



GRAND RESORT BAD RAGAZ

★★★★★

Sample Weekly Group Activities

TAMINA GORGE

A source of hospitality in a wild romantic site. The visitor to the Tamina Gorge experiences the immense power of water in the most impressive manner. Walk along the paths of history to the source of the healing waters of Pfäfers. First mentioned in a document of 1382, the healing craft of the water was already appreciated in the early years of the foundation of the Swiss confederation. The first doctor of the Baths in 1535 was none other than the famous physician, natural scientist and philosopher Paracelsus (1493 - 1541).

A delightful walk leads you in about 1 hour from Bad Ragaz to the Old Baths. However, there is also an hourly bus service from the post bus station. For further information, please contact our concierge.

LIVE BAR MUSIC: JILL BENZ COMBO

This combo is a British Jazz & Swing Band, which strives for a nostalgic style based on the 20s to 40s in the performance and with the music. Let yourself be carried away into these years.

Friday from 6.30 pm until 7.30 pm and from 9 pm until 11 pm.

Meeting point: bar / lounge of the Grand Hotel Hof Ragaz; in case of nice weather on the terrace

LIVE BAR MUSIC: ANDY MCSEAN

The East Swiss musician Andy McSean stands for catchy pop with depth. His distinctive voice, touching lyrics, modern beats and hymnic choruses characterize his sound. A concert experience for fans of handmade music and good entertainment.

Saturday from 6.30 pm until 7.30 pm and from 9 pm until 11 pm.

Meeting point: bar / lounge of the Grand Hotel Hof Ragaz; in case of nice weather on the terrace

RESTAURANTS & CUISINE



OLIVES

ABC of food

Olives are one of the world's oldest foodstuffs. Olive trees were grown as agricultural crops as long ago as 4000 BC and can live for several centuries. The difference between green and black olives does not lie in their variety or origin but in their degree of ripeness. Green olives are harvested early; the black fruits are when they are fully ripe.

RESTAURANT OPENING HOURS

verve by sven

7 am - 11 am **(Fri - Tue)**
12 noon - 2 pm **(Sat & Sun)**
6 pm - 10 pm **(Fri - Mon)**

verve by sven Bar (daily)

8 am - 12 midnight

Olives d'Or (daily)

7 am - 11 am
12 noon - 10 pm

IGNIV

Closed until August 3rd

LeftLovers (Thu - So)

11 am - 7 pm

The **LeftLovers Pop-up restaurant** is only open if the weather conditions allow it.

Memories (Wed - Sat)

7 pm - 9.30 pm

Namun (Tue - Sat)

6 pm - 10 pm

Bar Hof

3 pm - 12 midnight
(Mon -Thu)
11 am - 12 midnight
(Fri - Sun)

KOISO (Wed - Sun)

11.30 am - 7.30 pm

gladys (daily)

9 am - 10 pm
Lunch/Dinner times
11.30 am - 8.30 pm

Zollstube

Summer break until end of September

RESTAURANTS

RESTAURANT MEMORIES

As Sven Wassmer's signature restaurant, Memories perfectly encapsulates his philosophy, reflecting his astute understanding of produce, innovation and seasonality. His new Swiss alpine cuisine is authentic and in tune with nature. That's why the restaurant offers a seasonal menu consisting of several taste experience rather than à la carte menu.

Reserve your table by phone 3036.

RESTAURANT VERVE BY SVEN

Seasonal, authentic and close to nature - the health and lifestyle cuisine in our restaurant verve by sven offers all this and more. Every dish is an ode to joie de vivre and pleasure. A meeting place for everyone with integrated bar where award-winning spirits meet alpine-style cocktails and handmade non-alcoholic drinks.

Reserve your table by phone 3035.

LEFTLOVERS POP-UP

"LeftLovers" shows how multifaceted unused food from the kitchen is and how sustainability can work in everyday life. The concept comes from a group of young students at the Swiss School of Tourism & Hospitality. With their ideas, they want to inspire people to adopt an environmentally conscious diet and broaden the horizon for a responsible life.

With its artistic design by the artist **Pablo Genoux**, it also fits seamlessly into the Bad RagARTz sculpture exhibition.

You can enjoy the small dishes and fresh drinks on the comfortably furnished terrace under the open sky.

HEALTH & WELLNESS



WELLNESS TIP

COUPLES AROMA MASSAGE

A relaxing massage, designed to calm body and mind. The scent of specially selected organic aromatherapy oils combines with the gentle massage technique to optimum effect. Enjoy a 50- or a 90-minute Mind-Relaxing Aromatherapy Massage with your partner in our Private Spa Suite.

Book this treatment at the Health & Spa Reception or by calling 3050.

INFORMATION

GARDEN POOL CLEANING

Due to cleaning and service work, the garden pool will be closed on Monday July 12th.

The work is expected to last until 3 pm and the pool will then be open again for bathing.

Thank you for your understanding.

NUTRITION TIP

WHAT IS A FLEXITARIAN?

In our consultations, we see that more and more people are becoming flexitarians. As the name implies, the word refers to flexibility in terms of diet. Basically, they are people who eat anything. As a rule, they practice a relaxed vegetarianism, in which meatless days occur more frequently than others. Every now and then, flexitarians have meat on their plates. In addition to the dosed frequency, they attach importance to high quality. Furthermore, most flexitarians consciously devote themselves to enjoyment, shop mindfully and prepare their meals fresh and gently.

Would you like to know more? Book your appointment by calling 3838 or at the Health & Spa Reception. Your nutritional advice team: Helena Kistler & Sonja Ricke

GOLF & MINI GOLF

GOLF SHOP BAD RAGAZ

Let yourself be inspired by the latest golf and leisure fashion in our golf shop. In addition to the clothing brands Bogner, Ralph Lauren, Alberto, Lacoste, MDC and J. Lindeberg, you will also find exclusive products from Ina Kess, Henry & Christ, Spoon and Sportalm. You can also get matching shoes from Ecco, henry & magda, Colmar, Lot-tusse and Adidas.

It is worth stopping by daily from **9 am to 6 pm** and we look forward to your visit.

MINI GOLF

From Saturday, July 20th until Sunday, August 15th, the mini golf course is open at the following times:

Monday to Friday from 1 pm.

Saturday, Sunday & public holidays from 11 am.

SPORTS SCHEDULE

MONDAY

8 am – 8.40 am Aqua Fit (2x20 min)
4 pm – 4.45 pm Bodyforming

TUESDAY

8 am – 8.40 am Aqua Fit (2x20 min)
11 am – 12.45 pm Hiking Guschachopf (advanced)

WEDNESDAY

8 am – 8.40 am Aqua Fit (2x20 min)
11 am – 11. 50 am Yoga

THURSDAY

8 am – 8.40 am Aqua Fit (2x20 min)
2 pm – 2.45 pm Walk (easy)

FRIDAY

8 am – 8.40 am Aqua Fit (2x20 min)
11 am – 11.45 am Bodyforming

SATURDAY

8 am – 8.40 am Aqua Fit (2x20 min)
11 am – 11.50 am Yoga

SUNDAY

8 am – 8.40 am Aqua Fit (2x20 min)
11 am – 11.30 am Core Power

NEW:

Please **register** yourself before attending the AQUA FIT and GROUP LESSONS by calling 3050 or 3838.

COVID-19:

All group lessons are limited to five guests.

Do you prefer to train individually?
Our personal trainers look forward meeting you!

Opening hours: Mon – Sun, 24 Hours
Phone 3838 or 3050

CHILDREN'S VILLA

Opening hours: daily from 9.30 am to 5 pm

The Children's Villa looks after children from age 3, the young people's room supervises those aged 10 to 16, the infants' room is for little ones aged under 3 accompanied by their parents.

Phone number for the Children's Villa: 2108

LUNCH

Every day at 12 noon we go to the Restaurant Olives d`Or with the children for lunch.

BABYSITTING

On request
Phone number 2010

KIDS CLUB



MONDAY

9.30 am Tinker friendship bracelets
1 pm Excursion with fun and games to the waterfalls

TUESDAY

9.30 am Tinker forest crowns
1 pm Forest Discovery walk

WEDNESDAY

9.30 am Tinker fans
1 pm Miniature Golf

THURSDAY

9.30 am Tinker colourful birds
1 pm Animal photo rally

FRIDAY

9.30 am Creative handicraft with wool
1 pm Bad RagARTz art trip with fun and games

SATURDAY

9.30 am Soap bubble paintings, baking Pizza
1 pm Miniature Golf

SUNDAY

9.30 am Paint with colourful ice cubes
1 pm Fun and games with ice cubes

FAMILY SPA

Opens from 10 am – 7 pm
Phone number 3050

SPORTS POOL AND TAMINA GORGE

Open from 7.40 am – 8 pm
Children up to the age of 12 must be accompanied by an adult.
Garden pool: 8 am – 7 pm

FITNESS AREA

Young people between 12 and 16 years of age must be accompanied by an adult.
Phone number 3889

SAUNA NUDE AREA

Opening hours: Monday until Sunday 11 am – 8 pm

TAMINA THERME (PUBLIC SPA)

Opening times:

Monday until Sunday from 8 am until 10 pm
Friday from 8 am until 11 pm.

Access for children aged 3 and above (children up to the age of 8 must be accompanied by an adult).