international OL event is hosted in a different tourist region of Switzerland every two - three years and welcomes passionate runners and their families for a fantastic week of orienteering. Stages take place each day in which the runners can compete in different categories.

Swiss O Week 2021 Arosa: 17 – 24 July 2021

Further information under swiss-o-week.ch.

Arosa Trailrun

The Arosa Trail Run – an experience and also a challenge with spectacular routes! Three trails are prepared with different profiles. What all trails offer: demanding ascents, fabulous summit adventures and racing pulses. In addition to the three trails of 15, 21, or 53 km, since 2018 there has also been the Arosa Energie Run. This is specifically for runs with disabilities. Arosa Energie supports the trail run and pays the entry fee.

Arosa Trailrun: 11 September 2021

Further information under arosa-trailrun.ch.

Swiss Management Run

Fitness. Networking. Health. - this is the motto for the annual event for Swiss business and sport managers in Arosa. Surrounded by the spectacular mountain range, managers have the opportunity to leave the office and everyday life behind and to meet customers, partners and other individuals with a view to creating business contacts. In addition to the run of 1.2 km, 5 km, or 10 km around Arosa, well-known personalities will give a talk at the symposium on the topic of “FIT FOR MANAGEMENT”.

Swiss Management Run: 17 September 2021.

Further information under management-run.ch.

As at December 2020. Event updates under arosalenzerheide.swiss/arosa/events

Conduct & respect

Appropriate behaviour

- Do not leave the officially marked hiking and biking trails.
- Small steps and a steady pace will save your strength uphill and protect your joints downhill.
- Never lean your upper body backwards when climbing down (danger of slipping).
- Even when you are not thirsty, drinking is important because the feeling of thirst lags behind the actual need for fluids.
- Avoid the risk of poor weather conditions, discomfort (weakness) or other difficulties.

The five rules for hiking & biking

- Keep a constant eye on the weather conditions.
- Make sure your equipment is appropriate and complete.
- Inform someone else about your route.
- Report back when you reach your destination.
- Observe the principle "when in doubt, head back."
- Enjoy hiking and biking with a smile on your face.

Rules of conduct when encountering suckler cows (Source: wandern.ch)

- Please refer to the posted signs. Be quiet,
- do not chase or frighten the animals. Close the gate and follow the hiking or biking trail through the pasture. In general, cows are curious and are not dangerous.
- If the cows block your way, stay calm. Stay on the path if possible. If cows are standing on the hiking or biking trail, keep your distance and walk around the herd rather than through it. Do not scare the animals or turn your back on them.

- If you have a dog with you, put it on a leash and keep it under control. Dogs will attract the attention of cows, cattle and bulls and will stimulate defensive behaviour. Have your dog on the side away from the herd so that it is not visible. If your dog is on a leash when cows attack it, let go of the leash so the dog can escape. A dog is usually fast enough to avoid a cow attack.
- Signs that a cow feels threatened include raising and lowering of the head, snorting, scratching and roaring. If you notice these warning signs, leave the pasture slowly by walking backwards. Sudden movements are perceived as a threat by cows.

Further information on dealing with hazards: wandern.ch/en/hiking.

What to do in an emergency

International emergency signal: give a signal six times a minute (e.g. shout, whistle, flash). Wait one minute. Repeat. Response: issue a signal three times a minute.

Important telephone numbers

- Helicopterrescue 144
- First aid 144
- Police hotline 117
- Arosa Tourism +41 81 378 70 20
- Arosa Bergbahnen AG +41 81 378 84 84

Trail User Guide

Courtesy goes a long way!

Sometimes it would be nice to be alone in the world. Or at least alone on the trail. But unfortunately this is not the case. So you have to get along with other users. It is really not that difficult. And a smile goes a long way. So:

When cycling

- Identify yourself in good time by ringing the bell
- Always give way to hikers
- Pass them at walking speed or dismount briefly

When hiking

- You know that you have right of way
- If there is enough room, move to the side
- Do not obstruct the cyclists unnecessarily

Be a role model!

You shouldn't really need to repeat things that everyone already knows. But it can't do any harm. And there are always some black sheep who always have to be told everything twice. But you shouldn't really need to repeat things that everyone already knows.

When cycling and hiking

- Close all gates
- Take your litter home with you

When cycling

- Do not lock the rear wheel when braking, this damages the trail

Preparation is key!

It suddenly starts to rain and you have a flat tyre, in the midst of the alpine roses. At an altitude of 2500 m. And it is already 6.30 p.m. Of course, you left your mobile phone back in the hotel room. And your friend has already gone back down into the valley. Have a nice evening!

When cycling and hiking

- Be informed and plan your tour carefully
- Adjust your equipment
- Make sure you are equipped for small emergencies



Mountain biking

Bear Bike Gang for Children

During the summer season, the Arosa Bikeschool offers children between the ages of 3 and 17 a level-appropriate training programme, just like the ski school in winter.

arosa-bikeschool.ch

Bike tours

You will find an overview of all bike tours in and around Arosa tailored to your needs on the tour portal of Arosa Tourism and on the panorama map for cyclists.

arosalenzerheide.swiss/biketours

Highlights

Enduro tour: BikeTicket2RIDE Tour black
Arosa–Chur–Lenzerheide–Arosa
Leisure tour: Ochsenalp round trip
Family tour: Arosa–Middel station–
Alpenblick–Hörnli Trail–Arosa

Flow trail «Hörnli Trail»

The Hörnli Trail is a unique trail in the Alps. Just 6.8 km in length, the topographical conditions at Hörnli are unique and ideal for a flow trail that can be used by experienced cyclists, young and old alike.

arosalenzerheide.swiss/hornlitrail

Pump track

Next to the Ochsenbühl sports field you will find our pump track. The winding track can be used with all kinds of wheeled devices using momentum without pedalling. This offers a lot of exciting possibilities for beginners as well as for experienced cyclists.

Skill Center for cyclists

At the Hörnli-Express valley station

A skills centre for cyclists provides training facilities that include curves, root, wood and stone elements that introduce all groups of users to the cycling techniques they need for the Hörnli Trail or individual tours in the area. Courses can be booked at the bike schools.

arosalenzerheide.swiss/skillcenter

Bike offers

No matter what kind of biking you prefer, Arosa will make every effort to provide all our guests with suitable offers.

Current offers:

arosalenzerheide.swiss/bearmountains

Bike shops (rental and repair)

AROSABIKE	+41 79 479 99 43
Luzi Sport	+41 81 377 35 43
Gisler Sport	+41 81 378 63 84

Bike schools

Arosa Bikeschool	+41 81 378 75 00
REMA Bikeschule Arosa	+41 79 198 25 14

Bike hotels

Golf- & Sporthotel Hof Maran	+41 81 378 51 51
Valsana Hotel & Appartements	+41 81 378 63 63
Sunstar Hotel Arosa	+41 81 378 77 77
Hotel Seehof	+41 81 377 15 41
Mountain Lodge Arosa	+41 81 378 84 23

Bikeevents

Hörnli Trail Hunt 25 – 27 June 2021

Are you a keen mountain biker looking for a varied adventure with your friends? Would you like to arrange a fun day around Arosa using your brain and strategic skills? Then the Hörnli trail hunt is perfect for you.

In teams of two, you put together the route of your choice. Whether with or without a lift, it depends on your tactics. Various tests of skill and a large number of single trails are waiting for you as you move towards your destination.

arosalenzerheide.swiss/trailhunt

Family Bike Vibes

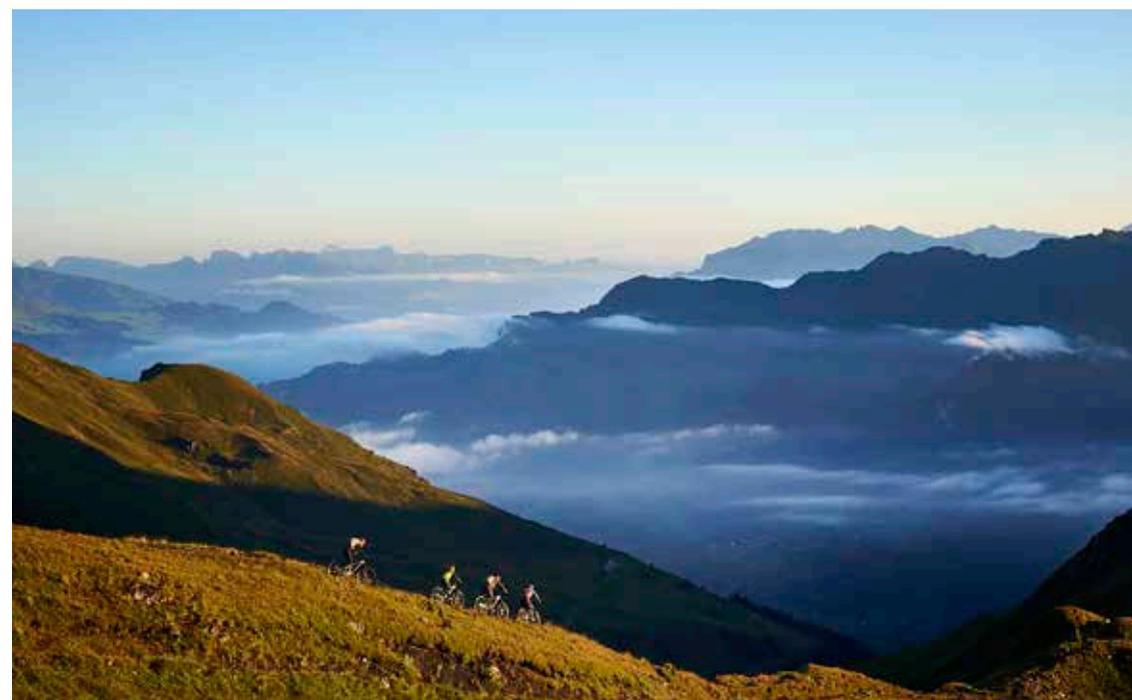
13 – 15 August 2021

Discover the trails in Arosa with the whole family, test new bikes and make use of the programme offered by the Arosa BikeSchool. This weekend is dedicated to biking families with games and fun!

arosalenzerheide.swiss/bearmountains

As at December 2020.

Event updates under
arosalenzerheide.swiss/arosa/events





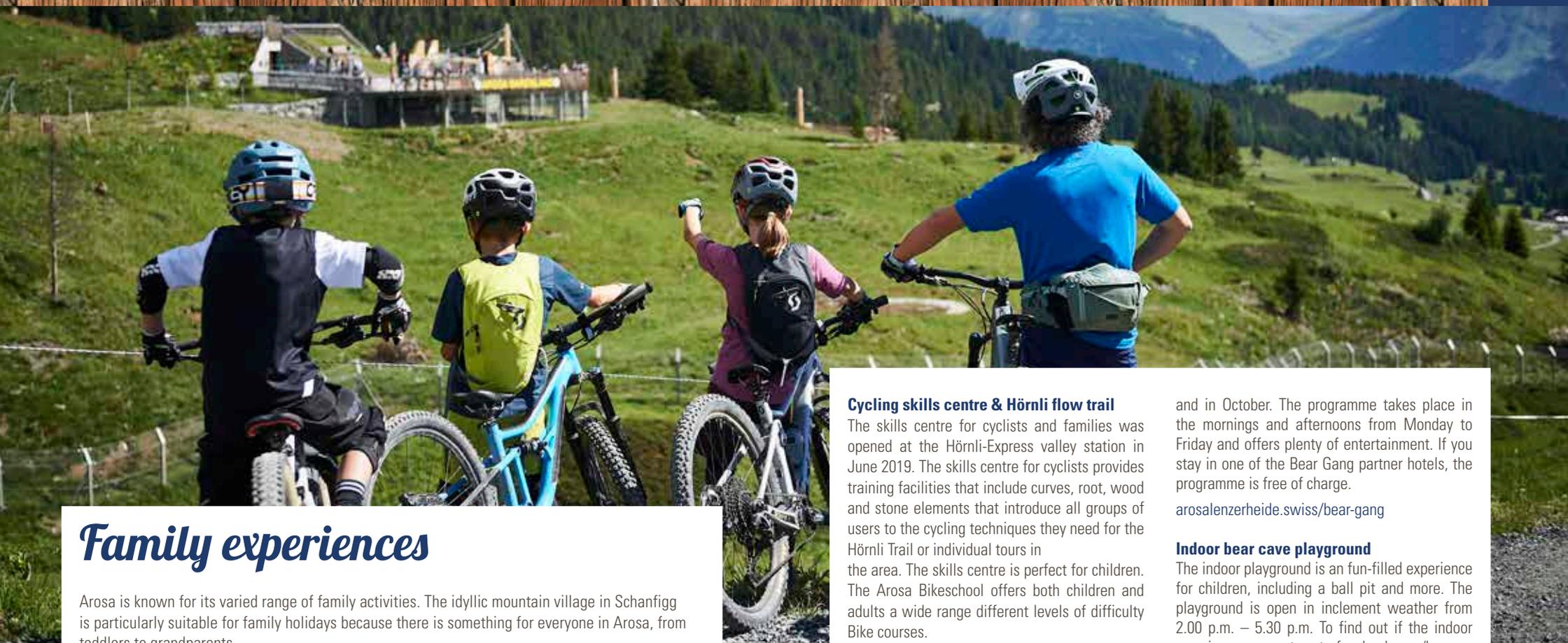
Hörnli Trail

- 6.8 km long
- Descent over 519 m
- 113 turns
- Blue guiding lines
- 4 rest stops
- Rest stop at the Hörnli hut or in the alpine scenery



Skill Center

- Four training trails
- Bike carousel
- Bike seesaws Jumps
- Stone fields
- Landing curves
- Kiosk with delicious hot dogs
- On-site bike rental
- Starting point to the Hörnli Trail



Family experiences

Arosa is known for its varied range of family activities. The idyllic mountain village in Schanfigg is particularly suitable for family holidays because there is something for everyone in Arosa, from toddlers to grandparents.

All information on family holidays in Arosa is available at arosalenzerheide.swiss/arosa/families.

Summer programm 2021

What can families expect this summer in Arosa?

- Supervised children's programme with the bear gang (free of charge in partner hotels)
- All-inclusive offer with rope park, free use of mountain cableway, access to the Untersee beach complex, etc.
- The Arosa Bear Sanctuary with playground, mini golf and adventure trail
- Bear-Story-Brunch at the Brüggerstuba
- Indoor bear cave playground for rainy days
- Theme trails such as the Squirrel Trail, Lucky Stone Trail, Bear Sanctuary Experience Trail or the Bear Safari in the RhB Bear Train
- Themed detective trail KrimiSpass
- Swiss-O-Finder Arosa – a special type of scavenger hunt
- Kinderland Openair 8 August 2021
- Arosa Bear Sanctuary family festival 31.7./1.8.2021
- Arosa Kultur – events for children on the Arosa Waldbühne

Cycling skills centre & Hörnli flow trail

The skills centre for cyclists and families was opened at the Hörnli-Express valley station in June 2019. The skills centre for cyclists provides training facilities that include curves, root, wood and stone elements that introduce all groups of users to the cycling techniques they need for the Hörnli Trail or individual tours in the area. The skills centre is perfect for children. The Arosa Bikeschool offers both children and adults a wide range different levels of difficulty Bike courses.

arosalenzerheide.swiss/bearmountains

Pumptrack

In addition to the Cycling skills centre at the Hörnli-Express valley station, the pump track at Ochsenbüel also offers a perfect playground for children. Driving on a pump track requires a certain amount of ability, but that makes it all the more fun. Here you can also book bicycle repair courses at the Arosa Bike School or the REMA Bike School Arosa.

Arosa Bear Gang

The bear gang with Jöri, Gian, Ella, Beni and Lili keep Arosa on its toes. With them, the children experience fantastic adventures in the supervised children's programme in July and August

and in October. The programme takes place in the mornings and afternoons from Monday to Friday and offers plenty of entertainment. If you stay in one of the Bear Gang partner hotels, the programme is free of charge.

arosalenzerheide.swiss/bear-gang

Indoor bear cave playground

The indoor playground is a fun-filled experience for children, including a ball pit and more. The playground is open in inclement weather from 2.00 p.m. – 5.30 p.m. To find out if the indoor area is open or not go to facebook.com/baerenhoehle.

arosalenzerheide.swiss/arosa/families

Sunnastrahl children's daycare centre

The Kita Sunnastrahl Arosa offers full daycare for children from the age of four until school-age, from Monday to Friday. Loving and professional care is provided by qualified staff for locals and guests.

kitaarosa.ch

Library & Toy Library

In the school at Rathaus bus stop, children can rent some great games. There is also a library next door. Details can be found in the A-Z info list on pages 78.

Training camps

Make the your children's eyes light up! In summer 2021, there will once again be training camps for children and teenagers in Arosa.

Ochsner Hockey Academy

The Ochsner Hockey Academy is a national training programme for players of all Swiss national languages. Every year, numerous hockey camps of the highest quality are held throughout Switzerland, primarily during the summer holidays.

ochsneracademy.ch

Fohlen football camp

At the Fohlen football camp in Arosa, children of all ages can learn the training techniques of the real Borussia trainers.

The focus is on learning new techniques, tricks and plays, ball handling, teamwork and fun. In addition to the game, the children also participate in other exciting programmes.

fussballschule.borussia.de

Theme trails and discovery tours

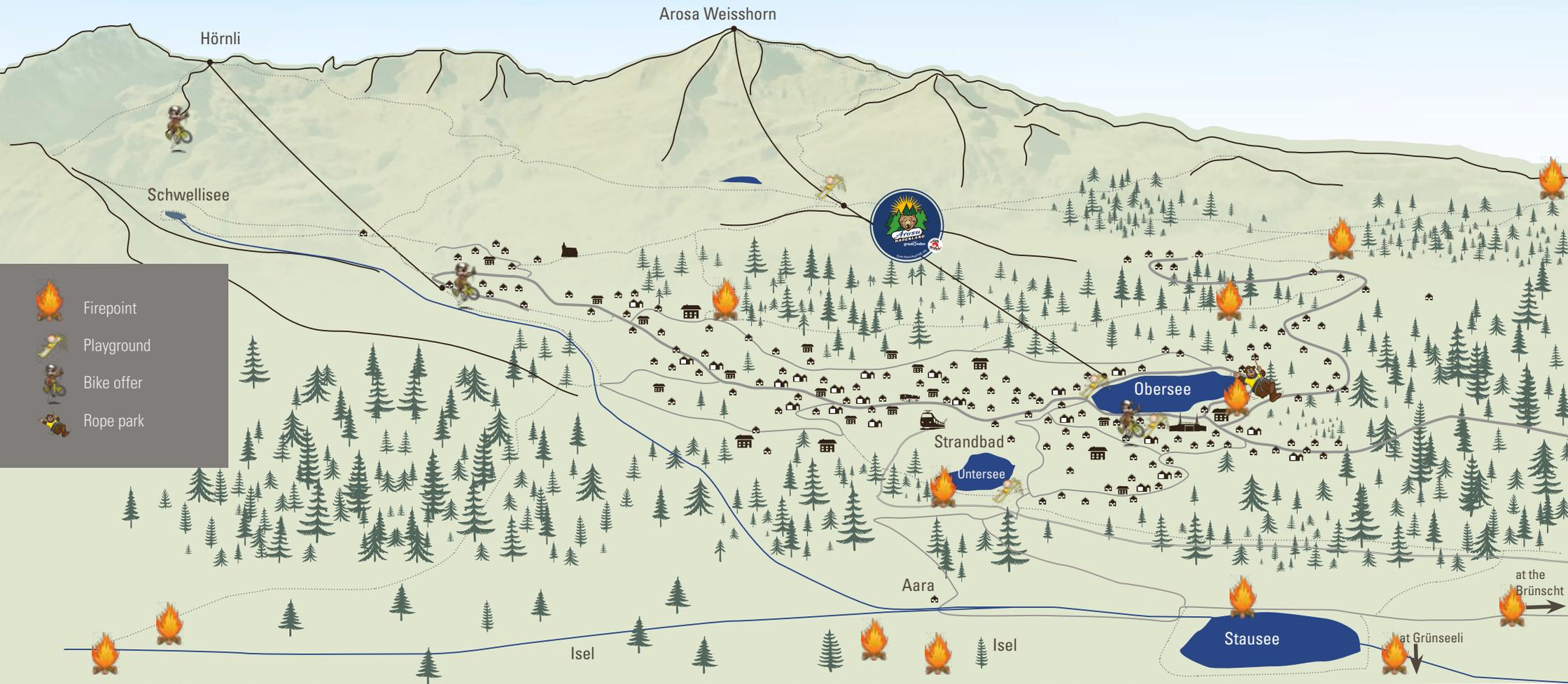
In and around Arosa, numerous thematic trails entice you on exciting adventures.

You can find further information on page 26.

Firepits and playgrounds

What could be nicer than a cosy barbecue with your family or friends in the beautiful Arosa mountains? You will find many beautiful firepits equipped with wood, a grill and some tables and benches. Versatile and unique family playgrounds in and around Arosa invite you to indulge yourself, barbecue and relax.

You can find all firepits and playgrounds online on our interactive panoramic map on arosalenzerheide.swiss/hiking.





retofritz.ch

„SPEND TIME WITH YOURSELF EVERY DAY.“

DALAI LAMA



retofritz.ch

«I am» Coaching / Meditations
Conscious outdoor / Wildlife observation

Reto Fritz
info@retofritz.ch
+41 79 414 44 52

Arosa - a paradise for nature lovers

Many guests are amazed by the diverse animal and plant life here. Whether game viewing, visiting the Arosa Bear Sanctuary, or discovering the varied flora and fauna – Arosa takes its guests on a fantastic journey through its most valuable resource – nature. With many guided outdoor activities, visitors can learn more about the primal force and create unique memories.

With the mountain animals – game viewing

Looking for tracks in the mountains - the experienced expert Reto Fritz, who knows the environment and diverse animal world like the back of his hand, leads nature lovers on an evening walk into the idyllic mountain landscape around Arosa and points out where the different four-legged friends can be found. During these game viewings, nature-lovers form small groups with a maximum of eight persons and take a fantastic trip into the world of the majestic inhabitants of the forest and mountains.

For more information, see arosalenzerheide.swiss/natureexperience

Arosa invites your kids

Skischool inklusive
in Winterseason
2021/2022



Presenter Main Partner Co Partner



graubünden

More Informations under
arosalenzerheide.swiss/skischuleinklusive

Will thrill your senses.



Other summer activities

Fishing

Where could you have a more beautiful fishing experience than in the idyllic nature of the Swiss Alps? In Arosa, there are various fishing spots available near the Obersee and Untersee lakes. More information in the A–Z info list under “Fishing” on page 84.

Maran Alpine Garden

In the Maran Alpine Garden, you will find countless alpine flowers and flora in their natural splendour. A special experience for more than just flower enthusiasts. Every Tuesday at 2.30 p.m., a free guided tour of the Alpine Garden and the Agroscope Research Station’s Alpine experimental field starts at the Langlauf/Golf bus stop.

Horse carriage rides

Arosa is also a wonderful place to explore from the comfort of a horse-drawn carriage. More information in the A–Z info list under “coach rides” on page 87.

Tennis

The Arosa tennis and badminton courts invite you to play a quick match. A welcome opportunity to be active. The Arosa tennis courts were rebuilt in 2011 on the Brüggl parking garage. The courts are open for all members and Arosa guests. The facility has a beautiful sun terrace, where you can relax and watch. More information in the A–Z info list under “Tennis” on page 91.

Mini golf

Mini golf courses with what is probably the most beautiful view in the world. Take some time out for a round of mini golf. Fun for the whole family. More information in the A–Z info list under “Mini golf” on page 87.

Golf

Opened in the summer of 2001, the 18-hole golf course (par 65) at 1900 metres above sea level near Maran offers passionate golfers everything they could wish for. The relaxed club atmosphere, the fine Golfhuus restaurant, the shop and the covered driving range, as well as the putting and chipping areas complete the golf experience. The Arosa 9-hole golf course was built in 1945 as one of the first courses in Switzerland. More information can be found in the A–Z info list under “Golf” on page 85 or in the separate golf experience brochure.

Scooters

Rent a scooter and start your tour with the cable car Arosa–Weisshorn, which takes you to the middle station. From there it’s a quick ride to the village or even to Litzirüti. From Litzirüti you can comfortably take the train back to Arosa. If you prefer a leisurely hike to Ochsenalp, you can also rent scooters for the return journey. More information in the A–Z info list under “Scooters” on page 92.

Further information is available at arosalenzerheide.swiss/arosa/summer.



Culture

Walser in Arosa and the Schanfigg

The Walser and Schanfigg settlements in Arosa date back to the Bronze Age, and the valley itself was inhabited at the time of the Romans. The name Schanfigg was first mentioned in a document around the year 765. At that time, Rhaeto-Romanic was the language spoken. At the end of the 14th century began a new era for the settlement: free German speaking Walser migrated from Davos to the upper Schanfigg and built scattered hamlets in Sapün, Fondei and Innerarosa. The population thrived from livestock breeding, agriculture and the raw timber. The Walser houses still shape the landscape and culture of Arosa and Schanfigg. You can find more information about the Walser people, their language and culture at walserverein-gr.ch.

Local history museum

«Eggahuus» (14.06. – 22.10.2021)

The original purpose of the “Egga” house, first mentioned in 1550, is not entirely clear. It was probably intended as a sort of a meeting centre for the villagers and has remained that way to the present day. The rooms of this diverse museum of local history are also used for various cultural events such as exhibitions, lectures and guided tours. The local Arosa-Schanfigg history museum at Eggahuus in Innerarosa provides insight into the development of the winter sports resort and the local valley community. You can find more information in the A–Z info list under “Museum” on page 87 or at arosa-museum.ch.

Bergkirchli

The Bergkirchli (“the Mountain Church”) in Arosa was completed in 1493 at the time of development of the mining industry under the Hapsburgs. It is a historical monument and has an authentic organ from the year 1730. The church can accommodate a maximum of 70 people and is located in the cemetery area of Arosa. The Bergkirchli is mainly used as a wedding church.

Visit: Fridays (18.06 – 22.10.2021)

Meeting at: 2.30 p.m. in front of the Bergkirchli
Free guided tour.

More information in the A–Z info list under “Culture” on page 85.

Regular music concerts

Throughout the summer season, concerts take place in all the churches of Arosa, as well as on the Waldbühne (“the Forest Stage”) and in various hotels. For details, see arosakultur.ch. Short concerts (45 minutes) with various musicians take place in the Bergkirchli every Tuesday from 5.00 p.m.

Arosa Kultur

Founded in 1969, the non-profit association organises events and promotes musical culture in the Arosa region. More than 600 members belong to this association. “Arosa Kultur” (the “Arosa Culture”) regularly organises cultural and musical events. More information can be found in the A–Z info list under “Culture” on page 87.

EVENTS

Arosa Jazz Days (05. – 08.08.2021)

The Arosa Jazz Days 2021 will again provide authentic classic jazz and blues. The four-day festival is a feast for the ears and features traditional jazz and blues music from top-class international artists. The festival is a musical roundelay from the opening concert in Chur on Thursday to the closing concert on Sunday. Our popular venues include hotels, restaurants, bars and the traditional jazz church service at the village church. This year we have planned two special concerts in the Kursaal on Friday evening and Saturday afternoon. Let us surprise you!

Museum Day at the local history museum „Eggahuus“ (26.09.2021)

Come by and visit us at the local history museum in Arosa and learn fascinating stories about the development of the mountain village. With basic catering. Admission free.

Dialect Festival (07.10. – 10.10.2021)

Four days of local dialect culture in all its facets. Discussions, readings and concerts. The audience can really get involved in the cultural performances at this place surrounded by a wonderful autumn landscape where artists come into their own. Everyday life with its hectic pace can be quietly left in the lowlands.

Arosa Summer of Culture

From June until October, various cultural events will take place each week. If the weather is good, the venue will be the idyllic forest theatre. More information at kultursommerarosa.ch.

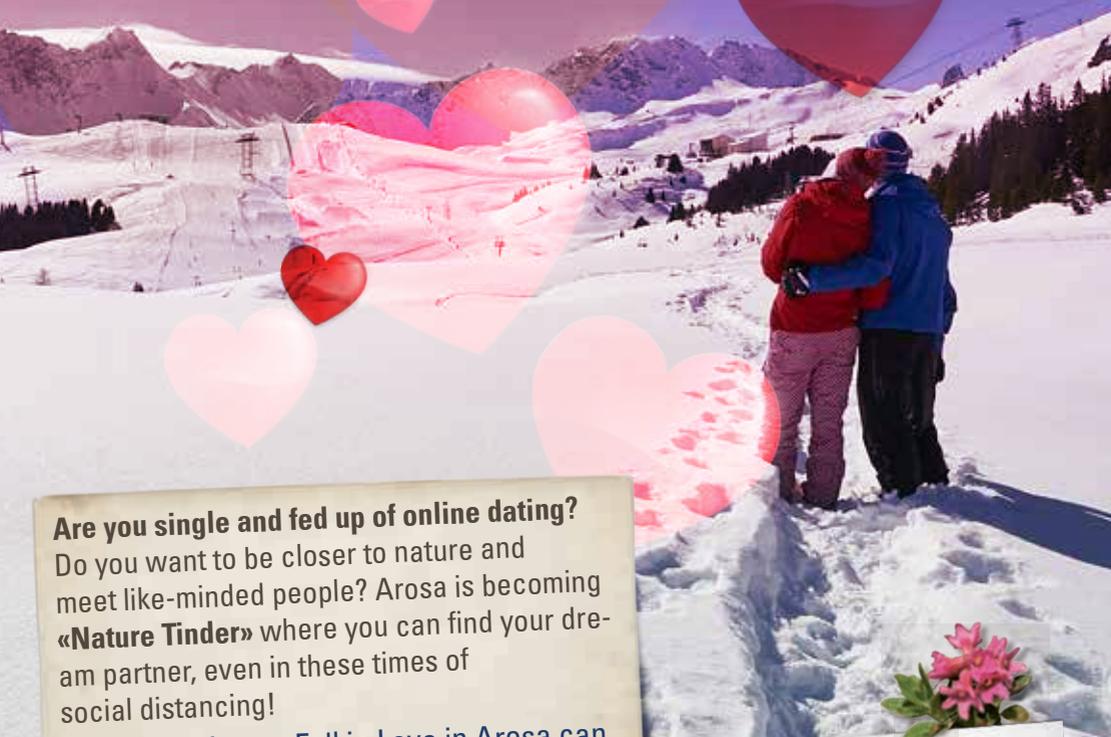
Arosa Music Course Weeks

The Arosa Music Course Weeks have been held in Arosa from June to October since 1987. The mostly one-week courses are attended annually by 1400 participants (amateurs, students and professionals). 250 experienced course instructors from Germany and abroad are involved. Among the more than 130 courses, there are very different instrumental courses, chamber music weeks, singing courses etc. in all styles, from classical to jazz to folk music. More information at musikkurswochen.ch.

Kulturhuus Schanfigg

The Schanfigg Culture House (“Kulturhuus”) is a cultural meeting place for locals and guests in Langwies, open Wednesdays from 2.00 p.m. – 5.00 p.m. The association cultivates and promotes the original culture of the Schanfigg in its traditional and contemporary form. The Kulturhuus is also home to the Schanfigg Cultural Archive, the Raetica Library, a lending library for Alpine literature and an exchange library. The association regularly organises events such as lectures, readings, film evenings and exhibitions. More information in the A–Z info list under “Culture” on page 87.

Fall in Love in Arosa



Are you single and fed up of online dating?
Do you want to be closer to nature and meet like-minded people? Arosa is becoming «**Nature Tinder**» where you can find your dream partner, even in these times of social distancing!

All information on Fall in Love in Arosa can be found under arosalove.ch.

Will thrill your senses.



Well-being in Arosa

Arosa makes you feel good. Not just outside in nature, but also in many of our hotels and other establishments. Enjoy relaxing moments with a massage, free your mind and enjoy the spa facilities or keep fit in one of the gyms or swimming pools. Total relaxation and peace can be found in a number of spa establishments.

A list of all establishments can be found in the A-Z contact list under "Fitness", "Swimming pools", "Massage" and "Spas".

Indoor activities

If you would like to spend some time indoors during your stay in Arosa, we have a few suggestions for you. You can find contacts in the A-Z info list starting on page 78 under the respective initial letter.

Family experiences

Have an unforgettable experience with your children and family. These experiences are also suitable for rainy days.

- Indoor playground bear cave or Bear Gang Programme"
- Bear-Story-Brunch at „Brüggerstuba"
- Kita Sunnastrahl daycare
- Library and toy library



Cultural events

Many cultural events take place indoors – for example, in the beautiful Bergkirchli, one of the other two village churches, in hotels or museums.

- Sightseeing or concerts in Bergkirchli
- Visit to the Local History Museum „Eggahuus"
- Visit to Schanfigg Culture Centre with the Raetica Library
- Arosa Kultur cultural programme



Wellness & enjoyment

Let it storm outside and relax in the wellness areas of our hotels or treat yourself to a massage.

- Hotel Astoria, Hotel BelArosa Suiten & Wellness, Blatter's Arosa, Golf- & Sporthotel Hof Maran, Tschuggen Grand Hotel, Valsana Hotel & Appartements, Waldhotel Arosa
- Various massage therapists in the village



Games

Spend your time playing a fun game indoors. In Arosa, you have the opportunity to enjoy the following indoor games with family and friends:

- Pool
- Bowling
- Darts
- Chess
- Table football



Sports activities

In addition to the numerous sports activities that you can do outside in Arosa in summer, the village also offers indoor sports facilities.

- Ice sports on the rink (Sports- and Conference Centre)
- Fitness centre in the hotels
- Golf: covered driving range
- Indoor pools
- Tennis courts



Other activities

- Shopping in the village
- Village or mountain restaurants and cafés
- Visit to the Maran Dairy



MICE / Group and Company Events

Arosa MICE organises your staff outings, your management board meetings or the club weekend trip. We are happy to assist you in all of your planning, from initial contact and the perfect implementation to the end of your event. With our inside knowledge and dedication, we can organise the perfect event for you, from arrival to accommodation and programme, including seminar and conferences. We can provide you with a programme of in- and outdoor activities aimed at promoting team building, better communication and motivation, or just having a good time together. Whether you prefer fun and action or a cosy cabin atmosphere, don't hesitate and get in touch to see what we can offer. The conference centre Arosa has the perfect room for every kind of event, from small meetings, workshops, trainings, exhibitions to big cultural and sports events with full service.

ROOMS	SIZE	PRICES CHF	CONCERTS/THEATER	BANQUET	BLOCK	SEMINAR
Erzhorn Conference Room	310 m ²	1400.00	380	240	–	144
Champions Lounge*	38 m ²	250.00	40	20	24	24
Arosa Lounge*	38 m ²	250.00	40	20	24	24
Seminar Room Schiesshorn*	24 m ²	200.00	25	–	18	14
Seminar Room Weissshorn*	24 m ²	200.00	25	–	18	14
Seminar Room Furkahorn*	24 m ²	200.00	25	–	18	14
Seminar Room Aroser Rothorn*	24 m ²	200.00	25	–	18	14
Seminar Room Hörnli	19 m ²	200.00	12	–	10	–
Event Hall ((covered ice field)	1740 m ²	2400.00	1800	550	–	340

All conference facilities (incl. seminar rooms, foyer, conference hall and lounge) **CHF 2000.00**

All conference facilities and event hall **CHF 3000.00**

Discounts apply for multi-day bookings. Prices excl. VAT.

*Can be combined

More seminar rooms in Arosa

Tschuggen Grand Hotel Arosa (foyer and two seminar rooms)

tschuggen.ch

Arosa Kulm Hotel & Alpin Spa (Panorama Hall and six seminar rooms with daylight)

arosakulm.ch

Waldhotel Arosa (one conference room, forum for up to 220 guests, seven seminar rooms with daylight)

waldhotel.ch

Valsana Hotel & Appartements (foyer, creative room and workshop)

valsana.ch

Contact: Bianca Müller, Head of MICE & Sales, Sports and Conference
+41 81 378 70 27, mice@arosa.swiss, kongress-arosa.ch





Arosa Lenzerheide Mountain Experiences

Experience fascinating feelings and unique experiences in the Grison Alps. Watch the sun rise behind a thousand mountain peaks, sleep in the open air and enjoy the views. You will enjoy a starry sky and culinary delicacies with a view over the mountain panorama.

You can find further information on the Lenzerheide Arosa mountain experiences at arosalenzerheide.swiss/mountain-moments-summer.

Mountain railways operating times

Aerial cableway Arosa – Weisshorn 1 st section Arosa – Middle station	open daily: 12.06. – 24.10.2021 Weekend service: 29.05. – 30.05.2021, 04.06. – 06.06.2021, 30.10 – 28.11.2021	9.00 a.m. – 5.00 p.m., last descent 5.40 p.m. from the middle station
Aerial cableway Arosa – Weisshorn 2 nd section Middle station – Weisshorn Summit	open daily: 12.06. – 24.10.2021 Weekend service: 30.10. – 28.11.2021	9.10 a.m. – 5.10 p.m. last descent 5.30 p.m. from Weisshorn
Hörnli-Express Gondola valley–Mountain	open daily: 26.06. – 24.10.2021	8.45 a.m. – 4.30 p.m., last descent 4.45 p.m. from Hörnli
Urden aerial railway Hörnli–Urdenfürggli Urdenfürggli–Hörnli	open daily: 26.06. – 15.08.2021, 02.10. – 24.10.2021 Weekend service: 21.08. – 26.09.2021	Hörnli – Urdenfürggli from 9.15 a.m. – 4.45 p.m. every 30 minutes Urdenfürggli – Hörnli from 9.30 a.m. – 4.30 p.m. every 30 minutes
Panoramic Cableway Heidbüel Churwalden – Heidbüel	open daily: 19.06. – 24.10.2021 Weekend/holiday hours: 13. – 16.05., 22. – 24.05., 29. – 30.05., 03. – 06.06. and 12. – 13.06.2021	9.00 a.m. – 4.30 p.m., last descent 4.30 p.m. 9.00 a.m. – 4.00 p.m., last descent 4.00 p.m.
Chairlift Tgantieni Val Sporz–Tgantieni	open daily: 03.06. – 24.10.2021	9.00 a.m. – 4.45 p.m., last descent 5.00 p.m.
Chairlift Scalottas Tgantieni – Piz Scalottas	open daily: 03.06. – 24.10.2021	9.15 a.m. – 4.30 p.m., last descent 4.45 p.m.
Chairlift Weisshorn Speed	open daily: 26.06. – 15.08. and 02. – 24.10.2021 Weekend service: 21.08. – 26.09.2021	8.45 a.m. – 4.30 p.m.
Rothorn 1 aerial cableway Canols – Scharmoïn	open daily: 03.06. – 24.10.2021 Weekend/holiday hours: 13. – 16.05.2021, 22. – 24.05.2021, 29. – 30.05.2021 Weekend/holidays hours: 30.10. – 28.11.2021 Rothorn axle for pedestrians/bikers* Heimberg axle for snow sports**	8.30 a.m. – 5.00 p.m., last descent 5.00 p.m. 8.30 a.m. – 4.00 p.m., last descent 4.00 p.m. 8.30 a.m. – 4.00 p.m., last descent 4.00 p.m.
Rothorn 2 aerial cableway Scharmoïn–Rothornpipfel	open daily: 26.06. – 24.10.2021	8.40 a.m. – 4.20 p.m., last descent 4.50 p.m.

* in case of snow-free track and dry weather | ** in case of possible ski operation

Subject to change due to weather and weather conditions.

You can find further information on the operating times of the mountain railways at: arosalenzerheide.swiss/summer/operating-hours.

#entdeckelenzerheide

The holiday region of Lenzerheide is waiting to be explored, in winter and summer. Whether sporty, cosy, solo, in a group or as a family - everyone is invited to (re)discover Lenzerheide.

What will you choose? A gentle walk, trail running or a journey back in time? Outdoor adventures and exciting discoveries are waiting for you. Three of our highlights are described below.

Share your experiences with us using #entdeckelenzerheide.
[arosalenzerheide.swiss/entdeckelenzerheide](https://www.arosalenzerheide.swiss/entdeckelenzerheide)

THE BIG FIVE – Trail Running

Lenzerhorn, Rothorn, Stätzerhorn, Piz Danis and Piz Scalottas are THE BIG FIVE in the Lenzerheide region. But can you run them in one day? This very challenging day tour promises breathtaking views and varied trail sections. Surefootedness and experience of trail running are two obvious prerequisites for THE BIG FIVE.



Familien Challenge

Discover the "Fascination of Biathlon" as a family. The combination of concentration and precision when shooting as well as an endurance session make biathlon challenging for both body and mind. During the Family Challenge you have two hours to complete a biathlon course with an air rifle as well as a "Target and Fun" course in which family members can compete against each other. The Family Challenge is supported by the Biathlon Arena Lenzerheide Foundation.

Historic Buildings

Travel back in time and discover the hidden architectural treasures of the upper Lenzerheide valley. In addition to the ruined castles of Belfort and Nivagl, there are also other ruined castles and historic buildings to explore. Hear the stories of the barons of Vaz/Oberbaz from our local expert guide.

Schanfigg

The Schanfigg valley stretches from Maladers to Arosa, from the Plessur in the valley floor to the Matijschhorn and into the side valleys of Fondei and Sapün. In Schanfigg, you can enjoy the quiet pace of rural culture and hospitality. Visit the guest houses, taverns and village shops in the valley or experience the landscape while walking or mountain biking.

All contact details for the companies in Schanfigg, which are mentioned here, can be found in the A–Z info list “Schanfigg” from page 90. In addition, there is a foldable flyer “Streifzüge durch das Schanfigg”, which provides you with information on the services offered in Schanfigg. Please ask for the flyer at the guest info booth or in the Schanfigg.

Tourism

The municipality of Arosa has introduced a new tourism law for the entire municipality of Arosa by referendum. This law will now be successively

implemented and adapted with the start of the 2021 summer season. In future, Arosa Tourism will also be responsible for the tourist offers in the Schanfigg valley. This is done in close coordination with the tourism service partners in the valley communities. If you have any questions, please contact Arosa Tourismus at arosa@arosa.swiss or +41 81 378 70 20.

Public transport

In Schanfigg, the famous Rhaetian Railway runs between Chur and Arosa. In addition, a post bus runs from Chur to Peist and back, and the traditional post bus runs between Tschierschen–Molinis–Triemel.

Hochwang Archery Park

An extraordinary adventure is the Hochwang Archery Park (“Bogenparks Hochwang”) in the heart of the Schanfigg. In the secluded Fatsche-lerwald, high above the tree line between Triemel and Hochwanghütte and around

Fasolis near Pagig, you will find our exciting trails. All parks are equipped with 28 3-D animals. Barbecue areas and restaurants invite you to relax. Introductory courses are mandatory for all beginners. An exciting experience for young and old.

bogenpark-hochwang.ch

Vintage post bus

With the vintage post bus, the right and left sides of the valley have fulfilled a heart’s desire. From the end of June to October, the pretty yellow post bus runs every weekend at fixed times from St. Peter Molinis railway station via Tschierschen to the Farur Alp and back, as well as to the other side of the valley to St. Peter, Fatschel and on to the Hochwanghütte. During the holidays, the vintage post bus drives from Wednesday to Sunday

nostalgiepostauto.ch

Culture

Details about the Kulturhuus Schanfigg in Langwies can be found on pages 62 and 63 under “Culture”.

Events

In summer, the Schanfigg hosts numerous cultural events.

- Experience Strassberg: Walser cultural tour in Fondei
- Cheese show: in the old dairy of Strassberg-following old traditions
- Guided tours in the old church of Lüen
- Every two years: Peister Alpfest (2021)
- Food bar in Peist on 19.06.2021



Foto: © Nina Martli



Foto: © Nina Martli

Schanfigg

Hiking and mountain biking

The landscape in Schanfigg is impressive and spacious. The panorama on the Schanfigger High Trail ("Höhenweg") or the picturesque side valleys of Fondei and Sapün are just as enchanting as Medergen or the region around Hochwang. Pure nature is here! Experience this unspoiled cultural landscape on foot or on (e-)bike. The Schanfigger High Trail between Calfreisen and Pirigen, an excursion to Strassberg, Sapün or Medergen are highly recommended.

Mountain inns

Canton Graubünden specialties, country-style charm and beautiful Walser houses: these are the characteristics of the mountain guest houses in Schanfigg. Visit the Heimeli, the Casanna, the mountain guesthouse Strassberg, the Hochwanghütte or the Alpenrose in Medergen and enjoy the cosiness and the view.

Accommodation & Restaurants

In Litzirüti, Langwies, Peist and St.-Peter-Pagig you will find accommodation options within the valley. In some of the above-mentioned mountain guest houses, it is also possible to stay overnight. In addition, the Naturfreundehaus near Medergen offers beds (self-catering).

Shopping facilities

In the villages Langwies, Peist and St. Peter-Pagig, there are village shops. There you will find a great selection for daily use as well as many local products. In addition to the village shops, there are also farm shops where you can buy food directly from the farm.



AROSA TOURISM

Arosa
Sports- and Conference Centre
7050 Arosa

+41 81 378 70 20
arosa@arosa.swiss
arosalenzherheide.swiss/arosa

Business hours Information desk

Monday–Friday	8.00 a.m. – 6.00 p.m.
Saturday	9.00 a.m. – 5.00 p.m.
Sunday	9.00 a.m. – 12.30 p.m. 1.30 a.m. – 5.00 p.m.

AROSA BERGBAHNEN AG

Arosa
Bergbahnen

Seeblickstrasse 29
7050 Arosa

+41 81 378 84 84
info@arosabergbahnen.ch
arosalenzherheide.swiss

MUNICIPALITY OF AROSA



Town Hall
Poststrasse 168
7050 Arosa

+41 81 378 67 67
gemeindearosa.ch

Business hours

Monday–Friday	8.00 a.m. – noon 2.00 p.m. – 5.00 p.m.
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LOST AND FOUND

+41 81 378 67 17
polizei@gemeindearosa.ch

URGENT AID / AMBULANCE / EMERGENCY

Physicians

Dres. V. Meyer & M. Walkmeister
Practice for general medicine
+41 81 377 27 28

Arosa Medical Centre
Poststrasse 18 (Valsana complex)
+41 81 377 14 64

Dentist Arosa

Dr. med. dent. Nicola Bianco
Poststrasse 115 (Bus stop Zentrum)
+41 81 377 23 27

Emergency medical service

In urgent medical emergencies, you can receive medical advice by calling the following number

Emergency doctor on duty	0848 7050 00
Ambulance & paramedics	144
Amulance Arosa	+41 81 377 60 60

Pharmacy Montana Pill

Poststrasse 58, 7050 Arosa
montana@pill.ch
pill.ch
+41 81 377 15 22

Arosa Cantonal Police

+41 81 257 76 70

Arosa Municipal Police

+41 81 378 67 17

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Novemberhigh

Above the clouds, freedom and sun await you!
Mountain railways weekend operation 30 October to 28 November 2021!



ACCOMMODATIONS

All information about Arosa accommodations can be found online at arosalenzherheide.swiss/en/Accommodation-Tickets.

ALPINE DAIRY

Maran +41 81 377 22 77
7050 Arosa, sennerei-maran.ch

ALPINE MEDICAL EMERGENCY 144

Alpinmedic Arosa +41 81 377 60 60
Tomelistrasse 2, at Verladestation RhB.
gesundheitarosa.ch

Rental of medical supplies, medical event equipment and first aid training courses.

ALTERNATIVE MEDICINE

Dr. Annett Härtel +41 81 378 98 50
Specialist FMH dermatology, venereology, phlebology, laser medicine, anti-aging medicine, acupuncture and aesthetic medicine, Tschuggen mountain oasis in the Tschuggen Grand Hotel.

Elisabeth Fraefel Russi +41 81 377 06 82
Graduate acupuncturist TCM-FVS and naturopath, acupuncture, phytotherapy, nutritional counselling, Höhwaldpraxis Pradadens.

Praxis Praktisch Gesund +41 79 373 05 66
Barbara Krause
TCM Naturopath, certified TCM therapist, acupuncture, acupressure, Tuina, Qi-Gong, med. massage therapist EFA. Appointments by prior arrangement.

ATTORNEYS AT LAW

RTR Rechtsanwälte AG +41 81 377 27 70
Dr. Reto Thomas Ruoss
reto.ruoss@ruossvoegele.ch
ruossvoegele.ch

AUTO REPAIR SHOPS

Garage Arpagaus AG +41 81 377 35 71
Garage Castelli +41 81 377 10 10
ACS breakdown service +41 44 283 33 77
TCS breakdown service +41 800 140 140

BABYSITTING

A babysitter list and a salary recommendations are available from Arosa Tourism.

(arosa@arosa.swiss or +41 81 378 70 20).

BAKERY/ CONFECTIONERY / PASTRY

Café & Confiserie Gadiert's Gnuss Puur +41 81 356 50 40
post@gnuss-puur.ch
gnuss-puur.ch

Bäckerei-Konditorei M. Weber +41 81 377 12 48
weberarosa@deep.ch
weberarosa.ch

Café Postplatz +41 81 556 11 55
arosa@postplatz.cafe
postplatz.cafe

BANKS / ATMS

Credit Suisse +41 81 378 62 20
Postplatz

Cantonal Bank of Graubünden +41 81 378 57 57
Poststrasse and Arosa train station

UBS Switzerland AG +41 81 378 79 79
Poststrasse

You can withdraw cash from ATMs at the banks, at the post office and at the Arosa railway station. There are no ATMs in Innerarosa.

BARRIER-FREE AROSA

Arosa has a wide range of wheelchair-accessible facilities. All details about the infrastructure and activities can be found at arosalenzherheide.swiss/arosa/barrier-free.

BARS, LOUNGES, CLUBS

Bellini Vini & Spuntini +41 81 377 17 17
Brüggli-Bar +41 81 377 34 68
Güterschuppen +41 81 544 79 45
Halli Galli +41 77 458 71 46
Lamm & Leu, Bar & Lounge +41 81 377 13 66
Lindemann's Overtime Bar with Fumoir +41 81 377 55 55
LOS Café Bar +41 79 912 14 09
Provisorium 13 +41 81 377 12 16
Smalls +41 79 275 79 59
Waldeck +41 81 377 20 42
Wandelbar, Kursaal +41 79 784 66 88
Wunderbar, Kursaal +41 79 784 66 88

Hotel bars
Alpensonne Bar, Hotel Alpensonne +41 81 377 15 47
Arvenbar, Blatter's Arosa Hotel +41 81 378 66 66
Astoria-Arvenbar mit Lounge, Hotel Astoria +41 81 378 72 72
Cheminée-Bar, BelArosa Hotel +41 81 378 89 89
Charlotte, Hotel Seehof +41 81 377 55 05
Felsenbar, Hotel Hohenfels +41 81 378 56 56
Hotelbar, Golf- & Sporthotel Hof Maran +41 81 378 51 51
Orelli Bar, Hotel Asora +41 81 377 12 08
Hotel Sunstar Arosa +41 81 378 77 77
Tschuggen Bar & Cigar Lounge +41 81 378 99 99
Kamin Lounge, Valsana Hotel & Appartements +41 81 378 63 63
Hotelbar & Alpin Lounge, Waldhotel Arosa +41 81 378 55 55

BEAR CAVE INDOOR PLAYGROUND

Kalkofenstrasse 45 +41 81 378 70 20
facebook.com/baerenhoehlearosa
Indoor playground for children (ideal from 1 to 10 years).

BEAR SANCTUARY

Opening hours in spring 2021
- Ascension Day: 13. – 16.05.2021
- Whitsuntide: 22. – 24.05.2021
daily from 9.00 a.m. – 5.00 p.m.

The opening of the Arosa Bear Sanctuary outside the two above stated extended weekends depends on the weather and the behaviour of the bears (decision for an additional opening is always made on the Monday of the respective week / communication via the Arosa Bear Sanctuary website).

Opening hours summer 2021
The Arosa Bear Sanctuary will be open from 12.06. – 24.10.2021 as follows:
Daily from 9.00 a.m. – 5.20 p.m.

arosabaerenland.ch/eng

BIKE RENTAL

AROSABIKE, at Hotel Provisorium13 +41 79 479 99 43
Gisler Sport, in Valsana Hotel & Appartements +41 81 378 63 84
Luzi Sport AG +41 81 377 35 43
Waldhotel Arosa Bikes and E-Bikes +41 81 378 55 55

BIKE SCHOOLS

Arosa Bikeschool +41 81 378 75 00
REMA Bikeschule Arosa +41 79 198 25 14

BUS SCHEDULE

The Arosa bus schedule can be found in a separate flyer or at arosalenzerheide.swiss/arosa/bus.

CAMPING

Camping Arosa +41 81 356 52 43

An idyllic place in the middle of nature – camping in Arosa: both in summer and winter. The Arosa campground can accommodate 20 campsites. It is only a 10 minute walk from the centre of the village. A separate sanitary building with separate showers and toilets as well as a lounge with kitchen are available for guests at all times.

Detailed information with prices and contact details can be found at camping-arosa.ch or info@camping-arosa.ch. We wish you a pleasant stay at camping Arosa.

Camping on public property outside of the campsite is forbidden.

CHESS

Garden chess at Obersee

CHILDREN / FAMILY

All offers for your children and family holidays in Arosa can be found from page 50 onwards or at arosalenzerheide.swiss/arosa/families.

COACH RIDES

Information and reservations for horse-drawn carriages can be obtained directly from the stand at the railway station or by calling:

Franz Weinbach	+41 81 377 41 96
Jakob Meier	+41 79 223 61 64
Jennifer Meier	+41 77 417 61 37

The carriage rides cost between CHF 100.00 and CHF 150.00 per hour. From 6.00 p.m., a 25 % surcharge applies. Waiting time fee: CHF 50.00 per hour.

COMMUNITY

Municipal administration +41 81 378 67 67
gemeindearosa.ch

CONCERTS

You can find all concerts in the calendar of events at arosalenzerheide.swiss/en/arosa/events or at arosakultur.ch.

CULINARY SERVICE

Find out more about Arosa's culinary offerings through the culinary booklet or on arosalenzerheide.swiss/arosa.

CULTURAL EVENTS

You can find out more about our events in the new brochure "Top Events" or in the event calendar at arosalenzerheide.swiss/en/arosa/events.

CULTURE

Arosa Kultur +41 81 353 87 47
7050 Arosa
info@arosakultur.ch
arosakultur.ch

Kulturhaus Schanfigg +41 77 536 68 81
7057 Langwies
info@kulturhaus-schanfigg.ch
kulturhaus-schanfigg.ch

DOCTOR / EMERGENCY MEDICAL SERVICE

Drs. V. Meyer & M. Walkmeister +41 81 377 27 28
Arosa Medical Centre +41 81 377 14 64
Dentist Arosa +41 81 377 23 27
Dr. med. dent Nicola Bianco

Medical emergency service. In urgent medical emergencies, you can receive medical advice by calling the following phone number.

Emergency doctor on duty 0848 7050 00
Ambulance & paramedics 144

DRIVING PERMITS

Municipality of Arosa +41 81 378 67 62
Applications for driving permits for certain alpine, freight and forest roads can be done at the municipality of Arosa. All information can be found on the website gemeindearosa.ch.

ELECTRIC VEHICLES

In the Brüggli and Ochsenbühl multi-storey car parks there are two electric charging stations that can charge two vehicles simultaneously up to 22 kW. E-scooters and e-bikes can also be plugged in. Further information can be found at arosaparking.ch.

The hotels Blatter's Arosa Hotel, Sunstar Alpine Hotel Arosa, Hotel Arlenwald, Wald-hotel Arosa, Tschuggen Grand Hotel and Valsana Hotel & Apartments also offer electric charging stations in their garages. Further information is available at lemnet.org.

In addition, electric scooters can be rented from Red by Armin Roth.
Details at red-by-armin-roth@gmx.ch or +41 78 615 78 92.

ELECTRICITY

Arosa Energie, naturally from water +41 81 378 67 86
info@arosaenergie.ch
arosaenergie.ch

ELECTRONICS AND HOUSEHOLD

Bassi Elektro AG +41 81 378 78 78
info@bassiarosa.ch

Elektro MM AG +41 81 377 36 36
info@elektro-mm.ch

Flüeler Hauswaren +41 81 377 12 77
flueeler@hauswaren.ch

FASHION

Blue Wave Boutique +41 81 377 30 22
Boutique Bianca's Fashion +41 81 377 07 00
Boutique Jelen +41 81 377 25 26
ursjelen.com

Carmen's Mode +41 81 356 50 89
carmensmode.ch

Schlittenkönig +41 78 725 04 40
schlittenkoenig.ch

FISHING

fv-arosa.ch

Fishing times in Obersee and Untersee 01.05.–15.10.2021, 5.00 a.m.–10.00 p.m. (subject to change). Fishing is prohibited in the bathing area from 9.30 a.m.–7.00 p.m. when the weather is clear. Fishing is generally forbidden in the bathing establishment!

Fishery Patents Prices

Day pass CHF 35.00
2-day pass CHF 50.00
weekly pass CHF 105.00
2-week pass CHF 135.00

FITNESS

Bel Arosa Suiten & Wellness +41 81 378 89 89
Fitnessclub Valsana
Hotel & Appartements +41 81 378 63 63
Golf & Sporthotel Hof Maran +41 81 378 51 51
Sunstar Hotel Arosa +41 81 378 77 77
Tschuggen Grand Hotel +41 81 378 99 99
Waldhotel Arosa +41 81 378 55 55

FLOWER SHOP

Didi's Blumenladen +41 81 377 38 71

GOLF

info@golfarosa.ch +41 81 377 42 42
golfarosa.ch

HAIRDRESSERS

Coiffure Duo Style, +41 81 377 40 60
Galerie Obersee

Coiffure Peter Haus Hermann +41 79 650 35 79

No Limits Süsswinkel +41 81 377 07 72

Coiffeur Bergoase, +41 81 378 99 99
Tschuggen Grand Hotel

HEALTH FOOD SHOPS

Naturladen +41 81 377 50 50
Organic and health-related products, Haus Derby b.
Obersee Dietetic foods, food supplements, gluten-,
wheat- and dairy-free foods, natural produce.

HEALTH

Gesundheit Arosa AG +41 81 378 85 85
Umbrella organisation of the companies Alterszentrum
Arosa, Ambulanzstützpunkt Arosa, Medizinisches Zen-
trum Arosa and Spitex Region Schanfigg. Through this
merger, Arosa has created the basis for a competent,
innovative and comprehensive regional health service.
gesundheitsarosa.ch

Yogarosa

Yoga Gruppenkurse & Privatstunden
yogarosa.ch
onja@yogarosa.ch

Life-Coaching ZeiTraum +41 79 414 44 52
Quellweg 2, 7050 Arosa
info@retofritz.ch
retofritz.ch
Holistic psychological coaching, Group and individual
meditations, Outdoor Activities

Mal- und Gestaltungstherapie +41 76 337 07 41
Painting workshops
Diana Schiavoni
diana@artecalma.ch
artecalma.ch

HIKING SHOPS

Carmenna Sport +41 81 377 12 05
Gisler Sport +41 81 378 63 84
namuk Pop-Up Store +41 76 445 37 38
Schmid Sport +41 81 377 25 95
Sprecher Sport +41 81 377 12 07

HOLIDAY APARTMENTS

You can find all the information about the Arosa
vacation apartments in our accommodation brochure
or online at arosalenzheride.swiss/marketplace.

HOTELS

All information on Arosa hotels can be found in our
accommodation flyer or online at
arosalenzheride.swiss/en/Accommodation-Tickets.

HOUSING

Bad & Bett +41 81 377 17 04
Swiss stone pine products, terry and bed linen, etc.
info@bad-bett.ch
bad-bett.ch

Flüeler Hauswaren +41 81 377 12 77
hauswaren.ch
Household and home accessories, gardening tools
and hardware.

Home Sweet Home +41 81 377 17 04
hsh-arosa.ch
Floor coverings, upholstery, curtains etc.

Meisser AG Innenausbau +41 81 377 13 95
info@meisser.eu
meisser.eu

Kitchen, bathroom and interior design, furniture
and repairs, planning and execution of conversions
and renovations.

ICE SPORTS

At the ice rink +41 81 378 70 20
See page 17 for details.

INDOOR BATHS

BelArosa Adventure +41 81 378 89 89
Mountain Lake
BelArosa Suites & Wellness
(18.06. – 17.10.2021)
Spa (32°C) with bubble loungers, massage bench,
neck splash, massage jets and a 25 m water slide.

Spa 9.00 a.m. – 8.00 p.m., Mondays to 10.00 p.m.
sauna area 2.30 p.m. – 7.30 p.m.
Monday evening pool and sauna until 10.00 p.m.

Reservation required. We reserve the right to restrict
the admission of outside guests.

Blatter's Hotel +41 81 378 66 66
(11.06. – 05.09. and 24.09. – 24.10.2021)
Open daily from 7.30 a.m. – 7.30 p.m., mountain
swimming pool 17x7 m (28°C) with outdoor Jacuzzi

Admission for children aged 4 and over.

For quality reasons, the management may restrict the
entry of outside guests. Reservation required.

Tschuggen Bergoase +41 81 378 95 95
Tschuggen Grand Hotel
Opening hours on tschuggen.ch

Unique wellness facility by Mario Botta. Appointments
for massage, beauty, hairdresser, medical wellness
Reservation required.

Waldhotel Arosa +41 81 378 55 55
(11.06. – 17.10.2021)
Aqua Silva: indoor swimming pool (30°C), 13x6 m.
Swimming pool opening hours: 7.00 a.m. – 7.30 p.m.
For quality reasons, the management may restrict
the entry of outside guests.

INSURANCE

AXA +41 81 377 14 31
Arosa Branch Office
Matthias Weber, Poststrasse 56, 7050 Arosa
arosa@axa.ch
axa.ch/arosa

Die Mobiliar +41 81 377 27 20
Insurance and pension

Heini Staub +41 81 254 21 31
Alteinstrasse, Haus Badrutt, 7050 Arosa
heini.staub@mobi.ch
mobichur.ch

ÖKK, Agentur Arosa +41 58 456 13 10
Haus Kreditanstalt, Postfach 164, 7050 Arosa
arosa@oekk.ch
oekk.ch

INTERNET HOTSPOTS

Arosa Tourismus +41 81 378 70 20
Brüggerstuba +41 81 378 84 25
Café Postplatz +41 81 556 11 55
LOS Café Bar +41 81 356 56 10
360° Panoramarestaurant
Weisshorn Gipfel +41 81 378 84 02
Provisorium 13 +41 81 377 12 16
Restaurant Twist,
Valsana Hotel & Appartements +41 81 378 63 63
Wunderbar, Kursaal +41 81 356 53 07

JEWELLERS & SHOPS

Arosa Tempus +41 81 377 06 18
Haute Horologerie
info@arosatempus.ch
arosatempus.ch

Zaugg Jewellery GmbH +41 81 377 18 65
zaugg-arosa@bluewin.ch
zaugg-jewellery.store

KITA SUNNASTRAHL AROSA

Daycare facilities in Arosa +41 81 378 75 07
info@kitaarosa.ch
kitaarosa.ch

LIBRARY

In the school building, 7050 Arosa +41 79 717 99 09
bibliothek@schulearosa.ch
winmedio.net/arosa

Additionally the Kulturhuus Langwies has a historical library (Raetica).
Details at kulturhuus-schanfigg.ch

LOST AND FOUND

Arosa Municipal Police +41 81 378 67 17

MASSAGE THERAPY

BelArosa Wellness +41 81 378 89 79
Blatter's Hotel +41 81 378 66 66
Golf- & Sporthotel Hof Maran +41 81 378 51 51
Höhwald Praxis (Acupuncture) +41 81 377 06 82
Maak Benjamin, Eissporthalle +41 76 266 47 69
Praxis Praktisch Gesund, Hotel Hold +41 79 373 05 66
Schneider Ricardo, Med. Zentrum Valsana +41 78 900 98 96
Tschuggen B ergoase, Tschuggen Grand Hotel +41 81 378 99 99
Valsana Hotel & Appartements +41 81 378 63 63
Waldhotel Arosa +41 81 378 55 55

MINI GOLF

Arosa Bear Sanctuary +41 81 378 70 20

MOUNTAIN RAILWAY

Aerial cableway Arosa–Weisshorn (LAW) +41 81 378 84 84
12.06. – 24.10.2021

1st section 9.00 a.m. – 5.00 p.m.
(last descent from middle station 5.40 p.m.)
2nd section 9.10 a.m. – 5.10 p.m.
(last descent from Weisshorn summit 5.30 p.m.)

Hörnli-Express gondola +41 81 378 84 84
26.06. – 24.10.2021
8.45 a.m. – 4.30 p.m.
(last descent from mountain station 4.45 p.m.)

Arosa Lenzerheide Urden aerial railway +41 81 378 84 84
26.06. – 15.08.2021 and 02.10. – 24.10.2021
Daily operation
21.08. – 26.09.2021
Weekend operation

Hörnli–Urdenfürggli from 9.15 a.m. – 4.45 p.m. every 30 minutes
Urdenfürggli–Hörnli from 9.30 a.m. – 4.30 p.m. every 30 minutes

Bike transport: With the Arosa Card, you need to have a ticket for all lifts of the mountain cableways.

MOUNTAIN RESTAURANTS

Alpenblick +41 81 377 14 28
Brüggerstuba +41 81 378 84 25
Carmennahütte +41 81 377 22 96
Hörnlihütte +41 81 377 15 04
Ochsenalp Bergbeizli +41 81 377 42 31 / +41 76 392 74 73
Prätschalp +41 81 377 22 97
360° Panoramic restaurant Weissshorngipfel +41 81 378 84 02

MUSEUM

Local history museum Arosa-Schanfigg "Eggahuus" +41 81 377 17 31
(14.06. – 22.10.2021)
info@arosa-museum.ch
arosa-museum.ch
Group tours on request with Ms. Ruth Licht
Monday, Wednesday and Friday 2.30 – 4.30 p.m.

NIGHT DRIVING BAN

General night driving ban from midnight to 6.00 a.m.
Exceptions exist for public services and taxis.
Furthermore, arrivals and departures are permitted directly to/from Arosa.

NOVEMBER HIGH

Experience hiking pleasure, summit views and first turns on the ski slopes in November. Enjoy the seamless transition from summer to winter with the "November High" in Arosa.

Start of the November High: 30.10. – 28.11.2021
For further information,
arosalenzerheide.swiss/novemberhigh.

OUTPATIENT CARE / CARE

Spitex Region Schanfigg +41 81 378 85 95
Care and assistance at home.
gesundheitsarosa.ch

PARKING HOUSES

Allow your car to rest for a few days and use the free Arosa bus during your stay. In the multi-storey car parks Ochsenbühl (460 spaces), Brüggli Innerarosa (220 spaces) and Sandhubel (91 spaces), you will find optimal parking options at the following rates (CHF):
Calculate parking rates online: tarife.arosa-parking.ch.

Parking up to

Parking up to	Brüggli & Ochsenbühl
30 Minutes	Free
1 Hour	CHF 1.50
2 Hours	CHF 3.00
3 Hours	CHF 4.00
4 Hours	CHF 5.00
5 Hours	CHF 6.00
1 Day ¹ max	CHF 6.00
2 Days ¹	CHF 12.00
3 Days ¹	CHF 18.00
4 Days ¹	CHF 24.00
5 Days ¹	CHF 30.00
6 Days ¹	CHF 36.00
7 Days ¹	CHF 42.00
8 Days ¹	CHF 48.00
9 Days ¹	CHF 54.00
10 Days ¹	CHF 60.00
11 Days ¹	CHF 66.00
12 Days ¹	CHF 72.00
13 Days ¹	CHF 78.00
14 Days ¹	CHF 84.00
Each following day ¹	+ CHF 6.00

All prices in CHF incl. 7.7% VAT.

The parking fees must be paid at the ticket machine in CHF or EUR (banknotes only) or by EC or credit card before departure. The automatic pay stations are in operation 24 hours a day.

¹The information refers to the maximum price for the indicated number of days (1 day = 24h). Each partial day is calculated in smaller increments up to the daily maximum amount.

NEW! Book/reserve parking space in advance

You have the possibility to reserve a parking space in advance book. Travel to Arosa comfortably and stress-free. Because your parking space is already reserved for you. This Offer valid for the car parks Brüggli-Innerarosa and Ochsenbühl (subject to availability). Book now a car park for your stay in Arosa. Only online bookable in the ticket shop: shop.arosa-parking.ch

Your advantages:

- Guaranteed parking space
 - No additional costs
 - You keep your car key
 - Controlled entry and exit
 - 365/24 Support via emergency call button
- Further information at www.arosa-parking.ch

Balance cards

The balance card for short-term parkers can be credited simply, conveniently and at any time at any checkout in our multi-storey car parks. With the charged card, you can park without having to pay at the cash desk. The parking tariff is calculated according to the current short-term parking tariff plan. The current card balance is displayed on each entry and exit. If the card shows that the credit balance is too low, it can be recharged repeatedly at one of our parking house cash registers.

Three loading amounts are available: CHF 20.00, CHF 50.00, CHF 100.00. If the multi-storey car park is full, you will not be able to drive in! First time use of the balance card: Ticket sales office Rathaus Arosa or in the webshop shop.arosa-parking.ch.

Long-term parking Sandhubel, Ochsenbühl and Brüggli

Long-term parking cards are available starting from one month.

Special conditions apply to these tickets: full summer season CHF 500.00 or monthly rent CHF 100.00/month. Ticket sales point is at the municipal administration in the town hall, 2nd floor (property administration) or in the webshop: shop.arosa-parking.ch.

Outdoor parking

Information on the outdoor parking spaces and the bus parking space can be found at arosa-parking.ch. Payment options are cash (CHF), some credit cards and the "Sepp-App" on all parking spaces.

You will find all information on the electric filling stations under "Electric Vehicles".

Town hall opening hours

Monday to Friday 8.00 a.m. – noon
2.00 p.m. – 5.00 p.m.

Further information +41 81 377 07 33
parkhaus@gemeindearosa.ch
arosa-parking.ch
Twitter/Facebook: @arosaparking

PARKING SPACES AND PARKING BAN

During the summer season all short- and long-term parking spaces in Arosa are subject to a charge. Information at arosa-parking.com.

Arosa has removed parking signage in the interest of maintaining the village's image concerning its many signs. Instead, there is the general zone parking ban, according to which parking is only permitted on the parking spaces marked "P".

The zone parking ban signposted at the entrance to the town applies to the entire area. Camping is forbidden on all parking lots (as well as on public grounds).

PHARMACY

Pill Apotheke & Drugstore Montana +41 81 377 15 22

Poststrasse 58
montana@pill.ch
pill.ch

Medicines, natural remedies, chemicals, perfumery, cosmetics.

Emergencies outside opening hours: +41 79 353 50 22 (subject to charges)

PHOTOGRAPHY

Foto Homberger +41 81 377 17 06
info@fotohomberger.ch
fotohomberger.ch

Nina Mattli Fotografie & Grafik +41 76 518 64 17
mail@ninamattli.ch
ninamattli.ch

Veit Frit +41 79 551 12 34
info@veitfritz.ch
veitfritz.ch

PHYSIOTHERAPY

Beer Marion +41 81 377 38 29
Dipl. Physiotherapist SRK, manual therapy, trigger points, sports physiotherapy, medical strength training and fitness, lymph drainage, appointments by appointment, Home Sweet Home.

Boyce-Bachofner Irene +41 81 377 48 71
physio.boyce@bluewin.ch

Graduate physiotherapist SRK, general physiotherapy, lymph drainage, massages, breathing therapy, scar treatment, appointments by appointment, "Haus Alexandra".

Maak Benjamin +41 76 266 47 69
info@praxis-maak.ch

Graduate physiotherapist SRK, physiotherapist of the EHC Arosa, general physiotherapy, massages and training therapy. Treatments by appointment, location: ice rink.

Schneider Ricardo +41 78 900 98 96
ricardoschneider@gmx.ch

Graduate physiotherapist FH, manual therapy, sports physiotherapy, trigger point / dry needling, Valsana Medical Centre / Arosa Retirement Centre.

POOL, BOWLING, DARTS

Pool
Golf- & Sporthotel Hof Maran +41 81 378 51 51
Hotel Seehof +41 81 377 15 41
Waldhotel Arosa +41 81 378 55 55
Wandelbar +41 79 784 66 88

Bowling
Tschuggen Grand Hotel +41 81 378 99 99

Darts
LOS Café Bar +41 81 356 56 10
Piazza im Kursaal +41 81 377 19 40
Halli Galli +41 79 222 20 79

POST/POSTAL SERVICE

Arosa Post Office +41 848 888 888

RAILWAY STATION

Arosa Railway Station Info +41 81 288 66 21
Rhätische Bahn
Opening hours daily:
8.30 a.m. – 5.45 p.m.

RELIGIOUS SERVICES

Protestant parish +41 79 790 14 71
Pastor Thomas Müller-Weigl and
Pastor Ursula Müller-Weigl

Franziska Jenny Office +41 81 377 14 22

Dorfkirche
Sunday, 10.00 a.m. service

Bergkirchli
04.07., 01.08. and 12.09.2021 at 11.15 a.m. late service
26.09.2021 at 10.00 a.m. church service on Museum Day

Other locations
11.07.2021 at 11.15 a.m. Service with the Festivalchor at the Waldbühne (forest stage)
22.08.2021 at 11.15 a.m. ecumenical worship service on the Prätischalp

Catholic parish +41 79 430 66 15
«Maria Himmelfahrt»
Catholic Parish Office (priest Krzysztof Malinowski)
pfarramt@himmelfahrt.ch
himmelfahrt.ch

Service Holy Mass Monday and Saturday at 5.00 p.m.
Monday, 5.00 p.m. Rosary prayers
Sunday, 10.00 a.m. Holy Mass

For further services / events / changes please note the showcases of the Catholic parish or the Arosa newspaper.

RESTAURANTS

Please inform yourself about the Arosa's culinary offerings through our culinary guide or on arosalenzerheide.swiss/arosa

RETIREMENT AND NURSING HOME

Alterszentrum Arosa +41 81 378 85 85
alterszentrum-arosa.ch
 Care and assistance for elderly people in need of care.

ROPE PARK

On the Waldfestwiese +41 81 356 54 07
 See page 14 for details.
arosalenzerheide.swiss/ropepark

SCHANFIGG

Langwies mountain guest houses
Casanna in FONDEI +41 81 374 20 82
Strassberg in FONDEI +41 81 374 22 32
Heimeli in Sapün +41 81 374 21 61
Alpenrose in Medergen +41 79 766 84 14
Naturfreundehaus bei Medergen +41 76 445 79 74
 (house-keeping units) naturfreunde.ch
bruno.zanin@bluewin.ch

St. Peter-Pagig
Skihaus Hochwang +41 79 282 64 47
Panoramarestaurant Triemel +41 81 374 16 33

Tourist agencies & municipalities
Langwies tourist office +41 81 374 22 55
info@langwies.ch
langwies.ch

Hochwang Tourism +41 79 446 74 04
hochwang-tourismus.ch
info@hochwang-tourismus.ch

Peist tourism office +41 79 776 61 30
peist.ch

Tourist Associations
Tschiertschen-Praden +41 81 373 10 10
tschiertschen.ch

Municipal administration
Arosa/Solicitor's office +41 81 374 14 80
talkanzlei@gemeindearosa.ch
gemeindearosa.ch

You can get further information on village shops, activities, offers and businesses directly from the tourist offices or in the "Streifzüge durch's Schanfigg" pocket map.

SCOOTERS

Luzi Sport AG +41 81 377 35 43
 (Seeblickstrasse, at the Arosa–Weisshorn cable car)

Bergbeizli Ochsenalp +41 81 377 42 31

SERVICE CLUBS

Kiwanis International
 Golf- & Sporthotel Hof Maran +41 81 378 51 51
 1st Monday of the month – Lunch at 12.15 p.m.
 3rd Monday of the month – Meeting at 6.30 p.m.

Lions
 Golf- & Sporthotel Hof Maran +41 81 378 51 51
 1st and 3rd Wednesday of the month from 7.00 p.m.

Rotary International +41 81 378 72 72
arosa.rotary2000.ch
 Hotel Astoria
 1st and 3rd Wednesday of the month – Lunch at 12.15 p.m.

SHUTTLE

Arosa Shuttle +41 81 374 14 15
bus@allemanntans.ch
 Passenger transport for groups, school transport, group and club trips, airport transfer.

SOUVENIRS

Bergwelt +41 78 795 92 03
Cindys Delikatessen und Geschenke +41 81 377 50 80
cindys-delikatessen.ch

Dagi's Bündnerspezialitäten +41 78 741 72 01
daghi.ch/arosa

Schlittenkönig Souvenir Shop +41 78 725 04 40
schlittenkoenig.ch

Sonnyboy-Sunnies & Knits +41 78 822 25 35
sonnyboy.ch

Spatz & Co. Kinderwelt +41 78 682 19 63
Red by Armin Roth +41 78 615 78 92
red-by-armin-roth.jimdo.com

SPORTS BUSINESSES

Carmenna Sports +41 81 377 12 05
 Poststrasse 62, 7050 Arosa
info@carmennasport.ch
 In summer, we are your go-to mountain sports and outdoor sports equipment specialist with a large selection of "ON" shoes.

Gisler Sport +41 81 378 63 84
info@gislersport.ch
gislersport.com
 Outdoor sports shop, bikes, e-bikes and hiking.

Luzi Sport +41 81 377 35 43
luzisport@bluewin.ch
luzisport.ch

RENT: scooters, e-bikes, full-enduro, full-trail, mountain bikes for children and teenagers. SERVICE: bike maintenance for all brands.

Schmid Sport +41 81 377 25 95
info@schmidspor.ch
schmidspor.ch
 Everything for a perfect summer vacation and more!

Sprecher Sports +41 81 377 12 07
info@sprechersport.ch
sprechersport.ch
 Hiking boots, outdoor clothing and accessories.

SUPERMARKETS / SHOPS

Coop Arosa Market +41 81 378 40 30
Coop Centre +41 81 378 40 90
Denner +41 81 377 40 67
Shop/Café in Sprecher Sports +41 81 377 12 07
Avia Petrol Station Shop +41 62 508 45 36

TAXIS

Alpine Taxi +41 81 377 35 35/
 +41 79 911 11 00
Arosa Taxi +41 81 377 11 33
Taxi Gadiant +41 81 377 42 20
Taxi Costa +41 76 337 92 32
Waleed Bilal +41 79 583 25 80

TENNIS

Golf- & Sporthotel Hof Maran Outdoor +41 81 378 51 06
Valsana Hotel & Appartements Indoor +41 81 378 63 63
Tennisclub Arosa Outdoor +41 79 275 76 85

TOY LIBRARY

Toy rental in Arosa +41 79 572 72 48
 Arosa School, 7050 Arosa
bibliothek@schulearosa.ch
ludoarosa.ch

TRADE & COMMERCE

hgvarosa.ch
 Who offers what in Arosa? Quick and easy search in the new HGVA industry directory and buyer's guide. Comprehensive information and contact details for local craftsmen, service providers and retail shops.

TRAIN SCHEDULE

The Arosa train timetable can be found in a separate brochure or at rhb.ch and sbb.ch.

TRAVEL AGENCY

AROTUR GmbH +41 81 377 13 31
arotur@bluewin.ch
 Village square. Open year-round. Your specialist for all your travel needs. Swiss certified tourism expert.
arotur.ch

TRUST AGENCY/ REAL ESTATE

AROSA EXKLUSIV +41 79 676 47 28

Holiday homes and real estate, rent, advice, purchase and sale.

Valerie Leu, Poststrasse 142, 7050 Arosa
mail@arosaexklusiv.ch
arosaexklusiv.ch

Castelli Bau AG +41 81 377 61 61

Construction planning and execution.
Poststrasse 23A, 7050 Arosa
info@castellibau.ch
castellibau.ch

DARUCO Treuhand GmbH +41 81 378 76 00

Fiduciary, taxes, real estate, government agencies.
info@daruco-treuhand.ch

Immo Arosa GmbH +41 81 377 02 21

Real estate management, purchase and sale, construction escrow.
Poststrasse 172, 7050 Arosa
info@immoarosa.ch
immoarosa.ch

Kucera Jan +41 81 377 26 26

Architect
Neubachstrasse 19, 7050 Arosa
Architect's office, property valuations and appraisals, real estate.
jan.kucera@architekt-arosa.ch

BDO AG +41 81 378 76 66

bdo.ch

Rocco+Pfister Architektur AG +41 81 377 14 44

Architects ETH/SIA
info@pfister-arch.ch, roccopfister.ch

VETERINARIANS

Tierarztpraxis Calanda, Chur +41 81 353 56 50

Tuesday afternoon, small animal consultation in Arosa by appointment.

VIVAROSA

Association for regular guests and those making Arosa their second home +41 44 984 18 84

info@vivarosa.ch
vivarosa.ch

Supports the touristic development of the community in the areas of sport and culture, creates resources for events and socializing, negotiates between locals and guest interests.

WELLNESS

Arosa Mind & Body +41 79 246 77 26

Haus Silvana, Poststrasse 192
Ann Muia Brunold and Dr. Georg Brunold
Wellness and beauty studio.
www.arosa-mind-and-body.com
info@arosa-mind-and-body.com

Bella Vista Wellness +41 81 378 66 66

Blatter's Hotel
(11.06. – 05.09. und 24.09. – 24.10.2021)
blatterbellavista.ch/wellness
Open daily from 2.00 p.m. – 7.30 p.m.
(Nude zone, no admission for children under 16 years)
Reservation required.

BelArosa Wellness +41 81 378 89 89

(18.06. – 17.10.2021)
belarosa.ch/wellness
Sauna area hours:
Monday 2.30 p.m. – 10.00 p.m.
Tuesday–Sunday 2.30 p.m. – 7.30 p.m.
Reservation required

Golf- & Sporthotel Hof Maran +41 81 378 51 51

(19.06. – 12.09.2021)
hofmaran.ch/entspannen
Sauna area open daily from 4.00 p.m. – 7.00 p.m.
Children under the age of 16 must be accompanied by an adult.
Reservation required.

Hotel Astoria +41 81 378 72 72

(26.06. – 12.09.2021)
astoria-arosa.ch
Opening hours
Daily noon – 7.00 p.m.
Reservation required.

Valsana SPA +41 81 378 63 63

Valsana Hotel & Appartements
(18.06. – 18.09.2021)
valsana.ch/de/spa
Spa use for non-hotel guests:
Daily 9.00 a.m. – 3.00 p.m.
Reservation required.

Waldhotel Arosa +41 81 378 55 55

(11.06. – 17.10.2021)
waldhotel.ch/wellness
Aqua Silva: Access for families
Swimming pool 7.00 a.m. – 7.30 p.m.
Saunas 1.00 p.m. – 7.30 p.m.
Spa Salus: Access – Adults only (from 18 years)
Treatment rooms 10.00 a.m. – 7.30 p.m.
Saunas 1.00 p.m. – 7.30 p.m.
Reservations by telephone or email
reservation@waldhotel.ch.

Tschuggen mountain oasis +41 81 378 95 95

Tschuggen Grand Hotel
Opening hours on tschuggen.ch
Reservation required.

WINE SHOPS

Gautschi Weine +41 79 448 82 28

gautschiweine.ch

Pirovino Vinothek +41 79 437 72 08

pirovino-vinothek.ch





30. AROSA COMEDY FESTIVAL

9 – 19 DECEMBER 2021

humorfestival.swiss
graubünden



Arosa

*Staying at home
is more expensive.*

From 1 overnight stay on there are mountain railways, Rope park, Untersee lido and much more **all-inclusive.ch!**

graubünden



Will thrill your senses.



Summer Events Arosa 2021

June	12. – 30.	Arosa Cultural Summer
	12. – 13.	X-WARRIOR NATURAL OBSTACLE RACE
	25. – 27.	5th Arosa Lenzerheide Hörnli trail hunt
	25. – 26.	1. Arosa Brown Bears – Ice hockey entrepreneurs forum
	27.	Motorcycle Club Arosa Orientation Ride
July	28.	Folklore Music Get-together
	01. – 31.	Arosa Cultural Summer
	03. – 04.	7eck-Cup Floorball
	10. – 11.	Football Fun Tournament EHC Fan Clubs
	17. – 24.	Swiss O-Week
	24.	Village Market (Alternative date: 25.7.)
August	31.	Summer Night Festival
	31.	Bear Sanctuary Family Festival
	01.	Bear Sanctuary Family Festival
	01.	Federal celebration
	01. – 31.	Arosa Cultural Summer
	08.	8. Kinderland Openair
	13. – 15.	Family Bike Vibes
September	05. – 08.	Arosa Jazz days
	20. – 21.	Handball Business Forum - HUFO
	01. – 30.	Arosa Cultural Summer
	02. – 05.	17th Arosa ClassicCar, international mountain race
	11.	8. Arosa TrailRun
	12.	40. Chur - Arosa cycling classic
October	17.	8. Swiss Management Run
	18.	3. Gastro Arosa Food Fest
	01.	Bear Sanctuary Charity Golf Arosa
	07. – 10.	5th Arosa Dialect Festival

arosalenznerheide.swiss/arosa/events

* implementation depends on the federal guidelines on «Covid-19 major events»



Arosa  **Lenzerheide** 