



Flims Laax Falera

# Flims Laax Falera Guide

Winter | Spring



# Welcome

Dear guest

The winter wonderland of Flims Laax Falera has opened its doors again and awaits you with all its glory.

Do you want to aim high? Then head for the mountain and onto the 224 kilometres of pistes or into one of the five snow parks. On several dates you can even put your tracks in the snow at night on floodlit slopes between Cur-nius and Laax valley station. This winter you can also ride the first two sections of the new FlemXpress gondola lift, the world's first rope taxi. On the mountain, you can also enjoy wide, well-maintained winter walking trails with far-reaching views and lots of sunshine. There are even high-altitude cross-country tracks, either in the heart of the Plaun ski area or in the sheltered Bargis Valley, which is easily reached by bus. Until the Freestyle Academy moves into its new building below the rockresort in Laax in summer 2024, you will have to focus on on-snow training. The little ones, on the other hand, can still jump around indoors and immerse themselves in the freestyle universe at the KIDS Freestyle Academy at the STENNA in Flims. What will happen when the little ones grow up? The LAAX OPEN is the perfect place to get up close and personal with the freestyle superstars on board or on skis. Mark your calendar from 16 to 21 January 2024.

Flims Laax Falera is even more sporty – in addition to skiing, snowboarding, cross-country skiing and winter hiking, we offer you the opportunity to get physically active and burn off energy with sledging, curling or swimming. An evening snowshoe hike in the UNESCO World Heritage Tectonic Arena Sardona is a special experience, when the moon and stars shine down from the sky. Moonlight is also the inevitable when Ami Sabi and his friends invite families with children to the Senda dil Dragun treetop walkway on several evenings this winter.

Flims Laax Falera has repositioned itself culinarily in many respects. Let yourself be surprised by exciting gastronomic concepts as well as

exotic specialities and be welcomed by many new hosts. Whether you are a discerning gourmet or a cosy connoisseur, you are sure to find the right ambience.

The destination's cultural programme for winter 2023/24 is multi-faceted. The choice is yours: Das Gelbe Haus in Flims will host the Berlin-based studio Other Spaces. A selection of projects in dialogue with local initiatives and concepts from Flims and the surrounding area will be on show. The Cularta in Laax is dedicating its current exhibition to the artist Carl Strauss, known for his copperplate engravings. The cultural centre la fermata in Falera once again offers a wide range of events from classical concerts to children's musicals, art exhibitions to stand-up comedy evenings, while the flimsfestival enriches the end of the year with its concerts.

Now all there is to do is simply enjoy the winter of 2023/24.

We wish you a lot of fun!

André Gisler  
Tourism Director  
Flims Laax Falera



# Discover our destination

## Flims Laax Falera Guide

Our destination guide is packed with inspiration – discover what you can expect to find, whether up on the mountain or down in the valley, the choice of culinary delights that await and the activities on offer.

➔ **FIND MORE INFORMATION ON ANY OF OUR TOPICS AT FLIMS.COM LAAX.COM**

## LAAX app

I'm your local guide, here to help you avoid long waits for the lifts, check the weather, see live images from our local webcams and much more. Book a table at a restaurant and place your food order on your smartphone – no queuing required. I'll share top tips and interesting details with you, taking your Flims Laax Falera experience to the next level.

There's a ticket shop too – and a leaderboard where you can compare your achievements. Enjoy the benefits of the digital guest card. The LAAX app offers all this and much more.







## Highlights 8

- Freestyle
- Lifestyle
- Greenstyle
- Nature
- Nature experiences
- Family highlights
- Culinary delights
- Stories

## Sports activities 26

- Slopes and snow parks
- Shopping & rental(s)
- Sledging, cross-country and powder runs
- Hiking and snowshoeing
- Curling
- Other activities
- Summer preview

## Family 44

- Ami Sabi
- Snow Sport School and LAAX School
- Foxtrail and Senda dil Dragun
- KIDS Freestyle Academy
- Family summer

## Culture 56

- Nature and culture
- Museums

## Special treats 62

- Spa facilities
- Nightlife
- Culinary trail and carriage ride

## Communities 84

- Flims
- Laax
- Falera
- Sagogn
- Trin

## Services 96

- Visitor information
- Shuttle

# Get more mountain



LAAX APP

Download the official LAAX app

Mobile Ordering

Tickets

Leaderboards

Live Information

E-Shuttle

Local Tips

Points



# Highlights







## LAAX OPEN – on course for success!

The eagerly anticipated LAAX OPEN will take place between 16 and 21 January 2024. The highlight of the European freestyle calendar offers first-class sporting action in the women's and men's slope-style and halfpipe competitions – plus live music and parties. After a successful premiere last year, freeskiing is once again part of the competition this year. The superpipe and the innovative slope-style course on Crap Sogn Gion form the stage for this freestyle spectacular. The LAAX OPEN promises thrilling contests for the growing community of fans, who will have the chance to meet the pro riders in person in the snow parks or on the run down to the valley. This unique atmosphere makes the LAAX OPEN the pinnacle of the FIS World Cup circuit.

→ FIND OUT MORE ABOUT THE LAAX OPEN AT [OPEN.LAAX.COM](https://open.laax.com)

## Free60 Natural snow park

Do you love snow parks – but also freeriding? The Free60 combines both those aspects and is unlike anything else in Europe. Located between the Crap Sogn Gion and Plaun, the park's unique selling point is that the elements are constructed on unprepared terrain, made of wood and covered with a good amount of powder.

→ FIND OUT MORE ABOUT OUR SNOW PARKS AT [LAAX.COM/FREESTYLE](https://laax.com/freestyle)

## Freestyle in summer

Home to the world's largest halfpipe in winter, celebration of the freestyle tradition continues here all summer long. There's plenty to explore at GALAAXY Park: the Ninja Park, GALAAXY parkour, pump track, airbags, trampolines, slacklines, mini-ramp and more.

→ FIND OUT MORE ABOUT FREESTYLE IN SUMMER AT [LAAX.COM/FREESTYLE](https://laax.com/freestyle)







## Event highlights

The programme includes a range of top-class sporting events. But we don't just cater for winter sports fans. There's something for everyone here:

- LAAX OPEN
- Flimsfestival
- KIDS LAAX OPEN
- LAAX Art+Culture events
- and much more...

→ **FIND OUT MORE ABOUT ALL THE EVENTS AT [LAAX.COM/EVENTS](https://laax.com/events)**

## Falera lantern trail

Snow crunches under foot, 300 Sonnenglas® lanterns light your path through the winter's night and the muffled landscape creates a sense of calm and protection.

→ **FIND OUT MORE ABOUT WINTER HIKING ON PAGE 38**

## Adventures by night

Exploring the mountain world at night is a special highlight. Full-moon descents, a lantern trail and a ride in a snowcat, followed by a hearty meal or night sledging – enjoy your night-time mountain adventure.

→ **FIND OUT MORE AT [LAAX.COM](https://laax.com)**



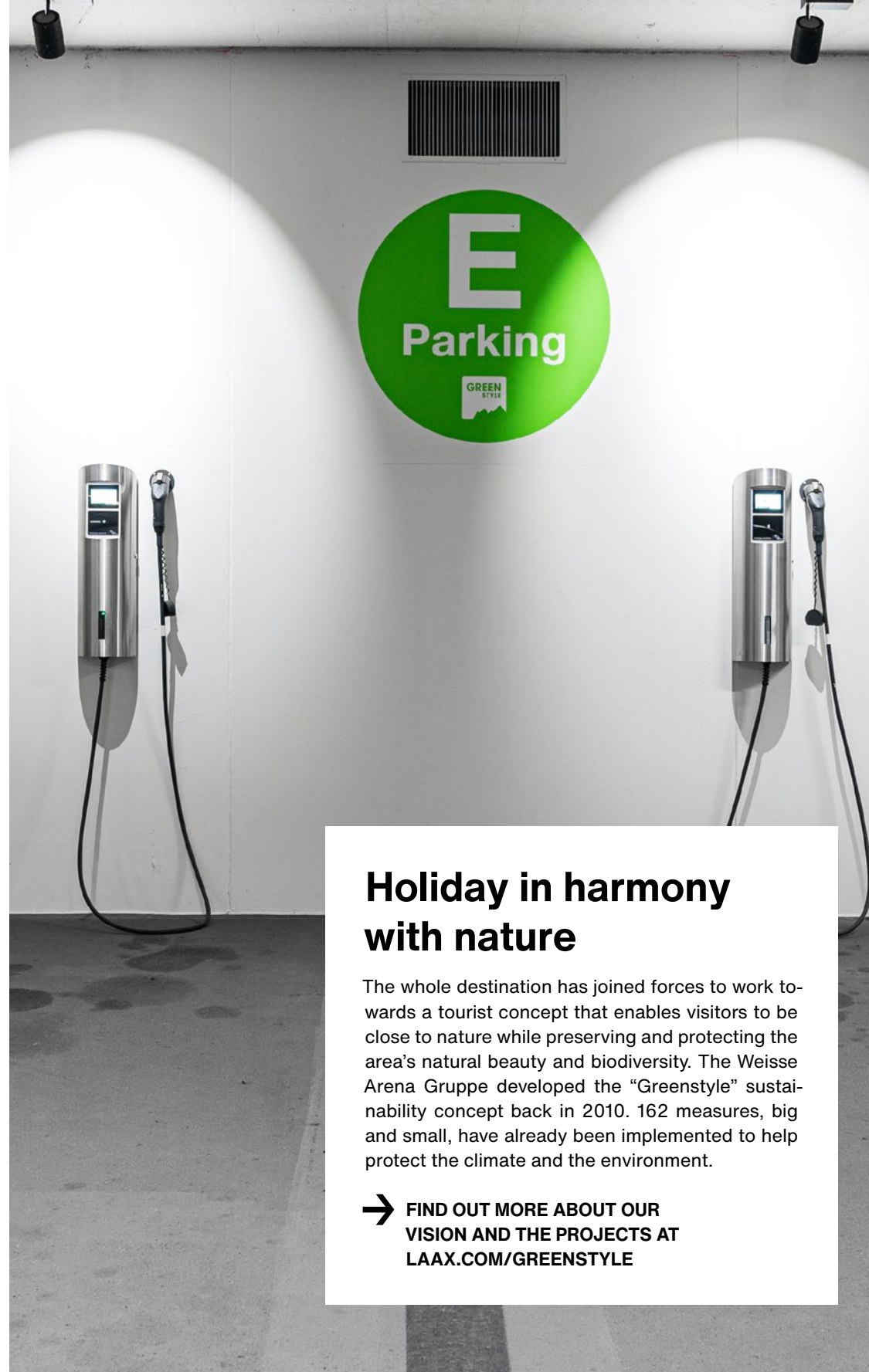
## LAAX Art+Culture

Introducing LAAX Art+Culture – round two! After a memorable first year, we are planning more events for visitors, locals and anyone who wants to shake up LAAX's nightlife this winter. Culture isn't the preserve of cities – it thrives here in the mountains too.

→ **FIND OUT MORE ABOUT LAAX ART+Culture AND OUR EVENTS AT [FLIMSLAAX.COM/ART-CULTURE](https://flimslaax.com/art-culture)**







## Holiday in harmony with nature

The whole destination has joined forces to work towards a tourist concept that enables visitors to be close to nature while preserving and protecting the area's natural beauty and biodiversity. The Weisse Arena Gruppe developed the "Greenstyle" sustainability concept back in 2010. 162 measures, big and small, have already been implemented to help protect the climate and the environment.

→ FIND OUT MORE ABOUT OUR VISION AND THE PROJECTS AT [LAAX.COM/GREENSTYLE](https://laax.com/greenstyle)

## The Last Day Pass – the lift ticket for the day we hope will never come

The highest point in the Flims Laax Falera destination is the Vorab Glacier, 3,018 metres above sea level. As a result of human-induced global warming, the glacier has been melting dramatically and we have been forced to accept that it will disappear altogether in the near future. But you can play a role in protecting the glacier: by purchasing a Last Day Pass, you can support climate projects that are committed to slowing down the melting process and postponing the last day of the Vorab Glacier.

→ FIND OUT MORE AT [THELASTDAYPASS.COM](https://thelastdaypass.com)



## Greenstyle book

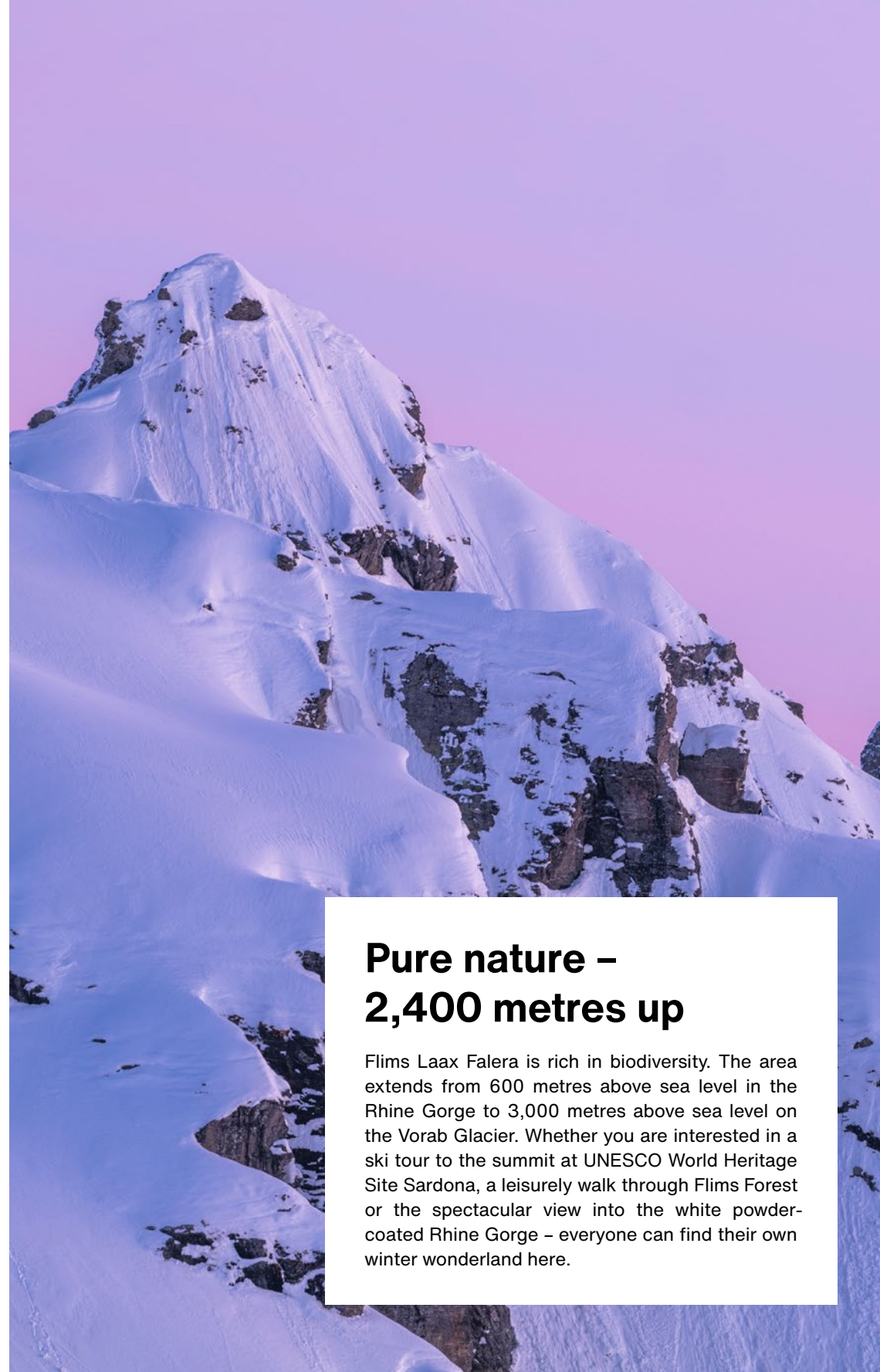
### "How to run a sustainable alpine destination"

How do we combine sustainability and tourism? The Weisse Arena Gruppe has been examining this question for a long time. For over a decade, we have been promoting "Greenstyle" – our sustainability strategy. We are now delighted to share our experiences and vision for the first time in our book. The book "How to run a sustainable alpine destination" is designed to inspire and guide individuals and other holiday destinations who are seeking change.

→ FIND OUT MORE AT [LAAX.COM/GREENSTYLE](https://laax.com/greenstyle)







## Pure nature – 2,400 metres up

Flims Laax Falera is rich in biodiversity. The area extends from 600 metres above sea level in the Rhine Gorge to 3,000 metres above sea level on the Vorab Glacier. Whether you are interested in a ski tour to the summit at UNESCO World Heritage Site Sardona, a leisurely walk through Flims Forest or the spectacular view into the white powder-coated Rhine Gorge – everyone can find their own winter wonderland here.

## Senda dil Dragun: a nature experience on the world's longest treetop walkway

Always on par with the trees, the 1.56-kilometre walkway connects Laax Murschetg and Laax Dorf. With a slide, four platforms with seating and a view of the surrounding landscape, the Senda dil

Dragun offers a unique winter nature experience for the whole family.

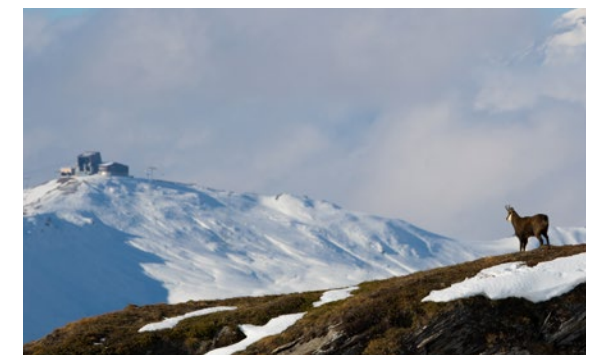
→ FIND OUT MORE AT  
[LAAX.COM/SENDA-DIL-DRAGUN](https://laax.com/sendadil-dragun)



In summer,  
the treetop  
walkway features  
five ball runs

## Respect protected wildlife zones

Our wildlife loves peace and quiet – just like you. Wild animals need energy to survive and disruptions can be life-threatening. The mating season for chamois and ibex runs from November to January. So it's important that you stick to the paths on your adventures and respect protected wildlife zones.







## Enjoy the tranquillity of nature:

If the hustle and bustle on the mountain gets to be too much, there is a calmer alternative in Plaun, Bargis, Flims, Sagogn and Trin. An extensive network of 62 kilometres of double-lane cross-country tracks awaits you. Whether you prefer classic cross-country skiing or the skating variant, there's something for everyone. And if you're travelling by car, there are plenty of parking spaces nearby. So head for the trail and get out in the great outdoors!



## Snowshoe trails

If you're looking for a relaxing way to spend your day, why not head out on a snowshoe trail? The region offers an extensive network of paths plus fantastic views. Enjoy the sight of the mountain panorama while you tramp through the snow-covered landscape.

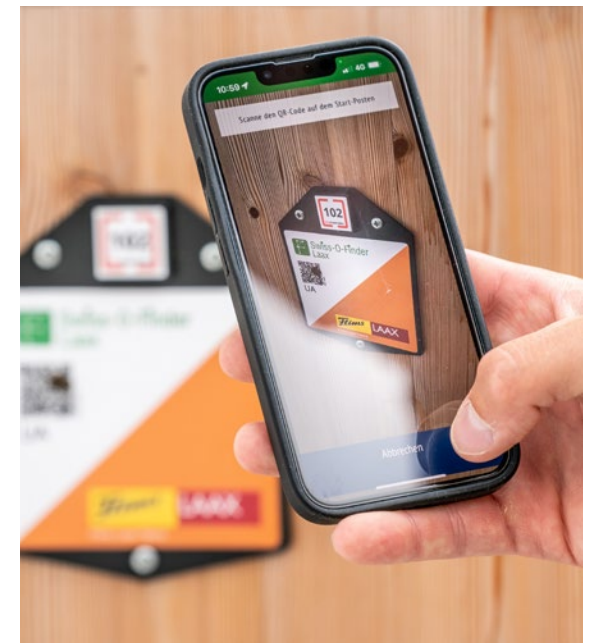
➔ FIND OUT MORE ON PAGE 36



## Swiss-O-Finder Falera

Go along with Säm the fox as he explores the historic Parc La Mutta in the mountain farming village of Falera. Take a journey of discovery with him and learn all about the village, its residents and their story. Whatever age you are – try the Swiss-O-Finder and join Säm the fox in Falera to explore the Parc La Mutta.

➔ FIND OUT MORE AT [FLIMS.COM/TRAILRUNNING](https://flims.com/trailrunning)







## All about the youngsters

We're family-focused. Your family time during vacation is our highest priority. Alongside winter sports, you will find family-friendly restaurants and accommodation with special offers and ski/snowboard rental. Our tips for you: experience of Ami Sabi Snow Wonderland, the crèche, try alpine curling in the Prau la Selva sports centre, discover the KIDS Freestyle Academy at STENNA Flims, enjoy the swimming pool in Aua Grava, brave the Foxtrail, go sledging, skating and curling at the Waldhaus Arena and find your favourite family film in The Hideaway Cinema.



## Year-round family fun

Exchange your skis and snowboards for skateboards, bikes and walking boots. The swimming lakes, the treetop walk, exciting bike trails for young

and old, themed hikes and freestyle parks with skating and trampolining are certain to delight the whole family.

➔ [FIND OUT MORE AT LAAX.COM/FAMILY-HOLIDAYS](https://laax.com/family-holidays)



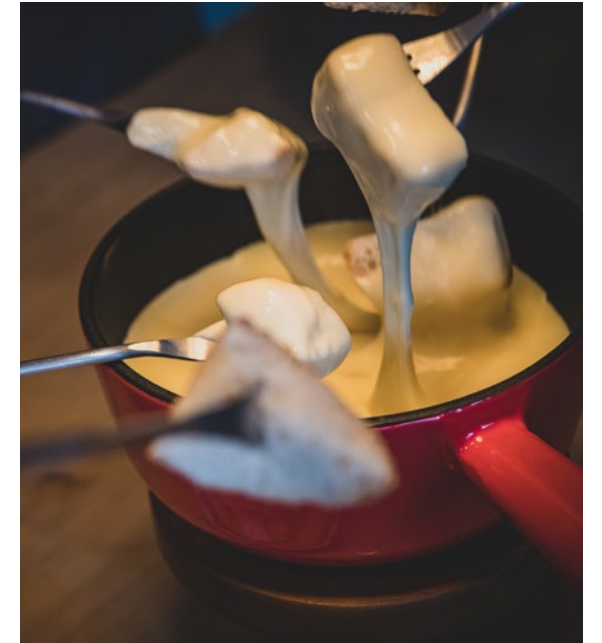




## Culinary diversity:

From cordon bleu to pop-up pizzeria, LAAX is expanding its culinary landscape in winter 23/24. Casa Veglia will be presenting itself as Mister Cordon, serving a selection of cordon bleu dishes as well as traditional fondue. At Berghaus Nagens, fans of pinsa and Graubünden dishes will find a new culinary home at the bar. And finally, don't miss the Camino Bar at signinahotel: a pop-up pizzeria for fans of Italian creations.

➔ **FOR BOOKINGS AND UP-TO-DATE OPENING TIMES, SEE THE LAAX APP**



## “Forest & Winter” culinary trail

As you make your way through the snow-covered Flims Forest, have fun discovering the traditions of Graubünden cuisine. Try your luck with the Wheel of Fortune plate and enjoy naturally tasty regional specialities – the perfect combination for any fan of good food and culture also on foot or even by e-bike.

➔ **FIND OUT MORE AT [FLIMS.COM/CULINARY-TRAIL](https://flims.com/culinary-trail)**





### Insider tips, new perspectives and much more

Flims, Laax and Falera may just be little villages in Switzerland, surrounded by mountains, but they have plenty of stories to tell. From the top insider tips and stories about the latest projects in the Graubünden region to stories that provide a glimpse behind the scenes of a Swiss mountain destination – you will find them all here. Have a look around and immerse yourself in the adventures of Flims, Laax and Falera.

→ **LEARN MORE AT [FLIMS.COM/STORIES](https://flims.com/stories)  
[LAAX.COM/STORIES](https://laax.com/stories)**

### Ami Sabi slope: A fun way to learn with the power of magic

Following in the footsteps of the wizard Ami Sabi and his friends, children will not only find a snow wonderland but a new adventure too. Young skiers and snowboarders can now try their first turns on the new blue Ami Sabi slope at Spalegna in Flims. And while they breeze along through the winter air, the snow crunching under their boards, the slope takes them past five special points that memorably demonstrate the ten FIS rules of conduct for safe skiing and snowboarding.



### Opening of FlemXpress from Flims to Foppa and Startgels in December 2023

The first two sections of the FlemXpress route from Flims to Foppa and Startgels are about to open. The stretch, which will be completed by the end of 2023, marks the beginning of a two-part project. The following stretch, to be completed by the end of 2024, will run from Startgels via the Segneshütte to Nagens Sura and Cassons.

→ **TAKE A LOOK BEHIND THE SCENES  
AND LEARN MORE ABOUT THE INTERESTING  
BACKSTORY. SIGN UP FOR OUR  
NEWSLETTER NOW. [FLEMXPRESS.CH](https://flemxpress.ch)**

### Stories from the destination

Since 2015, Congedi magazine has been reporting exciting stories from the destination: future projects and visions, informative facts about flora and fauna and stories about local personalities.

→ **THE LATEST ISSUE IS AVAILABLE AT  
[LAAX.COM/CONGEDI](https://laax.com/congedi)**









# Slopes and snow parks

Sports activities



## Head for the slopes

With 224 kilometres of slopes, including the Vorab Glacier, 28 lifts, five snow parks and five runs down into the valley, there are infinite ways to explore the mountain. What's more, 70 percent of our slopes are at an elevation of between 2,000 and 3,000 metres, making LAAX one of the most snow-sure resorts

in Switzerland. There are good reasons why LAAX has been named "Switzerland's Best Ski Resort" six times. So grab your gear and get going!

➔ **TIP: THE SLOPE MAP ALSO PROVIDES SUGGESTED ROUTES**



## Freestyle Eldorado

LAAX attracts visitors from around the world with its five top-class snow parks. Everyone will find their perfect line here: from the beginner's park for those first tricks to the epic 200 metre halfpipe which even professionals find challenging. Discover the range of our snow parks:

<b>Beginners' Snow Park</b>	A paradise for rookies
<b>Il's Plauns Snow Park</b>	More advanced freestylers can showcase their skills here
<b>P60 and NoName Snow Park</b>	For advanced and professional freestylers who want to turn it up a notch
<b>Free60 Snow Park</b>	Freeriders can feel the adrenaline rush in the powder snow alongside the Plaun slope





## An extensive choice and top advice

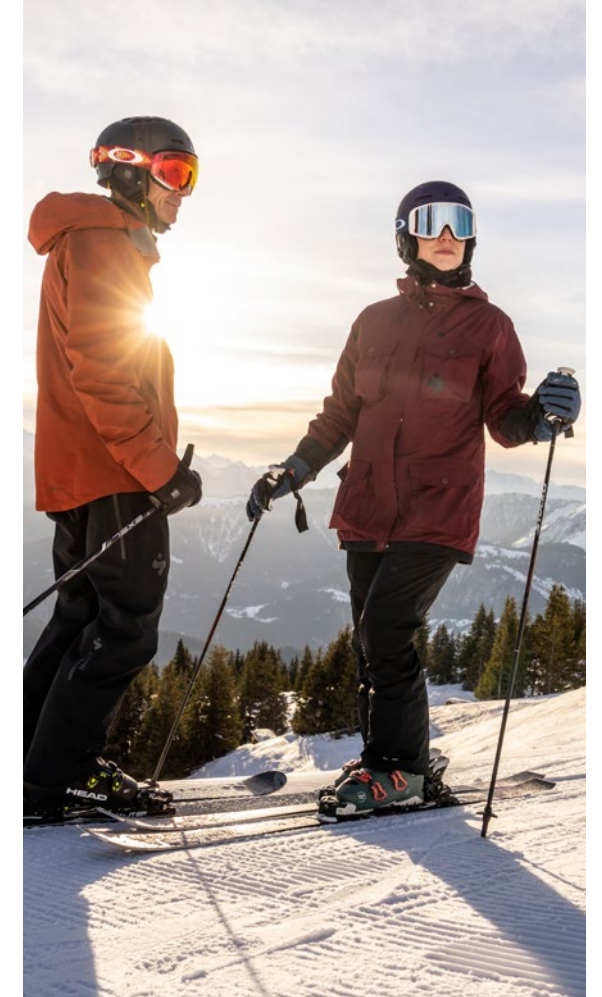
In addition to our rental service, our LAAX Rental Shops sell an extensive range of outdoor equipment and clothing. We're happy to advise you in person and cater to your personal needs. During the peak season our shops are open 7 days a week. We look forward to your visit!

➔ FIND OUT MORE ABOUT OUR RANGE AND PRICES HERE



### Other sports shops

Burton Store	
7032 Laax Murschetg	+41 81 927 70 80
Bundi Sportarena	
7017 Flims Dorf	+41 81 911 33 90
CHOPP Snowboardshop	
7017 Flims Dorf	+41 81 911 20 11
Fravgia Sport	
7153 Falera	+41 81 921 36 88
Laax Rental	
7017 Flims Dorf	+41 81 927 70 73
Laax Rental	
7032 Laax Murschetg	+41 81 927 70 70
Laax Rental	
7153 Falera	+41 81 927 70 78
Menzli Sport	
7031 Laax	+41 81 921 57 65
Meini Sport & Mode	
7032 Laax Murschetg	+41 81 936 62 00
Rudolf Alpine Fashion AG	
7018 Flims Waldhaus	+41 81 911 11 57
Sport Beat	
7017 Flims Dorf	+41 81 911 33 21



## Flexibility, maximum riding pleasure and safety

Whatever you need, you can rent the right equipment from us – from alpine to freeriding, we have a wide range of state-of-the-art, high-quality winter sports equipment for adults and children. And if it doesn't fit, you can easily exchange it free of charge up on the mountain.

### Ski storage at the Flims, Laax and Falera valley stations

Leave your ski and snowboard equipment in our convenient ski storage at the valley stations during your stay.

➔ FIND OUT MORE AT [LAAXRENTAL.COM](https://laaxrental.com)



# Sledging, cross-country and powder runs

## Sports activities



## Sledging fun, day and night

Like snow, a sledging trip with a “pit stop” at one of our mountain restaurants is part of winter. Our destination is home to three sledging runs, where you can hurtle downhill, during the day or, if you prefer, in the evening.

### Our sledging runs:

- Flims Foppa – Flims 3 km
- Flims Nagens – Scansinas 1.5 km
- Falera Curnius – Falera 3.5 km

**Sledge hire:** At the mountain and valley stations in Flims, Scansinas and Falera.

→ **FIND OUT MORE ABOUT SLEDGING AT**  
**FLIMS.COM/SLEDGING**



## The finest powder runs

Deep snow is luring more and more visitors off-piste. At the Freeride Base in Nagens you'll find tips on safety training. The Avalanche Training Centre in Plaun offers courses and one-to-one exercises. Both are free of charge and open to everyone in winter.

→ **FIND OUT MORE AT**  
**LAAX.COM/FREERIDE**

### Mountain guides

#### Ski tours, freeride tours, alpine tours, training

Alpine Action Unlimited, Flims	alpineaction.ch
Bergsportschule Grischa	bergsportschulegrischa.ch
LAAX School	laaxschool.com
Mountain Fantasy, Flims Waldhaus	bergsportflims.ch
OTA-Adventure Center Flims	+41 81 921 25 28

### Avalanche courses

Bergsportschule Grischa	bergsportschulegrischa.ch
Chopp Snowboardshop	chopp.ch
Mountain Fantasy	bergsportflims.ch

## Through nature on track

If you're looking for an alternative to skiing and snowboarding, you may make a find in Bargis, Flims, Plaun, Sagogn or Trin, where you can explore a fabulous 62-kilometre network of double-lane cross-country tracks. Whether classic cross-country or skating style, sporting thrills are guaranteed. If you don't have the right gear, you can rent it in any of the cross-country centres.

### Cross-country centres

Bargis Trin and Flims	trinnordic.ch
Sagogn	selvaclub.ch

### Cross-country ski instructor

G. Camathias	+41 79 607 96 47
LAAX School	laaxschool.com
Remo Casanova	+41 79 412 37 83

→ **FIND OUT ALL ABOUT CROSS-COUNTRY**  
**AT FLIMS.COM/CROSS-COUNTRY**



A poster for the Swiss Enduro Series LAAX. The top half features a mountain biker in a black jersey and helmet riding a white bike down a rocky trail. The sky is blue with white clouds. In the top left corner is the Swiss Enduro Series (SES) logo, which includes a shield with 'SWISS' and 'SES' and a red cross. To the right of the logo, the text 'SWISS ENDURO SERIES' is in bold, with 'PRESENTED BY SUBARU' below it. The bottom half of the poster has a dark red background. On the left, the 'LAAX' logo is in white, with 'Flims Laax Falera' underneath. On the right, 'LAAX' is in large white letters, followed by 'AUGUST 2024' and the website 'www.swissenduro.ch' below it.

**SWISS ENDURO SERIES**  
PRESENTED BY SUBARU

**LAAX**  
Flims Laax Falera

**LAAX**  
AUGUST 2024  
[www.swissenduro.ch](http://www.swissenduro.ch)

A poster for the LAAX Highline World Championships. The background is a grayscale photo of a highliner, a person walking across a thin rope high above the ground. On the left, the title 'LAAX Highline World Championships' is in large red letters. Below it, 'July 2024' and 'Crap Sogn Gion' are in smaller red letters. Further down, 'Disciplines: Freestyle and Speed' is in red. At the bottom left are two logos: 'SWISS SLACKLINE' with a person on a slackline icon, and 'LAAX HIGHLINE World Championships' with a person on a highline icon. At the bottom right is the 'LAAX Switzerland' logo in white on a red background, with a small red cross to its right. On the far right edge, there is vertical text: '© Nina Mappes'.

**LAAX Highline World Championships**

July 2024  
Crap Sogn Gion

**Disciplines:**  
Freestyle  
and Speed

**SWISS SLACKLINE**

**LAAX HIGHLINE**  
World Championships

**LAAX**  
Switzerland

© Nina Mappes

# Flem xpress

Opening  
Winter 23/24  
Flims – Foppa –  
Startgels

Explore it your way.

When you want.  
Wherever you want to go.  
How you want.

[flemxpress.ch](http://flemxpress.ch)





## Step by step through the winter landscape

Want to explore winter in Flims Laax Falera step by step? A winter hike is the perfect choice. Explore our destination on foot on around 100 kilometres of winter hiking trails. Our entire network of hiking trails is signposted and regularly maintained for you.

→ FIND OUT MORE AT [FLIMS.COM/ SNOWSHOEING](https://flims.com/snowshoeing)



## Through deep snow, up close with nature

### Sardona Snowshoe Experience

Explore the UNESCO World Heritage Site Tectonic Arena Sardona with one of our GeoGuides. During the memorable snowshoe tour, you will come to see, understand and marvel at how the Alps were formed. The tour follows a secured snowshoe trail between Nagens and Grauberg and takes around 3.5 hours. Detailed information about the UNESCO World Heritage Site can be found in the visitor pavilion at the Segneshütte, which is supervised by a GeoGuide every Sunday.



→ FIND OUT MORE AT [FLIMS.COM/ UNESCO-WINTER](https://flims.com/unesco-winter)



# Curling

## Sports activities

## Waldhaus Arena Flims

### Curling

Head off-piste and discover another winter sport in the Waldhaus Arena in Flims. Curling has been described as chess on ice. After a short introduction from a curling instructor, you will be ready to play your first game. You'll find regular taster sessions and tournaments here in what must be Switzerland's most beautiful curling arena.

### Coolmountain Sports Bar

In addition to curling, the Waldhaus Arena offers another highlight: the Coolmountain Sports Bar, where you can enjoy live sports broadcasts with friends and share the emotion with other fans. Round off your day with a beer and challenge your friends to a game of billiards, darts, table soccer or pinball.

### Available for rent

Seminar rooms are also on hand in the Waldhaus Arena, and in summer the curling arena becomes an event location, available for rent.

→ MAKE THE MOST OF YOUR  
DIGITAL GUEST CARD AT THE  
WALDHAUS ARENA

→ FIND OUT MORE AT  
WALDHAUSARENA-FLIMS.CH

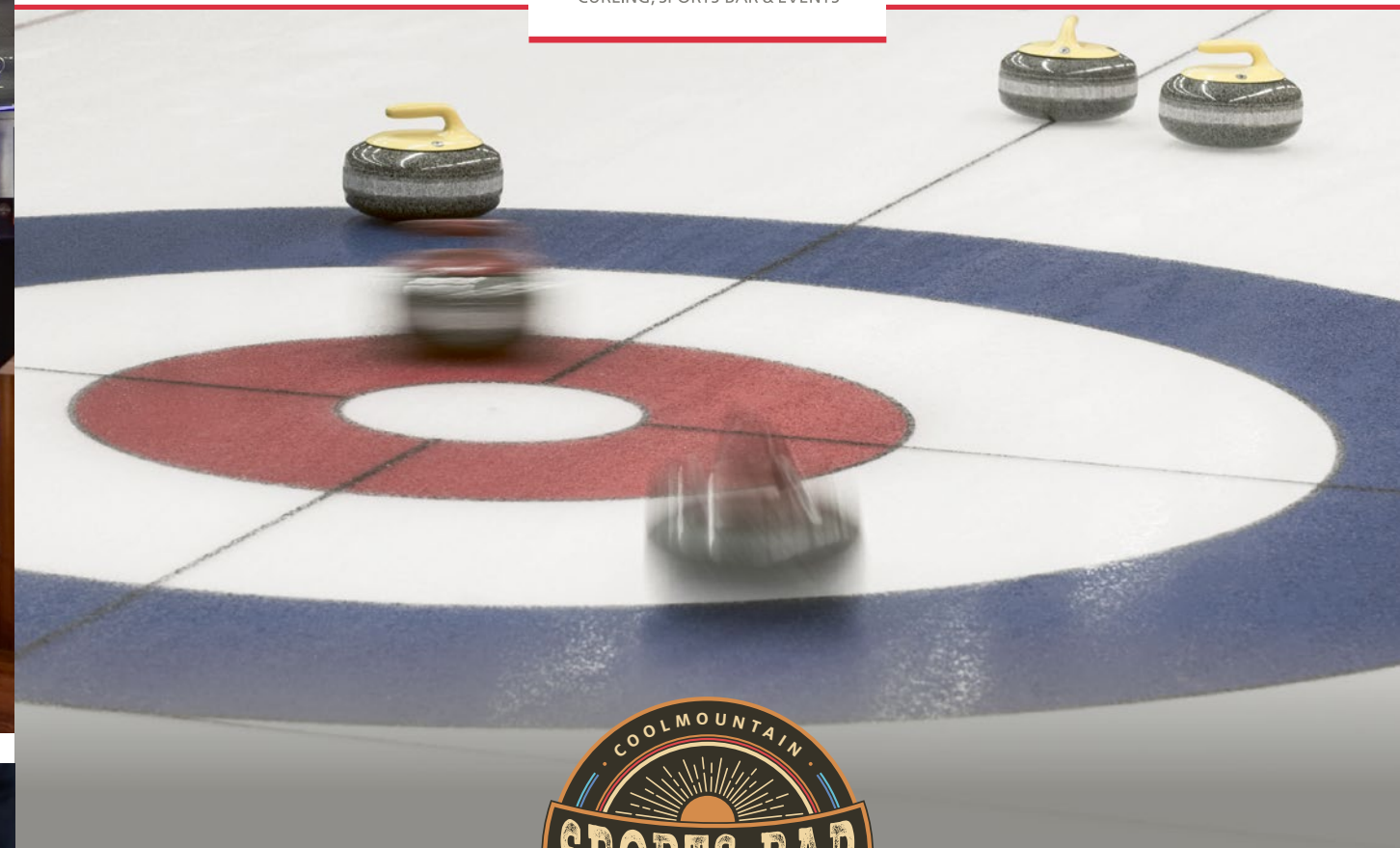


## The curling hall

opening hours: MON-FRI 4-10 pm | SAT-SUN 2-10 pm  
contact: +41 81 928 80 80 | curling@waldhausarena-flims.ch



WALDHAUS ARENA  
CURLING, SPORTS BAR & EVENTS



live sports broadcast



pinball



dart



foosball



billiards

**Sports, Drinks & Sounds**

coolmountainsportsbar.ch

Opening hours: Monday – Saturday from 4pm



### Ice skating

#### Flims

Skate hire, group or one-to-one lessons for beginners and advanced. Prau la Selva ice rink until the end of March

Prau la Selva sports centre [sportzentrum-flims.ch](https://sportzentrum-flims.ch)

#### Laax

The Grava rink will be back in action again in winter 2023/2024. Mid-December 2023 to end of March 2024 (dependent on weather conditions)

Information [+41 81 920 92 00](https://www.sportzentrum-flims.ch)

#### Falera

Ice rink below St Remigius church. Open from 3 November 2023 to 25 February 2024

Information [+41 81 921 35 15](https://www.sportzentrum-flims.ch)

### Squash, physio, fitness, swimming

ALPEAN, Laax [alpean-coworking.ch](https://alpean-coworking.ch)

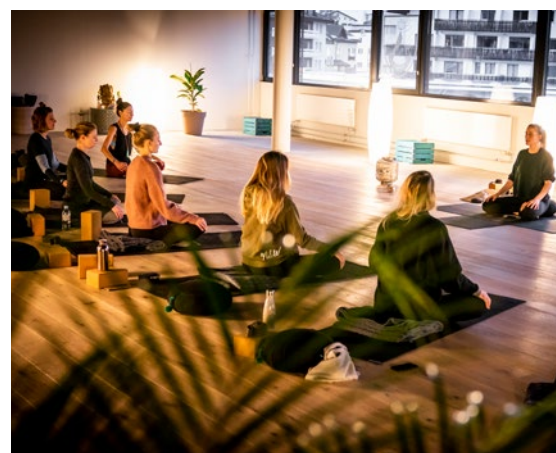
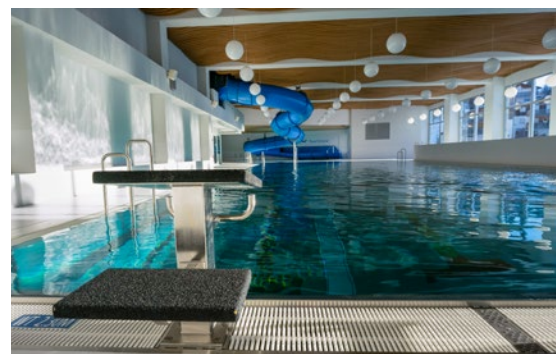
Aua Grava, Laax [auagrava.ch](https://auagrava.ch)

### Yoga

Yoga offers a special combination of joy and freedom. Practising balance, strength, agility and coordination will improve your skills on the water, on snow or on a bike – boosting the fun factor. The perfect activity to complement your training!

**Tip:** incorporating breathing and mindfulness techniques will have a lasting effect on body, mind and spirit.

→ FIND ALL OF OUR YOGA OPTIONS AT [FLIMS.COM/YOGA](https://FLIMS.COM/YOGA)



GOPRO.COM

HERO 12 BLACK



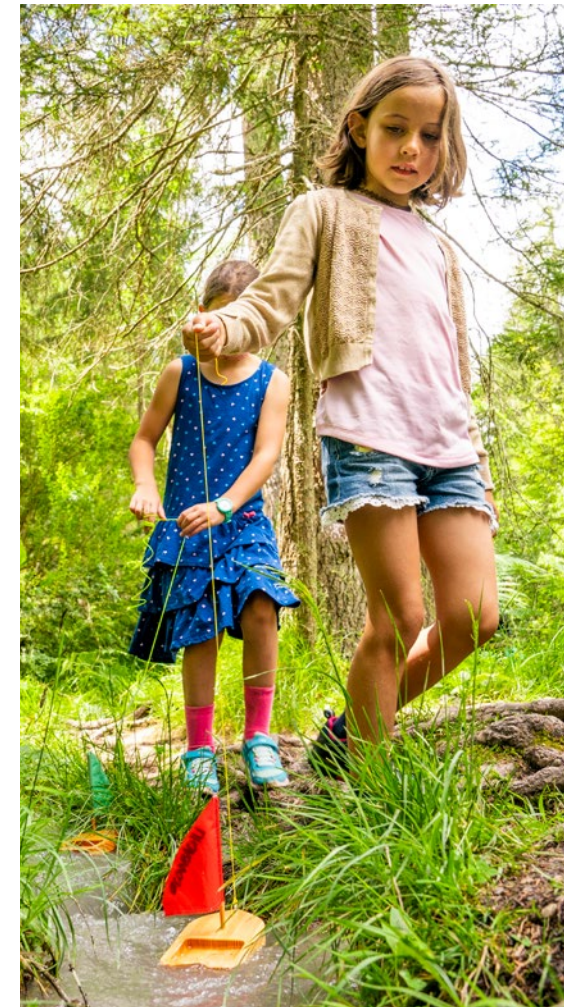


## Explore our biodiverse region in summer too

Immerse yourself in nature. Whether freestyle or relaxing, the key to any summer activity in the Flims Laax Falera region is our unique landscape, nestled in the Alps.

### Connbächli

Hiking along the Connbächli is fun – even for our youngest visitors. Build a little boat and turn the walk to Conn into an adventure. Six kilometres long, the Connbächli is one of Flims's oldest and longest functional irrigation channels. It has been used to water cattle in Conn since the early Middle Ages.



## That surf feeling in the Alps

LAAX has been setting freestyle pulses racing for years. The surf feeling for which LAAX is so renowned in winter can also be experienced in summer too in LAAX's skate parks and on pump tracks.

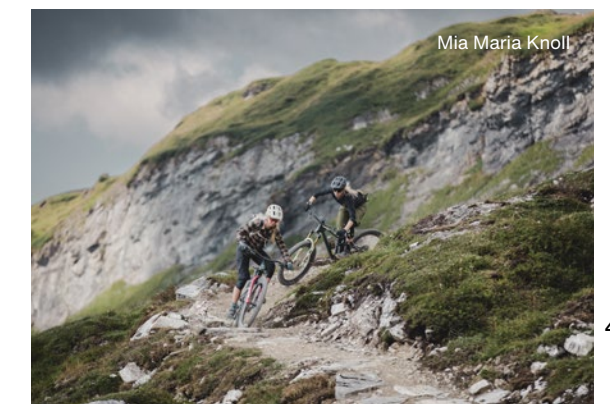
→ FIND OUT MORE AT  
[LAAX.COM/FREESTYLE](https://laax.com/freestyle)

## Three seasons on two wheels

We offer breathtaking bike trails across three seasons: rock the Runca Trail in spring, answer the call of the Crest la Siala in summer. And in autumn, explore the picturesque trails of Surselva on your gravel bike. Young or old, we have the perfect biking activity for you.

Four of our bike trails and three mountain bike routes can be reached by the lift in Murschetg, as well as via the Arena Express and the FlemXpress. The blue section of the Nagens Trail between the Nagens and Scansinas mountain stations is ideal for beginners and families to practise on. Enduro riders will get their money's worth on the new rocky Segnes Trail and at the start of the flowing Runca Trail.

Numerous bike services, pump tracks, skill areas, guided tours and free charging facilities for e-bikes ensure that your cycling holiday is a wholly enjoyable experience.











## Discover Ami Sabi's magical mountain world

Here children can join Ami Sabi, the friend of animals and the forest, and professional snow sport instructors to discover the beauty of nature and learn to ski.

### Snow kindergarten\*

During the fun, three-hour session, children learn to find their feet on the snow. The children enjoy an hour of one-to-one instruction on the snow, gradually getting a feel for skiing or snowboarding. They spend the remaining two hours in the supervised crèche. The sessions – including crèche – can only be booked in Laax.

\* For beginners: skiing under 4 years of age, snowboarding under 6 years of age

### Ami Sabi Snow Wonderland \*\*

Learning to ski at the Snow Wonderland in Flims Laax Falera is extra fun. Here our youngest visitors are introduced to snow sport through fun games. Ami Sabi visits the children and takes them on a journey of discovery. There are snow wonderlands at the Flims and Laax valley stations, as well as at the Mirasteilas Observatory in Falera.

\*\* from 4 years of age

➔ [FIND OUT MORE AT LAAXSCHOOL.COM](https://www.laaxschool.com)

➔ [FIND MORE FAMILY ACTIVITY TIPS AT LAAX.COM/FAMILY-HOLIDAYS](https://www.laax.com/family-holidays)



## Magical winter explorations with Ami Sabi

Ami Sabi and his friends discover the magic of the sparkling winter season. An exciting event awaits on the treetop walkway. Children discover the fascination of the mystical winter days with Ami Sabi and friends. Wizard Ami Sabi shares his wisdom about the mountain world, animals, people and the four elements.

➔ [FIND OUT MORE AT LAAXSCHOOL.COM](https://www.laaxschool.com)







## Skiing and snow-boarding made easy

Our various fun ski and snowboard courses for children are designed to help tomorrow's professionals learn to find their feet on the snow. And if you're an adult who is visiting the mountains for the first time or looking to hone your technique, you will also find yourself in the best hands in one of our four snow sports schools. Even if you're a more advanced skier/snowboarder, you'll benefit from the expertise of our instructors. With their support, you'll learn to feel safe gliding on the snow and will soon be mastering the slopes with ease.

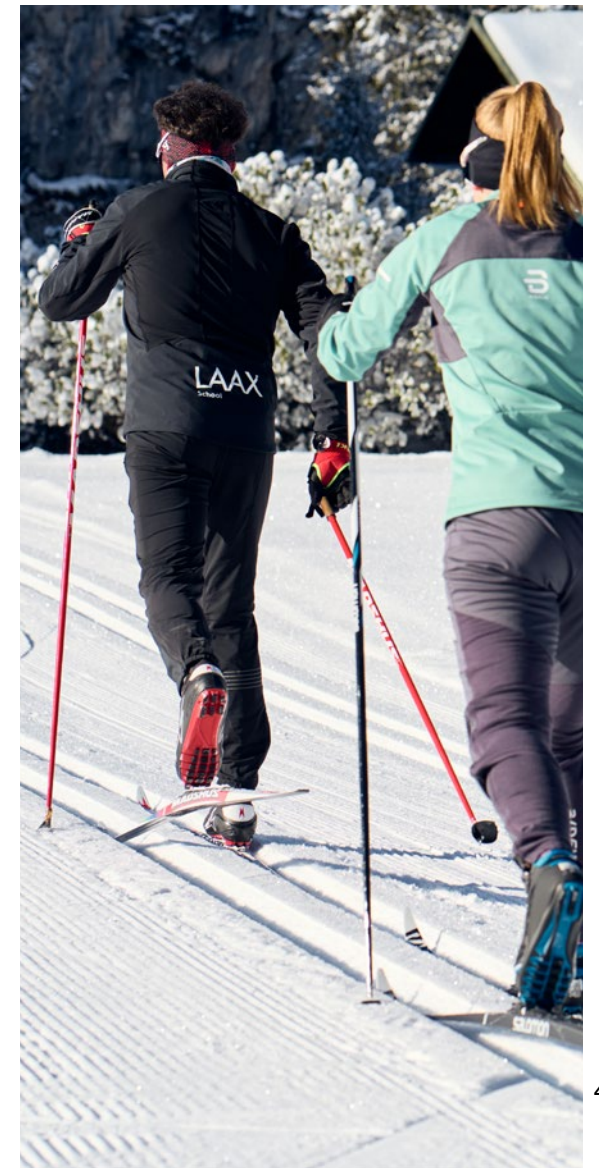
### Other ski and snowboard schools

Skischule nach Mass	adventuresports.ch
Alpine Action Unlimited	alpineaction.ch
Bergsportschule Grischa	bergsportschulegrischa.ch
LAAX School	laaxschool.com
Mountain Fantasy	bergsportflims.ch
Skischule Veraguth Flims / Telemark school	+41 79 655 44 83
Snow-Coach.ch	snow-coach.ch

## Cross-country skiing

A captivating winter world awaits you at the Flims Laax Falera destination. The idyllic cross-country tracks in Bargis, Plaun and in Trin are perfect for cross-country fans like you. Glide through soft snowy landscapes, amidst a breathtaking alpine panorama. And if you want to learn cross-country skiing or improve your technique, LAAX School is the perfect place to go. Immerse yourself in the quiet beauty of winter in Flims Laax Falera on your cross-country skis!

➔ FIND OUT MORE AT [LAAXSCHOOL.COM/CROSS-COUNTRY](https://laaxschool.com/cross-country)







## FOXTRAIL – the modern scavenger hunt



The fox isn't just hungry for a new adventure – he wants fresh sushi! Exactly how he acquired this particular taste here in the Graubünden mountains and whether it's best to adopt a social or an astronomical strategy to satisfy his craving is something you can find out for yourself.

→ FIND OUT MORE AND BOOK AT [FOXTRAIL.CH](https://foxtrail.ch) OR AT THE VISITOR INFORMATION CENTRE



## On the Senda dil Dragun

Discover the world's longest treetop walkway on Senda dil Dragun (Path of the Dragon). At heights of up to 28 metres, experience the forest with all of your senses from an extraordinary vantage point. New ball runs along the 1.56 km long walkway add to the fun. The wooden balls are linked to exciting stories of Ami Sabi and his friends. Buy them at the customer service center or online – we make a

CHF 1 donation to the KINDER-BRÜCKE charity for every purchase. Enjoy the forest and combine your explorations with a range of indoor and outdoor activities – visit the Aua Grava swimming pool in Laax Dorf, for example, or the ice rink at Lake Laax.

→ FIND OUT MORE AT [LAAX.COM/SENDA-DIL-DRAGON](https://laax.com/sendadil-dragun)







## KIDS Freestyle Academy at STENNA Flims

The KIDS Freestyle Academy is exclusively open to children aged 0 to 8. Youngsters can have a first go at skating and let off steam – jumping, sliding and having fun. The café serves snacks, cakes and coffee for everyone, even the youngest guests. Find out more about our admission prices and season tickets for the entire Academy. Groups can claim a special discount. There is a cosy play area with a slide, a cool corner for little climbers and a café for parents. Celebrate your birthday or bring your kindergarten on an outing. We also offer special training for very young children.

➔ [LEARN MORE AT FREESTYLEACADEMY.COM](https://www.freestyleacademy.com)



## New Freestyle Academy at rocksresort from summer 2024

We look forward to welcoming you to the new Freestyle Academy at our old location in Laax Murschetg from summer 2024, where even more fun and freestyle action await!

# ENLAIN

## Boards 'n' Ski Manufacturer

Our snowboards and skis are handmade in Laax, environmentally friendly, stylish and highly functional. They keep up with your performance – whatever happens!

Because your passion is ours!

Build it yourself or treat yourself to one-of-a-kind from the shop!

Enlain GmbH  
Via Pardanal 11 / Laax

enlain.com

Advertisement





SUMMER  
TEASER

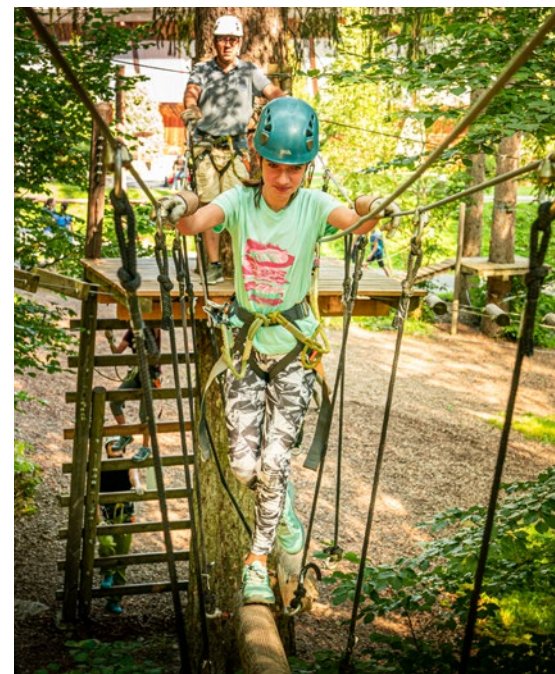
## Ami Sabi – Summer Wonderland

Ami Sabi takes kids on a journey of discovery. In an extraordinary natural setting, kids enjoy all kinds of enchanting adventures, excitement and fun. In adverse conditions, the programme is adapted to suit the weather.

→ FIND OUT MORE AT [LAAXSCHOOL.COM](https://laaxschool.com)

## Prau la Selva

The Prau la Selva sports centre offers a packed programme in summer and winter. In winter, visitors come for the ice skating, alpine curling and ice hockey – some of which takes place on the natural rink outside. In summer, you can choose from mini golf, the high rope park, the skate park, tennis and beach volleyball. The indoor ice rink is open from July. The fitness room, shooting gallery, solarium, group accommodation and restaurant are open all year round.



## Kids Archery Camps

In these two-day camps, children learn a bit about fauna, hunting in Graubünden and how to handle a bow and arrow. On the first day of the course, a professional will help them to make their own bow and arrows. The course takes place at the Hubertus Archery Park. The children are introduced to the finer points of nature, animals and hunting by seasoned professionals.

## Climbing park Crap la Tgina

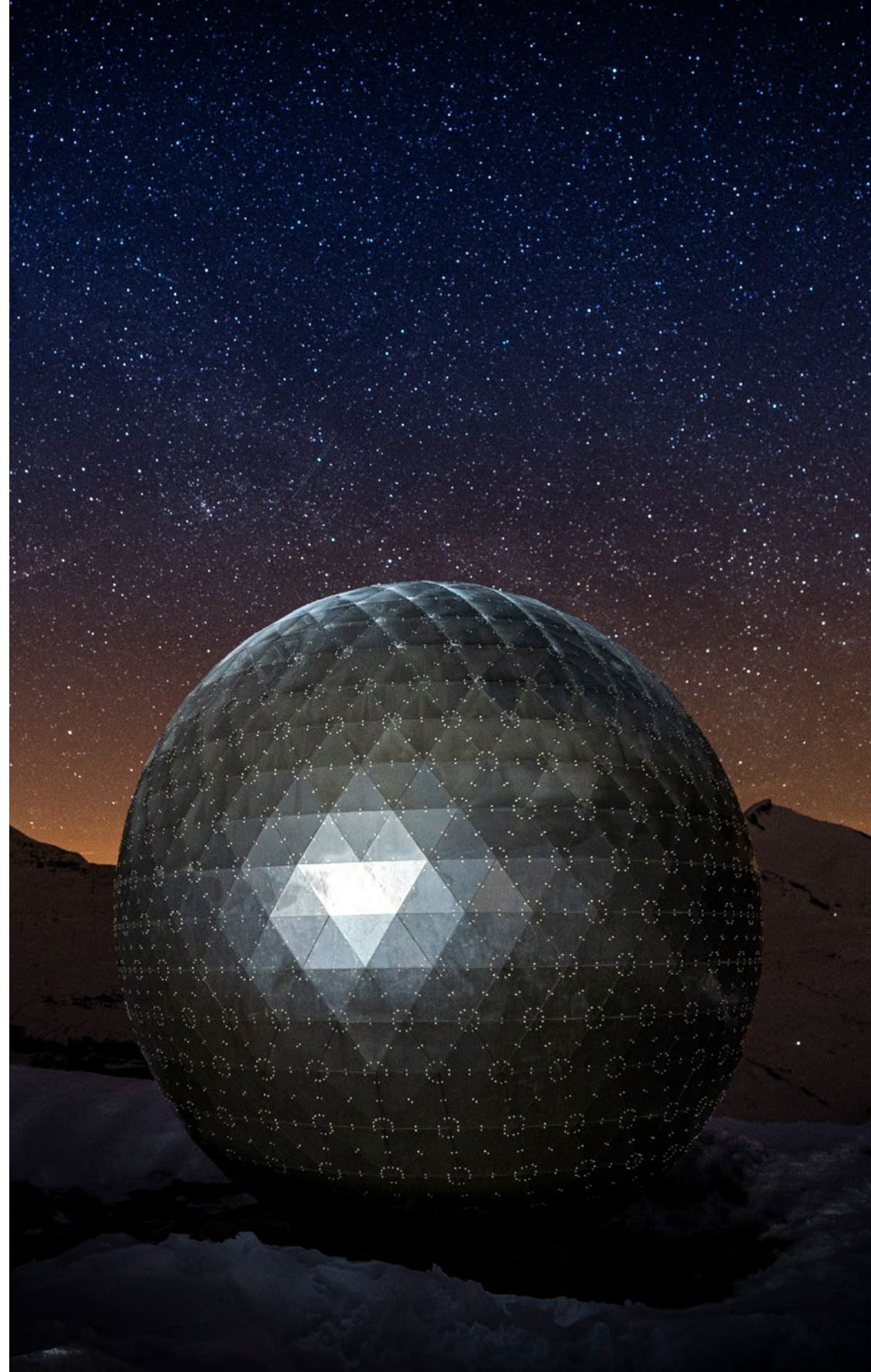
Flims has a new climbing park for beginner and advanced climbers. The small but beautiful Crap la Tgina climbing paradise can be found a stone's throw from the upper Segnesboden, at 2,350 metres. Its 42 routes are up to 20 metres long and characterised by solid limestone rock with refined structures such as water channels and small chickenhead protrusions. An enjoyable climb of difficulty levels 3a to 6b awaits! The approach takes about an hour from the Segneshütte mountain hut. The south-facing Crap la Tgina climbing park was developed by the Grischia and Bündnerberge mountain sports school.











## Senda Romontscha

This educational trail about the Romansh language and its culture focuses on Flims and the surrounding area.

On route information boards will explain how the Romansh language came about, when the Romansh language area reached its greatest extent and why it has shrunk since then.

→ FIND OUT MORE AT [FLIMS.COM/SENDAROMANTSCHA](https://flims.com/sendaromantscha)

## Falera: millennial-old secrets, between church tower and bowl stones

The mountain village of Falera has an exciting history that extends back many thousands of years. A long time ago, people settled here near the site of the St Remigius church. Excavations in the 1940s uncovered a Bronze-Age settlement and artefacts such as pottery, grindstones, sickles and a magnificent bronze needle from the second millennium BCE. These treasures are now on display in the Rätisches Museum in Chur. On a walk across the pre-historic settlement mound, you can even discover bowl stones and column-like boulders whose purpose is unknown. Falera's hallmark is the church of St Remigius, the tower of which dates back to the 13th century. Scientific studies are currently under way to learn more about the first settlers.

## Mirasteilas

Falera has a long tradition of astronomy. The clear, clean air and its ideal position make it the perfect spot to explore the infinite vastness of the universe.

Mirasteilas was the first observatory in the canton of Graubünden. Various instruments are on hand for exploring the skies, including Switzerland's largest publicly accessible telescope. Whether you're new to astronomy or an expert, there's something here for everyone.

→ FIND OUT MORE AT [FLIMS.COM/MIRA STRAILAS](https://flims.com/mirastrailas)

## flimsfestival

It all began one weekend in June, 15 years ago with a green-painted violin and a handful of concerts in Fidaz. From those humble beginnings, a whole music festival has emerged, with concerts throughout the destination. All these years, flimsfestival has remained true to its ideals: providing an intimate, honest, inviting and lively showcase for superlative classical music.

→ FIND OUT MORE AT [FLIMSFESTIVAL.CH](https://flimsfestival.ch)







## Das Gelbe Haus Flims

You may be wondering why Das Gelbe Haus (literally “The Yellow House”) is, in fact, white. Architect Rudolf Olgiati bequeathed part of his collection of cultural treasures to the community of Flims on the condition that the “Yellow House”, situated in the centre of the village, be renovated according to his wishes, namely that it be “painted white from top to bottom”.

## Laax Museum

Laax’s local museum brings to life the history of the community and its development from mountain farming village to flourishing tourist site. The permanent exhibition in what was a 19th century alpine dairy offers profound insights into social conditions and the eventful stories of former residents of Laax.

## CULARTA Laax

CULARTA is an innovative combination of atelier and exhibition space and is a meeting place for artists and art lovers. Art is created, exhibited and communicated in one place. It is available to artists for work on their own pieces, for public workshops and for exhibitions.

## Sperre Trin

Hidden in the forest in Trin are seven bunkers, built by the Swiss army between 1941 and 1943. They can be found between the Rhine Gorge and Porc-lis and in the cliff faces of Crap Sogn Barcazi and Crap Pign. Take a guided tour and discover a piece of Swiss history.

➔ FIND OUT MORE AT [FLIMS.COM/CULTURE](https://flims.com/culture)

## Catholic parish church Sagogn

There were at least four earlier building stages in the construction of Sagogn’s Marienkirche, the oldest from the fourth or fifth century. The footprint of the building has remained unchanged for 1,500 years. The lime mortar floor (1634–1640) is unique to the Baroque church. Paintings by Giovanni Battista Marcolina decorate the interior and form the most comprehensive high-Baroque collection in the alpine area.

## St Remigius Church Falera

This venerable house of worship dates back to the 15th century and offers magnificent panoramic views of the surrounding area. The church is among the most interesting historical buildings in the Vorderrhein valley.

## Services

Details of services can be found here:	
<b>Flims</b>	<a href="http://www.ref-kirche-flims.ch">www.ref-kirche-flims.ch</a> <a href="http://www.kath-flims-trin.ch">www.kath-flims-trin.ch</a>
<b>Laax, Falera</b>	<a href="http://www.ref-sagogn-laax-falera.ch">www.ref-sagogn-laax-falera.ch</a> <a href="http://www.pleiv-laax-falera.ch">www.pleiv-laax-falera.ch</a>
<b>Sagogn</b>	<a href="http://www.kirchgemeinde.ch/kg/trin">www.kirchgemeinde.ch/kg/trin</a> <a href="http://www.pfarrei-ilanz.ch">www.pfarrei-ilanz.ch</a>

## Library

<b>Flims</b> Community Hall	<a href="http://www.gemeindeflims.ch">www.gemeindeflims.ch</a>
<b>Laax</b> Biblioteca Laax	<a href="http://www.biblioteca-laax.ch">www.biblioteca-laax.ch</a>







# Spa facilities

Special treats



Wellnesshotel3000



signinahotel, Laax Murschegg

## Pure relaxation

Switch off, kick back and just breathe. Immerse yourself in a world of rest and relaxation, tranquility and well-being, and simply go with the flow. Options range from the Ayurveda health centre and Graubünden steam room to the natural swimming pond and hammam.

Experience the new Spa Around offering and enjoy pure relaxation during your stay in Flims Laax Faleira in over 7,000 m<sup>2</sup> of spa facilities.

→ FIND OUT MORE AT  
[FLIMS.COM/WELLNESS](https://flims.com/wellness)



Hotel Waldhaus Flims



# Nightlife

Special treats



## Adventures by night

Anyone who thought we only offered daytime activities will be pleased to learn that the fun doesn't stop when it gets dark in Flims Laax Falera! As a perfect start to the evening, there are plenty of bars to choose from. Round off your day with a tasty cocktail and music from some great live acts. Here's to unforgettable nights! All bars are easily accessible by public transport.

➔ FIND OUT MORE AT [LAAX.COM/EVENTS](https://laax.com/events)





# Culinary trail and carriage ride

Special treats



## Leisurely through nature

Whether in summer or winter, a carriage ride is a relaxing way to reach Conn.

Setting out from the post bus stop Flims Waldhaus, Caumasee, the carriage will take you past the shores of Lake Cauma and on to the Restaurant Conn, where polenta or one of the many other specialities await you.

Before you head back, it is worth visiting the Il Spir viewing platform for a breathtaking view across the Rhine Gorge.

If you are travelling with a group or if you and your partner would like to have the carriage to yourselves, you can also book a private trip.

Carriage ride bookings

+41 81 911 12 31

## All about the food

Enjoy the wonders of nature, try your luck, explore the traditions of Graubünden cuisine and, above all, eat well. The Forest & Winter culinary trail – La senda dils gusts – takes you from the centre of Flims via Lake Cauma to Conn and on through Flims Forest to Trin Mulin. Enjoy the enchanting snowy landscapes and idyllic natural surroundings and savour the breathtaking view of the imposing Rhine Gorge. Discover secrets and stories along the way, relating to Graubünden cuisine, and try your luck with our unique Wheel of Fortune plate. Savour traditional dishes from the region with our choice 3-course menu.

➔ [FIND OUT MORE AT FLIMS.COM/CULINARY-TRAIL](https://flims.com/culinary-trail)





# Forest Christmas Eve Laax

**Sunday,  
24 December 2023,  
5 pm to 7 pm**

We will assemble at the Center Communal in Laax Dorf at 5:30 pm and at the Signinahotel in Laax Murschetg at 5:45 pm. We will then hold a torchlight procession to the Uaul Casti clearing. From 6 pm to 7 pm, plans for our magical Forest Christmas Eve include a festive sing-along, accompanied by the Laax male voice choir. This will be a wonderful opportunity to soak up the festive atmosphere and enjoy a peaceful evening in the natural setting of the Uaul Casti forest clearing.

The Pro Laax foundation, Flims Laax Falera Management AG and the Weisse Arena Group wish you a wonderful festive season.

Find out more at  
[laax.com/events](https://laax.com/events)



**LAAX**  
Flims Laax Falera

## CULTURE PROGRAMME WINTER 2023/2024

lafermata®  
CULTURA FALERA



**ROLF SCHMID**  
ECHT JETZT?

Sat., 16 December 2023, 20:00

**CHARLES NGUELA**  
R.E.S.P.E.C.T.

Sat., 10 February 2024, 20:00

**ART EXHIBITION**  
VERNISSAGE

Wed., 27 December 2023, 19:00

**KIDS' MUSICAL**  
PUMUCKL

Sun., 11 February 2024, 16:30

**ORCHESTRAL CONCERT**  
END-OF-YEAR PERFORMANCE

Fri., 29 December 2023, 20:00

**MARC HALLER**  
ERWINS TRAUM VOM ZAUBERN

Wed., 14 February 2024, 17:00

**KLAPPER-LAPAPP**  
WINTER SHOW

Sat., 27 January 2024, 17:00

**CLAUDIO ZUCCOLINI**  
DER AUFRERGER

Sat., 17 February 2024, 20:00

**MARTIN O.**  
SUPER LOOPER

Sat., 3 February 2024, 20:00

**Presales and information**

la fermata – cultura falera  
Via Principala 45 c | 7153 Falera  
Tel. 081 936 65 00 (Mon. – Fri.)  
[info@lafermata.ch](mailto:info@lafermata.ch) | [www.lafermata.ch](http://www.lafermata.ch)

**See TICKETS**

Subject to change without notice

Tickets can be  
booked on the la  
fermata website.



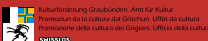
**MAIN AND  
CO-SPONSORS**

**Flims**

**LAAX**

Flims Laax Falera

**falera**  
Vischnauna | Gemeinde





The restaurant opening hours can be found in the LAAX app or at [flims.com](https://flims.com) and [laax.com](https://laax.com)

Category

🍲 Asian

👑 Gourmet

🌐 International

🇮🇹 Italian

🇨🇭 Swiss

🏠 Local

☕ Speciality coffees

Legend

P Parking spots

🅑 Car Park nearby

🌿 Terrace/garden

☑ Playground

⛰ Mountain restaurant

👁 Restaurant with a view

♿ Wheelchair-accessible

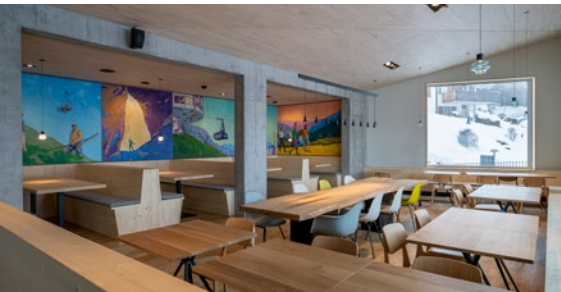
Method of payment



Burgers 🌐

A wide selection of homemade burgers – from classic burgers to burger specials – available at the rocksresort. All of the burgers can also be enjoyed in the cosy Il Pup.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 95 99  
[rocksresort.com](https://rocksresort.com)



Biblau 🇨🇭 🌐

Varied cuisine using seasonal and regional produce. In addition to our set menu and extensive salad buffet, we prepare typical Swiss dishes for you from scratch at the Alp station. We cater for vegetarians and vegans too. And for a refreshing treat, try our in-house gelateria (serving Chur ice cream) or our frozen margarita bar.

Via Grava 45, 7031 Laax  
P. +41 81 920 81 10  
[biblau.ch](https://biblau.ch)



Caffè NoName 🇮🇹 ☕

Caffè NoName is the place to meet on Crap Sogn Gion. Enjoy the legendary view with a good cup of coffee, exclusive drinks or a tasty panini.

Crap Sogn Gion, 7032 Laax  
P. +41 81 927 73 44  
[galaaxylaax.caffe-noname](https://galaaxylaax.caffe-noname)



Casa Veglia 🇨🇭

Casa Veglia is presenting itself as “Mister Cordon” this winter. Alongside a selection of cordon bleu dishes, we also serve traditional fondue.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 99 50



Capalari 🇨🇭

Not your everyday experience. Savour the unusual ambience with open kitchen and homely furnishings. In the lounge at Capalari, we serve simple, local dishes from Falera and the surrounding area. Specialities include capuns, maluns, “pizochels” and fantastic wines from Graubünden and around the world.

7032 Laax Murschetg  
P. +41 81 927 73 34  
[galaaxy.com](https://galaaxy.com)



Das Elephant 🇨🇭

Creative, fresh cuisine, including delicious fish specialities, legendary Parmesan wheel penne and other culinary delights are served here.

7032 Laax Murschetg  
P. +41 81 927 73 90  
[daselephant.ch](https://daselephant.ch)







## Ella 🌍 ☕

This cozy restaurant is for everyone. Not only the atmosphere but also the cuisine is laid-back and makes you feel good. You'll find a selection of vegetarian, vegan and meat dishes, created from homemade ingredients wherever possible. Coffee and fresh drinks are also among the specialties of Ella's.

7017 Flims Dorf  
P. +41 81 927 77 00  
ella-flims.ch



## Fidazerhof 🐾 🌿

Whether you opt for the lounge of the sun terrace, prepare yourself for a treat. We have been awarded the Goût Mieux label – a promise that our food is seasonal and regional. We only use natural, humane produce.

7019 Flims Fidaz  
P. +41 81 920 90 10  
fidazerhof.ch



## Grandis – Ustria da vin 👑 🌍 🌿

The impressive Grandis combines a contemporary atmosphere, the finest antipasti, meat and cheese specialties from the open fire and a selection of over 1,000 wines.

rocksresort, 7032 Laax Murschetg  
P. +41 81 936 00 36  
grandislaax.ch



## Hapimag Flims 🐾 🌿

Welcome to the Graubünden kitchen at Hapimag Flims. Our authentic dishes are made with love and with top-quality local produce. Whether you prefer meat dishes, vegetarian or vegan, Swiss classics such as our homemade fondue or those on offer at our weekly raclette evening, you're certain to find something you'll love.

7018 Flims-Waldhaus  
Tel. +41 81 928 11 11



## Flem Mountain Lodge 🌍 🐾 ☕

Guests and locals alike gather at this café for the region's best barista coffee. A wide range of homemade cakes, delicious dishes and refreshing drinks invite you to linger and enjoy the stylish interior of Flem Lodge. In the evening, local and international dishes are served.

7018 Flims Waldhaus  
P. +41 81 531 00 11  
flemlodge.ch



## GALAAXY 🌍

The Crap Sogn Gion mountain station at 2252 metres above sea level – the hub of the LAAX ski resort. The building, which is often perceived as a spaceship, takes a supernatural approach under the motto "GALAAXY". The 360-degree restaurant serves classic dishes as well as urban vegan cuisine.

P. +41 81 927 73 30  
galaaxylaax.com



## Hotel Cresta Flims 🌿

Our kitchen team treats you to a new 4-course menu every day (never à la carte). Round off your visit to our beautiful spa area with a fine dinner. Booking recommended.

7018 Flims Waldhaus  
P. +41 81 911 35 35  
cresta.ch



## Hotel Restaurant La Siala 🌍 🐾 🌿

Whether it's a romantic tête-à-tête, a cosy family get-together, a modern business meal or snacks on the sun terrace, at the Hotel Restaurant La Siala in Falera, we serve fresh, regional cuisine – traditionally tasty with a contemporary twist! Expect down-to-earth Graubünden attitude with genuine local humour.

7153 Falera  
P. +41 81 927 22 22  
lasiala.ch







## Il Pup 🌐

Watch your favourite sports team live, enjoy a beer with friends and treat yourself to a tasty burger with fries at il Pup.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 95 88  
rocksresort.com

P



## Indy Bar 🌐

The Indy Bar with outdoor bar at the rocksresort is all about young style when it comes to music, ambience, drinks, snacks and games. Round off a good day on the slopes in the relaxed atmosphere of the Indy.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 96 96  
rocksresort.com

P



## La Vacca 🌐

Enjoy the finest meat specialities from the grill – tasty bison steaks, for example – in our heated teepee.

7032 Laax Murschetg  
P. +41 81 927 99 62  
laax.com



## Legna Bar 🌐

As the name implies, the décor at the Legna Bar is all wood. Enjoy the very best après-ski parties with good music, live acts and live DJs. Located next to the Flims valley station.

7017 Flims Dorf  
P. +41 81 927 99 75

P



## KIDS Freestyle Academy 🌐 🍷

While the kids let off steam, relax with coffee and cake at the KIDS Freestyle Academy in Stenna Flims.

7017 Flims Dorf  
freestyleacademy.com

P



## LAAX Delivery 🌐 🍷

Have your food delivered easily and conveniently.

Order via LAAX app



## Meyer's Posta Veglia 🌐 🍷

Exciting compositions for the palate, seasonal and with a Graubünden touch, freshly prepared by chef René H. Meyer and his team. Served in our cosy lounge rooms. Hot food served continuously from 11.30 am to 9 pm.

7031 Laax  
P. +41 81 921 44 66  
postaveglia.ch

P



## Mulania Restaurant 🌐

The new concept of the Mulania brasserie is reflected in its cuisine which is both traditional and exquisite. At the centre is chef Sascha Meyer, who spoils his guests to a high culinary experience.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 91 91  
mulania.ch

P





Nooba 🍴🌐

Our unique selection of pan-Asian dishes take you on a culinary journey from Thailand via Vietnam to Japan. Take-aways also available via the LAAX app.

7032 Laax Murschetg  
P. +41 81 927 99 88  
nooba.ch  
P 🍴 🌐 VISA ☑️



Piazza – cafedeli 🌐🍴☕

Café meets regional deli: whether it's soup, flavourful paninis, tarte flambée, sweet treats or other specials. Enjoy drinks or a coffee on the sunny terrace or in the cosy interior of Piazza, right at the Laax valley station.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 99 40  
piazza-laax.ch  
P 🍴 ☑️ 🌐 VISA ☑️



Restaurant Vista 🍷🌐🐾

Sample our outstanding cuisine and friendly service for yourself. Unwind with a glass of champagne, a good wine or a coffee with homemade cake. Our excellent quality has earned us 15 Gault Millau points. We are happy to open the restaurant outside normal opening hours for special celebrations.

7152 Sagogn  
P. +41 81 921 34 34  
restaurant-vista.ch  
P 🍴 🌐 < VISA ☑️



Riders Lobby 🌐☕

We look forward to welcoming you to the Lobby & Bar at the heart of the Riders Hotel. Enjoy the unique atmosphere with a cup of our speciality coffee or an original recipe negroni.

7032 Laax Murschetg  
P. +41 81 927 97 00  
ridershotel.com  
P VISA ☑️



Prau la Selva 🌐

Prau la Selva is a cosy self-service restaurant. Enjoy fresh, healthy dishes in a sporty, family-friendly atmosphere.

7018 Flims Waldhaus  
P. +41 81 920 91 91  
sportzentrum-flims.ch  
P P 🍴 ☑️ VISA ☑️



Restaurant Cavigilli 🌐🍴

Inside this historic building, refreshing, authentic and seasonal Italian cuisine awaits, with exquisite antipasti, the finest meat and fish dishes and creative pasta and dessert creations. Enjoy choice Italian wines, served with smaller culinary delicacies, in the rustic wine cellar.

7017 Flims Dorf  
P. +41 81 911 01 25  
cavigilli.ch  
P 🍴 VISA ☑️



Riders Restaurant 🍷🐾

The Riders Restaurant not only welcomes hotel guests, but also everyone else on a journey through the vegetarian-vegan variety. The passionate team creates a new 3- to 5-course menu every Saturday with seasonal and regional ingredients.

7032 Laax Murschetg  
P. +41 81 927 97 00  
ridershotel.com  
P VISA ☑️



Ristorante Camino 🌐

Italian and Mediterranean cuisine with creative, homemade pasta dishes and traditional, wood-fired pizza.

signinahotel, 7032 Laax Murschetg  
P. +41 81 927 90 26  
signinahotel.com  
P 🍴 🌐 VISA ☑️





## rockslounge 🌐

Light, refreshing, uncomplicated, the rockslounge is the place to relax and unwind. Whether indoors in the cosy living room or at the open-air bar, enjoy a pleasant drink or two at our place.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 99 45  
rocksresort.com



## s'nani – “brutal lokal” 🐄

s'nani at Peaks Place in Laax is Switzerland's first regio.garantie-certified restaurant and champions regional, sustainable dishes. We always source at least 60% of our ingredients from the canton of Graubünden. s'nani looks forward to welcoming you.

Peaks Place, Via Uletsch 1, 7031 Laax  
P. +41 81 927 14 24  
snani.ch



## Stalla – Alp Nagens 🐄 🐄

Enjoy homemade cheese raclette and fondue around the fire in a converted cowshed on Alp Nagens.

7032 Laax Murschetg  
P. +41 81 927 99 28  
stalla-alpnagens.ch



## Station Plaun 🐄

Enjoy hearty soups and stews or a choice of popular ciabattas in this former lift station. A cosy, relaxed atmosphere awaits.

7032 Laax Murschetg  
P. +41 81 927 99 60  
laax.com



## Schweizerhof Flims Romantik Hotel 🌐 🐄

We pride ourselves on food that is as regional and climate-friendly as possible – whether meat from the farm, vegetarian or vegan. In our restaurant we serve haute cuisine with strong Graubünden roots and a touch of French inspiration.

7018 Flims Waldhaus  
P. +41 81 928 10 10, Fax +41 81 928 10 11  
schweizerhof-flims.ch



## Segneshütte 🐄 🐄

The Segneshütte, one of the oldest mountain huts in the region at an altitude of 2,100 metres above sea level, is located at the heart of the UNESCO World Heritage Site Tectonic Arena Sardona. Enjoy Graubünden specialities and a breathtaking panorama on the generous sun terrace.

7017 Flims  
P. +41 81 927 99 25  
segneshuette.ch



## Tegia Curnius 🐄 🐄

The place to enjoy the most beloved Graubünden specialities. The self-service restaurant at 1,644 metres above sea level features cosily contemporary lodge styling and has a generous sun terrace. Our menu includes various soups, maluns, Älpler mac & cheese, bacon rösti, mistkratzerli and a tempting salad buffet.

7032 Laax  
P. +41 81 927 99 30  
curnius.ch



## Tegia Larnags 🐄

We are passionate about our regional and homemade Graubünden specialities, chops from the Beefer grill, cakes and ice cream. Situated on the descent to Laax, just 15 minutes' walk from the rocksresort, Tegia Larnags is perfect for an evening meat and cheese fondue.

7032 Laax  
P. +41 81 927 99 10  
larnags.ch







## Tegia Miez 🇨🇭

The way the locals used to eat – all sorts of dried meat, alpine cheese, barley soup and fine cake, and a large bottle of wine to round off the culinary experience.

Tegia Miez  
P. +41 81 927 99 19



## Trattoria, Pizzeria Il Forno 🇨🇭

Typical Italian cuisine in Flims. Our homemade pasta, lasagne, ossobuco and saltimbocca are certain to put you in a good mood. It is said that our wood-fired pizza is the best in the region. Kitchen open until 9.45 pm. Buon appetito!

Hotel Des Alpes\*\*\*  
Trattoria, Pizzeria Il Forno  
Promenada 45, 7018 Flims Waldhaus  
P. +41 81 918 25 25  
hoteldesalpes.ch



## Ustria Startgels 🇨🇭

Natural, traditional, delicious. Top-level cuisine, made from the region's finest ingredients. Allow us to spoil you with delicious grilled treats from the open fire and a creative, seasonal menu.

7017 Flims-Dorf  
P. +41 81 911 58 48  
startgels.ch



## Ustria Lags 🇨🇭

Our restaurant is situated on the shores of Lake Laax, and its beautiful terrace offers a magnificent view of the lake. Allow our team to spoil you with meat dishes, pasta, a changing lunch menu, plus cake and tasty desserts from our own pâtisserie. Aerosol-free, thanks to a filter system.

7031 Laax Dorf  
P. +41 81 921 77 40  
ustria-lags.ch



## Ustria Parlatsch 🇨🇭

Welcome to our Graubünden lounge or our magnificent sun terrace – whether you're joining us for morning coffee and croissants, a quick but tasty lunch from our local lunch menu, a fruit tart or famous nut croissant in the afternoon or a cosy evening meal.

7016 Trin Mulin  
P. +41 81 635 15 66  
parlatsch.ch



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colourful and diverse  
as our guests.

laax.com/always tasty









## Flims – diverse and fascinating

Flims is the largest community in the region and is divided into Flims village and Flims Waldhaus. The community also includes the districts Fidaz and Scheia. With its distinctive natural landscape, Flims is a truly unique setting. The village of Flims was mentioned as early as the **eighth century**.

The ruins of Belmont Castle, where the imperial bailiffs held court, are still perched on a mighty cliff in Fidaz forest. In the years of 1874/75, Flims began to develop from a farming village into a holiday destination. The “Waldhaus” spa hotel opened in a unique setting, beside the idyllic Lake Cauma. Encouraged by the success of “Waldhaus”, additional hotels then opened. Flims today – a modern, sporting and holiday location with a strong tradition.

A town with real character. Flims offers a unique holiday experience. The base station in the centre of the town takes skiers and snowboarders directly to 224 kilometres of slopes with 28 lift systems. With cosy cafes, a wide range of shops and high quality restaurants, there are lots of places to relax.

**Experience a world of breathtaking nature.** Away from the slopes, the landmarks of Flims are also worth visiting in winter time. Take a leisurely winter walk to the Rhine Gorge, explore the UNESCO World Heritage Site on snowshoes or take the cross-country ski trails through Flims forest – there is a world of diversity waiting to be discovered here.







## Laax – a charming little village

The municipality of Laax stretches from Laax Tobel to the watershed of the Graubünden and Glarus mountains, and the impressive Vorab glacier. The village includes the lakes Lag digl Oberst and Lake Laax. Cozy holiday apartments, familial hotels and delightful restaurants complete the winter experience in Laax.

The variety of old houses in Laax is worth to be seen, especially for **architecture lovers**. For example the house Arpagaus built in 1580, the oldest still existing building of the village, originated from a medieval residential tower. During a guided tour

in the village or the museum of local history you can learn more about the past of Laax.

If you're still looking for a venue for your next event, we've got an insider tip for you. Salums Sura forest cabin is an extraordinary venue for around 60 people and is available for rent from Laax local authorities.

**The impressive mountain scenery**, village life, culinary variety and much more make Laax a great starting point for great holidays.







## Falera – a small municipality with a big heart

Falera is the smallest of the three villages of Flims, Laax and Falera. Thanks to its altitude (1,213 metres above sea level), it offers an unobstructed and unique view across the Rhine, from Lugnez far into the distance towards Obersaxen.

The main landmark of Falera is St. Remigius Church, built around 500 years ago on a spectacular panoramic terrace, the Mutta. The church is considered one of the most beautiful and interesting buildings in terms of cultural history in the Graubünden Oberland and is worth a visit.

A holiday destination for the discerning visitor. Thanks to its gentle tourism development, Falera is a popular place for relaxation. With direct connections to the skiing and snowboarding area, winter sports lovers have everything they could need here. Falera is also well worth a visit for its cultural offerings: la fermata host concerts, exhibitions, theatre performances and much more all year round. Mirasteilas observatory offers unforgettable views. From here, you can look right out into the universe.

➔ **VISIT FALERA.NET FOR MORE INFORMATION ABOUT FALERA AND ABOUT THE PROGRAM OF LA FERMATA**







## Sagogn – the sun terrace

Sagogn lies at an altitude of 800 metres on a sunny terrace overlooking the Anterior Rhine Gorge, next to the hilly landscapes of Laax and Falera. Off the beaten track, yet still located close to the skiing and snowboarding region, you will find holiday apartments to enjoy a carefree, relaxing holiday. You will enjoy peace and quiet, surrounded by beautiful panoramas and shimmering mountain ridges.

**Sagogn also has an interesting cultural history.** Thanks to its fertile position, Sagogn was the site of a settlement as early as the Bronze Age and was the religious centre of the region during the Middle Ages. Reminders of these times remain in the form of the thirteenth-century Casti Aspermont and the Catholic Mariä Himmelfahrt church. During the Middle Ages, the episcopal ministeriales (church officials) exercised lower-level jurisdiction over all episcopal subjects in the Graubünden Oberland in the square outside Casti Aspermont.

### **Winter hiking in the unique natural landscape.**

The extensive, flat winter hiking trail network over the sunny Plaun da Sagogn leads as far as Schluein and makes for a beautiful walk on the unique sun terrace in all weathers.

### **Sagogn cross-country skiing – pure delight.**

On our classic and skating crosscountry trails, you can enjoy the spectacular views and the even, smooth movements. The easy to medium difficulty cross-country trails are suitable for beginners and advanced skiers. At Tegia Nordica (the crosscountry skiing clubhouse), you can rent equipment, book a crosscountry skiing instructor or fuel up for your next tour with a hot drink or snack.

➔ **VISIT SAGOGN.CH**  
OR CALL +41 81 920 88 00  
FOR MORE INFORMATION

➔ **CROSS COUNTRY CLUB**  
SELVACLUB.CH







## Trin – Winter hiking with magnificent mountain panoramas

### Trin – your holiday village

The Rhaeto-Romanic mountain village consists of the three parts of Trin, Trin Digg and Trin Mulin, and is situated on a beautiful sun terrace high above the imposing Rhine Gorge at the gateway to the Surselva.

### A unique natural and cross-country experience

The extensive, well-groomed winter hiking trail network of over 15 kilometres in length leads you through the snowy Grosswald forest, across expansive fields, past the ice-covered Lake Cresta and the icicle-covered Felsbach gorge.

In Trin Mulin, you will find a well-groomed, double-tracked network of cross-country ski trails of around 17 kilometres in length, presenting the perfect alternative to the organised skiing on the mountain. The cross-country skiing centre is located directly on the ski trail and offers ski rental services as well as a cross-country ski school for beginners. Ustria Parlatsch (also located directly

on the ski trail) will spoil you with Graubünden specialities and the famous “Nussgipfel” nut croissant, known far and wide. If you’re not too tired come evening time, you can venture onto the illuminated night trail (three kilometres) three times per week (Tuesday/Wednesday/Thursday from 6 pm to 9.30 pm). Taking the connecting trail via Conn (where you simply must try out the local speciality “Raviuls da Trin” and take a look at the spectacular Rhine Gorge from the “il Spir” viewing platform), you will reach Flims.

**In the mood for more? We look forward to seeing you soon!**

➔ **VISIT [TRIN-VERKEHRSVEREIN.CH](https://www.trin-verkehrsverein.ch)  
OR CALL +41 81 635 18 88  
FOR MORE INFORMATION**

➔ **VISIT [TRINNORDIC.CH](https://www.trinnordic.ch) FOR LIVE  
INFORMATION ABOUT OPENING  
HOURS AND TACK CONDITIONS**









# Visitor information

More information about what's on offer, as well as various routes and tours, can be found at [flims.com](https://flims.com), [laax.com](https://laax.com), in the LAAX app and at the various visitor information centres.

## Guest information

Phone: +41 81 920 92 00  
Email: [info@flimslaaxfalera.ch](mailto:info@flimslaaxfalera.ch)

## Flims

Via Nova 62, 7017 Flims Dorf

## Laax

Via Principala 60b, 7031 Laax Dorf

## Falera

Via Principala 45c, 7153 Falera

All the information on opening hours for the lifts and information centres during the off-season and the peak season is available at [flims.com](https://flims.com) and [laax.com](https://laax.com) and in the LAAX app.

## Sagogn visitor information

Phone: +41 81 920 88 00  
Email: [ferien@sagogn.ch](mailto:ferien@sagogn.ch)  
[sagogn.ch](https://sagogn.ch)  
Sagogn visitor information  
Via Vitg dado 23, 7152 Sagogn

## Trin tourism association

Phone: +41 81 635 18 88  
Email: [vvtrin@bluewin.ch](mailto:vvtrin@bluewin.ch)  
[trin-verkehrsverein.ch](https://trin-verkehrsverein.ch)  
Casa Communala, 7014 Trin

## Weisse Arena Bergbahnen AG

### Flims Laax Falera ticket office

Phone: +41 81 927 71 05  
Email: [liffticket@laax.com](mailto:liffticket@laax.com)

### Flims ticket office/ customer service center

Talstation, 7017 Flims

### Laax ticket office

Talstation, 7032 Laax

### Falera ticket office

Talstation, 7153 Falera

All information on lift opening times during the off-season and the peak season is available at [flims.com](https://flims.com) and [laax.com](https://laax.com) and in the LAAX app.

## Customer service center

### Laax customer service center

Phone: +41 81 927 71 02  
Email: [liffticket@laax.com](mailto:liffticket@laax.com)

## Services from A – Z

[flimslaax.com/service-info/  
services-from-a-z](https://flimslaax.com/service-info/services-from-a-z)

# Shuttle

## Flims Laax Falera Shuttle

(free with guest card and lift ticket)

You can leave your car in Flims Laax Falera. Our shuttle buses will take you where you want to go.

## Bargis Shuttle

Buses to Bargis run between 16 December 2023 and 1 April 2024. The mobile shuttle timetable is also available in the LAAX app.

## Airport Shuttle (payment required)

Travel safely from Zurich and Laax and back with our Airport Shuttle.

## Fare:

→ Adult single CHF 79.–

→ Return CHF 158.–

Children under 2 years of age free of charge, children aged 3–12 receive a 50% discount. The Airport Shuttle can be booked at [laax.com/getting-there](https://laax.com/getting-there)

## Private transport

We are happy to drive you to your destination. Book an e-shuttle via the LAAX app or call one of the region's taxi firms.



**FIND OUT MORE AT  
[LAAX.COM/TRANSPORT](https://LAAX.COM/TRANSPORT)**

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