

nescens<sup>+</sup>  
swiss anti-aging science

| SPA



# Outdoor Activities Summer



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GRAND HOTEL & SPA

## Outdoor Activities Summer

### Hiking

120 min accompanied  
by a trainer

1 person CHF 200

2 people CHF 400

For every additional person:  
add CHF 50

### Bootcamp

Indoor or outdoor  
60 min accompanied  
by a trainer

1 person CHF 150

2 people CHF 280

3 people CHF 350

For every additional person:  
add CHF 50

### Paddling / Pedalo

120 min accompanied  
by a trainer

1 person CHF 210

2 people CHF 270

### Private / Group lesson

60 min coached by a trainer

1 person CHF 150

2 people CHF 280

3 people CHF 350

For every additional person:  
add CHF 50

### Vitaparcours

Accompanied by a trainer

1 person CHF 150 / 60 min

1 person CHF 270 / 120 min

2 people CHF 350 / 120 min

For every additional person:  
add CHF 50 / 120 min.

### E-Bike and Aperitif

Two hour e-bike ride  
accompanied by a trainer  
and an aperitif in  
the Spa Bistro

2 people CHF 360