

Media Documentation Winter 2019/20



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News – Winter 2019/20



The Arosa Lenzerheide winter sports region relies on regional ski racers

The two ski racers Stefan Rogentin and Gilles Roulin will ski for the Arosa Lenzerheide winter sports region starting the 2019/20 winter season. With a view to the Ski World Cup Final 2021 in Lenzerheide, the athletes will ski with the bib «Team Arosa Lenzerheide» during the training sessions. A «Kids Race Camp» is also planned from 20 to 22 March 2020, where the participating children can learn from the pros themselves and receive tips directly on the slope.

arosalenzerheide.swiss/kidsracecamp



New hosts in the Mottahütte

Fabrizio and Dario are the names of the two young, dynamic Ticinesi who will take over the Mottahütte in Lenzerheide starting the 2019/20 winter season. They bring along experiences from the rustic Maggiatal, the beautiful lake promenade of Ascona as well as from abroad. Quality and innovation with respect to tradition and a pinch of southern flair will be their trademarks.

motta-lenzerheide.com



Lenzerheide cross-country skiing region becomes more attractive

As in the previous year, the fictitious Norwegian Nordic ski expert Sven Johansen will be appearing as an ambassador for the Nordic offers of the Lenzerheide holiday region in the 2019/20 winter season. Deliberately exaggerated and humorous, the «tough coach» brings a new boost to cross-country skiing and biathlon. With for example the «Sven's Loipen Challenge», guests can take part in various activities within the cross-country skiing network that guarantee fun for young and old - beginners and pros alike.

arosalenzerheide.swiss/sven



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Events – Winter 2019/20



Magic Forest Lenzerheide – 13 to 30 December 2019

With the combination of fascinating light installations, the idyllic market village and the heartwarming live concerts, the Magic Forest Lenzerheide creates a unique light festival every year. The innovative and partly interactive light installations transform the squirrel forest into a colorful place. This year, Patent Ochsner, 77 Bombay Street, Bastian Baker, Stress and Sina, among others, will play on the Magic Forest stage in the middle of the idyllic market village.

zauberwald-lenzerheide.ch



Coop FIS Tour de Ski performance by Le Gruyère AOP 2019/20 – 28 and 29 December 2019

To kick-off the FIS Tour de Ski 2019/20, the cross-country skiing elite will once again meet in Lenzerheide. The programme includes mass starts and sprint races in free technique. The opening ceremony will take place for the first time on 27 December in the Magic Forest Lenzerheide and promises a unique fusion of sport and art. The FIS Tour de Ski continues after the two race days in Lenzerheide to Toblach and Val di Fiemme.

tourdeskilenzerheide.ch



Planoiras Volkslanglauf – 12 January 2020

On Sunday, January 12, 2020, the traditional Planoiras cross-country race will start in the Biathlon Arena Lenzerheide. Already for the 35th time around 400 cross-country skiers dare to cross the 25 km, respectively 12 km (Planoirino), long distance through the holiday region Lenzerheide. The Planoiras cross-country skiing weekend will kick-off on Saturday, 11 January 2020 with the 23rd Planoiras youth race and the 4th disabled sports snowshoe and cross-country race.

arosalenzerheide.swiss/planoiras



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Events – Winter 2019/20



IBU Youth & Junior World Championships Biathlon – 23 January to 2 February 2020

In January 2020 the best young athletes from all over the world will compete at the IBU Youth & Junior World Championships Biathlon in the Biathlon Arena Lenzerheide. This is the first time in the history of biathlon that such a major event is awarded to Switzerland. This encouragement is an important milestone on the way to the first Biathlon World Cup races in Switzerland.

lenzerheide2020.ch



Sven's Nordic Challenge – 21 March 2020

The Lenzerheide holiday region is promoting the cross-country skiing and biathlon season once again with the fictitious Norwegian Nordic ski expert Sven Johansen. This season, however, Sven is no longer just the face of the Nordic offers, but will also have his own event. Sven's Nordic Challenge, the big Nordic Season End event and the final event of the Graubünden holiday campaign «Firmen laufen lang».

arosalenzzerheide.swiss/sven



Musikfestival LIVE is LIFE – 3 to 5 April 2020

The music festival LIVE is LIFE went into its second round in April 2019 and again convinced with a lot of sun, soul and heart. In Arosa Lenzerheide a total of 29 concerts took place during three days on the mountain and in the valley. Alongside Dodo & Friends, James Gruntz, Breitbild, 77 Bombay Street, Afrob & Tribes of Jizu and Florian Ast, a total of 21 bands performed, making the crowd pulsate. In the winter season 2019/20 there will also be a LIVE is LIFE from 3rd to 5th April 2020.

liveislife.ch



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Lenzerheide in Winter

In the idyllic Lenzerheide holiday region, guests experience pure holiday feeling all day long. The two sides of the valley, which are illuminated in the morning and in the afternoon, offer 360 degree sun experiences for all different winter fans.

The Arosa Lenzerheide snow sports region promises sun-drenched winter activities and enjoyable days in Switzerland that will make the hearts of skiers and snowboarders beat faster. The Mountain Adventures offer special slope experiences in Lenzerheide, such as [SnowNights](#), [Vollmond Rothorn](#), [Early Bird Lenzerheide](#) and new this season [Laternenabfahrt Piz Scalottas](#).

56 km of cross-country skiing trails lead through the heavenly mountain scenery. There is something here for all cross-country enthusiasts, whether they use the classic or skating technique. Some parts of the cross-country skiing trails at Lantsch/Lenz are floodlit every evening, enabling cross-country skiing at night.

The Lenzerheide night sledging offer is also an adventure. The rapid descents from the Rothorn middle station are combined with a convivial evening in the Scharmoin mountain restaurant.

If you prefer a quieter atmosphere, you can explore the area around Lenzerheide by foot. Arosa Lenzerheide offers over 140 km of winter hiking trails with numerous signposted tours.

The winter landscape invites families to linger, whether skating, building snowmen or skiing in the various snowgardens.



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Snow sports area Arosa Lenzerheide

The snow-guaranteed Arosa Lenzerheide snow sports area offers 225 km of prepared slopes up to 2,865 metres above sea level and a wide range of activities. Wide downhill runs, on which curves with large radii are drawn or steep slopes, in order to climb right into the edges, make the hearts of winter sports enthusiasts beat faster.

The Urdenbahn, Switzerland's fastest reversible aerial tramway, takes guests from the Arosener Hörnli to the Urdenfürggli and back within three minutes. And since the opening of the Obertor chairlift, the snow sports experience from Piz Scalottas to Arosener Weisshorn is perfect. Guests can choose from a wide range of slopes.

The slopes of Arosa are situated on a spacious sun terrace, surrounded by an idyllic mountain world. At the end of the Schanfigg valley and free of any through traffic, Arosa offers slopes of all levels. Be it the challenging downhill runs with a fantastic view from the Weisshorn, or the panoramic and pleasure run on the Brüggerhorn relaxation mountain, along which lounge islands inviting you to relax and sunbathe.

If you are looking for an adrenalin kick, test your top speed at the Helly Hansen High Speed on Tschuggen. One of Arosa's highlights is its extensive network of winter hiking trails. This leads winter hikers right through the middle of the snow sports area and enables them to linger in the mountain huts and end the day on the numerous deck chairs.

In Lenzerheide there are two valley sides available for the holidaymaker. On the Heidbüel/Scalottas side of the valley, the morning sun invites you to linger and refuel early in the morning. In addition to the Skiline Skimovie race track and the Stätz JibArea, there are other attractions between the Piz Scalottas and the Stätzerhorn, such as the permanent race track Pedra Grossa and the Auarara snowgarden.

The valley side of Rothorn/Motta offers superlative alpine snow sports fun not only thanks to the «Silvano Beltrametti» World Cup track. In the morning hours the slopes are easy to grip and offer space for sleek curves. From the Rothorn summit at 2,865 m above sea level, a panorama stretches over 1,001 mountain peaks.



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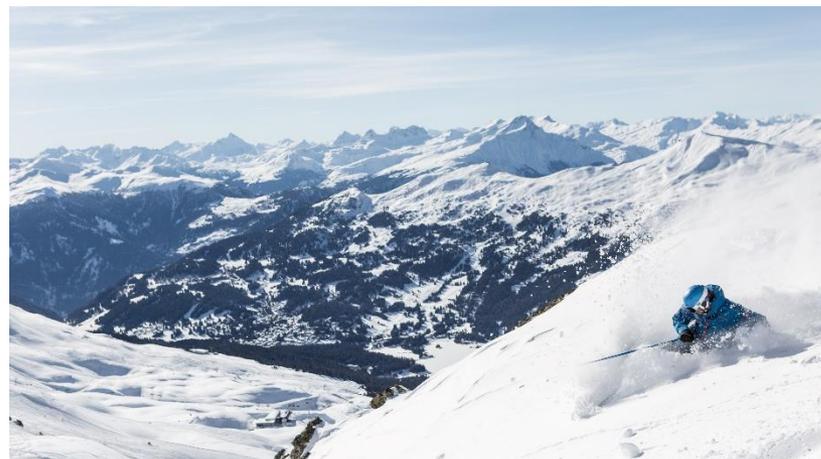


Snowpark Arosa Lenzerheide

The snowpark Arosa Lenzerheide has a large Freestyle offer in four different areas for different preferences and levels. In the Park'n'Pipe, freestylers get their money's worth on various lines. With the Wood Ranch on the descent to the valley station of the Arosa-Weisshorn aerial cableway and the JibArea Stätz, there is nothing to stop a varied freestyle day.

Arosa Lenzerheide Challenge

The Arosa Lenzerheide Challenge enters its 7th round. Also this year Badges have to be collected. Participants can register with their Arosa Lenzerheide ski pass number on skiline.cc and create a personal profile. The aim of hunting badges is to compete with other participants and win attractive prizes. The live ranking can be followed at any time at arosalenzerheide.swiss/challenge.



Freeride

Deep snowy couloirs and steep slopes with rocky outcrops are waiting for experienced freeriders. The Parpaner Rothorn and the Arosa Weisshorn belong to the most famous Swiss freeride mountains. The Lenzerheide - Arosa - Tschierschen - Lenzerheide ski safari offers pure nature experiences away from the secured slopes. A special combi-ticket valid at the facilities in the winter sports paradise of Arosa Lenzerheide and Tschierschen.

Freeriders can now experience a new highlight in the form of the 3-lane tour that is unique in the Alps. With only one booked ticket, the tour can be started in Arosa, Lenzerheide, Tschierschen or Davos and can be realised as a one-day or multi-day tour.



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SnowNights – January to March

At Alp Stätz, the legendary night skiing takes place every Friday evening on the 3.5 km long and illuminated slope. The Alp Stätz mountain restaurant invites you to dinner. Guests can expect cheese fondue, raclette or the legendary fondue Chinoise à discrétion. Live music on selected dates provides additional entertainment.

Vollmond Rothorn – January to April

In the winter months, a very special winter event takes place in the Lenzerheide holiday region on a full moon. Guests take the gondola to the Parpaner Rothorn and enjoy a menu and the night view of 1,001 mountain peaks bathed in moonlight in the panorama restaurant Rothorn Gipfel. The accompanied descent on skis or snowboard remains unforgettable.



Early Bird Lenzerheide – February to March

The dream of making your first tracks in the untouched snow becomes reality with the Early Bird offer. Shortly before sunrise, the Proschieri ski lift and the Stätzertäli chairlift start operating. Early risers can also enjoy the unique atmosphere of an early winter morning during an extended brunch in the Alp Stätz mountain restaurant.

Laternenabfahrt – January to February

Starting in the 2019/20 winter season, guests will be able to enjoy a new offer. When the lights slowly go out in the evening, it will be warm and cosy in the mountain restaurant Piz Scalottas, where guests will be pampered with a gourmet cheese fondue. Afterwards, they head down to the valley under sparkling stars on skis or snowboard and a lantern in hand. Arriving at the bottom you can drink a nightcap and toast to this unique experience for one last time.



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Mountain Inside offers

If you would like to experience the Lenzerheide holiday region from a completely different perspective, the three different Mountain Inside offers - [Das isch Arosa Lenzerheide](#), [Kesseltrunk](#) and [König für eine Nacht](#) - are recommended. Here Lenzerheide fans get a glimpse behind the scenes, get to know employees and can look over their shoulders directly on site.

Das isch Arosa Lenzerheide – February

The offer «Das isch Arosa Lenzerheide» gives a view behind the scenes to guests and interested parties. During an exclusive guided tour, Lenzerheide employees show the various work tasks. During the tour you will ski or snowboard through the entire snow sports area.



Kesseltrunk – December to April

The Lenzerheide mountain railways invite guests and interested parties to a «Kesseltrunk» after their snow sports day starting 3.30 p.m. at the Scharmoin downhill run. With punch and mulled wine there will be a cosy get-together with employees and many possibilities for exciting conversations.

King for one night – January to March

Everybody knows them. The glowing dots that appear late in the evening on the mountain and prepare the slopes for the next snow sports day. With the offer «King for one night» guests have the unique opportunity to ride the mountain with the pros.



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Cross-country skiing region

The Lenzerheide cross-country skiing region convinces with a network of over 56 kilometres of cross-country trails for every level. Whether a leisurely round on the frozen Heidsee or a challenging training session on the La Pala racing track. The cross-country skiing network stretches from Lantsch/Lenz to Parpan and has been awarded one of the best areas in Switzerland by the umbrella organisation Loipen Schweiz. The guests glide over the lake, through forests and enjoy the unique landscape of the grison high valley. An excellent infrastructure, a wide range of package deals and several cross-country skiing schools for private cross-country lessons complete the offer in one of the best cross-country skiing areas in Switzerland.

Night slope

For night owls there is a 4 km long night trail available in the Biathlon Arena Lenzerheide. The night trail is open and illuminated daily from 5 p.m. – 9 p.m. The use of the night trail is included in all cross-country passes.

November slope

For early starters, the 2019/20 cross-country and biathlon season at the Biathlon Arena Lenzerheide will open on 1 November 2019. A 1.5 to 2 km long cross-country trail will be prepared for both cross-country techniques, skating and classic, as well as all 30 shooting ranges. The November cross-country ski run is open daily from 6 a.m. – 9 p.m. and illuminated in the evening. Monday to Friday from 6 a.m. – 12 a.m. and Saturday/Sunday from 8.30 a.m. to 12. a.m. the trail is reserved for national and international teams. This early start to the season is made possible by the permanently installed Snowfactory and Snowfarming.

Snowfactory

In autumn 2016 a «Snowfactory» was installed at the Biathlon Arena Lenzerheide. This enables production even at plus degrees - without chemical additives. No snow in the actual sense is produced, but small dry ice flakes. The machine preparation achieves the quality of firm snow. The Snowfactory is intended to guarantee snow for events and training purposes.



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Biathlon Arena Lenzerheide

With the [Biathlon Arena Lenzerheide](#), the first permanently installed biathlon facility in Switzerland was opened in December 2013. In the meantime, the Biathlon Arena Lenzerheide has developed into an important training and competition centre for national and international teams. The core of the Biathlon Arena is the World Cup-compliant fully automatic shooting range with 30 stands.

With its location in the Foppa area in Lantsch/Lenz, the Biathlon Arena is optimally integrated into the 56 kilometre cross-country ski trail network of the Lenzerheide holiday region. In winter, there are four snow-covered cross-country trails ranging from 500 metres to 4 kilometres and a 150-metre penalty round.

Nordic House

In December 2016, the Biathlon Arena was extended with the extensive «Nordic House» operating building. In addition to the bistro, sports shop and cloakrooms for the public cross-country skiing centre, it also includes a professional athletics room, a seminar room and accommodation for approx. 60 people in flexible multi-bed rooms.

Trial sessions

The Biathlon Arena is not only a meeting place for top athletes but also offers an optimal infrastructure for popular sports. With biathlon packages, trial sessions and group events, the «Fascination Biathlon» can be experienced by the general public. The mixture of concentration and precision in shooting as well as endurance and strength in cross-country skiing makes biathlon a challenge for body and soul.



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Winterhiking / Snowshoeing

With over 140 km of marked and prepared paths, the winter sports paradise of Arosa Lenzerheide is an ideal [winter hiking area](#). The well-prepared walking and winter hiking trails in Lenzerheide and Arosa lead through the middle of the snow sports area or somewhat off the beaten track through snow-covered forests and landscapes. Nearly 20 mountain huts, with a varied culinary offer, can be reached on foot or with one of the 14 transport facilities. Like the tickets for skiers and snowboarders, day and multi-day winter hiking passes are also available for the Arosa Lenzerheide snow sports region.

Heidi & Gigi Trail

The signposted [«Heidi & Gigi Trail»](#) leads winter hikers not only to the Mottahütte but also to the Urdenfürggli chairlift and thus to the connecting railway and the extensive winter hiking network in Arosa. The actual hiking time of this tour is about six hours. However, this time can be shortened by using additional railway facilities.



Sledging

The [sledging runs](#) promise fun for families and groups. For example as downhill fun with the toboggan day ticket from Scharmoin or Tgantieni or in connection with a comfortable walk through the winter nature. Every wednes day night the Scharmoin sledge run is lit by floddlight. The run at Tschugga is floodlit during the whole week.

Pradaschier toboggan run

Whizz over the [Pradaschier toboggan run](#), which is more than 3,100 metres long, at a rapid or leisurely pace and feel the breeze in your face for almost ten minutes. Lean into the curves, feel weightless and enjoy the mountain air and the view.



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Families

[Families](#) are particularly welcome in Lenzerheide. The winter landscape invites families to stay, whether it's for ice skating, building a snowman or skiing in the various snow gardens. In addition, the Globi Family Programme offers numerous indoor and outdoor activities.

Snow gardens and family slopes

The [snow gardens](#) in the region guarantee fun and games for the youngest winter sports enthusiasts. Kids will have great fun taking their first turns on the snow in company of some lovable children's characters. The snow gardens are located near to the village, are easy to reach and are situated on very gently sloping terrain – this makes learning fun.

You won't see any racing on the specially marked family ski slopes – comfortable, gentle skiing being the order of the day. The family ski slopes are located on the western side: slope no. 45 (Tgantieni) and slope no. 73 (Stätzertäli mountain station on the far right as far as Stätzertäli valley station).



Foxtrail Lenzerheide

Two [foxtrails](#) lead participants up an intricate route through wonderful panoramic mountain views. Along a three to four-hour mountain trail from Churwalden and then Heidbüel, teams have to cope with the weather and plunder the herdsman's cheese supplies to find the necessary clues. On the shorter Heidsee trail (approx. two hrs), underwater messages and controllable waterfalls provide lots of fun and adventure.

Ice sport / Curling

Whether in the outdoors with the wind in your face or on the ice rink whatever the weather, the Lenzerheide holiday region offers a variety of opportunities for [ice skating](#), hockey and curling. The latter is already a 90-year-old tradition in the holiday region. The Lenzerheide Curling Club offers guests the opportunity to explore the secrets of this sport in trial courses.



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Wellness and beauty in the Alps

Is there anything better than being totally pampered in a wellness oasis after a day in the mountains? The Grisons high mountain valley offers several ways to relax and recuperate after a day in the snow.

Wellness H₂Lai at the Lenzerheide sports centre

The [wellness area H₂Lai](#) in Lenzerheide sports centre is a place of rest and relaxation. The year-round heated outdoor whirlpool with massage jets, massage beds and floor bubbling is one of the highlights of the Lenzerheide sports centre. Young guests can look forward to a children's pool and the giant 85-metre 'Black Hole' slide.

The spa area on the top floor of the H₂Lai offers beautiful views of the surrounding mountain landscape. Choose between a bio soft sauna, a Finnish sauna, a steam bath and a Kneipp pool. A log-cabin sauna and an outdoor hot tub on the sun deck invite you to relax.



Hammam, Hotel Schweizerhof

In the Hotel Schweizerhof, those seeking tranquillity will find the largest [hammam](#) in the Grisons Alps. A modern bio sauna, a Finnish Sauna and a wide range of pampering treatments complete the overall offer.

Hotel Lenzerhorn Spa & Wellness

The Hotel Lenzerhorn has extensive [wellness facilities](#), including an indoor swimming pool, an open-air saltwater pool, bio sauna, herbal steam bath, Finnish sauna and much more.

Spa tower «Tor da Lenn», Valbella Resort

The [«Tor da Lenn»](#) spa tower is spread over five floors. It includes a wide range of spa treatments such as massages and various cosmetic treatments.

Guarda Sana, Maiensässhotel Guarda Val

With a sauna in a blockhouse, an open-air hot tub, wooden barrel bath, hay bath and a wide range of massages and cosmetic treatments, the [Guarda Sana](#) offers a special kind of wellness experience.



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We are happy to help you with your research.

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