

The Dolder Grand Spa – outdoor activities

Situated in an elevated location between pulsating city and invigorating nature, the Dolder Grand offers direct access to the cool forest and is the ideal starting point for various outdoor activities, which you can take advantage of as a Day Spa guest.

Biking

Register in advance to use Dolder Grand mountain bikes for your excursion free of charge.

Nordic walking

The spa group fitness courses include Nordic walking sessions in the surrounding Adlisberg forest.

Jogging

Discover the natural surroundings of the City Resort. In the forest there are three marked trails of between 4.7 and 10.8 kilometres in length.

Price

All outdoor activities are included in the Day Spa price. Perfect your training with a personal trainer for CHF 150.00 per hour.

