
CLEAR YOUR HEAD IN THE GRISONS MOUNTAINS
VALBELLA RESORT
★★★★S
SUPPORTING PROGRAMME
TEAM EVENTS THAT BRING PEOPLE TOGETHER
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YEAR-ROUND PROGRAMME

TEAMEVENTS





© Roland Arena

OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

ROLAND ARENA LENZERHEIDE

The combination of concentration and precision in shooting, together with the endurance and strength required for physical activity, makes biathlon a challenge for both body and mind.

The shooting can be combined with any endurance activity of your choice (e.g. cross-country skiing, running, biking, roller skiing...)

POSSIBLE OFFERS:

- *First insight into the sport of biathlon*
- *Introduction to the small-bore rifle*
- *First exercises with the small-bore rifle*
- *Fun competition*

Further information: www.biathlon-arena-lenzerheide.ch

OUR SUGGESTION

...FOR THOSE WHO LOVE

EXPERIENCE AND TEAM-BUILDING PROGRAMMES

Conray AG is the event organiser with the largest selection of in-house team events in Switzerland. They offer an exciting variety of events that can be held in both summer and winter. They are highly innovative and can cater to individual customer wishes. Whether Highland Games, raft building on Lake Heidsee or air rifle shooting – your team event is sure to be an unforgettable spectacle.

Further information: www.conray.ch







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OUR SUGGESTION

...FOR OUTDOOR ENTHUSI-

FOXTRAIL LENZERHEIDE

The most exciting treasure hunt in Switzerland is available as a year-round activity in the Lenzerheide mountains! An active experience in nature awaits you. Two trails lead participants on a tricky route search through stunning panoramic scenery. On the approximately 3 to 4-hour mountain trail "Muntanella" from Churwalden via Heidbüel, teams must manipulate the weather and raid the alpine herdsman's cheese supplies in order to obtain the necessary clues. The shorter Heidsee trail "Anda" (approx. 2 hrs) provides plenty of fun and adventure with underwater messages and controllable waterfalls.

Depending on group size, teams of a maximum of 8 people are formed. Teams can set off at 10-minute intervals and complete the trail at their own pace.

Further information: www.foxtrail.ch

OUR SUGGESTION

...FOR THOSE WHO LOVE TO

EVENING EVENT AT THE ROTHORN SUMMIT

A culinary highlight at 2,900 metres above sea level. At the Rothorn Summit panorama restaurant, you will enjoy an exclusive dinner above the peaks of the Grisons Alps – with a breathtaking view of over 1,000 summits. The kitchen team will pamper you with typical Grisons specialities and internationally inspired dishes made from regional produce.

On request, a tailor-made menu can be put together entirely according to your wishes.

Further information: www.arosalenzerheide.swiss





OUR SUGGESTION

...FOR THOSE WHO LOVE TO

NITRO BAR – MOLECULAR DRINKS

A sensation in both party and gala settings. With dramatic clouds of vapour, fire and showmanship, Nino Sargenti gives classic cocktails an entirely new interpretation. Using dry ice and liquid nitrogen, he turns every drink into a spectacular experience.

Further information: www.nitrobar.ch

OUR SUGGESTION

...FOR THOSE WHO LOVE TO

FREERIDE BAR PARPAN

- *Enjoy a fondue or barbecue get-together after a hike from Valbella to Parpan, or simply a relaxed apéritif with an impressive panoramic view. Those who like to celebrate longer can also rent the bar exclusively as a party venue. The return to Parpan or Valbella is then made by torchlight. The Freeride team is happy to put together an individual programme for every group.*

Further information: www.freeridebar.ch





OUR SUGGESTION

...FOR THOSE WHO LOVE TO INDULGE

MEAT-DRYING FACILITY PARPAN

Let yourself be drawn into the fascinating world of Grisons dried meat and experience first-hand in Parpan how the beloved Grisons specialities are produced at Brügger's. Jörg Brügger will guide you through the meat-drying facility and share captivating stories about his traditional craft. An experience for groups of 12 to 40 people. Best of course combined with an apéritif and a glass of wine.

Further information: www.bruegger-parpan.ch

OUR SUGGESTION

...FOR THOSE WHO LOVE TO INDULGE

ALPINE CHEESE DAIRY PARPAN

The alpine cheese dairy in the old cow shed of the Plantahof Alp is a fascinating experience. A modern alpine milk processing facility housed in a more than 100-year-old barn. The dairy also features a viewing area which is open daily and freely accessible during the alpine season (end of May to end of September). Guided tours of the dairy are also available upon prior reservation. A specialist will inform you about the history, background and goals of the dairy. Included in the tour is a small tasting of alpine cheese.

Further information: www.alpkaeserei.ch





OUR SUGGESTION

...FOR CULTURE ENTHUSIASTS

FOR THOSE WITH AN INTEREST IN CULTURE VILLAGE TOUR LENZERHEIDE

If you and your group have an interest in history and would like to embark on a historical journey through Lenzerheide, then the village tour is just the right choice. The local tour guides offer an insight into how individual mountain pasture settlements grew into a thriving winter resort and, increasingly once again, a summer holiday destination. The tour lasts approximately 2 hours and takes you on a circular route past the historical treasures of Lenzerheide.

Further information: www.kulturampass.ch

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OUR SUGGESTION

...FOR LOVERS OF CULTURE AND GOOD FOOD

PASTROIN ZORTEN

In the historic bakehouse Pastroin in Zorten, traditional craftsmanship is kept alive. Under expert guidance, you bake crusty farmhouse bread together in a traditional wood-fired oven – just as it was done in the old days. While the bread fills the air with its aroma, you will learn fascinating stories about the history of the building and the tradition of village baking..

Further information: www.pastroin.zorten.ch





OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

MOVING MOMENTS

At movaMind, modern movement training meets mindful bodywork. Whether yoga, Pilates or the special programme Antara® – everything is aimed at bringing body and mind into harmony while at the same time fostering the team experience. Ideal for corporate or group events where movement and shared experience take centre stage.

Further information: www.movamind.ch

OUR SUGGESTION

...FOR FANS OF PLAY AND CREATIVE THINKING

LEGO SERIOUS PLAYER

The Serious Player stands for playful learning with a lasting effect. Using specially developed Serious Games, communication, collaboration and creativity within the team are encouraged in an entertaining way. Whether as a workshop, a meeting opener or a team event – this is all about thinking, laughing and growing together.

Further information: www.theseriousplayer.com





OUR SUGGESTION

...FOR THE INTELLECTUALLY CURIOUS

RSKOM

With RSKOM, you bring external speakers in-house who inspire with experience, humour and expertise. Whether on topics such as motivation, communication, leadership or health – the presentations are practical, inspiring and perfectly suited as a highlight for conferences, seminars or team events.

Further information: www.rskom.ch

SUMMER PROGRAMME

TEAMEVENTS



OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

TOBOGGAN RUN & ROPE PARK CHURWALDEN

TOBOGGAN RUN:

- *Feel the curves and weightlessness on the longest toboggan run in Switzerland! Race down the 3.1 km run and feel the rush of wind on your face.*

ROPE PARK: (MAX. 30 PEOPLE)

- *In the various courses with different levels of difficulty, you can test your agility, body awareness and endurance. The Pradaschier Rope Park also features a zip line measuring 150 metres in length.*

Further information: www.pradaschier.ch

OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

MONSTER SCOOTERS AND SUMMER SLEDDING

In summer, the Tschugga Restaurant in Parpan offers monster scooters and summer sledding. With both vehicles, you can race down into the valley. Fun is guaranteed.

Further information: www.restaurant-tschugga.com





OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

YOUR PERSONAL BIKE TOUR

The guides from the Lenzerheide Bike School not only teach you better riding techniques and give valuable tips on handling your bike, they also show you the most beautiful trails and hidden corners of the biking region.

Routes with riding fun for every style await you: from relaxed to sporty, and from easy to challenging.

Further information: www.bikeschulelenzerheide.ch

OUR SUGGESTION

...FOR ADVENTURE SEEKERS

FARM OLYMPICS

- *At the demonstration farm "Kuh Villa" in Lenzerheide, you can experience a special kind of team building with a farm Olympics. Coordination, concentration, teamwork, and entertainment are guaranteed. Suitable for groups of up to 50 people. In bad weather, the Olympics can be moved into the barn.*

Further information: www.kuhvilla.ch





OUR SUGGESTION

…FOR CULTURE ENTHUSIASTS

ALPHORN PLAYER

If there is one musical instrument that is inseparably linked with Switzerland, it is the alphorn. Werner Erb not only looks like the real-life "Alpöhi," but also inspires national and international guests with the Swiss tradition of alphorn playing.

Whether as musical accompaniment for an aperitif or as a workshop where guests can try it themselves, the alphorn player makes your event a truly special experience.

Further information: www.wernererb.ch

OUR SUGGESTION

...FOR MUSIC ENTHUSIASTS

DRUM EVENTS

From the Rothorn valley station, you take the gondola up to the Scharmoin middle station. After a relaxed aperitif at the Scharmoin mountain restaurant, the Drumevents team introduces the group to the world of drumming.

In just 60 minutes, an inspiring orchestra is created – without any prior musical knowledge, but with plenty of rhythm, energy, and emotion.

To round off the experience, enjoy a delicious dinner with views over the Lenzerheide mountain landscape before returning to the valley by an exclusive gondola ride.

Further information: www.arosalenzerheide.swiss



WINTER PROGRAMME

TEAMEVENTS



OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

CURLING AT THE H2LAI SPORTS CENTER

Curling has a tradition of over 90 years in the Lenzerheide holiday region. The H2Lai Sports Center in Lenzerheide offers opportunities for ice skating and for trying your hand at curling for the first time.

Further information: www.cc-lenzerheide-valbella.ch

OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

SLEDDING FUN

On the sledding runs of the Lenzerheide holiday region, you can experience the fantastic winter atmosphere on two runners as well. With the sledding day pass, you can enjoy a full day of downhill fun in the snow.

Further information: www.arosalenzerheide.ch





OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

SKI RACING

Race like the pros: feel the thrill of competition up close on our race courses. The race service includes bib number distribution, time measurement, and the creation of a ranking list.

Further information: www.arosalenzerheide.ch

OUR SUGGESTION

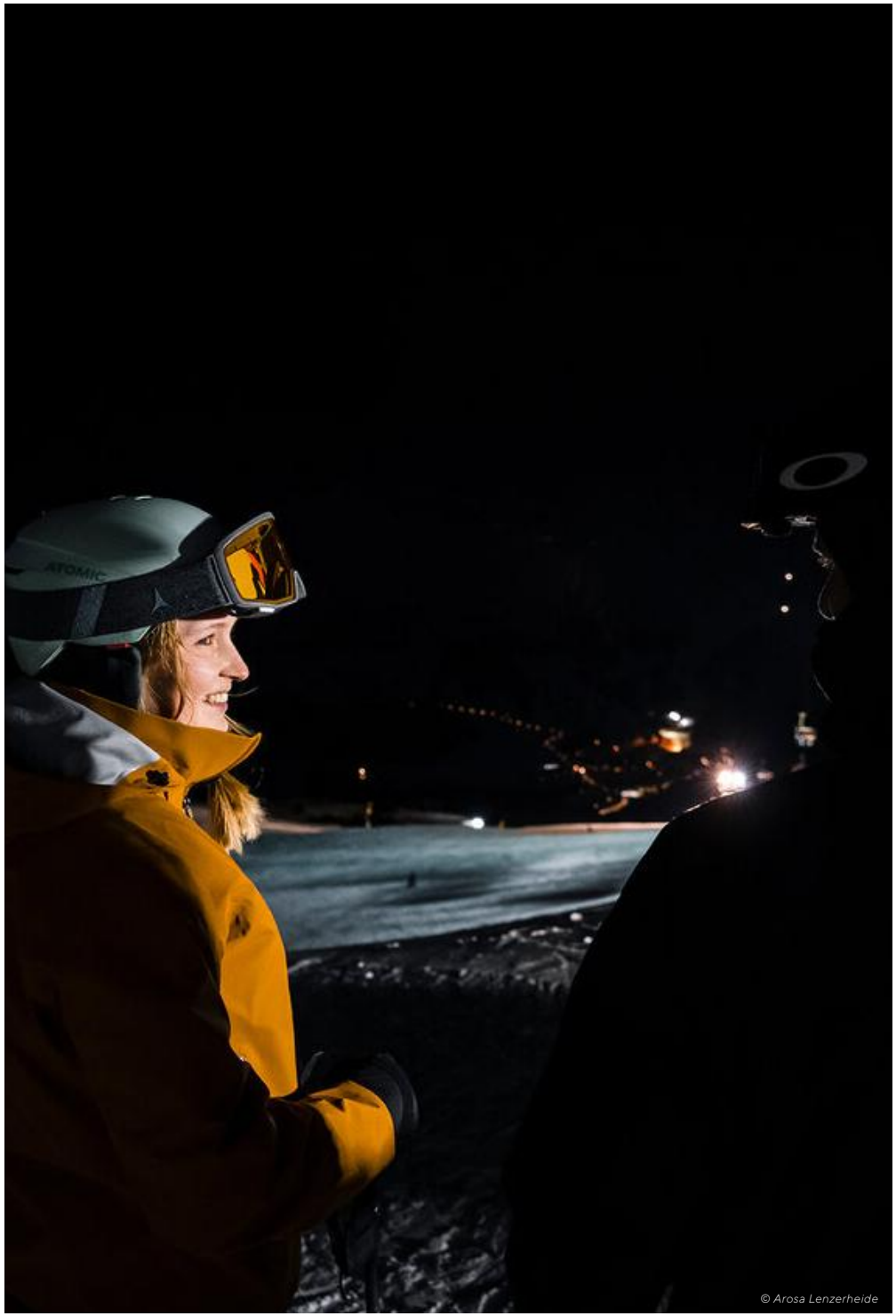
...FOR SPORTS ENTHUSIASTS AND NIGHT OWLS

NIGHT SKIING

On the 3.5-kilometre freshly groomed and illuminated slope, you can enjoy unforgettable runs after dark. The Proschieri ski lift from Parpan takes you comfortably up to Alp Stätz, where the mountain restaurant team welcomes you with a convivial apéro.

Afterwards, a tailor-made dinner featuring regional specialities and magnificent views awaits – the perfect ending to a sporting adventure on the night slope.

Further information: www.arosalenzerheide.ch



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OUR SUGGESTION

...FOR TINKERERS AND SPORTS ENTHUSIASTS

SLEDGE BUILDING

Team spirit, skill, and a dash of inventiveness – sledge building calls for it all. The Rothornbahn gondola takes you up to the mid-station Scharmoin at 1,900 m. After a brief introduction, teams build their own road-worthy sledge from a set of provided materials.

Once the vehicle is ready, it's time to put it to the test: a fun race on the test slope delivers laughs and excitement – here, creativity counts for more than speed.

To wrap things up, all participants enjoy a delicious meal at the Bergrestaurant Scharmoin before making their way back to the valley on foot or by gondola.

Further information: www.arosalenzerheide.ch

OUR SUGGESTION

...FOR PUZZLE ENTHUSIASTS

ESCAPE ROOM ON SKIS

Thrills on the slopes beyond just carving turns: the Escape Routes combine skiing with an outdoor escape room experience. Along set routes through the ski resort, you solve puzzles, tackle challenges together, and put your team spirit to the test.

Further information: www.arosalenzerheide.ch



© Arosa Lenzerheide



OUR SUGGESTION

...FOR SPORTS ENTHUSIASTS

LIGHT RIDE

A sledging adventure like no other: on the interactive night toboggan run in the Lenzerheide area, light installations, sound effects, and speed combine to create an unforgettable group event. After riding the gondola up to the mid-station, teams set off on a specially staged course: light tunnels, floor projections, and time and point tracking turn sledging into an immersive challenge.

Further information: www.arosalenzerheide.ch

TRANSPORT

...SO YOUR TEAM ARRIVES SAFELY AT ITS DESTINATION

Whether for the transfer from the resort to your event or for the journey home after a successful team outing, various reliable partners for group and shuttle transport are available in the region.

OUR RECOMMENDATIONS:

Roth Reisen
info@rothchur.ch
www.shoppingreisen.ch

Bossi Transporte
info@bossi-ag.ch
www.bossi-ag.ch

Taxi Pietro
taxi.pietro2018@gmail.com
+41 76 294 34 10



WE LOOK FORWARD TO WELCOMING YOU.

VALBELLA RESORT

★★★★ˢ

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