

## Conferences at Hotel Adula. Work and relax in an inspiring 4-star atmosphere.



Are you planning a conference with between 10 and 40 participants? In that case, our peacefully located hotel offers you the best prerequisites.

This is not to say that the seminar rooms with their professional infrastructure and inspiring charm will be the only thing to promote the creativity of your employees, customers or course participants. On the contrary: Adula's free time offer will do the rest.

For example, the cuisine of our chef Mike Zarges, which has been awarded 15 Gault Millau points, and will amaze you with light and varied delicacies made from fresh and seasonal products.

The Open-End-Bar is the place to spend a cosy get-together at the end of the day with beer, cocktails, drinks, wines, champagne served by the glass and alcohol free beverages.

Our Wellness & Spa LA MIRA on 1200 m<sup>2</sup> offers everything that your body, mind and soul could wish for: indoor pool (7.5 x 20 m, 28 °C), outdoor brine pool (35 °C), sauna world, fitness room, large selection of body & beauty treatments, therapeutic advice, checks, outdoor activities and more.

And last but not least, the surroundings with the magnificent mountain panorama, the turquoise-coloured swimming lakes and the breath-taking Rhine Gorge also play an important role in making your conference especially attractive.

Time for the authentic experience – our hotel's motto will accompany you throughout your stay at the Adula. Enjoy the authentic Grisons charm, our staff's friendliness and the cosiness of the rooms and facilities.

We look forward to organising your conference with that famous, personal Adula touch.

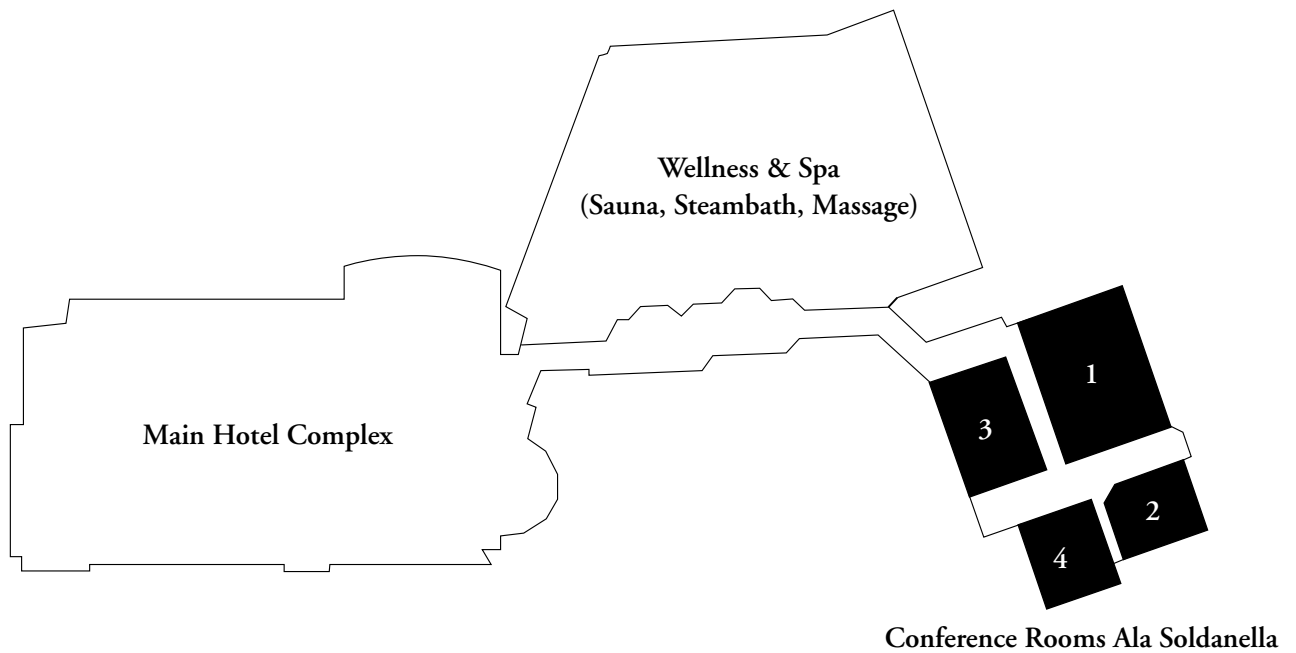
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## We take care of the paraphernalia, so that you can concentrate on what's truly important.

You will be assigned a management assistant, available round-the-clock to ensure the unqualified success during your conference. Secretarial work will receive the swift attention of our hotel secretarial staff. A personal secretarial service is available on request.

It would also give us great pleasure to prepare a diverting and stimulating framework programme for you. We would be happy to offer you suggestions. Or if you prefer to trust our know-how blindly, why not leave it all up to us and allow yourself and your conference participants to be pleasantly surprised?

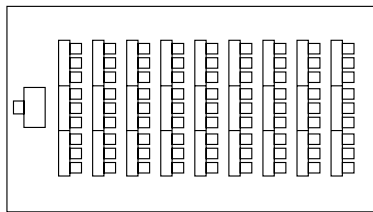
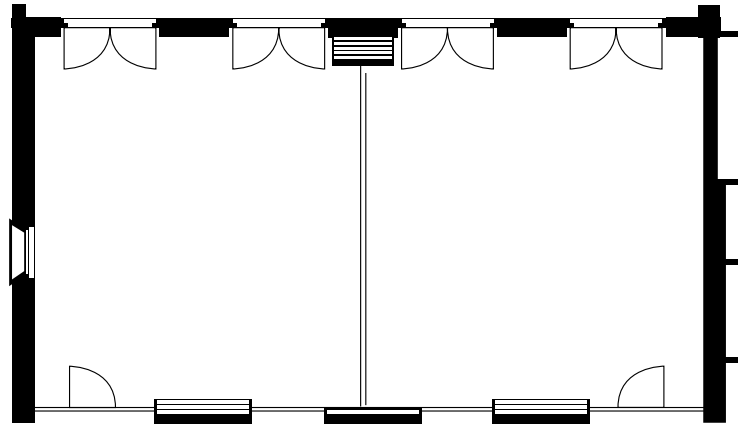
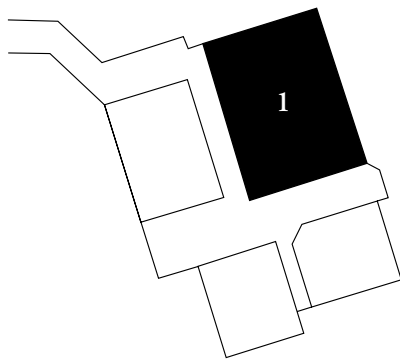
## Plan of Conference Rooms



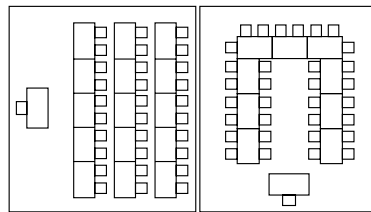
Rooms	Area				Capacity	
	Length	Width	Height	m <sup>2</sup>	Conference/Seminar	Lecture/Concert
<b>1 Cauma A + B</b>	14.4	8.0	3.0	115.2	70	110
<b>2 Cresta</b>	9.9	7.0	3.0	69.6	40	60
<b>3 Cassons A – C</b>	8.0	10.6	2.7	84.8	35	55
<b>4 Soldanella Lounge</b>	8.0	7.1	2.4	57.1	20	40

Very comfortable, well-lit rooms with large windows and pleasant view.  
For group workshops of up to 8 people, smaller rooms can be made available.

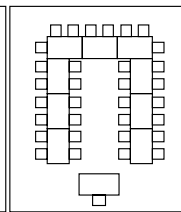
## 1 Cauma Rooms A + B



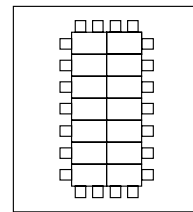
**A + B**



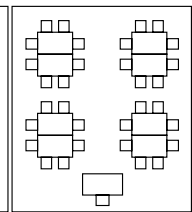
**A**



**B**



**A**

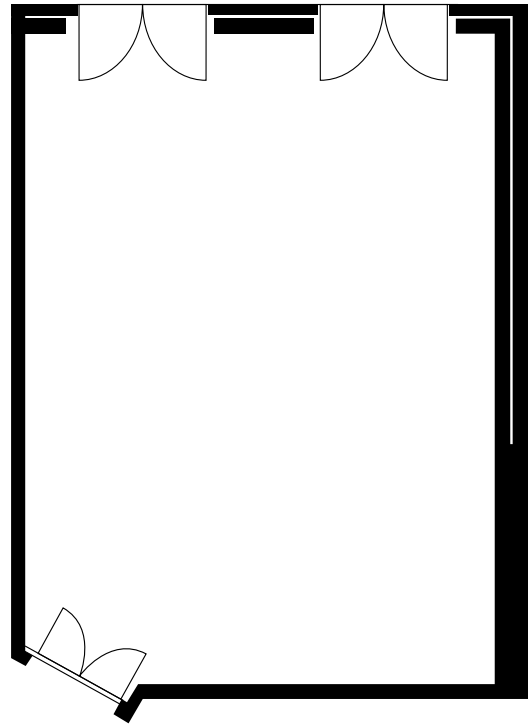
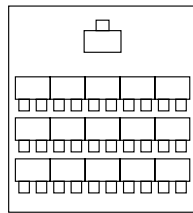
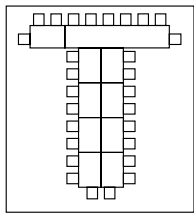
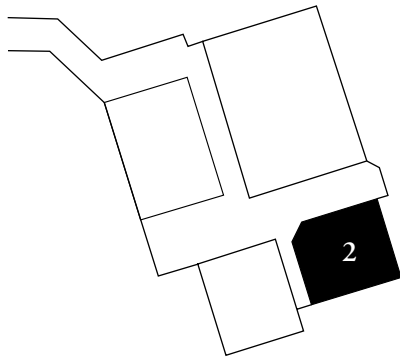


**B**

Rooms	Area				Capacity	
	Length	Width	Height	m <sup>2</sup>	Conference/Seminar	Lecture/Concert
<b>Cauma A</b>	7.2	8.0	3.0	57.6	35	55
<b>Cauma B</b>	7.2	8.0	3.0	57.6	35	55
<b>Cauma A + B</b>	14.4	8.0	3.0	115.2	70	110

- Both rooms have direct access to the hotel gardens.
- Both rooms are equipped with public address systems.
- Can be stocked with desired audiovisual aids (see attached list).

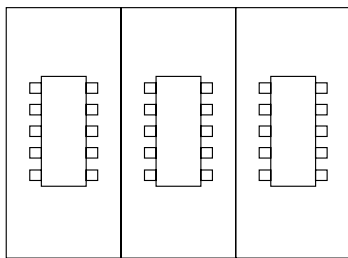
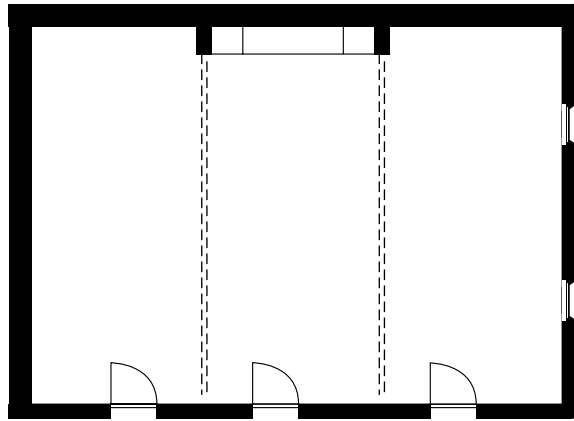
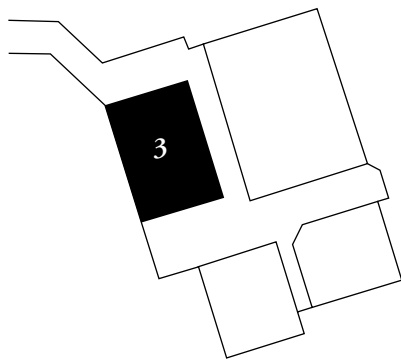
## 2 Cresta Room



Room	Area				Capacity	
	Length	Width	Height	m <sup>2</sup>	Conference/Seminar	Lecture/Concert
<b>Cresta</b>	9.9	7.0	3.0	69.6	40	60

- Direct access to hotel gardens.
- Public address system.
- Can be stocked with desired audiovisual aids (See attached list).

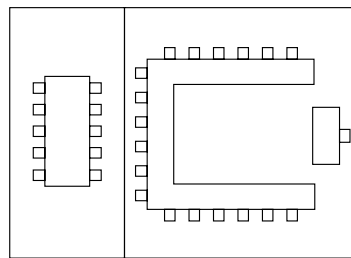
### 3 Cassons Rooms



**A**

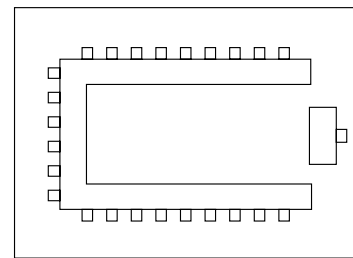
**B**

**C**



**A**

**B + C**

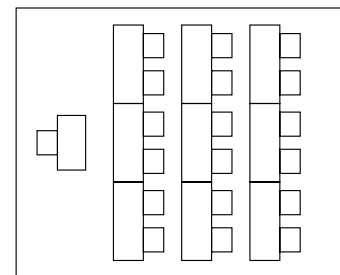
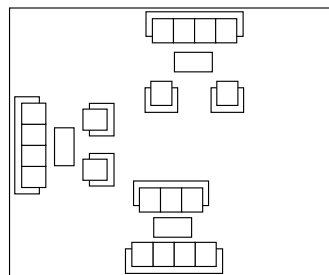
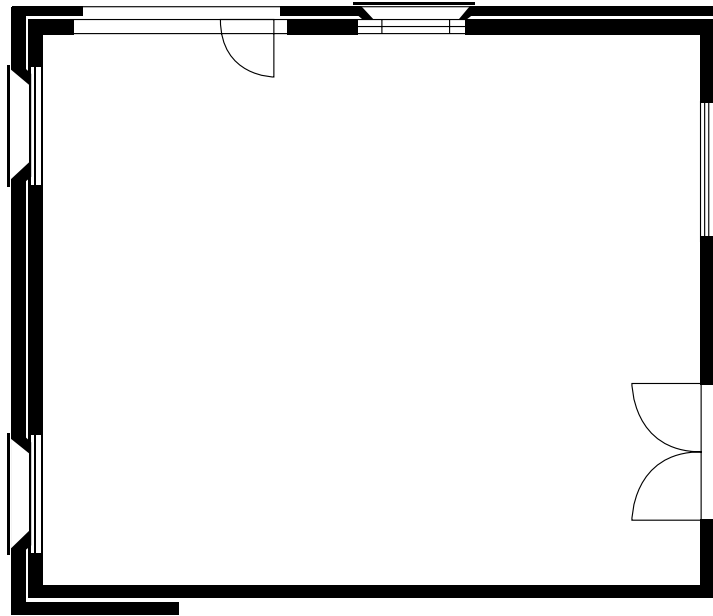
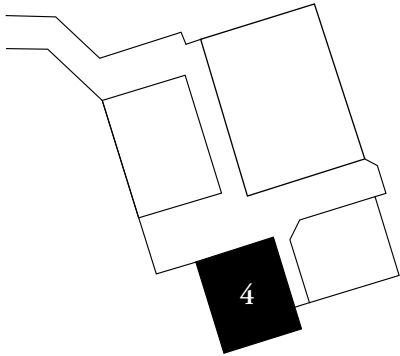


**A + B + C**

Rooms	Area				Capacity	
	Length	Width	Height	m <sup>2</sup>	Conference/Seminar	Lecture/Concert
<b>Cassons A</b>	8.0	3.6	2.7	28.8	12	--
<b>Cassons B</b>	8.0	3.6	2.7	28.8	12	--
<b>Cassons C</b>	8.0	3.4	2.7	27.2	12	--
<b>Cassons A + B + C</b>	8.0	10.6	2.7	84.8	35	55

- Cassons Room B with WEYEL-projection-wall.
- Can be stocked with desired audiovisual aids (see attached list).

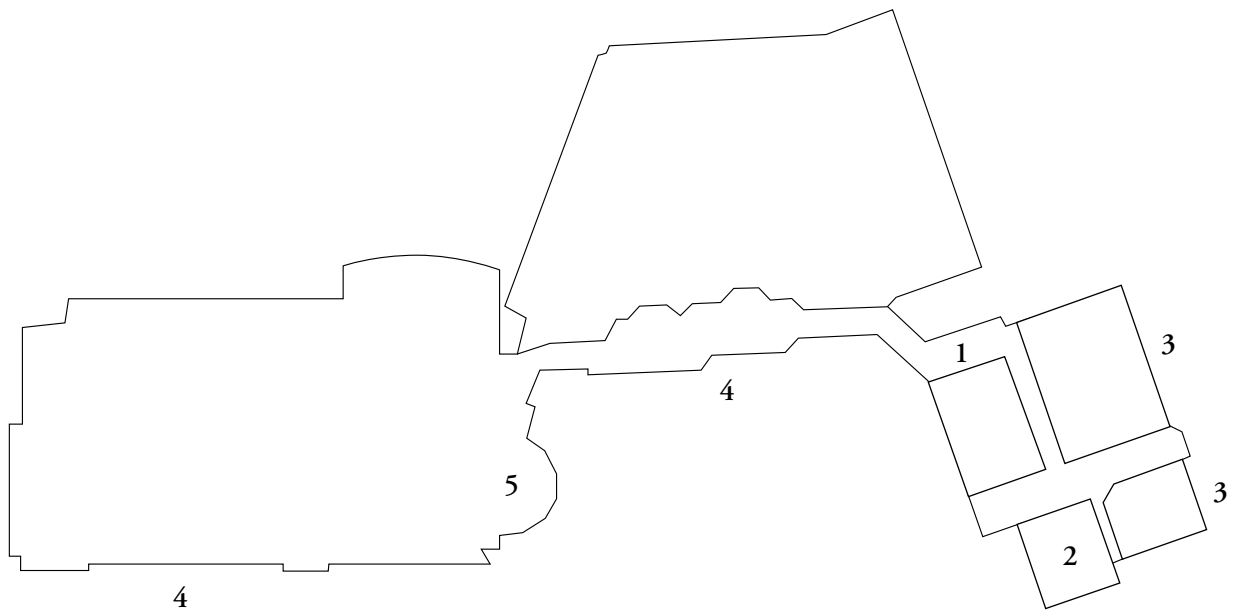
## 4 Soldanella Lounge



Room	Area				Capacity	
	Length	Width	Height	m <sup>2</sup>	Conference/Seminar	Lecture/Concert
<b>Soldanella Lounge</b>	8.0	7.1	2.4	57.1	20	40

- Direct access to the hotel garden.
- Enclosed room. Tastefully and cosily furnished.
- Particularly suited to discerning smaller groups.

## Tea/Coffee Breaks



- 1 Lobby adjacent to conference rooms (summer/winter)
- 2 Soldanella Lounge, on the floor above the conference rooms (summer/winter)
- 3 Lawn in front of conference rooms (direct access, summer)
- 4 Terrace (summer)
- 5 Hotel Lounge (summer/winter)

Drinks and snacks can be prepared at any time as desired.

## Function Rooms



Rooms	Area				Capacity
	Length	Width	Height	m <sup>2</sup>	
<b>Adula Ballroom A</b>	14.6	7.8	4.0	114.0	90
<b>Adula Ballroom B</b>	15.6	9.5	4.0	148.2	120
<b>Adula Ballroom A + B</b>	30.2	8.7	4.0	262.2	210
<b>REST. BARGA</b>	8.5	7.4	4.0	63.0	45
<b>REST. LA CLAV</b>	8.0	6.0	3.2	48.0	35

- The Adula Ballrooms make an elegant backdrop for banquets, receptions and balls. There is a choice of several excellent dance orchestras.
- The BARGA is a speciality restaurant furnished in a tasteful rustic style, with its own bar. Our pianist provides a pleasing, unintrusive musical accompaniment and there is room to dance.
- In LA CLAV you'll enjoy Swiss style. Whether you sit under the original Alios Carigiet panelled ceiling or out on the terrace.

## Audiovisual Aids and Special Facilities

The following audiovisual aids and equipment are available:

1. Flip Chart
2. Flip Chart Writing Blocks
3. Pens and Acetate Charts
4. Overhead projector
5. Notice-board
6. Blackboard
7. Projector Screen (small)
8. Projector Screen (large)
9. Video-recorder/TV
10. Video beamer
11. Amplifier System
12. CD/Tape-recorder
13. Microphone
14. Lectern
15. Podium
16. Writing blocks
17. Photocopier
18. W-LAN
19. Moderator's case

With prior notice, we can also arrange for:

- Simultaneous translation facilities
- LCD projector
- Blow-up slide projector
- Catwalk
- Spotlights
- PC-workstation (PC and printer)
- ISDN connection
- Swisscom Hotspot Corporate Log-in

## A Home From Home

If home is where the heart is, then welcome home.

The time you spend with us should be a personal flight of fancy and a mutual success. In the bosom of Mother Nature, in the fine Graubünden tradition.

You'll find a real welcome in the impressive entrance hall and period furnished rooms full of genuine Graubünden antiques.

In the "Adula Lounge" in front of the open fire with its highnecked chimney, the obligatory reading of the day's papers becomes a leisurely perusal.

"Thinking and working" is altogether faster and easier here – and not just because of the mountain air. It has more to do with our attentive service. No less than 173 guests, divided between 92 bedrooms, inclusive 8 junior suites, some with their own open fireplaces, contrive to make your stay here a pleasant one. Rooms are equipped with television, minibar, bath/WC, balcony, plush armchairs, writing bureau, digital direct and extension telephone line and direct dial telephone, so that, even away from the usual business hustle and bustle, you can still keep up to date.

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## Food for Thought

They say the way to someone's heart is through their stomach. And that's just the way we like it.

In our three speciality restaurants we prepare cuisine from all over the world.

**BARGA Gourmet restaurant** (15 Gault Millau points)  
Here canapés and cognac rub shoulders with cuisine du marché.

**Restaurant LA CLAV**  
Here you are spoiled with Swiss kitchen and Bündner specialities.

### **Hotel restaurant**

Breakfast-buffet, 5 course evening meal, lunch buffets, gala dinners, speciality buffets or surprise evenings from a variety of countries.

Hidden deep below the BARGA lies the cool, dark wine cellar, the personal hobby of the hotel owner Peter Hotz.

If desired, we can combine this veritable cornucopia into a culinary itinerary. Or if you prefer, you can let the participants make up their own minds. Whatever the menu, our kitchen staff looks forward to spoiling you.

## On the Sporting Front

„Relaxation is not about doing nothing, but rather about doing what we wouldn't do otherwise“ (Paul Hörbiger). It has long been acknowledged that the best way to relax after exerting the mind is to exercise the body.

To ensure that relaxation doesn't turn into a chore, we have a wide variety of sports activities on offer.

### **Our wellness facilities**

Panorama indoor pool (7.5 m x 20 m, 28°C), outdoor sole pool (5 m x 5 m, 35°C), sauna, steam bath, solarium, massage, a variety of body and beauty treatments, etc.

### **Our sport facilities**

Fitness room with Technogym Bio Strength equipment, ping-pong, boccia, walking, mountain biking (with guide if required), Masai walking, Nordic walking, Yoga, Pilates, electrical bikes.

### **Sporting facilities in the Flims, Laax, Falera holiday region**

Swimming in mountain lake (21°C), riding, golf with a wonderful alpine panorama on 9 beautifully situated courses only 5 to 50 minutes away (Adula guests benefit from green fee discounts on some courses), mini-golf, river rafting in the Rhine gorge, paragliding, mountain-biking or downhill-biking, skiing (220 km pistes in the Flims, Laax, Falera region), snowboarding, curling, Eisstockschiessen (German-style curling), ice skating, cross-country skiing, Après-ski – and much more.

In the morning, between sessions, in the evening or on free days, here any time of day or night is right for a short, or long break from the marathon work sessions.

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## The Entertainment

Occasions should be celebrated as they arise. And successes on the conference floor are reason enough for a celebration in one of our ballrooms. We have enough space for 180 distinguished guests to sit, stand or dance in an atmosphere already warmed by the sun throughout the day.

But sometimes the sun is happy to let candlelight set the mood. In the BARGA for example, where the gentle strains of a piano blend harmoniously with the table talk, and tempt you to a post-prandial two-step.

We have things to delight the eyes and ears as well as the legs. Chamber music and concerts, caberets and shows, movies and fashion shows. So you can find a full house of entertainment with a great performance.

It's nice to switch off and let others take the limelight. After treading the boards yourself during the day, we think you've deserved it.

## Entertainment Programmes

### **Chur**

For a pleasant change, take a stroll through the capital of the canton of Graubünden. Its streets and lanes contain small, welcoming restaurants as well as fine boutiques. And cultural sights too of course, like the cathedral, the gothic style St. Martin's Church and the Rhätisch Museum.

### **Museum "Gelbes Haus" by architect Rudolf Olgiati**

Rotating exhibitions and on request private tours in Flim's cultural house that has received numerous awards and is renowned well beyond the country's borders.

### **Glacier-Express**

Romatic train-rides to St. Moritz or Zermatt.

### **Hang-gliding**

Hang-gliders and passengers certainly get their money's worth in the Flims mountain landscape.

### **High mountain tours**

Organised high mountain tours with qualified mountain guides. For example to the oldest fixed-rope route in Switzerland "Il Pinut".

### **Disentis Monastery**

We can organise a trip to Disentis, home of the baroque monastery, which is open to the public. It now houses a monastic school and a museum containing extraordinary art treasures.

### **Horse-drawn Rides through the realm of Graubünden**

Horse-drawn ride, wine tasting, visit to wine cellars, rustic lunch in a farming hamlet, the "Heidi fountain".

### **Maienfeld/Heidiland**

Maienfeld is one of four towns in the "Realm of Graubünden" that produce, with much tender loving care and using Blauburgunder grapes, what is surely the best wine in Eastern Switzerland. A visit to see the wine press is also worthwhile.

### **Mountain-biking**

The marked 85 km biking-tracks for all levels and the 19 km downhill-track from the Crap Sogn Gion put cycling enthusiasts in high spirits and top form.

### **Sleigh-ride**

Horse-drawn sleigh ride through the Flims forest, along the Rhine Valley, to the Conn restaurant.

### **Riverrafting/Hydrospeed**

A thrilling but safe way to travel the 17 km of wonderful scenery that bank the Rhine gorge. The trip starts and finishes at the hotel on request.

### **Foppa Toboggan**

Ascent to Foppa approx. 45 min. or special journey in the chair lift, followed by cheese fondue in the Foppa mountain restaurant, then a lightening toboggan ride into the valley (also night-time).

### **Sledge Outing, Preda – Bergün**

Journey by trail from Reichenau to Preda approx 1 ¼ hrs. From there by sledge to Bergün on main road closed to traffic, approx. 50 min. (Europe's longest sledge-run in Europe).

### **The Vals Valley**

If your taste inclines towards a wild yet picturesque landscape, we recommend a trip to the Vals Valley, then on to Bad Vals with its renowned thermal and mineral springs built by the famous architect Zumtor and the Zervreila reservoir.

### **Via Mala**

Via Mala (Latin: cursed path) is the name of the 500-metre-deep, legendary gorge, which you can visit on one of our trips. The view from the old stone bridge onto the raging waters beneath is a truly impressive sight.

### **Nature Rambles**

A hunter leads you on an early-morning expedition to secluded wild areas (chamois, roe and red deer, marmots, ibex, eagles, etc.)

### **Zillis**

Surely the most valuable ceiling fresco of the Roman period can be found in the 12th century church in the tiny village of Zillis. The wooden ceiling depicts a series of figures and remains virtually in its original condition.

For further suggestions see at [www.flims.com](http://www.flims.com) and [www.laax.com](http://www.laax.com)

## Getting To Flims

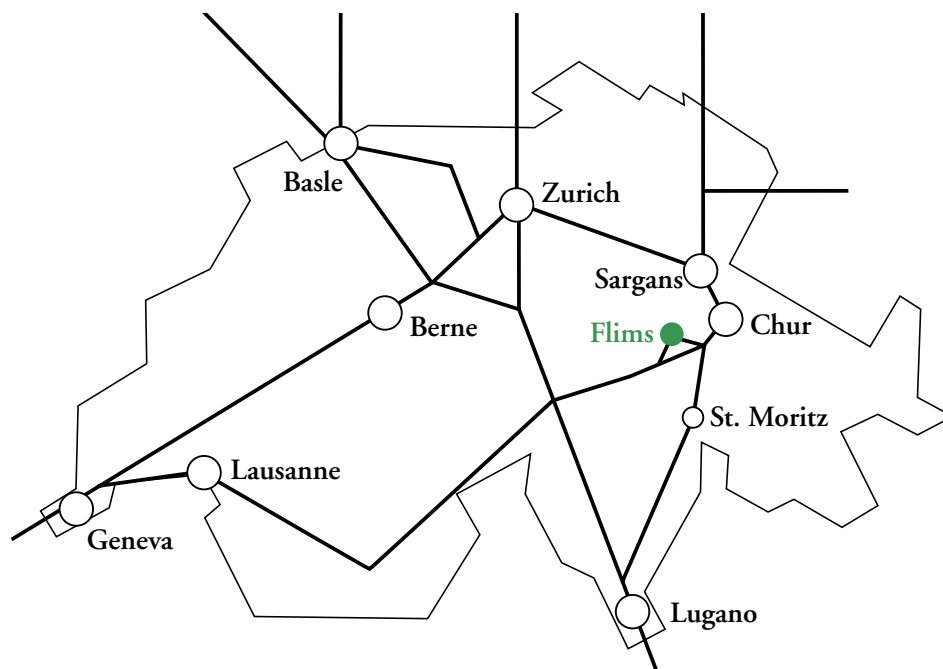
Flims has good travel connections and can be reached quickly and easily from all directions.

### By car

Motorway links from all directions to Chur. From Chur approx. 20 min. to Flims on a road that can also be travelled well in the winter.

### By train

Trains depart Zurich from Chur every hour (about 90 minutes). From Chur connection by postbus to Flims (approx. 40 min.). A special bus service from Chur to the Hotel Adula can always be arranged. Train schedule at [www.sbb.ch](http://www.sbb.ch)



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## Prices

Prices per person depend upon the season and your requirements. We would be happy to prepare you more detailed offer for conference purposes.

## Preparatory Checklist

### Conference Dates

from: \_\_\_\_\_ to: \_\_\_\_\_

### Participants

Number: \_\_\_\_\_

Arrival: \_\_\_\_\_ time: \_\_\_\_\_

Departure: \_\_\_\_\_ time: \_\_\_\_\_

### Speakers, Guests, Visitors

Name: \_\_\_\_\_ from: \_\_\_\_\_ to: \_\_\_\_\_

Name: \_\_\_\_\_ from: \_\_\_\_\_ to: \_\_\_\_\_

## Accommodation

### Teilnehmer

Participants: \_\_\_\_\_ from: \_\_\_\_\_ to: \_\_\_\_\_

No. single rooms (bath/WC): \_\_\_\_\_

No. double rooms (bath/WC): \_\_\_\_\_

### Speakers, Guests, Visitors

No. single rooms (bath/WC): \_\_\_\_\_

No. double rooms (bath/WC): \_\_\_\_\_

## Culinary Matters

No. breakfast: \_\_\_\_\_

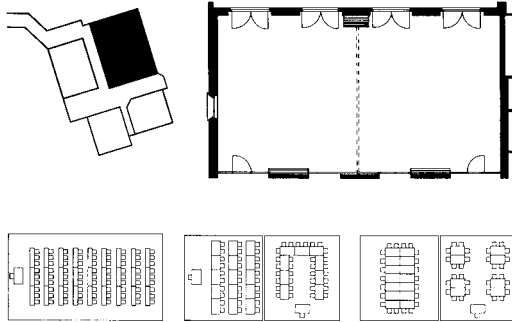
No. half-board: \_\_\_\_\_

No. full-board: \_\_\_\_\_

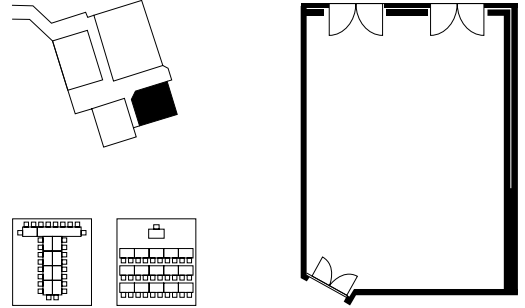
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Mineral water in conference room:	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no
No. morning coffees:	_____	_____	_____	_____	_____
Apéritif:	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no
<b>Lunch</b>					
No. menu of the Day:	_____	_____	_____	_____	_____
No. special menu:	_____	_____	_____	_____	_____
No. individual:	_____	_____	_____	_____	_____
No. afternoon coffees:	_____	_____	_____	_____	_____
Apéritif:	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no
<b>Diner</b>					
No. menu of the Day:	_____	_____	_____	_____	_____
No. special menu:	_____	_____	_____	_____	_____
No. individual:	_____	_____	_____	_____	_____
Drinks with meals:	<input type="checkbox"/> individual	<input type="checkbox"/> flat-rate			

## Conference Rooms

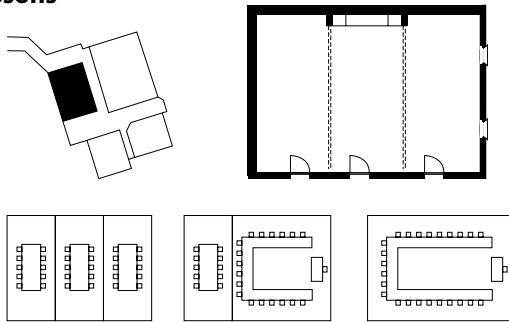
**1 Cauma**



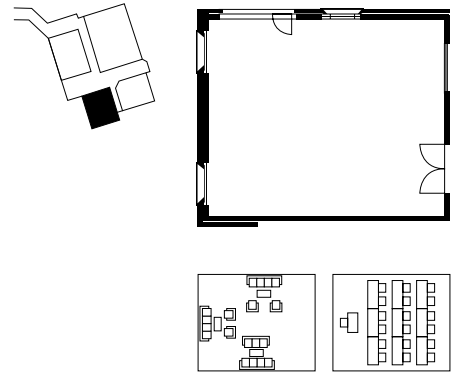
**2 Cresta**



**3 Cassons**



**4 Soldanella Lounge**



Rooms	Day 1	Day 2	Day 3	Day 4	Day 5
Cauma A					
Cauma B					
Cauma A + B					
Cresta					
Cassons A					
Cassons B					
Cassons C					
Cassons A + B + C					
Soldanella Lounge					
Group rooms					
Office					

## Audiovisual Aids

	Cauma A	Cauma B	Cauma A + B	Soldanella Lounge	Cassons/ Group Rooms
Flip-Chart					
Flip chart writing blocks					
Pens and acetate charts					
Overhead projector					
Notice board					
Blackboard					
Projector screen (small)					
Projector screen (large)					
Video-recorder/TV					
Laptop					
LCD beamer projector					
Video beamer projector					
Amplifier System					
CD/Tape-recorder					
Microphone					
Pager Facility					
Bell/Gong					
Lectern					
Podium					
Writing-blocks					
Photocopier					
Simultaneous-translation facilities					
Catwalk					
Dictating machines					
Spotlights					
Swisscom Hotspot Corporate Login					
ISDN connections					
PC Workstation (PC and printer)					

Service Personnel:  yes  no

Others:

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## Organisational Aspects

- Transport:  yes  
 no \_\_\_\_\_
- Notice-board:  yes  
 no \_\_\_\_\_
- Name plates (badges):  yes  
 no \_\_\_\_\_
- Name plates on tables:  yes  
 no \_\_\_\_\_
- Decorations:  yes  
 no \_\_\_\_\_
- Gifts in rooms:  yes  
 no \_\_\_\_\_

## Telephone

- Put calls through to participants:  yes  
 no
- Bring messages to conference room/office:  yes  
 no
- Hold messages at reception:  yes  
 no

## Programme Checklist

- Transport
- Room list
- Rooms for guests, speakers
- Gifts on room
- Conference rooms
  - all audiovisual aids present
  - audiovisual aids in working order
- Conference documentation
- Service personnel briefed
- Notice board
- Check-in time
- Welcoming cocktail/aperitif
- Method of payment/settlement arranged

## From Day to Day

- Reception and care of guests/speakers
- Entertainment programme
- Meal on following day/no. of dinners
- Entertainment programme following day/no. of participants
- Farewell cocktail
- Check-out time
- Transport
- Objects left behind
- Payment