



Arosa

Summer Experiences

10 June – 22 October 2023



AROSA MUND ART FESTIVAL

5.–8.
OKTOBER
2023

KONZERTE
LESUNGEN
DISKUSSIONEN
SPOKEN WORD

mundartfestival.ch

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**“Dahai”
in Arosa**

Dear guests, dear Arosa friends.

Why travel for miles when there is so much beauty close by? Security, cosiness, and well-being are feelings that many of us associate with our home. We both were struck by these feelings when we found our way to Arosa a few years ago. Since then, it has been our goal to share this feeling of home with you (as we say, “Dahai”) and to make your visit to the Arosa holiday region a feel-good experience. Use this opportunity and be inspired by the diversity of our region.

On behalf of Arosa Tourism and its service providers, we are pleased to welcome you to our sun-blessed region. Experience an eventful summer with us, enjoy the wonderfully idyllic Arosa mountains and create your own “Dahai” in Arosa. Our team, as well as the dedicated contributors from our service providers, will be happy to help you make your summer in the mountains an unforgettable stay.

Nature at its best

Numerous highlights are waiting for you. Our extensive hiking network and the numerous bike trails offer you the opportunity to enjoy the view from the mountain peaks and to experience the feeling of freedom and the fresh summer air in a particularly wonderful way. At the same time, the holiday region stretches far down into the Schanfigg valley, where you can follow familiar paths to experience the traditional and authentic villages up close. The unique location of Arosa offers you the chance to experience hiking trails with different focal points all in one place. Our various themed trails are always packed with exciting discoveries and a visit to the Arosa Bear Sanctuary is always worthwhile. Those who prefer mountain biking have not been forgotten either. On the “Hörnli Trail”, biking becomes a family experience, while experts will have plenty of choice at the Bike Kingdom Hunt Arosa.

Eventful summer

This summer, numerous sporting, cultural and family events are planned. Bikers can look forward to the Bike Kingdom Hunt Arosa and the Family Bike Vibes festival. Fans of motor sports can look forward to the next Arosa Classic Car event, sports enthusiasts to the Arosa Trail Run, and home lovers to the Dialect Festival. The Kinderland Openair festival promises fun for the whole family. But Arosa has much more to offer. Family experiences designed especially for multiple generations enable children, parents, and grandparents to take advantage of a variety of offers. Lovers of golf, tennis and the lido feel just as at home in Arosa as culture fans who may head to the Kulturhaus Schanfigg, the Bergkirchli Arosa mountain chapel or the local history museum. Take advantage of the Arosa All-Inclusive offer, the versatile added-value offer for all guests, and one that we warmly recommend to you.

Sustainable for the future

To ensure that our beautiful region can continue to be a source of summer happiness in the future, here in Arosa we are consistently following the path of sustainability. With the “Arosa 2030 Strategy”, we are committed to looking at our tourism activities in an economically considered, socially integrated and ecologically holistic way. We see this as a task for everyone, which is why we have created the Arosa Nature Laboratory as a meeting place for sustainability. Locals and guests can find inspiration there, they can bring their own ideas and attend courses and workshops run by the Arosa Academy to make their favourite town even more liveable.

And when will you make Arosa your “dahai”? We look forward to seeing you and to your visit to Arosa!

Warmest regards,
Marion Schmitz und Roland Schuler
Management Arosa Tourismus

Travelling by Train Promotes Sustainability

Travel to Arosa by public transport – the train ride from Chur* by the Rhaetian Railway 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 Rhaetian Railway 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 Use of Public Transport

In Arosa itself you can also take advantage of the free Arosa Bus, which will take you from A to B in Arosa. As an overnight guest, you receive the Arosa Card. This enables you to enjoy free travel on the route Lüen–Castiel to Arosa and return.

Note: This offer does not apply when travelling to/from your holiday or for travelling 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 Rhaetian Railway online at rhb.ch/en.



Arosa

- 1'775 metres
- 3'535 residents (as of 1.11.2021)
- 41 hotel establishments
- 2'790 beds in holiday apartments
- Highest mountain station in Arosa: Weisshorn 2'653 metres
- Over 300 km of hiking routes in Arosa, Schanfigg, Lenzerheide
- 10 Lifts (summer Arosa Lenzerheide)
- 2'268 hours of sun each year (climate-data.org)
- The municipality of Arosa includes the villages of Calfreisen, Castiel, Langwies, Litzirüti, Lüen, Molinis, St. Peter und Pagig, Peist.

Arrival by train

SBB to Chur
RhB Chur–Arosa 1 hour

Rhaetian Railway 
Public Transportation 

Arosa – Fun yet Sustainable

The issue of sustainability has been a focus in Arosa for many years. The quality of the tourism experience and sustainability is further developed consistently and systematically.

The comprehensive sustainability strategy “Arosa 2030” defines the path, the stages and the interaction of all participants in Destination Arosa. And it sets itself the goal of once again becoming a tourism pioneer in the Alpine region.

Here sustainability means: Conscious use of existing resources and, at the same time, a focus on ecological, economic, and social aspects:

Ecology – nature in Arosa

Arosa stands for nature experiences. Ecological sustainability is therefore of high importance. Nature and the countryside provide people, and specifically tourism, with an important basis.

Social affairs – society in Arosa

In Arosa all the locals are hosts. To be a host, you have to feel at home. Home is a place where you feel comfortable. The quality of the living space and prosperity of the population are the bases for being hosts.

Economy – the economy in Arosa

The tourism sector is the largest, if not the only, economic sector in Arosa. The tourist demand, and its supply, is the basis for income in Arosa.

Arosa promises the future generation that they will have the necessary resources at their disposal and that they will be able to experience the impressive natural diversity. On the next page you will find our eight promises for the future of Arosa.

Arosa Nature Laboratory

The Arosa Nature Laboratory is the meeting place for sustainability in the village of Arosa. Here both locals and guests can find inspiration and submit their own ideas. Here, in collaboration with valuable partners, the national sustainability initiatives and regional best practice examples can be seen in action. The courses, guided tours and workshops run by the ArosaAkademie are also based here.

There are also opportunities to work here. The inspiring environment is an ideal co-working space for individual working or group workshops.

It is definitely worth a visit! More information under arosa.swiss/sustainability

Our eight promises for the Arosa future

1

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

2

Environmental, financial and social sustainability are our way of life and obligation.

3

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

4

The mountains shape us. We remain real and authentic.

5

We aim for more and ensure that Arosa will become the environmental sustainability pioneer in the Alpine tourism sector.

6

We are doers in Arosa – sustainability is therefore no just a theory. We roll up our sleeves and join forces to act.

7

We actively live the protection of animals, nature and the environment.

8

We contribute to the Sustainable Development Goals 2030 in Arosa. #tourism4sdgs

Arosa All-Inclusive

Extra Value for all Guests

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 bus, and the train journey by the Rhaetian Railway between Lüen-Castiel and Arosa.

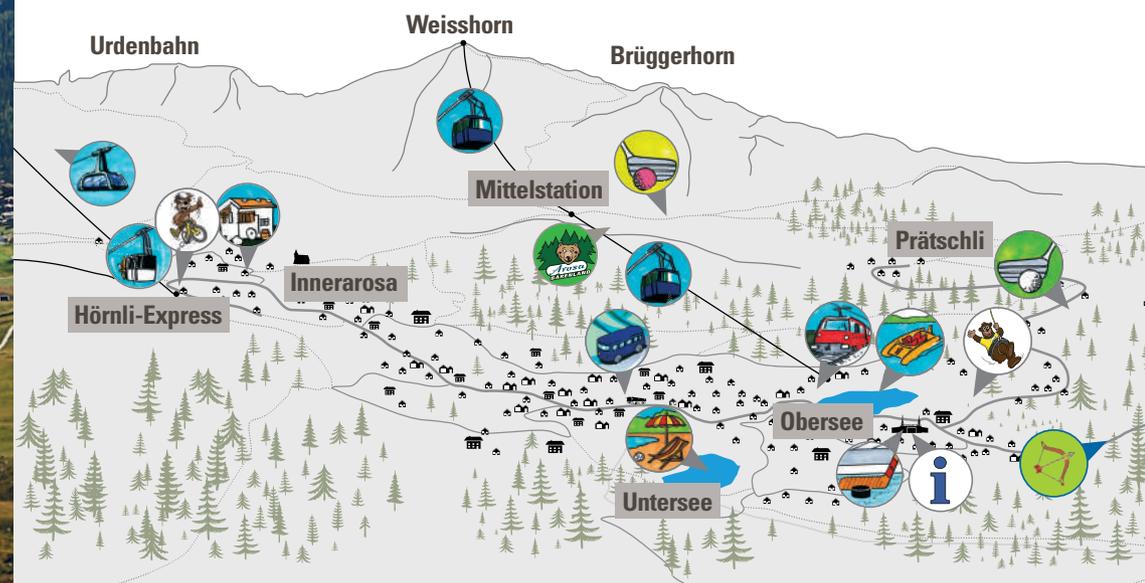
Various leisure activities such as entrance to the rope park, the nature lido, the driving range, the Arosa-Schanfigg «Eggahuus» local museum, and the hire of pedalos and boats on the Obersee lake are also included. You can also go ice-skating or enjoy special family time on the Arlenwaldweg with the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

For more information, see arosa.swiss/en/allinclusive

All-Inclusive Offer for Overnight Guests

As a holiday guest, you can receive the Arosa Card when you stay for at least one night in a hotel, holiday apartment, or at the camp site. 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 queueing at the ticket office.

- Arosa railways (aerial cableway Arosa-Weisshorn, Hörnli-Express gondola, Urden aerial railway Hörnli-Urdenfürggli)
- 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
- Local museum Arosa-Schanfigg • "Eggahuus"
- 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/en

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 arosa.swiss/busschedule

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.

For more information on the operating hours, see arosalenzerheide.swiss/operatinghours/summer

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 arosa.swiss/en/allinclusive

Hochwang Archery Park

The 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, Children under 12 are free of charge. Rent your bow from Bobi Götte by phoning: +41 79 697 51 48.

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

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., during high season from 8 a.m. – 6 p.m., children only permitted if accompanied by an adult. 30 golf balls cost CHF 5.00. Children must be accompanied by an adult.

For more information, see golfarosa.ch

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 arosa.swiss/rope-park

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 arosa.swiss/en/skillcenter

ChippinGolf

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

For more information, see arosa.swiss/en/chippingolf

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 from 6 to 15 years CHF 3.00, children under 6 years old are free of charge.

For more information, see arosabaerenland.ch/eng

Day Trip to Chur

Guests staying overnight in the Arosa holiday region receive reduced prices on various activities offered by Chur Tourism.

- 20% discount on urban golf
- 20% discount on rental of the City E-Guide from the Tourist Info
- 20% discount on public city tours (excl. “New Year’s Eve City Tour”)

Further information from arosa.swiss/en/allinclusive



Where sustainable
animal welfare
 and innovative
tourism unite.

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.

Arosa Bear Sanctuary

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

Mountain Hike & Bike

Arosa mountain railways, bike transport, Arosa bus

Sport & Fun

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

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 Tourism, 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 Center (free of charge).

Prices and further information
arosa.swiss/en/allinclusive



Arosa Bear Sanctuary

Switzerland's first 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.

The Arosa Bear Foundation has established the innovative and sustainable project – Arosa Bear Sanctuary – in cooperation with the animal protection organisation VIER PFOTEN [FOUR PAWS]. Bears who were previously forced to live in tiny cages under miserable conditions have been freed from their terrible situation and brought to Arosa. The Arosa Bear Sanctuary is located at the middle station of the Arosa-Weisshorn cable car. The bears can revive their natural behaviours in the heart of the beautiful mountain landscape with meadows, bushes, rocks, several pools, forest, and snow.

At over 2000 m above sea level, the visitors are offered a unique production in a sustainable way. The entrance area of the visitor centre displays stories about the bears, films of their rescue are shown, and information is conveyed in an interactive way. The exhibition presents interesting facts specifically for children and adults. The bears can then be observed in the heart of nature from the visitor platform and the adventure trail. Of course, there is always a need for care; several keepers look after the welfare

of the Arosa bears and are happy to give visitors information about the latest events. In addition to the Arosa Bear Sanctuary, the Bear Mini Golf, the “Bear School” playground and the Bear Sanctuary adventure trail nearby 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. Thanks to Arosa and FOUR PAWS he has been able to live 2.5 enjoyable years in the Arosa Bear Sanctuary. In the meantime, more bears have been rescued, each bringing its own story and characteristics to Arosa. In the large enclosure of the Arosa Bear Sanctuary, each bear goes its own way – but at the same time lives in the presence of other bears. It's nature at its best!

Further information is available at arosabaerenland.ch/eng



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 Path

The "floating" adventure path 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.

Bear 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. The mini golf clubs and balls are available from the middle station.

Playground

The stimulating play area is right next to the middle station of the Arosa-Weisshorn cable car. The bear school curriculum includes climbing, balancing, jumping, sliding, enjoying the view, tracking and hiding.

Bear Sanctuary Adventure Trail

Set out and discover six species of bear on this family hiking trail. Find out where they live and how big they can become. The route leads from the Arosa Bear Sanctuary to the Tschuggen hut, past the Bergkirchli mountain chapel to the Kulmwiese.

The Weisshorn bear on the Weisshorn summit

On the Weisshorn summit at 2'653 m above sea level, there is there a photo point with the Weisshorn Bear, which definitely makes this a unique panoramic view. Pick up a wish bracelet from the Weisshorn summit, the nature laboratory, the Arosa Bear Sanctuary or from Arosa Tourism and tie it to the fur of the Weisshorn bear on the summit plateau.

Arosa – so much to learn

The ArosaAkademie offers courses, tours and workshops covering a number of subject areas:

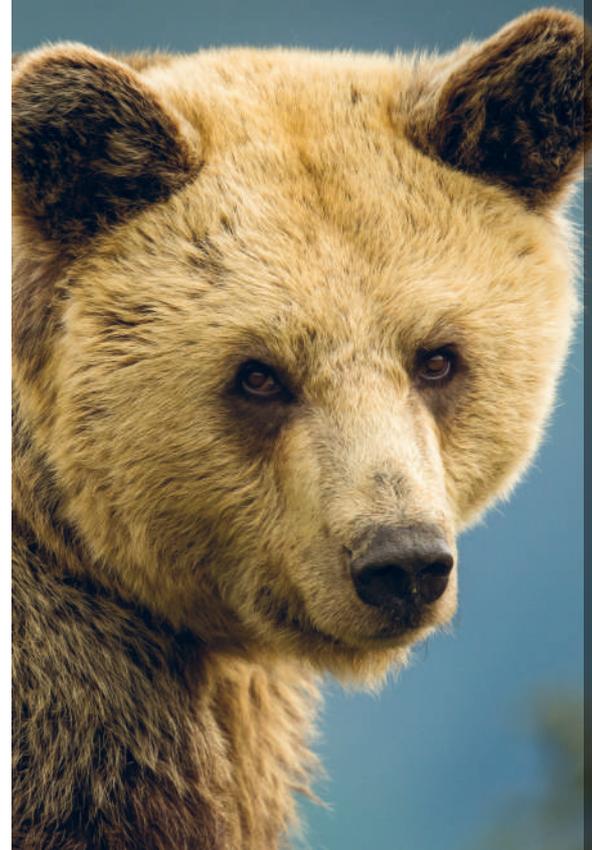
- People and animals
- Art and culture
- Science and sustainability
- Nature and environment

The goal of the ArosaAkademie is to provide comprehensive education and training to raise our awareness of steps we can take to ensure a sustainable future for ourselves and for future generations. The Arosa-Akademie thus sees itself as being a central point of contact in Arosa for people seeking knowledge and for those providing knowledge.

The model for this is sustainable and sensitive handling of the basis for alpine life and through its offerings, the Academy would like to contribute to the protection of animal, nature, and the ecosystem. Registration and further information on arosa-akademie.ch.



AROSA AKADEMIE
ERLEBEN. VERSTEHEN. STAUNEN



Hochwang Archery Park



The Hochwang mountain in the heart of the Schanfigg valley is home to two attractive and individually designed archery parks for young and old, expert and novice archers. In line with the motto “stretch to release”, the two perfectly designed courses delight their visitors with 28 life-size 3D animals. An ideal leisure activity for families, recreational archers, club and company events.

The Forest Archery Park

The varied forest archery course takes the archers along well-protected and marked paths through the secluded Fatscheler forest, past roaring streams, over rough and smooth, to the individual animals. Halfway round the circular course, the Janover Egg barbecue area is an ideal place to spend a little time enjoying the wonderful mountain views. The popular sport of archery is an adventurous fun activity for novices and expert archers.

The Alpine Archery Park

The alpine adventure archery park is located high above the tree line with views of the magnificent mountain backdrop. The archers walk from the Triemel panoramic restaurant through blooming mountain meadows up to the romantic Hochwang hut. The animals are securely positioned and are exciting targets for focussed archers. An even nature trail leads over fens and upland moors back to the starting point.

An introductory course is mandatory for novices and is included in the equipment price. Sturdy shoes are required. Reduced entry with the Arosa Card. Free parking. bogenpark-hochwang.ch

Out and about on the hiking trails in the valley and on the mountain peaks



Is hiking your passion? Arosa is an irresistible destination for those seeking peace and quiet and offers the perfect route for all tastes. The wild and romantic Schanfigg valley invites you to make a journey of discovery on foot.

The unique location is enough to differentiate Arosa from other holiday regions. There are also a number of treasures to discover. Whether a special saga hike, a walk through picturesque forests, or a hike to one of the idyllic Walser settlements in Schanfigg – all this can be experienced on the well-maintained and marked hiking trails around Arosa. Enjoy the unique alpine views and the fresh air. The peace and relaxation will do you good.

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](mailto:baechifamily@bluewin.ch) baechifamily@bluewin.ch

[Michael Illien](mailto:michaelillien.ch) michaelillien.ch

[Werner Forrer](mailto:wanderbaer.ch) wanderbaer.ch

[Beatrice Paul](mailto:alpinasol.ch) alpinasol.ch

[Baukje Fringer](mailto:baukje.fringier@deep.ch) baukje.fringier@deep.ch

New digital assistant: Hiking with hikeo.ch

Hiking signs without any time information? – that's history! Simply call up the new web app hikeo.ch on your smartphone, photograph the sign and you are given kilometre, time, and altitude information for the tour as well as the public transport connections at your destination.

Themed Hikes

Discover our exciting themed trails – even in rainy weather.

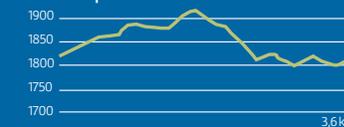
arosa.swiss/themed-hiking-routes.



Detective Trail Arosa

Arosa Kulm – Bergkirchli – Valley station Hörnli-Express

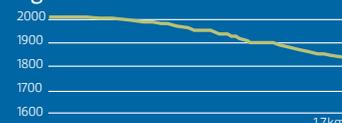
- 🕒 2½ h
- 📏 4 km
- ⬆️ +139/-141 m
- 👤 Hiking trail
- 🍽️ Var. restaurants
- 📅 June – October



Bear Sanctuary Adventure Trail

Arosa Bear Sanctuary – Tschuggenhütte – Bergkirchli – Kulmwiese

- 🕒 ¾ h
- 📏 2,3 km
- ⬆️ +10 m/-180 m
- 👤 Hiking trail
- 🍽️ Var. restaurants
- 📅 All year round



Ricola Experience Trail

Maran – Prätschli – Mittelstation

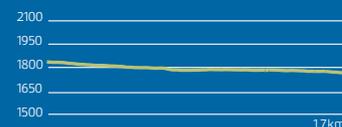
- 🕒 ¾ h
- 📏 2,6 km
- ⬆️ +146 m
- 👤 Hiking trail
- 🍽️ Var. restaurants
- 📅 June – October



Squirrel Trail

Maran – Arosa

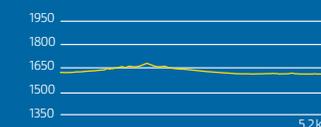
- 🕒 ¾ h
- 📏 1,7 km
- ⬆️ +102 m/-6 m
- 👤 Hiking trail
- 🍽️ Var. restaurants
- 📅 All year round



Isel Natural History Hiking Trail

ARA – Isel – Stausee

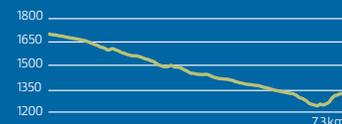
- 🕒 1½ h
- 📏 5,2 km
- ⬆️ +69 m/-80 m
- 👤 Hiking trail
- 🍽️ no restaurants
- 📅 June – October



Educational Trail «Protection.Forest.People»

Arosa – Langwies

- 🕒 2 h
- 📏 7,3 km
- ⬆️ +77 m/-451 m
- 👤 Hiking trail
- 🍽️ Var. restaurants
- 📅 June – October



Planetary Trail

Prätschli – Roter Tritt

- 🕒 1½ h
- 📏 5,2 km
- ⬆️ +103 m
- 👤 Hiking trail
- 🍽️ no restaurants
- 📅 June – October



Lucky Stone Trail

Maran Alpine Garden – Prätschalp – Maran

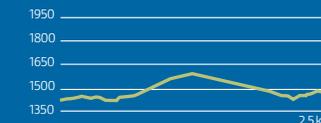
- 🕒 1½ h
- 📏 4,4 km
- ⬆️ +180 m/-109 m
- 👤 Mountain trail
- 🍽️ Var. restaurants
- 📅 June – October



Fairytale Path Langwies

Langwies – Langwies

- 🕒 1 h
- 📏 2,5 km
- ⬆️ +151 m/-126 m
- 👤 Hiking trail
- 🍽️ Village restaurant
- 📅 All year round



Detective Trail Arosa

Maran – Scheitenböden – Obersee

- 🕒 2½ h
- 📏 4 km
- ⬆️ +44 m/-168 m
- 👤 Hiking trail
- 🍽️ Var. restaurants
- 📅 All year round



Fairies and Elves Trail Castiel

Castiel Quartier Roos – Castiel Quartier Roos

- 🕒 ¼ h
- 📏 0,7 km
- ⬆️ +46 m/-1 m
- 👤 Hiking trail
- 🍽️ Village restaurant
- 📅 All year round



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 arosa.swiss/hiking



Fatschél - Triemel - Bargun - Lafet - Platta - Calfreisen

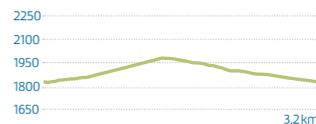
- 4¼ h
- 10,9 km
- +582 m/-877 m
- Mountain trail
- Var. restaurants
- June - October



Culture and Origin

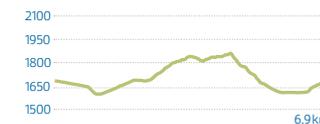
Brüggli - Local history museum Arosa-Schanfigg "Eggahuus" - Bergkirchli - Tschuggenhütte - Tschuggentor - Brüggli

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



Furggaalp - Grünseeli

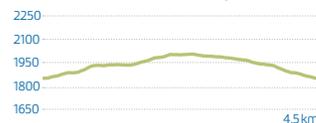
- 2¼ h
- 6,9 km
- +373 m/-373 m
- Hiking / mountain trail
- No restaurant
- June - October



Nature and Alpine 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

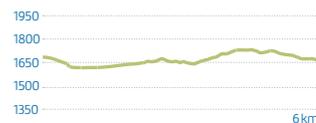
Arosa - Litzirüti - Langwies

- 2 h
- 6,8 km
- +81 m/-453 m
- Hiking / mountain trail
- Var. restaurants
- All year round



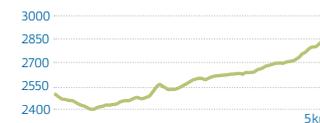
Untersee - Altein Waterfalls

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



Mountain Station Hörnli-Express - Urdenbahn - Parpaner Rothorn

- 2¼ h
- 6,1 km
- +485 m/-88 m
- Hiking / mountain trail
- Var. restaurants
- June - October



Culinary, Cultural and Leisure Walks

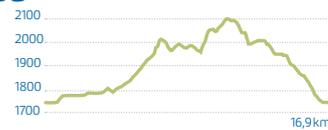
Whether a hike with a culinary highlight on the way or with exciting insights into the Walser culture, these hikes invite you to enjoy and rest.

This way, you get to know and enjoy the most beautiful side of our valley – pure holiday enjoyment! Further information is available at arosa.swiss/hiking



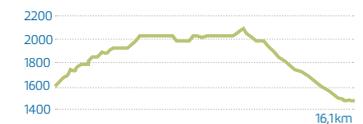
Obersee – Langwieser view – Ochsenalp – Prätschalp – Maran – Obersee

- 5 h
- 16,7 km
- +422 m/-422 m
- Hiking / mountain trail
- Var. restaurants
- June – October



Fatschél – Blackter Fürggli – Langwies

- 5½ h
- 16,1 km
- +697 m/-856 m
- Mountain trail
- Var. restaurants
- June – October



Hörnli – Weisshorn

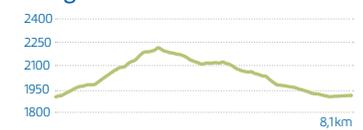
- 1½ h
- 3,5 km
- +382 m/-235 m
- Mountain trail
- Var. restaurants
- June – October



Fondei

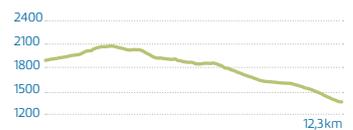
Strassberg – Grünsee – Durannapass – Strassberg

- 2½ h
- 8 km
- +297 m/-297 m
- Hiking / mountain trail
- Var. restaurants
- June – October



Arosa – Ochsenalp – Tschiertschen

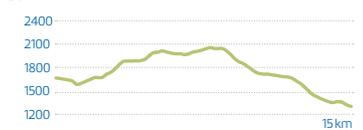
- 3½ h
- 12,3 km
- +137 m/-705 m
- Mountain trail
- Var. restaurants
- June – October



In the Foodsteps of the Walser Community

Arosa – Medergen – Sapün Dörfji – Langwies

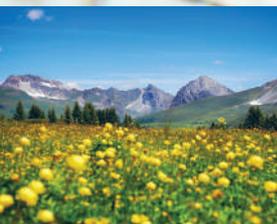
- 5 h
- 15 km
- +532m/-908m
- Mountain trail
- Var. restaurants
- June – October



Panoramic Hikes

The ascent is worth it: whether from the Schiesshorn, from Hochwang, or from Blackter Fürggli, the unforgettable, breath-taking views will be the highlight of your holiday!

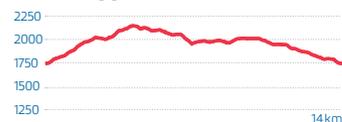
Further information is available at arosa.swiss/hiking



Ochsenalp Round Trail No. 768

Arosa – Prätschli – Prätschalp – Ochsenalp – Scheidegg – Arosa

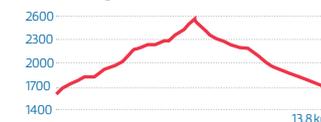
- 4¾ h
- 14 km
- +529 m/-529 m
- Mountain trail
- Var. restaurants
- June – October



Fatschél – Hochwang – Fatschél

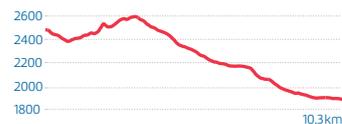
Fatschél – Triemel – Mataun – Pagiger Bleis – Hochwang

- 5 h
- 13,8 km
- +980 m/-980 m
- Mountain trail
- Var. restaurants
- June – October



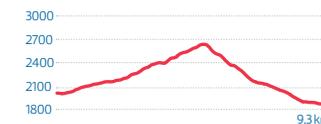
Hörnli – Gredigsfürggli – Älplisee – Arosa

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



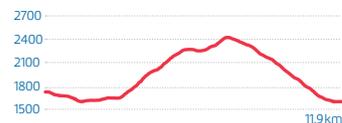
Mittelstation – Weisshorn – Carmennahütte – Innerarosa No. 766

- 4½ h
- 9,8 km
- +635 m/-810 m
- Mountain trail
- Var. restaurants
- June – October



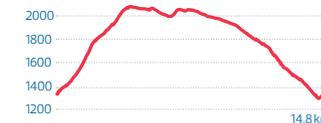
Schiesshorn Round Trail No. 767

- 5½ h
- 14,5 km
- +945 m/-945 m
- Mountain trail
- No restaurants
- June – October



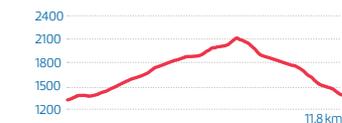
Round trail Peist – Maiensäss – Peister Alp – Zalüenja – Zerfalta – Peist

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



Langwies – Blackter Fürggli – FONDEI – Langwies

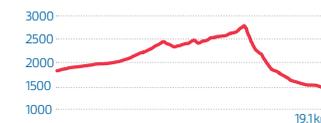
- 4½ h
- 12,2 km
- +828 m/-828 m
- Hiking / mountain trail
- Var. restaurants
- June – October



Heidi and Gigi Trail

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

- 5½ h
- 20,6 km
- +1180 m/-1445 m
- Hiking / mountain trail
- Var. restaurants
- June – October



Alpine Hiking and Summit Tours

Alpine hikes are magical with spectacular views and unique moments on mountain summits. They are, however, very challenging. Sturdy shoes, weather-appropriate clothing, and a topographic map are essential.

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 arosa.swiss/hiking

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 a breathtaking view are looking forward to your visit.

Tip: 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.

Further information at arosa.swiss/mountain-experiences

Hiking Suggestions

Arosa – Isel – Welschtobel – Ramozhütte – Erzhornsattel – Älplisee – Arosa

⊙ 8 h → 18,2 km ↓ +1134 m / -1134 m ☐ Mountain / alpine hiking trail
 ⓘ SAC-Hut (unmanned) 📅 July – September

Arosa – Sandhubel – Arosa

⊙ 6¾ h → 17,5 km ↓ +1267 m / -1267 m ☐ Mountain hiking trail
 ⓘ No restaurant 📅 July – September

Arosa – Valbellahorn – Arosa

⊙ 6¾ h → 17,3 km ↓ +1265 m / -1265 m ☐ Mountain hiking trail
 ⓘ No restaurant 📅 July – September

Fatschél – Hochwang (ridge hike)

⊙ 8½ h → 19,9 km ↓ +1166 m / -1166 m ☐ Mountain hiking trail
 ⓘ Var. restaurants 📅 June – October

Fatschél – Mattjisch Horn – Langwies

⊙ 6½ h → 18,4 km ↓ +997 m / -1223 m ☐ Mountain hiking trail
 ⓘ Var. restaurants 📅 June – October

Round trail 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 ↓ +1063 m / -1334 m ☐ Mountain / alpine hiking trail
 ⓘ No restaurant 📅 June – October

Long-distance Hiking Trails

Along the Schanfigger Höhenweg, the Jakobsweg, the Walser trail 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.

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 (High trail).

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:

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.swiss/hiking

Hiking Suggestions

Schanfigg High Trail (Chur – Arosa – Chur) **4 Schweiz Mobil routes, 2 signalised routes**

Schanfigg Village Trail (Chur – Arosa – Chur) **Several stages**

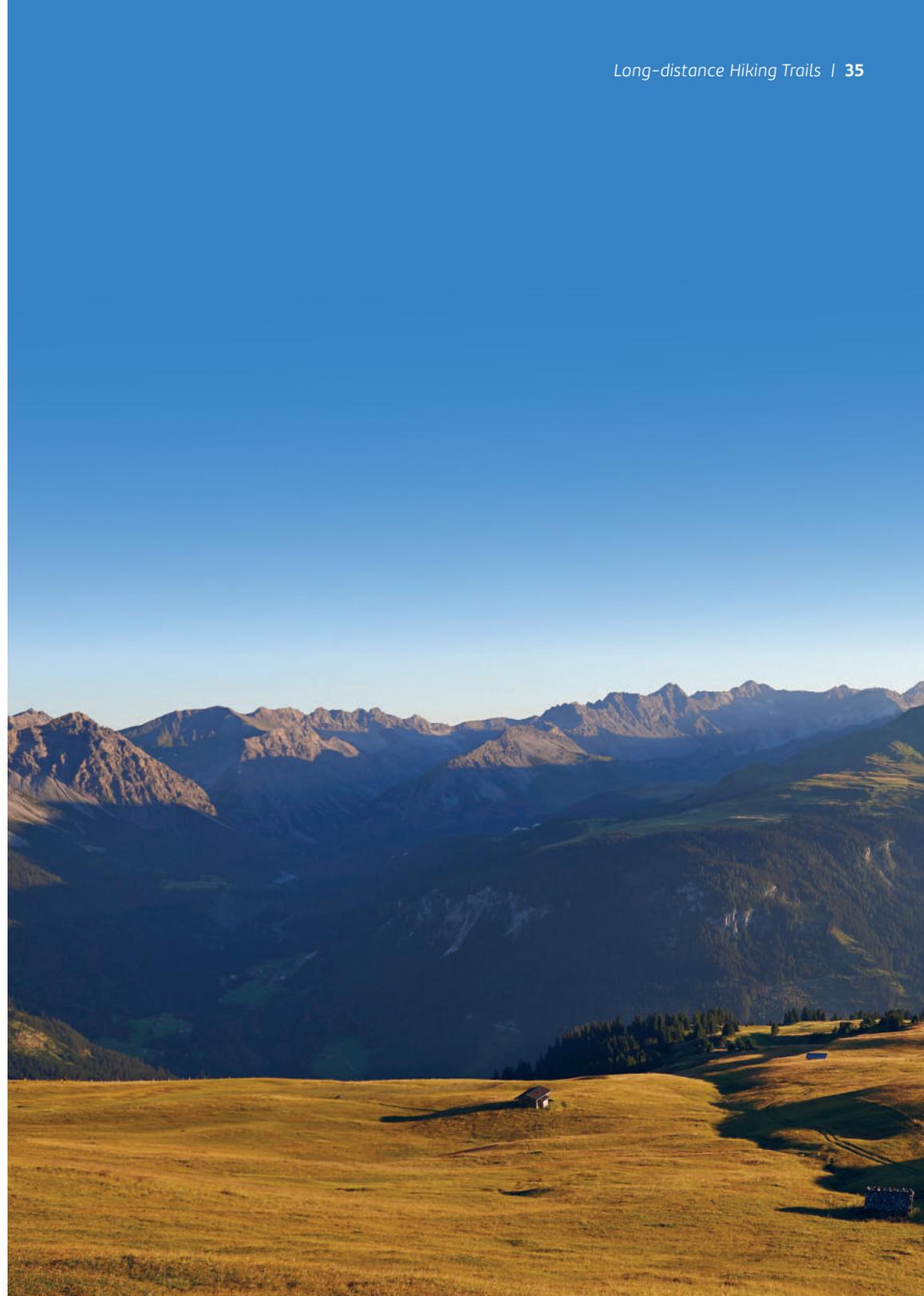
Jakobsweg Nr. 43 (Davos – Langwies – Tschierschen) **2 Stages**

Mittelbündner Panorama trail Nr. 54 (Lenzerheide – Arosa – Davos) **2 Stages**

Walser trail Nr. 35 (Davos – Arosa – Langwies – Klosters) **3 Stages**

Arosa – Ramoz hut – Parpaner Rothorn – Lenzerheide **2 Stages**

Arosa – Ramoz hut – Alvaneu **2 Stages**



Schanfigg High Trail

Stage: Arosa–Sapün ☉ 4 h

→ 11,3 km ↓ +600 m/–500 m
Varied hike with magnificent vantage points.

Requirements Easy mountain hike on good alpine and mountain paths.

Route Arosa – Untersee – Furggaalp – Tieja – Medergen – Seebjiboden – Heimeli mountain inn

Rest and replenish Aus dem Rucksack, Restaurant Alpenrose Medergen, Heimeli mountain inn

Accommodation Heimeli mountain inn, various accommodations in Langwies

Note This stage is marked in the area as Schweiz Mobil Route.

Stage: Sapün–Fondei ☉ 5 h

→ 13,5 km ↓ +800 m/–710 m
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 Obersässstalli require special caution.

Route Heimeli mountain inn – Strelapass – Weissfluhjoch – Casannapass – Grünsee/Durannapass – Reckholdern – Fondei

Rest and replenish Pack a lunch, Strelapass mountain restaurant

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

Note This stage is marked in the area as Schweiz Mobil Route.

Stage: Fondei–Hochwang ☉ 3 h

→ 8,9 km ↓ +350 m/–300 m
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

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

Accommodation Hochwang ski house, Tanne sport hotel (Fatsché), Hotel Pagigerstübli (Pagig)

Note This stage is marked in the area as Schweiz Mobil Route.

Stage: Hochwang–Chur ☉ 6 h

→ 18,2 km ↓ +210 m/–1595 m
Through unique alpine flora, wild ravines and mountain forests to Chur.

Requirements Bergwandererfahrung erforderlich. Bei Hochwasser erhöhte Vorsicht beim Überqueren der Tobel.

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

Rest and replenish Aus dem Rucksack, verschiedene Restaurants in Chur

Accommodation Verschiedene Hotels in Chur

Note The route Hochwang to Maladers is marked in the area as Schweiz Mobil Route. From Maladers to Chur, follow the signs for the Schanfigger Höhenweg (Schanfigg High Trail).

Stage: Chur–Tschierschen ☉ 4½ h

→ 11,8 km ↓ +1310 m/–252 m
Varied hike through forests and over fields (Schweiz Mobil Route goes only to Maladers).

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 Sand – Passugg – Upper Grida – Maiensäss – Ricaldei – Usser Praden – Sagentobel – Undersäss – Chöpfliwald – Furgglis

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

Accommodation Furgglis mountain guesthouse, various accommodations in Tschierschen and Chur

Note This stage is marked in the area as the Schanfigger Höhenweg Nr. 682 (Schanfigg High Trail).

Stage: Tschierschen–Arosa ☉ 4½ h

→ 14,8 km ↓ +640 m/–555 m
Mountain hike with magnificent panoramic views.

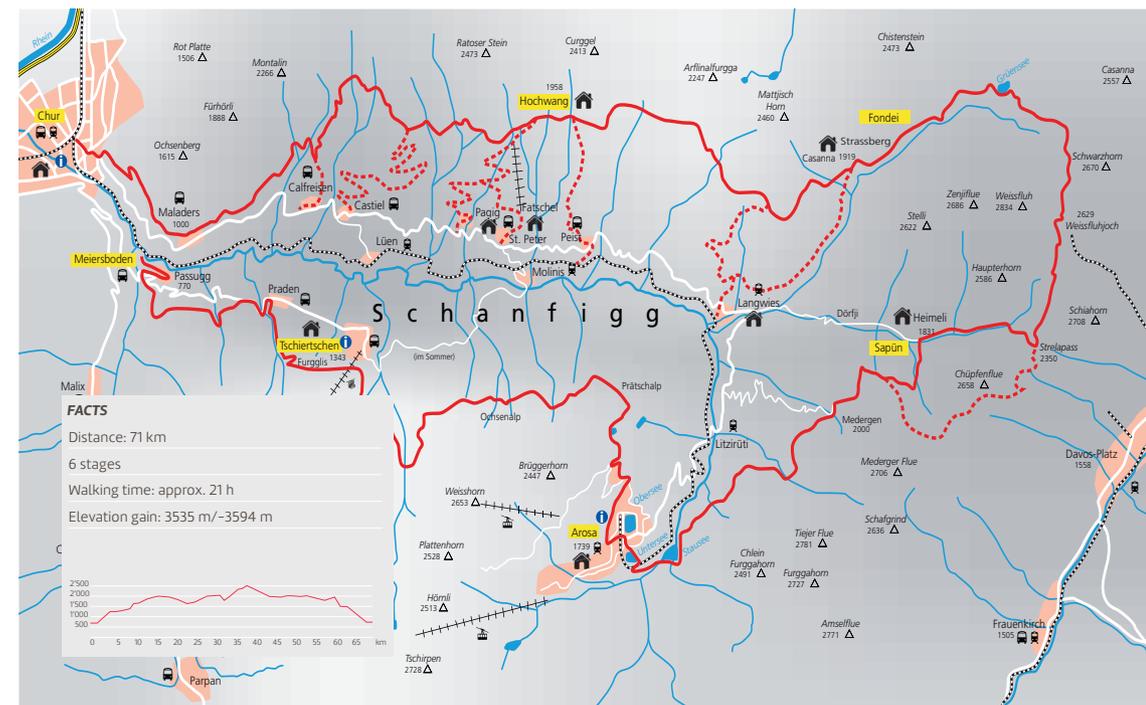
Requirements Hiking mostly on walking- and mountain hiking trails.

Route Furgglis – Clüs – Löser – Ochsenalp – Rot Tritt – Prätschalp – Maran – Arosa

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

Accommodation Verschiedene Hotels und Pensionen in Arosa

Note This stage is marked in the area as the Schanfigger Höhenweg Nr. 682 (Schanfigg High Trail).



Schanfigg Village Trail

The Schanfigg Dörferweg (village trail) is a new hiking trail which links the villages on both sides of the Schanfigg valley from Chur to Arosa.

The village trail leads through varied landscapes with impressive panoramic views, through meadows and forests, over wooded ravines, past mountain pastures and last but not least, over numerous bridges. The network of hiking trails, which total 52 kilometres, is well maintained and well signposted. So from the multi-day stage tour to a simple one-day hike to a village walk, there is something for every type of hiker.

In Arosa, the village trail starts at an altitude of 1743m and leads via Litzirüti and Langwies to Peist (1'333m). There the trail forks. On the right side of the valley, it leads to the Obertor tower in Chur (595m) via Fatsché (1'564m), St. Peter/Pagig, Castiel, Calfreisen and Maladers. On the other side of the valley, the village trail from Peist leads down to the village of Molinis (1'056m), which is located directly on the Plessur river, and then follows the Jakobsweg Graubünden up to Tschierschen (1'344m) and on to the Obertor tower in Chur via the Walser village of Praden and Passugg. The paths on the two sides of the valley (Praden and Pagig, Castiel) are connected via Lügen (991m).

The 52 km-long network of hiking trails is well maintained and well signposted. From a multi-day stage tour to a simple one-day hike to a village walk, there is something for every type of hiker. The individual stages can also be combined as a day trip with the Rhaetian Railway or the PostBus. The stages that give views of the Langwieser Viaduct are particularly striking.

An architectural construction of great importance to the history of the valley. The imposing bridge boasts a great size and might, and is a popular photo subject.

The village trail crosses valleys and rivers, and also smaller, no less rewarding paths. You may come across an idyllic wooden bridge, a scenic valley overpass or an extremely photogenic suspension bridge. For example, the Frauentobel gorge between Peist and Langwies was opened up for hiking for the first time with the construction of a new bridge. To ensure that the village trail lives up to its name, the varied route repeatedly leads through the traditional settlements in the Schanfigg valley. It is almost like being on a journey through time, strolling through the settlements that have preserved their original character, between grazing cows and flower-decorated village fountains. The classic wooden houses, with their sun-baked façades, are still well preserved and probably hide some secrets of the village's history. But, as well as the natural and cultural highlights, one thing makes the Schanfigg village trail special: the encounters you have on the way. Chatting at the village fountain, shopping in the farm shop, or enjoying a refreshment at a "Besenbeiz" inn all provide unforgettable memories. So what are you waiting for?

Information:
arosa.swiss/doerferweg
langwies.ch
peist.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 scree, 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

360° Panoramarestaurant

Weisshorn Gipfel

GENUSS AUF HÖCHSTEM NIVEAU

Eine der schönsten Aussichten der Schweiz
Frisch zubereitete, regionale Köstlichkeiten
Aussergewöhnliche Location für Geburtstage, Firmen- / Betriebsausflüge, Hochzeiten oder Bankette

weisshorn Gipfel.ch

360°
GIPFELRESTAURANT
weisshorn

GRUPPEN

WANDERER

BIKER

FAMILIEN

WINTERSPORTLER

HERZLICH WILLKOMMEN IN DER AROSA MOUNTAIN LODGE

Bei uns übernachtest du einfach, günstig und gut gepflegt – alleine, mit deiner Familie, mit deinen Freunden oder deiner ganzen Schulklasse. 200 Betten, eine zentrale Lage, viel Platz und eine Selbstkocherküche für Gruppen erwarten dich bei uns. Schnapp dir dein Bike oder die Ski und profitiere von günstigen Packages inkl. Bergbahnticket. **Jetzt online buchen auf arosamountainlodge.ch**

MOUNTAIN LODGE
Arosa

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:

- a half marathon circuit through the panoramic high plateau of Hochwang
- a panoramic circuit around Prätschli-Rot Tritt-Scheidegg-Maraner Hauptji-Arosa-Weisshorn cable car 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 Höhenweg

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

Event Highlight: Arosa Trailrun

The Arosa Trailrun – 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 trailrun and pays the entry fee.

Arosa Trailrun: 9.10.2023

Further information under arosa-trailrun.ch

Status November 2022. Event Updates under arosa.swiss/en/events

Trail Suggestions

Arlenwald Round

⌚ 1:46 h → 9,9 km ↓ +288 m / -288 m ↑ 2054 m.a.s.l. ++ medium

Arosa Trailrun AT15

⌚ 3:26 h → 16,4 km ↓ +916 m / -915 m ↑ 2650 m.a.s.l. ++ medium

Arosa Trailrun AT22

⌚ 4:55 h → 23,5 km ↓ +1208 m / -1208 m ↑ 2650 m.a.s.l. ++ medium

Arosa Trailrun AT33

⌚ 11:35 h → 32,4 km ↓ +1925 m / -1925 m ↑ 2661 m.a.s.l. ++ hard

Arosa Trailrun AT54

⌚ 12:05 h → 57,6 km ↓ +3456 m / -3460 m ↑ 2653 m.a.s.l. ++ hard

Maraner Hauptji Round

⌚ 1:40 h → 8,7 km ↓ +340 m / -355 m ↑ 2157 m.a.s.l. ++ medium

Schanfigg High Trail

⌚ 2:50 h → 14,9 km ↓ +510 m / -514 m ↑ 2282 m.a.s.l. ++ medium

Scheidegg Round

⌚ 1:38 h → 9,2 km ↓ +299 m / -293 m ↑ 2098 m.a.s.l. ++ medium

Schwellisee Round

⌚ 1:18 h → 7,1 km ↓ +250 m / -252 m ↑ 2072 m.a.s.l. ++ medium

Conduct and 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 and 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

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

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

graubünden



Wegweiser für Wegnutzende Trail user guide



Mach dich frühzeitig bemerkbar und fahr Schritttempo.
 Alert other users of your approach and pass at walking pace.



Wandernde haben Vortritt: Steig ab, wo es eng wird.
 Walkers have right of way: dismount on narrow paths.



Hinterlasse keine Spuren, nimm deinen Abfall mit.
 Leave no trace: take your litter with you.



Blockiere beim Bremsen nicht das Hinterrad.
 Don't use your brakes to jam the back wheel.



Bleib auf dem Trail und kürz die Kurven nicht ab.
 Stay on the trail – don't short-cut the bends.



Respektiere die Natur und halte Abstand.
 Respect nature. Keep your distance.

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/en

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. bikekingdom.ch/en/tours

Highlights

- Enduro tour: BikeTicket2RIDE Tour black Arosa – Chur – Lenzerheide – Arosa
- Leisure tour: E-Bike tour FONDEI
- Family tour: Arosa – Middle 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. arosa.swiss/en/hoernlitrail

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.

Bear Bike Treasure Hunt

The Bear Bike Treasure Hunt is an exciting bike adventure in Arosa for all ages. There are three routes with different difficulty levels which exercise your body as well as your brain cells. arosa.swiss/baerenbike-schatzsuche

Skill Center for Cyclists

(At the Hörnli-Express valley station)
A skill center 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. arosa.swiss/en/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: bikekingdom.ch/offers

Bike Shops (rental and repair)

[Arosabike](#) +41 81 377 23 77
[Giesler Sport](#) +41 81 378 63 84
[Luzi Sport](#) +41 81 377 35 43
[Arosa Bikeschool](#)
(Skill Center) +41 76 446 70 28

Bike School

[Arosa Bikeschool](#) +41 76 446 70 28
[REMA Bikeschule Arosa](#) +41 79 198 25 14
[SUISSEBIKEGUIDE](#) +41 79 331 08 36

Bike Hotels

[Golf- & Sporthotel Hof Maran](#) +41 81 378 51 51
[Valsana Hotel Arosa](#) +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

Bike Events

Bike Kingdom Hunt Arosa 14–16 July 2023

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 Bike Kingdom 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.

bikekingdom.ch/hornli-trail-hunt

Family Bike Vibes 4–6 August 2023

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!

bikekingdom.ch/familybikevibes

Grischa Trail Ride 24–27 August 2023

The participants determine which sections are included from Lenzerheide, Davos and Arosa. With numerous mountain railways, the 2022 contest will again be a plunge into the depths on these trails.

grischatrailride.ch

Status November 2022. Event Updates under arosa.swiss/en/events

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.

Summer programme 2023

What can families expect in Arosa this summer?

- Supervised children's programme with the Bärenbande club (free of charge in the partner hotels)
- All-inclusive offer with rope park, free use of the cable car, entrance to the Untersee lido, etc.
- The Arosa Bear Sanctuary with playground, bear mini golf, and adventure trails
- Indoor fun park at the Sunstar Hotel for action-packed rainy days
- Themed trails such as the Eichhörnlweg (Squirrel Trail), Glückstein Trail (Lucky Stone Trail), Bärenland Adventure Trail, Ricola Adventure Trail, the two KrimiSpass detective trails or the Bear Safari with the RhB Bärenzug (Bear Train)
- Kinderland OpenAir Event – 23 July 2023
- Family Bike Vibes from 4 – 6 August 2023
- Children's events from Arosa Kultur on the Arosa Waldbühne forest stage
- Children's events at Kulturhuus Schanfigg

Mountain experiences for children on the Arosa mountain railways

The Skill Center for bikers and families is at the Hörnli-Express valley station. The Skill Center offers a practice platform with suitable banked turns and root, wood and stone elements to guide all user groups through the necessary biking techniques so that they can then enjoy the Hörnli Trail or individual tours in the area. The Skill Center is particularly good for children. The Arosa Bike School offers bike courses for children and adults at different levels of difficulty. arosa.swiss/en/bike

Pump Track

In addition to the skill center 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.

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.

arosa.swiss/beargang

Indoor Fun Park at Sunstar Hotel

The indoor fun park enables children and teenagers to have fun, even on rainy days. If you want to test your skill, you can try the Ninja Warrior course.

Opening hours and further information can be found at:

arosa.sunstar.ch/en/indoor-funpark

Sunnastrahle Children's Daycare Centre

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

kitaarosa.ch

Library and Toy Library

Children can borrow fantastic board games from the Ludothek in the schoolhouse near the Rathaus [town hall] bus stop. Now also via "Click&- Collect". Directly next door, there is also a library with many books, audio books and films. winmedio.net/arosa

Training Camps for Kids

During the summer season training camps for kids for various sports are offered in Arosa. Children improve their sporting skills and have access to a unique leisure programme in the mountain world of Arosa.

arosa.swiss/training-camps

Ochsner Hockey Academy

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

ochsneracademy.ch

ALDI Sportcamp

The children at the ALDI Sport Camp (yr. 2008-2017) can try out different sports and enjoy a week full of fun, exercise and action from 7-11 August 2023.

mssports.ch

Themed Trails and Discovery Tours

In Arosa and the Schanfigg valley, numerous themed trails invite you to experience exciting adventures.

You can find more information from page 24 onwards, or in the adventure trail booklet, available from Arosa Tourism Visitor Information.

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 arosa.swiss/hiking

All information about family holidays in Arosa can be found on arosa.swiss/family-experiences

Arosa All-Inclusive

Other fantastic family activities, such as the rope park, Untersee lido, etc. can be found from page 10 onwards.



32. AROSA HUMORFESTIVAL

7. – 17.
DEZEMBER
2023

Arosa – a Paradise for Nature Lovers

Nature Experiences

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.

For more information, see
arosa.swiss/nature-experiences



Other Summer Activities



Fischen

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.

For more information, see arosa.swiss/fishing

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.

Schanfigg Biogarden

The Schanfigg Biogarden is located in Pagig at an altitude of 1'300 m. Herbs, vegetables and hemp (for food) are grown here on a sunny south-facing slope which enjoys a mild mountain climate. The focus is on biodiversity, sustainable and ecological production, and high product quality. biogarten-schanfigg.ch

Horse Carriage Rides

Arosa is also a wonderful place to explore from the comfort of a horse-drawn carriage.

For more information, see arosa.swiss/horse

Tennis

The Arosa tennis courts invite you to play a match. A welcome opportunity to take part in some sport. The courts are open to all members and Arosa guests. The facility had a beautiful sun terrace from where you can watch comfortably.

For more information, see arosa.swiss/en/tennis

Minigolf Arosa Bear Sanctuary

The mini golf course with possibly the most beautiful view in the world. Take some time to enjoy mini golf. Why? Mini golf is fun for the whole family. The mini golf clubs and balls are available at the LAW middle station.

For more information, see arosa.swiss/bear-minigolf

Golf

The 18-hole golf course (par 65), which is at 1,900m above sea level and near Maran, opened in the summer of 2001. It offers keen golfers everything they want. The relaxed club atmosphere, the fine restaurant, the shop, the covered driving range, as well as the putting and chipping areas complete this golf experience. Constructed back in 1945, the 9-hole Arosa golf course was one of the first courses to be built in Switzerland. What's more: the Golf Club Arosa has been awarded the GEO certificate for its commitment to sustainability.

For more information, see arosa.swiss/en/golf

Scooter

Rent a scooter and start your tour at the Arosa-Weisshorn cable car, which takes you to the middle station. The ride with the Weisshorn gondola and transport of the scooter is free with the Arosa Card. From there, there is a speedy ride down to the village or even to Litzirüti. From Litzirüti you can easily take the train back to Arosa.

For more information, see arosa.swiss/kickboard

For more information, see arosa.swiss/summer

Culture

Arosa Kultur

The association, which was established in 1969, organises events and promotes culture in the region of Arosa. The association has more than 600 members. Arosa Kultur regularly organizes cultural and musical events.

For more information, see arosakultur.ch

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.

Bergkirchli

The Bergkirchli mountain chapel was completed in 1493. It is the oldest building in Arosa. Its treasures include the late Gothic vaulted wooden ceiling, a large Maria bell from 1492 and a house organ with four registers from the first half of the 18th century. The mountain chapel is listed as a historical monument and is only accessible during church services, concerts or guided tours. Church services take place in the summer and winter seasons as well as Easter and New Year's Eve. The Bergkirchli mountain chapel is available to residents of Arosa and guests for baptisms, weddings, anniversaries, blessings, and funeral services.

Visits each Friday between 30 June -29 September 2023
Meeting point: 3 p.m. in front of the Bergkirchli. Free guided tour.
For more information, see arosa-reformiert.ch

Local History Museum Arosa-Schanfigg "Eggahuus"

The original purpose of the house on the "Egga", which was first mentioned in 1550, is unclear. It was probably some form of meeting place for the village residents, and this is still the case today. Various cultural events such as exhibitions, presentations and tours also take place in the rooms at the Arosa-Schanfigg "Eggahuus" local museum.

For more information, see arosa-museum.ch

Kulturhuus Schanfigg

At Kulturhuus Schanfigg, local people and guests meet for lectures, readings, film evenings and art and cultural exhibitions. The Kulturhuus is also home to the Arosa-Schanfigg Cultural Centre, which promotes local cultural development, as well as the two accessible collections of the Raetica Library and the Schanfigg Cultural Archive.

Raetica Library

The Raetica library is from the estate of Major General Jörg von Sprecher from Jenins. The book collection dates back to the Free State of the Three Leagues. It includes valuable first editions of chronicles, as well as political writings prior to 1800, but also newspaper collections from the 19th century. It contains numerous modern publications on the history of Graubünden.

Schanfigg Cultural Archive

As a historical memory of Schanfigg, the cultural archive collects privately-owned legacies: documents, letters, books, pictures, maps, old brochures, etc. The submitted material is recorded and then prepared and exhibited in the collection according to the theme.

The Kulturhuus is open on Thursdays from 2 p.m. to 5 p.m. Additional visiting times are possible on request.

For more information, see kulturhuus-schanfigg.ch

Events

Arosa Jazz Days (3 – 6 August 2023)

The Arosa Jazz Days 2023 will again provide authentic classic jazz and blues. The four festival days are a treat for the ears when it comes to traditional jazz and blues music and feature international artists in a class of their own. 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 service in 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 in the local museum

Arosa-Schanfigg "Eggahuus" (24 September 2023)
Pop in to the Museum Day at the Arosa-Schanfigg "Eggahuus" local museum in Arosa and learn interesting stories about the development of the mountain village. Basic food provided. Free entry.

Arosa Dialect Festival (5 – 8 October 2023)

Four days of dialect culture in all its facets. Discussions, readings and concerts. The audience can really get involved in the cultural performances here, surrounded by a wonderful autumn landscape in which the artists can really give their all. Everyday life with its hustle and bustle can just stay down in the lowlands. More information from mundartfestival.ch

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

Religious worship Evangelical Reformed Church Parish of Arosa Village Church

Open daily from 8 a.m. to 8 p.m.
Service every Sunday at 10 a.m.
13 August 2023, 10 p.m. Jazz service

Bergkirchli (mountain chapel)

18 June, 16 July and 27 August 2023, 11.15 a.m. Services for late-risers
24 September 2023, 10 p.m. service to accompany the Museum Day

Other locations

9 July 2023, 6 p.m. service with the festival choir at the Waldbühne Forest Theatre
20 August 2023, 11.15 a.m. ecumenical service on the Prätschalp

Arosa Gourmet Express

Culinary through the evening

Guided tours

Murals by the Waltensburg master

The murals of the church in Lüen, which was built in 1084 and is listed as a historic monument, were covered up in the course of reformist aniconism and only uncovered in 1926. The trained church and cultural guide Sidonia Kasper leads the tour through the church and talks about the Waltensburg master's work and how it is embedded in the history, culture and landscape of Graubünden.

Stable museum "Uf Truaja"

Using a collection of agricultural tools in an archetypal Schanfigg stable, the farmer Hans Scherrer charmingly conveys and reflects on the history of traditional farm work before mechanization.

On a hike through time with the Walsers

If you like hiking and want to encounter Walser cultural history independently and in an innovatively way, the interactive hiking trail developed by Nando Mettier from Langwies in FONDEI is recommended. The free app Actionbound opens up a tangible exploration of the Walser cultural heritage with pictures and listening stations, enabling you to wander into a bygone era that still characterizes the valley to this day.



Scannen Sie den QR-Code um zu der kostenfreien App «Actionbound» zu gelangen.

More information for guided tours at arosa.swiss/event-calendar

kmu-nachhaltigkeit.ch

Digitaler Checkup für Ihr Unternehmen – mit Blick auf Soziales, Ökologisches und Ökonomisches.

Wir machen Sie punkto Nachhaltigkeit fit!



Further information
www.rhb.ch/gourmetexpress

**Ski School
included**

from two nights
included

Arosa

**Action for the kids –
time off for parents.**



Hotels and holiday apartments under arosa.swiss/skischoolincluded

AROSA CLASSICCAR

**31. AUG
-3. SEPT** | 2023



arosaclassiccar.ch/en

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 at arosa.swiss/en/wellness



Indoor Activities

If you like to spend some time indoors during your Arosa stay, here are some suggestions for you. If the weather is playing up, you can find great activity suggestions at arosa.swiss/bad-weather

Family Experiences

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

- Indoor playground Sunstar Hotel
- Bear Gang programme
- Kita Sunnastrahl daycare
- Library and toy library



Cultural Events

Many cultural events take place indoors – for example, in the beautiful Bergkirchli, in 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
- Kulturhuus Schanfigg cultural programme



Well-being

Leave the storm outside and relax in the wellness areas or treat yourself to a massage in our hotels or those of other providers. For more information, see arosa.swiss/wellness



Other Activities

- Shopping in the village
- Village or mountain restaurants and cafés
- Visit to the Maran Dairy
- Visit to the “Seifenmacher” (soap production)



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:

- Billiards
- 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 swimming pools
- Tennis courts



Ninja parkour at the Sunstar Hotel

The new indoor fun park with ninja warrior course is the perfect bad weather programme for the whole family. In the Ninja Warrior course, children from the age of 10, teenagers and the young at heart can put their dexterity, speed and stamina to the test. Mum and dad are sure to get out of breath here too.



Learn about Sustainability

Together with valuable partners, national sustainability initiatives and regional best practice examples are brought to life in the Arosa Nature Laboratory. Here you can discover:

- Ricola experience exhibition
- ArosaAkademie
- Energie Schweiz
- Guided tours in the Arosa Nature Laboratory



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 Conf. 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 Rooms						
Weisshorn	24 m ²	200.00	25	-	18	14
Furkahorn*	24 m ²	200.00	25	-	18	14
Arosler Rothorn*	24 m ²	200.00	25	-	18	14
Hörnli	19 m ²	180.00	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

Valsana Hotel Arosa
 (foyer, creative room and sustainability workshop) valsana.ch/en

Arosa Kulm Hotel & Alpin Spa
 (panorama hall and three seminar rooms with daylight) arosakulm.ch/en

Golf- & Sporthotel Hof Maran
 (two conference rooms with natural daylight) hofmaran.ch/en

Waldhotel Arosa
 (one conference room, forum for up to 220 guests, seven seminar rooms with daylight) waldhotel.ch/en

Contact: Janine Ryser, Head of MICE,
 Sports and Conference Centre +41 81 378 70 27,
mice@arosa.swiss, kongress-arosa.ch/en

Discover the Schanfigg Valley

The wild mountain valley between Chur and Arosa has always preserved its original character and cultural peculiarities. It extends from Plessur at the foot of the valley up to the Mattjischhorn and into the picturesque side valleys of Fondei and Sapün. Here you will find authentic villages, unspoilt nature, culture full of history, and much more.



Calfreisen

Calfreisen lies on a sunny slope away from the main cantonal road. The small, tranquil village has a wonderful village centre. The symbol of Calfreisen is the ruined Bernegg castle, which was first mentioned in 1231.

Castiel

Castiel has been populated for an incredibly long time, various prehistoric settlement phases and Roman housing developments have been uncovered. The centrepiece of the village is the Podestat House, commonly known as the “Tobel Hus”. It was built in 1621 for the chief magistrate Luzius Schmid and is the most beautiful house and one of the most treasured historic buildings in the Schanfigg valley.

Lüen

Lüen, also known as the “Schanfigg Riviera” has such a mild climate that grapes, kiwis and apricots can grow. Since 1914, clean energy has been produced at the hydroelectric power station.

St. Peter–Pagig

The church of St. Peter with its mighty bell tower was first mentioned in 831. For centuries it was the most important church in the valley. The interior of the church houses a treasure of cultural and historical importance – a wall tabernacle dating from around 1500. On a sunny plateau above the villages of St. Peter and Pagig lies the hamlet of Fatschél, a former mountain pasture.

Molinis

Molinis used to be called “the garden of the Schanfigg”. Numerous plots of arable land and thriving fruit crops decorated the town. Today Molinis is successful with the Swiss biodiversity organisation, Pro Specie Rara, and is committed to the cultivation of pome (stone) fruits. The village with its sun-baked brown wooden houses has largely retained its charm.

Peist

Peist is a lively craft and farming village with village shops, inns and active clubs and societies. The large stone houses and the

striking onion-domed church tower can be seen from far and wide, and tell the story of the devastating village fire of 1874. The centre of the village is surrounded by farmhouses, hedges and meadows. A short walk takes you to the station where the oldest ash tree in Europe grows with an impressive trunk circumference of 9 metres.

Languies

The village takes its name from the “long wiese”, or meadow, on which the church was constructed. The many large pastures are the characteristic feature of the area. Until the 14th century, some locals used the pastures of the rear Schanfigg valley as Alps in the summer. Many river names come from this period. Then the Walser people began to migrate from Davos. They mainly settled in the higher side valleys. The Fondei, Sapün and Medergen valleys were separate villages and until the start of the 20th century, they were inhabited throughout the year and had more residents than the town down in the valley.

Litzirüti

The two sides of the valley which extend from Chur to Arosa and are intersected by the Plessur river, meet again at this point. “Litzi” means “in the shadows”. This is perfect for the small village because if you know where the shadows are, then the sun is not far away.

For more information and maps, see the “Streifzüge durch das Schanfigg” (Rambles through the Schanfigg valley) fold-out flyer and the new summer panorama map of Arosa Schanfigg. Ask at Visitor Information or at the information points in the valley.

Public Transport

The different villages in the valley are easily accessible with public transport. The famous Rhaetian Railway stops everywhere on the stretch between Chur and Arosa. There is also a bus connection between Chur and Peist. The Hochwang area is connected with a shuttlebus. The shuttlebus travels from the RhB station St.Peter-Molinis to Fatschél and Triemel, and back.

Schanfigg Highlights



Countless hikes, unique sights, and varied activities are waiting for you. On the earlier pages, we have already presented some highlights such as the Hochwang Archery Park and the Schanfigg Village Trail. Here are a few more highlights. What are you waiting for?

Walser Settlements

You must have walked past and seen the original former Walser settlements in Fondei, Sapün and Medergen in the romantic side valleys at the rear of the Schanfigg valley. Peaceful and out of the way, yet close to the lively spa towns of Arosa, Davos and Klosters. Hikers are delighted by the primitive villages, which were previously inhabited all year round, and have no concrete or asphalt. Fondei, Sapün and Medergen are considered real insider tips. Few high valleys in the Alps have such a well-preserved, typical Walser cultural landscape. Narrow, sun-baked wooden houses lie spread out or in village groups in the flowering alpine meadows. Narrow paths connect them and lead to the nearby mountain ridges. Until the 20th century, the settlements were inhabited throughout the year. The major changes of the last century led to emigration into the valley. However, the high valleys continue to be carefully used for agriculture and are therefore worth a visit.

Bernegg Castle

On a spur in the tranquil village of Calfreisen, you will find Bernegg Castle – the ruins of a medieval hilltop castle from the middle or the second half of the 13th century. The former tower with a floor plan of about 11 by 13 and a tower height of 15 metres is not accessible, but remains of the wall plaster, isolated narrow slits and a smoke exhaust testify to its former use.

It is documented that the castle was owned by the Lords of Calfreisen from 1259 to 1286. The castle was probably only named “Bernegg” in the course of the 15th century when it came into the possession of the Sprecher family.

Fresh from the Farm

This is the most authentic way to buy your products. A number of farm shops offer delicacies straight from the farm. Enjoy home-made yoghurt, traditional Salsiz sausages and other local products.

Langwies Viaduct

The town came to the attention of the world in 1912 when the Langwies viaduct was constructed. What was built here more than 100 years ago represents pioneering work in a class of its own. As well as travelling across the viaduct, there are other ways to marvel at its magnificence. Take a walk from the Langwies railway station and as you walk around the village, you can discover a number of new perspectives and imposing subjects for photos.

Sun on the Hochwang

The sun-drenched Hochwang mountain plateau lies in the heart of the Schanfigg valley. This area, surrounded by magnificent mountains and unspoilt nature, could have been made for panoramic hikes and family excursions. What’s more: in winter, you can find eleven prepared natural ski slopes here and winter fun for young and old.

Churches

The churches of the traditional villages conceal a wealth of treasures. Impressive church towers and elaborate paintings make each church unique. The church in Lüen hold regular tours to see the murals created by the workshop of the Waltenburg masters. The following churches are open to the public: St. Peter, Lüen, Peist, Langwies, Molinis.

Arosa Lenzerheide Mountain Experiences

Mountain Railways Operating Times

Aerial cableway Arosa – Weisshorn 1st section Arosa – Middle station

✱ Daily operation: 10 June – 22 October 2023

🗓 Weekend operation: 27 – 29 May / 3–4 June 2023

🕒 9.00 a.m. – 5.00 p.m., last descent 5.40 p.m. from the middle station

Novemberhoch: 28 October – 29 November 2023 Weekend operation depending on snow situation

Aerial cableway Arosa – Weisshorn 2nd section Middle station – Weisshorn Summit

✱ Daily operation: 10 June – 22 October 2023

🕒 9.10 a.m. – 5.10 p.m., last descent 5.30 p.m. from Weisshorn

Novemberhoch: 28 October – 29 November 2023 Weekend operation depending on snow situation

Hörnli – Express Gondola valley – Mountain

✱ Daily operation: 1 July – 22 October 2023

🕒 8.45 a.m. – 4.30 p.m., last descent 4.45 p.m. from Hörnli

Novemberhoch: 28 October – 29 November 2023 Weekend operation depending on snow situation

Urden aerial railway Hörnli – Urdenfürggli Urdenfürggli – Hörnli

✱ Daily operation: 1 July – 13 August 2023, 30 September – 22 October 2023

🗓 Weekend operation: 19 August – 24 September 2023

🕒 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*

✱ Daily operation: 24 June – 22 October 2023

🗓 Weekend operation: 18 – 21 May / 27 – 29 May / 3 – 4 June / 9 – 11 June / 17 – 18 June 2023

🕒 8.30 a.m. – 4.00 p.m.

Chairlift Tgantieni Val Sporz–Tgantieni*

✱ Daily operation: 9 June – 22 October 2023

🗓 Weekend operation: 18 – 21 May / 27 – 29 May / 3 – 4 June 2023

🕒 8.30 a.m. – 5.00 p.m.

Chairlift Scalottas Tgantieni – Piz Scalottas*

✱ Daily operation: 9 June – 22 October 2023

🗓 Weekend operation: 18 – 21 May / 27 – 29 May / 3 – 4 June 2023

🕒 8.45 a.m. – 4.45 p.m.

Chairlift Weisshorn Speed

✱ Daily operation: 24 June – 13 October 2023, 30 September – 22 October 2023

🗓 Weekend operation: 19 August – 24 September 2023

🕒 8.45 a.m. – 4.30 p.m.

Rothorn 1 aerial cableway Canols – Scharmoin*

✱ Daily operation: 9 June – 22 October 2023 8.30 a.m. – 5.00 p.m.

(8 July – 13 August 2023: 8.30 a.m. – 7.00 p.m.)

🗓 Weekend operation: 18 May – 4 June 2023

🕒 8.30 a.m. – 5.00 p.m.

Rothorn aerial cableway 2 Scharmoin – Rothorngipfel*

✱ Daily operation: 24 June – 22 October 2023

🕒 8.40 a.m. – 4.50 p.m.

✱ Daily operation | 🗓 Weekend and/or public holiday operation | 🕒 Operating hours
Subject to change due to weather and weather conditions.

*18 – 21 May / 27 – 29 May – Adjustments possible depending on snow and weather conditions

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

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 Arosa Lenzerheide mountain experiences at
arosawiss.com/mountainexperiences-summer

Arosa

What is open today?

Live report from Arosa about the open facilities, hiking trails, mountain restaurants, mountain bike trails, ice skating and more.



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info@simaprint.ch



Fun and adrenaline in Lenzerheide

Familien favourite

Discover the "Fascination Biathlon" in Lenzerheide 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. This two-hour family favourite features a biathlon course with air rifle as well as a "goal and fun" course, in which the family members can compete against each other. In December 2023, the first Biathlon World Cup in Switzerland can be celebrated at the same location.

rolandarena.ch/familienchallenge

Zipline - Pradaschier Adventure Mountain

With the zipline, you are securely fastened to a wire cable as you fly towards the valley at up to 110 km/hr. The flight lasts almost 2 minutes and covers 1,739 m with a difference in altitude of 470 m. After the gentle start, there are inclines of 29% which create a feeling of freefall, which is very close to flying. The zipline provides adventure, thrills and adrenaline, all with the maximum safety precautions. Travel to the start on foot or with the four-person chair lift. Clip in, take off and enjoy the feeling of weightlessness: a unique experience for young and old!

pradaschier.ch

Lenzerheide Space Walk

Look at the world from above, walk on the moon, discover endless expanses, breathe in the thin air and feel very small. All this without rockets and kerosene in the Lenzerheide Space Walk. In the summer of 2022, the mission to the moon "Lenzerheide Space Walk" started with the aim of running the distance to the moon together. However, this goal has not yet been achieved. With more than 300 km of marked hiking trails, everyone will find a suitable tour and other outdoor adventures. Whether sporty, cosy, alone, in a group, or as a family.

lenzerheide.swiss/spacewalk

THE BIG FIVE – Trail running

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

lenzerheide.swiss/trailrunning

Exciting adventure trails

In Lenzerheide you can find a number of adventure trails for young and old explorers: whether with the cartoon character Globi, Autschli the bear, or the "Wetterwichte" weather dwarfs: games and fun are guaranteed lenzerheide.swiss/familien



Arosa

Arosa Tourismus

Sports- and Conference Centre
7050 Arosa
+41 81 378 70 20
arosa@arosa.swiss
arosa.swiss/en

Business hours Information desk

Montay– 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 p.m. – 5.00 p.m.
arosa.swiss/guest-info

Rhaetian Railway Information

Station square
7050 Arosa
+41 81 288 66 21
www.rhb.ch/en
arosa@rhb.ch

Arosa Bergbahnen AG

Seeblickstrasse 29
7050 Arosa
+41 81 378 84 84
info@arosabergbahnen.ch
arosalenzerheide.swiss/en

Municipality of Arosa

Town Hall
Poststrasse 168
7050 Arosa
+41 81 378 67 67
gemeindearosa.ch

Business hours

Monday–Friday
8.00 a.m. – 12.00 p.m.
2.00 p.m. – 5.00 p.m.

Lost and found

+41 81 378 67 17
polizei@gemeindearosa.ch

Ambulance/Physicians

Ambulance [144](tel:144)
Piste rescue service Arosa Lenzerheide [144](tel:144)
Emergency doctor +41 848 7050 00

Physicians/Dentist/Pharmacy

Dres. V. Meyer & M. Walkmeister
Medical office for general medicine
Poststrasse 179
+41 81 377 27 28

Gesundheit Arosa AG – Medical Centre

Poststrasse 18 (Valsanacomplex)
+41 81 377 14 64

Dentist Arosa

Dr. med. dent. Nicola Bianco
Poststrasse 115
+41 81 377 23 27

Pharmacy Montana Pill

Poststrasse 60
+41 81 377 15 22

Emergency Numbers

Medical Emergency [144](tel:144)
Police distress call [117](tel:117)
Fire emergency [118](tel:118)
Graubünden Cantonal Police +41 81 257 76 70
Arosa Municipal Police +41 81 378 67 17
Toxic emergencies [145](tel:145)
Pastoral care [143](tel:143)

Information

Avalanche situation [187](tel:187)
Wheather forecast [162](tel:162)
Road status, traffic information [163](tel:163)

Churches

Evangelical Reformed Parish
+41 75 434 39 43
arosa-reformiert.ch

Catholic Parish

+41 81 377 14 41
himmelfahrt.ch

Schanfigg

Langwies Information office

+41 81 374 22 55
langwies.ch
info@langwies.ch

Peist Transport association

+41 79 756 43 56
peist.ch
verkehrsverein@peist.ch

St. Peter Information point

+41 81 374 11 16

Tourismus Tschiertchen–Praden

+41 81 373 14 40
tschiertschen.ch
info@tschiertschen-praden.ch



Further information,
Telephone numbers and current
opening hours can be found at
arosa.swiss/en.



Summer- Events 2023



June

Arosa Cultural Summer
36th Motorcycle Club Arosa
Orientation Ride
Ländlertreffen – folk music meeting

July

Arosa Cultural Summer
7eck-Cup Floorball
Arosa goes Züri Fäscht
Fussball Grümpi EHC Arosa Fanclub
Bike Kingdom Hunt
Village Market
10th Kinderland Openair

August

Arosa Cultural Summer
Swiss National Day
Arosa Jazz Days
Family Bike Vibes
11th Handball Business Forum HUFO
Grischa Trail RIDE
41th Cycle Classic Chur – Arosa

September

Arosa Cultural Summer
19th Arosa ClassicCar, International
Mountain Race
10th Arosa Trailrun
5th Arosa Gastro Food Fest

October

7th Arosa Dialect Festival



For more information please visit: