Lenzerheide

Canton of the Grisons · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Lenzerheide is a high mountain resort in the canton of Graubünden, strung along a wide valley between the villages of Lenzerheide and Valbella. Heidsee sits between them, and ski slopes climb on both sides of the valley toward Parpaner Rothorn in the east and Piz Scalottas and Stätzerhorn in the west. Since the Urdenbahn opened in 2013, the resort has been directly linked to Arosa, together forming one of the larger connected ski areas in the Alps.

In summer the same mountainsides turn into the "Bike Kingdom," a large network of marked hiking and mountain-biking trails, and the flat valley floor is easy to explore on foot or by bike. Lenzerheide suits travelers who want a real alpine base for skiing, hiking, or biking, without the size or price tag of Switzerland's best-known resort towns.

When to visit

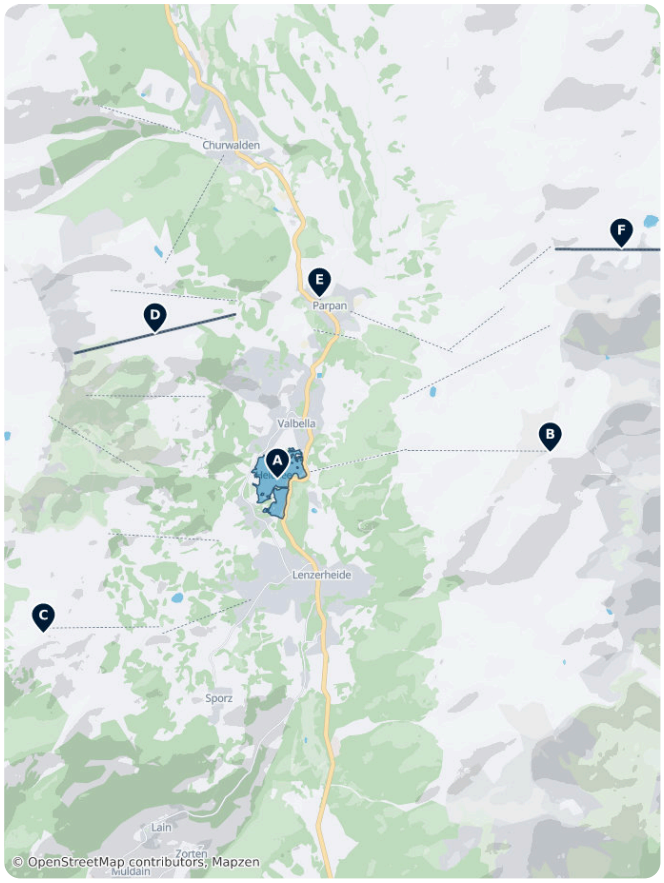
Winters are cold and reliably snowy from December through March, making Lenzerheide a genuine ski destination rather than a low-altitude add-on. Summers are mild and are the best time for hiking and mountain biking, while spring and late autumn are quiet shoulder seasons when many lifts close for maintenance. Lenzerheide regularly hosts Alpine Ski World Cup races and hosted the Biathlon World Championships in 2025, so a winter visit can coincide with a major event if you plan around the race calendar.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	-1° / 4° Feels like -5°	-10° / -18°	12 rainy days · Dry air · Calm winds
February	Great Great for skiing	0° / 5° Feels like -5°	-10° / -19°	Dry air · Calm winds
March	Great Great for skiing	2° / 8° Feels like -2°	-6° / -15°	13 rainy days · Dry air · Calm winds
April	Fair Fair for skiing	7° / 14° Feels like 4°	-1° / -10°	15 rainy days · Dry air · Calm winds
May	Fair Fair for cycling	13° / 20°	4° / -1°	21 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	18° / 24°	8° / 3°	20 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	20° / 24°	10° / 4°	20 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	20° / 25°	10° / 5°	19 rainy days · Dry air · Calm winds
September	Good Good for cycling	16° / 21°	7° / 0°	15 rainy days · Dry air · Calm winds
October	Fair Fair for cycling	11° / 18°	3° / -4°	14 rainy days · Dry air · Calm winds
November	Good Good for skiing	4° / 12° Feels like 1°	-3° / -13°	14 rainy days · Dry air · Calm winds
December	Great Great for skiing	0° / 5° Feels like -4°	-8° / -18°	13 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Snow is virtually guaranteed for the ski season, but expect cold nights even in the valley.

Top sights



- A Heidsee is the small lake at the heart of the resort, with a lido and swimming area on its shore in summer and views up to the surrounding peaks.
- A cable car climbs from the valley up to B Parpaner Rothorn, a 2,861-metre summit with a mountain restaurant and panoramic views, and one of the starting points for the region's downhill ski runs.
- On the western side of the valley, C Piz Scalottas is a smaller but rewarding summit reached by chairlift from Val Sporz, with its own restaurant and a family-friendly hiking trail.
- Further along the same ridge, D Stätzerhorn marks the resort's western edge and connects to the adventure trails above neighboring Churwalden.
- E Schlössli Parpan is a small 16th-century castle a few minutes north of the resort, notable for wall paintings added in 1591 and listed as a Swiss heritage site of national significance.
- The F Urdenbahn is an aerial tramway that crosses the Urdental in a single span without any support towers, linking Lenzerheide's slopes directly to Arosa.

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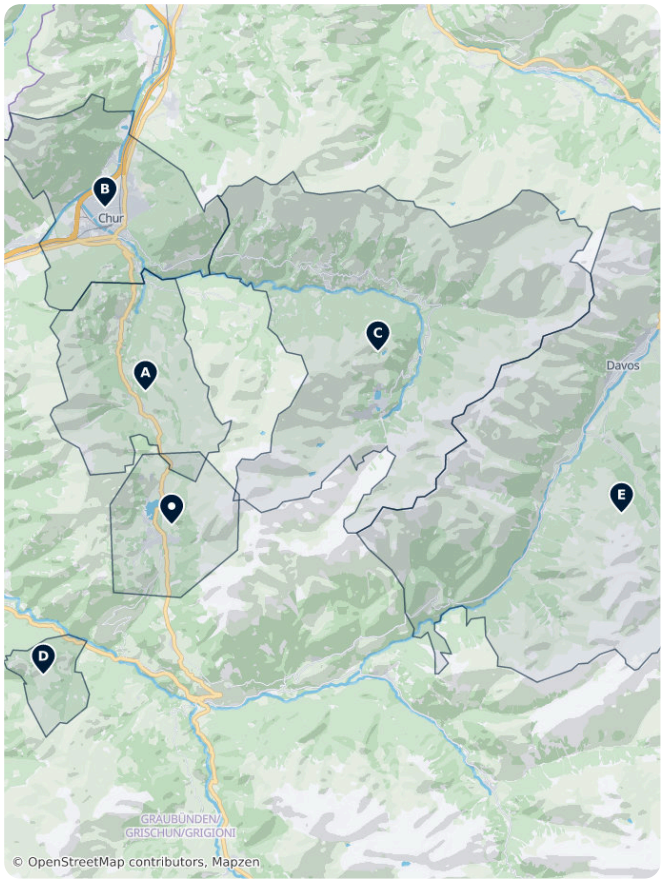
What to experience

- Ride the lift up Arosa Lenzerheide in summer just for the panorama, no skis or bike required.
- Swim or paddle in Heidsee from the lido on a warm afternoon.
- Hurtle down the Pradaschier toboggan run near Churwalden, one of the longest summer toboggan runs in the country.
- Follow one of the marked mountain-bike descents from the high lift stations down to the valley floor.
- Skate on the outdoor rink at the village sports center on a winter evening.

Day trips

Lenzerheide sits close to some of Graubünden's best short trips, with a couple of flagship destinations within reach for a longer day out.



- A Churwalden — the neighboring village just down the pass road, home to the Pradaschier adventure mountain and its toboggan run (≈10 min by car or bus).
- B Chur — Switzerland's oldest town, with a compact, well-preserved old town and cathedral (≈25 min by car or PostBus).
- C Arosa — reachable directly by the Urdenbahn cable car in ski season for another day on the slopes, or by road year-round (≈30 min by cable car, longer by car via Chur).
- Viamala and D Thusis — a narrow limestone gorge on the old Splügen pass road (≈40 min by car).
- E Davos — a larger resort town over the mountains with its own lift network and lake, worth a full day (≈1 hour by car).

Where to explore

Arosa is Lenzerheide's partner resort on the other side of the mountain, linked since 2013 by the Urdenbahn cable car — together they form the Arosa Lenzerheide ski area. Churwalden is the quieter village just down the pass road, gateway to the Pradaschier adventure mountain and its toboggan run.

Getting there

- **By air**: Zurich Airport (ZRH) is the main gateway, about 2 hours by car or roughly 2.5 hours by train and bus via Chur.
- **By train**: Lenzerheide has no rail station of its own — take the train to Chur, then change to a PostBus for the roughly 30–40 minute ride up the valley.
- **By bus**: PostBus routes connect Chur, Lenzerheide, Valbella, and continue over the pass to Arosa and Churwalden.

Getting around

- **Public transit**: PostBus services link Lenzerheide, Valbella, and the main lift stations; buses accept contactless card or phone payment directly on board. PostBus journey planner
- **On foot**: the two village centers are walkable on their own, but the resort stretches nearly 5 km between them, so most visitors combine walking with the bus for longer hops.
- **Cycling**: a flat, paved path runs the length of the valley between Lenzerheide and Valbella, separate from road traffic.

Getting around on foot & by bike

WALKABILITY

Moderate

The resort is spread over about 5 km between Lenzerheide and Valbella, so walking between the two takes close to an hour — most visitors combine walking within each village with the local bus for longer hops.

CYCLING INFRASTRUCTURE

High

Cycling is excellent, with a flat valley path linking the villages and a large network of signed mountain-bike trails from the high lift stations in summer.

Driving

- **Is a car worth it?**: Not essential within the resort — PostBus covers the valley well — but useful for reaching Chur, Thusis, or Davos on your own schedule.
- **Parking**: Paid car parks and an underground garage serve Lenzerheide village center, with further surface parking near Valbella and the main lift stations.
- **Restrictions**: The pass road can require winter tires or snow chains during heavy snowfall; check conditions before driving up in winter.

Food & drink

Graubünden's own kitchen shows up on menus across the resort: look for Bündnerfleisch (air-dried beef, sliced thin), hearty Bündner Gerstensuppe (barley soup), and Capuns (chard-wrapped dumplings) alongside the usual alpine fondue and raclette.

Rather than one standout restaurant, the best places to eat are the mountain huts at the top of the lifts, serving Graubünden specialties with a view over the valley — a good reason to plan lunch around a cable car ride rather than a village restaurant.

What to eat & drink

BREAKFAST

Birchermüesli
A raw-oat, fruit, and yogurt breakfast invented by a Zurich doctor around 1900, now standard on breakfast buffets.

LUNCH

Rösti
A fried, shredded-potato cake, originally a Bernese farmer's breakfast, now a national side dish.

DINNER

Cheese Fondue · Fondue
Melted Gruyère and Vacherin cheese in a shared pot, eaten by dipping bread cubes on long forks.

Raclette
Cheese melted tableside or under a grill and scraped over boiled potatoes, pickles, and onions.

Zürcher Geschnetzeltes
Sliced veal and mushrooms in a creamy white-wine sauce, traditionally served with rösti.

Älplermagronen
Alpine herder's macaroni gratin with potatoes, cheese, and cream, often topped with fried onions and served with apple sauce.

SNACKS & STREET FOOD

Cervelat
Switzerland's best-known sausage, usually grilled and often called the country's unofficial national dish.

SWEETS & DESSERTS

Swiss Chocolate · Schweizer Schokolade
Switzerland pioneered milk chocolate in the 19th century; look for small-batch chocolatiers alongside the big national brands.

Basler Läckerli
A dense, spiced honey-and-candied-fruit biscuit from Basel, traditional around Christmas.

DRINKS

Swiss Wine · Vin Suisse
Mostly consumed domestically rather than exported; Valais and Vaud, along Lake Geneva, produce the best-known Chasselas whites.

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Safety & health

Lenzerheide is a safe, family-friendly resort with very low crime. The main real risks are weather- and altitude-related rather than street crime: check the avalanche bulletin before heading off-piste or backcountry in winter, and pack for sudden temperature swings even in summer, especially above the tree line.

On the bike trails, wear a helmet and stick to routes matching your skill level — the descents from the high lift stations are genuinely steep in places.

History

Long before skiing arrived, the valley was farmed by scattered hamlets around what are now Lenzerheide and Valbella. The small Schlössli Parpan, built in the 16th century with wall paintings added in 1591, is one of the few reminders of that pre-tourism era.

Tourism took off once a road connected the valley to Chur, and the first lifts up Parpaner Rothorn opened the ski terrain that still anchors the resort today. Lenzerheide has since built a reputation as an international sporting venue, regularly hosting Alpine Ski World Cup races and, in 2025, the Biathlon World Championships at the valley's Roland Arena.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

ELECTRICITY

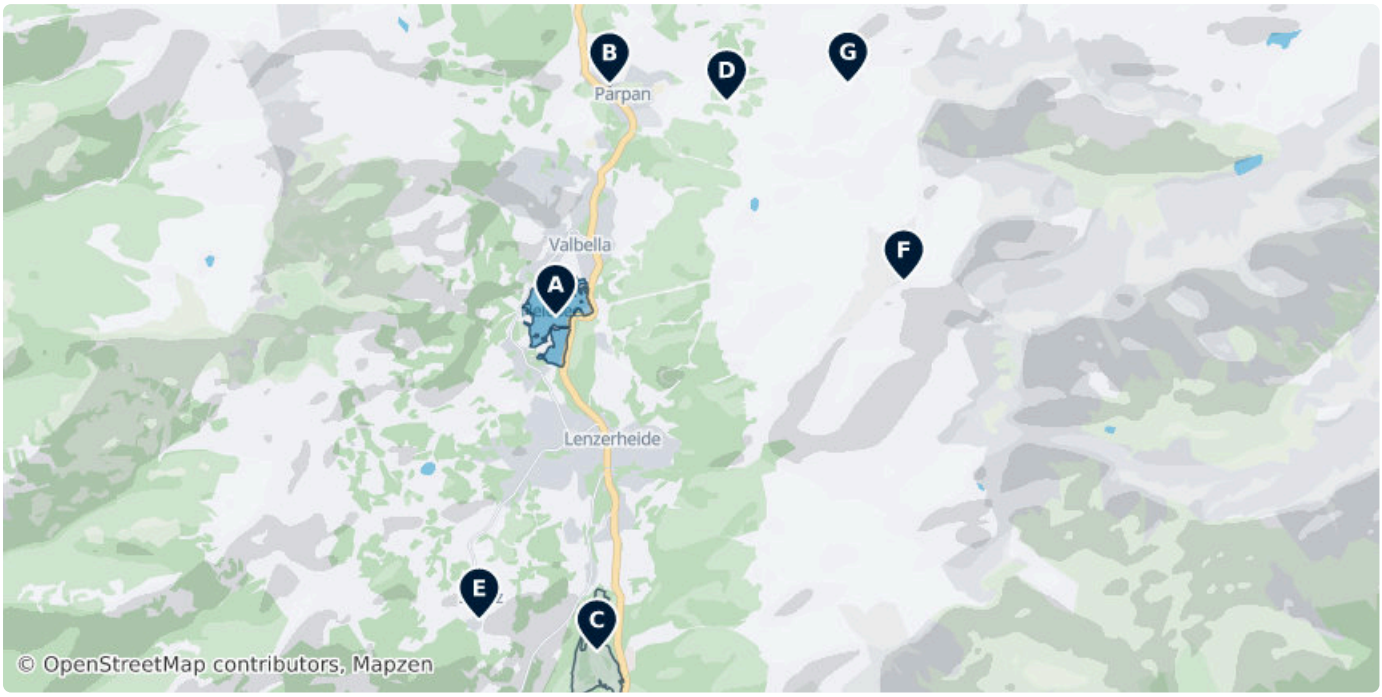
Type C / Type J
230 V · 50 Hz

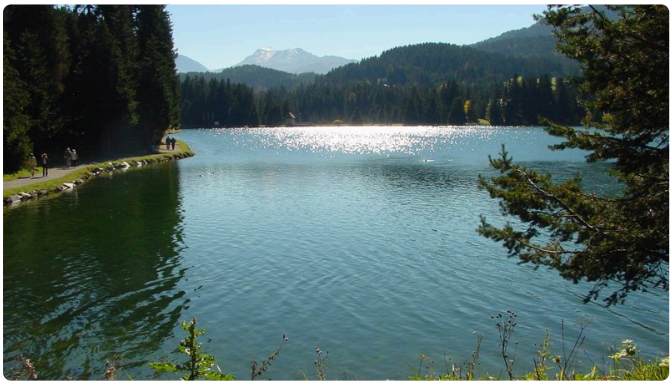
LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Lenzerheide Essentials

Lenzerheide combines alpine sports with Grisons history in a high-altitude valley. The area features the 225-kilometer Arosa Lenzerheide ski arena and the 0.41 km2 Heidsee, a focal point for water sports. Historical landmarks include the 16th-century Schlössli Parpan, while the Parpaner Rothorn summit offers views of over 1,000 peaks. Local gastronomy ranges from the Michelin-starred Maiensäss village of Guarda Val to high-altitude dining at Motta Hütte, set alongside an 18-hole mountain golf course.





A Heidsee

Heidsee is a lake at Lenzerheide, Grisons, Switzerland. Its surface area is 0.41 km2.

7078, Switzerland (46.73933, 9.55089)



B Parpan Castle

A 16th-century manor house and former seat of the Buol family, featuring a distinctive stepped gable and traditional Grisons architectural elements.

Schlössliplatz, 7076 Churwalden, Switzerland (46.76054, 9.55808)

C Golfclub Lenzerheide

High-altitude 18-hole golf course situated at 1,500 meters above sea level, surrounded by larch and pine forests.

(46.70864, 9.55639)

golf-lenzerheide.ch



D Arosa Lenzerheide

Interconnected ski region offering 225 kilometers of slopes across the Lenzerheide and Arosa valleys, linked by the Urdenbahn cable car.

(Unnamed Road), 7076, Switzerland (46.75894, 9.57375)

arosalenzerheide.ch

E Guarda Val

Gourmet restaurant located within a 300-year-old alpine hamlet, specializing in regional Graubünden cuisine served in a traditional Maiensäss setting.

87 Voa Sporz, Sporz 7078, Switzerland (46.71153, 9.54066)

We–Su 18:30–21:30

guardaval.ch/en/restaurants/guarda-val.... , +41813858585

F Parpaner Rothorn

Summit restaurant at 2,865 meters elevation, accessible by cable car, featuring a panoramic terrace with views of 1,000 mountain peaks.

7083, Switzerland (46.74248, 9.59740)

G Motta Hütte

Upscale mountain restaurant at 2,325 meters known for its modern wood-and-glass architecture and refined regional dishes.

(Unnamed Road), 7078, Switzerland (46.76060, 9.58994)

DATA SOURCES

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