















My forest kitchen

For me, the forest is like one **big larder**. Buds, nuts, fruits, roots, insects, mushrooms, bird eggs and conifer seeds lie around everywhere.

But conifer seeds are often hidden inside the cones and are *difficult* to get out. So first I pick the cones from the branches. Then I find a comfortable branch to sit on. And finally I nibble at the cone scales until I reach the seeds beneath.

I can get through about 10 to 15 big cones a day from the spruce trees. From the smaller pine trees I manage an amazing 100 cones per day!



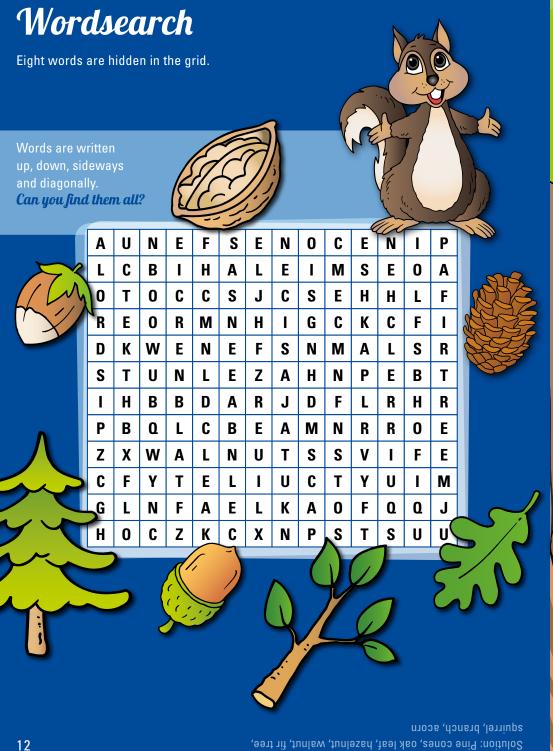
Did you know? The colour of our coats varies, depending on where we live. In the lowlands, squirrels have bright red coats and in the mountains, squirrels have dark brown coats!

Welcome to the Squirrel Trail in Arosa. There you will learn about squirrels and have loads of puzzles to solve. But first I have lots to tell you about me ...













Enjoy wonderful holidays with your family in *Arosa's* alpine paradise. Here you can enjoy nature's unparalleled beauty – lush green meadows, rushing mountain streams and crystal clear lakes.



Our kid's programme of the Bear Gang offers plenty of adventures. A visit at the fire department or the police station makes every kid's heart beat faster — or how about just drawing, crafting, hiding, catching, inventing, listening ...



The Arosa Card offers a variety of free holiday fun. Boat and pedalo hire, entrance to the climbing arena, the lido, the ice rink and the museum of local history is included. The pass costs CHF 18 for daily visitors and CHF 9 for children. For families we offer special discounts.



The Bärenhöhle indoor

playground offers games and fun for the whole

family – also in bad weather.





... and come again in winter!

Whatever you're looking for – ski slopes, winter hiking paths, sledging runs, an indoor ice rink or just a spell on a sun deck – you and your family are sure to enjoy excellent snow conditions and have lots of fun.



Heavenly: 225 kilometres of slopes

Our new double cable car connects two ski areas, Arosa and Lenzerheide, to make one unbelievable winter paradise. 225 kilometres of slopes and countless authentic mountain shacks are waiting for you to explore.

Young and old guests will find on and next to the pistes a fantastic range of activities. Special kids' areas cater for our winter beginners while our snow parks provide plenty of challenges for the more adventurous skiers and snowboarders.

Looking for something else? Then visit the **Arosa Humorfestival** or the many fantastic snow shows on offer.



Arosa-Events

A few of the events that may interest you are shown below. It would be great to see you there!

June

Beach volleyball tournament

July

Ropepark night climbing,

Village market,

Kids Openair

August

Klapperlapapp fairy tales and stories festival

September

Arosa ClassicCar

October

Mundartfestival Arosa Lenzerheide

to receive your present.

December

Arosa Humorfestival

January

Arosa IceSnowFootball

February

Snow show

March

Ice-Hockey Tournament "Hansi-Cup"

April

Live is Life Arosa Lenzerheide

(changes possible)

