

## Mauna and Nada, 4-9 March 2025 with Sri Ganapathy Sachchidananda Swamiji

### Further Accommodation at Lenzerheide

For information about accommodation in Lenzerheide and nearby places such as Valbella, Parpan, Churwalden and Lantsch, we recommend: **Tourist Office Lenzerheide**,  
Voa Principale 37, 7078 Lenzerheide, +41 (0)81 385 57 00.

<https://arosalenzerheide.swiss/en/Lenzerheide>

Enquiries are best made by email including the number of people (families, singles or couples) - price range - type of accommodation: holiday apartment, hotel or camping.

It is helpful to know that there is a free local bus between Lenzerheide and Valbella. And: The postauto (yellow bus) bus line 182, runs every half hour from Chur to Churwalden-Parpan-Valbella-Lenzerheide and Lantsch and returns to Chur. There is a charge for this service.

Timetable: <https://www.postauto.ch/>.

### Some additional suggestions at moderate rates.

**Be aware that the rates increase with the demand. It is recommendable to book early at the rate which includes free cancellation.**

#### Lenzerheide/Lai

-> connected by the free bus, leaves every 15 min.

**Lai Hotel**, Voa Principala 19, 7078 **Lenzerheide**

[www.lai-hotel.ch](http://www.lai-hotel.ch), [hotel@lai-hotel.ch](mailto:hotel@lai-hotel.ch), +41 81 385 00 77

**Revier Mountain Lodge**, Dieschen sot 18, CH-7078 **Lenzerheide**

<https://lenzerheide.revierhotels.com/de/>, [hello@revierhotels.com](mailto:hello@revierhotels.com), +41 (0)58 330 66 66

**Camping Gravas**, Gravas 6, **Lenzerheide**

Open in winter, offers Camping, Holzglus or Tiny Houses.

[www.camping-lenzerheide.ch](http://www.camping-lenzerheide.ch), +41 (0)81 384 23 35

**Ferienzentrum Soleval** CH-7078 Lenzerheide, [www.soleval.ch](http://www.soleval.ch), +41 81 385 17 00

-> only appartements, booking starts in August 2024.

#### Valbella

-> connected by the free bus, leaves every 15 min.

**Jugendherberge Valbella-Lenzerheide**

<https://www.youthhostel.ch/de/hostels/jugendherberge-valbella-lenzerheide>

**Erlebacherhus** (Gruppenhaus)

<https://www.erlebacherhus.ch/>

#### Lantsch/Lenz

-> connected by car or Postauto (about every 15 min.) with a fee:

**Nordic Hostel**: <https://www.biathlon-arena-lenzerheide.ch/de/nordic-hostel>

**Familien-Campingplatz, St. Cassian**, Voia Principala 130, 7083 **Lantsch/Lenz**

Open in winter. Shared bathroom and kitchen.

[www.camping-lenzerheide.ch](http://www.camping-lenzerheide.ch), [st-cassian@camping-lenzerheide.ch](mailto:st-cassian@camping-lenzerheide.ch), +41 (81) 384 24 72

## **Churwalden**

-> connected by car or Postauto (about every 30 min.) with a fee:

**Gruppenhaus Lindenhof Churwalden:** <https://www.lindenhofchurwalden.ch>

**Camping Pradafenz,** Girabodawäg 24, 7075 **Churwalden**

-> connected by car or Postauto (every 30 min.) with costs. Open in winter.

[www.pradafenz.ch](http://www.pradafenz.ch), [camping@pradafenz.ch](mailto:camping@pradafenz.ch) +41 (81) 382 19 21