



Flims Laax Falera

# Flims Laax Falera Guide

Summer | Autumn



# Welcome

## Welcome

The setting we offer in Flims Laax Falera is one-of-a-kind – from the Rhine Gorge up to the UNESCO Natural World Heritage Site Tectonic Arena Sardona. And once again this summer, many will be exploring this extraordinary vicinity by foot. It's not just the usual walkers and hikers hitting the trails, but bona fide professionals who combine running with feats of navigation, too. From 11 to 16 July, we are set to host the 2023 World Orienteering Championships. Some 350 athletes from over 50 countries will bound over hill and dale in various disciplines in which the objective is to reach the checkpoints in shortest possible time and by the shortest possible route. Home base for the championships is the rocksresort in Laax Murschetg, which will host the athletes' village and stage the medal ceremonies.

Right after the championships, the Swiss Orienteering Week (16 to 22 July) will be held for the second time since 2011. The international festival is a multi-day orienteering meet for recreational athletes. For over 4,000 participants, the event is a celebration of the sport, holidays, adventure and community.

With the construction of the FlemXpress, we're investing in your outdoor experience in the region. The gondola line will be finished in two stages: the Flims – Foppa and Foppa – Startgels sections will be completed and put into operation by the end of 2023. In addition, the existing Flims – Foppa and Foppa – Naraus chairlifts will be dismantled in 2023. In the second stage through the end of 2024, the three sections Startgels – Segneshütte, Segneshütte – Nagens Sura and Segneshütte – Cassons will be built and put into operation. The Startgels – Grauberg aerial tramway will also be unbuild.

This summer, the Arena Express will be in operation for the first time and whisk you from the Flims valley station to all of your mountain adventures.

As for culture and entertainment, the range of offerings could hardly be more diverse. The flimsfestival kicks off the varied summer programme with Street Culture Day on 15 July, when a number of different ensembles will perform their music on Hauptstrasse in Flims. On 29 July, Schlager artist Marianne Cathomen celebrates something of a hometown comeback with a concert on Lake Laax. Late-summer highlights include the traditional Alpine cattle descent from Flimserstein, which is generally held – weather permitting – on the Saturday before Prayer Day (third Sunday in September) and the Discovery Days festival of talks, which has also become a public favourite. Mark the dates: 21, 22 and 23 September. Nick Martin kicks things off – out of competition – with his cult talk: “Die geilste Lücke im Lebenslauf” – “The greatest CV-gap ever”.

Want even more culture? Then you're sure to get your fill at the La fermata culture centre in Falera or at the Cularta in Laax. Das Gelbe Haus Flims will open on a pop-up basis this summer, for instance during Swiss O Week.

Or do you need a bit more action? Lakes Cauma, Cresta and Laax are great for swimming, and our bike trails of different difficulty levels offer you the chance to show off your skills on two wheels.

Not to mention: another notable event occurs on 18 June, when the Schwingclub Flims Swiss wrestling club celebrates its 75th anniversary at Ballonwiese.

Whatever you choose to do: we hope you have a wonderful time!

André Gisler  
Director of Tourism  
Flims Laax Falera



# Discover our destination

## Flims Laax Falera Guide

My mission is to inspire you. To give an overview of where you can relax or experience action activities on the mountain and in the valley. In addition, I tell you all about the culinary options and what events you can look forward to this summer and autumn. You will also receive a lot of hints, practical tips and information from me.

## laax.com/flims.com

We'll give you all the information you need, down to the last detail. Need more specific information about activities in the destination? No problem, we've got it all covered.

- Lift tickets
- Prices
- Opening hours
- Events
- Live information
- and much more...

## LAAX App

I'm here to help when you need some spontaneous ideas. My number one goal is to ensure you have a perfect day. I'll turn your summer into an outdoor adventure and I'm the perfect companion for your outdoor experience in Flims Laax Falera.

In the blink of an eye, you can book lift tickets or admissions to Lake Cauma, check webcams, plan your next tour, reserve a table at your favourite restaurant and get tips for unforgettable adventures in the region.

- Lift tickets
- Hiking and bike route planning
- Order food and book tables
- Opening hours and bus schedules
- Weather, webcams and open lifts
- Digital guestcard
- Explore quiz
- and much more...



**GET MORE MOUNTAIN!**  
laax.com/laax-app





Mobile Ordering

Live Information

Leaderboards

Tickets

E-Shuttle

Local Tips

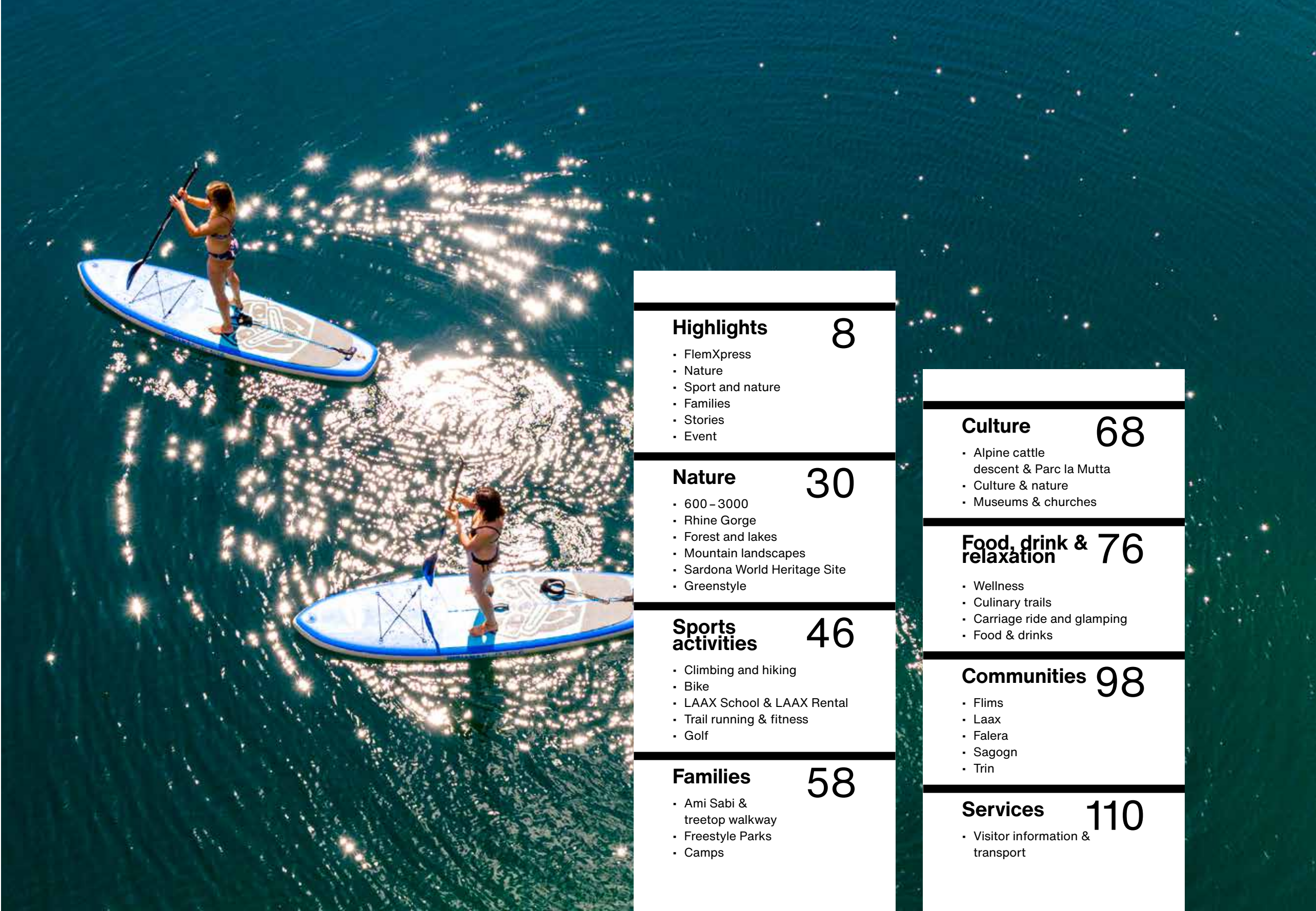
# Get more mountain



Download the official LAAX app







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# Highlights



View from Ofen to Piz Segnas and the Tschingelhörner peaks





## Extraordinary and sustainable

Breathtaking landscapes and delightful experiences – all innovative, sustainable and barrier-free. A groundbreaking flagship project was launched with the goal of making the UNESCO Natural World Heritage Site Tectonic Arena Sardona accessible and open for all to discover. The Ropetaxi system, the first of its kind in the world, brings you straight up to the mountain in any season. The system is fully automatic and gondolas run on demand. The Ropetaxi technology was specifically developed for this project by the Weisse Arena Gruppe and Bartholet Maschinenbau AG. As with all gondola lifts, the cabins are attached to the rope when transporting passengers. In the station, however, the cabins move autonomously on rails using their own electric drive system. If no gondolas are occupied, then there are no gondolas on the line. The new lift is notable for its reduced energy consumption and substantially lower operating and maintenance costs. The routes were also planned in close collaboration with environmental protection organisations.

➔ **LEARN MORE ABOUT THE NATURE AROUND THE FLEMXPRESS ON PAGES 40 AND 41**



## Join the FlemXpress Challenge and win LAAX points

Start the six-part FlemXpress Challenge now and regularly win valuable LAAX points before the FlemXpress opens. You can redeem the points you collect for exclusive offers in the shop or pay for your food and drinks straight from the app.

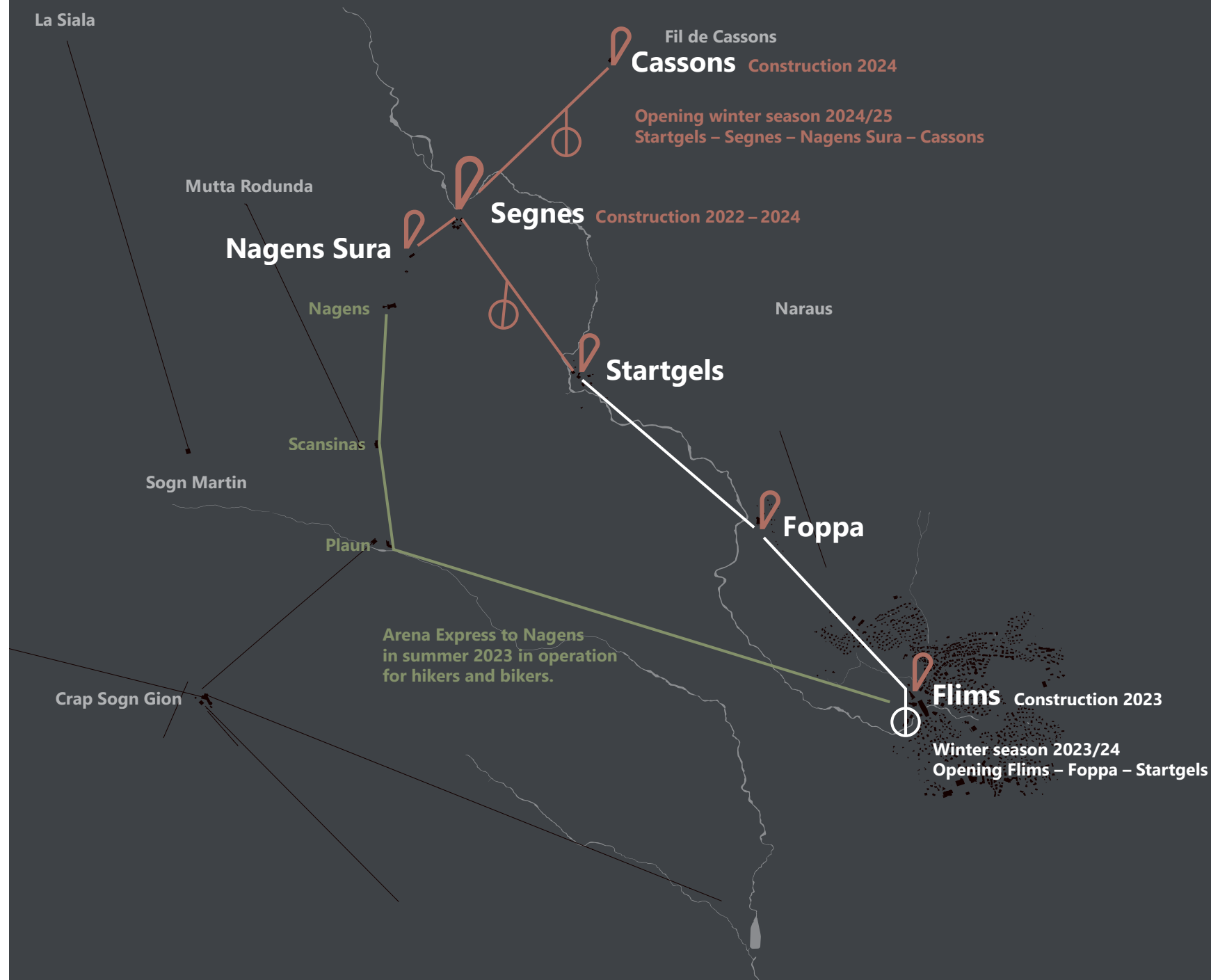
➔ **JOIN NOW ON FLEMXPRESS.CH**



## The connections

The gondola line will be completed in two stages: the Flims–Foppa and Foppa–Startgels sections will be completed and put into operation by the end of 2023. In addition, the existing Flims–Foppa and Foppa–Naraus chairlifts will be dismantled in 2023. In the second stage through the end of 2024, the three sections Startgels–Segneshütte, Segneshütte–Nagens Sura and Segneshütte–Cassons will be built and put into operation. The Startgels–Grauberg aerial tramway will also be dismantled.

➔ **WANT TO TAKE A LOOK BEHIND THE SCENES OF THE CONSTRUCTION AND GET INTERESTING BACKGROUND INFO FIRST-HAND? SIGN UP FOR OUR NEWS-LETTER NOW ON FLEMXPRESS.CH**





### 5 tips for your summer on the mountain

With the construction of the new FlemXpress gondola, we're investing in your future biking and hiking experiences in the Flims Laax Falera region. The Flims – Foppa and Foppa – Startgels sections will be built by the end of 2023. The old chairlifts from Flims to Narauis will be dismantled. That means this summer, the Arena Express will take you from Flims to the mountain.

And on weekends during the summer and autumn holidays, there will also be a hiking shuttle to Startgels and Foppa.

### Getting around on foot

#### Senda Panoramica

##### Scansinas – Nagens – Flims valley station

You can walk from Scansinas to Stalla Alp Nagens on a hiking trail. Just after the Nagens reservoir, you'll pick up the Senda panoramica, which initially runs above the timberline as it descends toward the valley. The trail continues toward Krete and over the Runchahöhe to the valley station in Flims.

→ **Tip:** Take a break at the Runchahöhe and enjoy some tasty homemade local cuisine such as pizokels, capuns and rösti.

#### Escape the commotion with a stroll along the treetop walkway

See the forest from a different perspective and get away from the hustle and bustle – a breeze on the treetop walkway in Laax. There are plenty of interesting things to learn about the nature in Laax on the “Senda dil Drägun”, the world's longest treetop walkway, spanning 1.56 kilometres.

→ **Tip:** Whether in sunshine, rain or fog – the tree-top walk is always a great experience. Afterwards, you can visit the Aua Grava swimming pool in Laax village.

### Getting around by bike

#### Nagens Trail all day long

The upper section of the Nagens Trail is particularly suitable for beginners and families: simply hop back on the gondola in Scansinas and do run after run. You can reach Laax Murschetg via the continuation of the Nagens Trail or head to Flims via Green Valley and the Runca Trail.

→ **Tip:** Enjoy barista-quality coffee and cake at the Freeride Base café at the Nagens mountain station.

#### Pump and play for all ages

Bikers young and old can improve their skills at rocksresort PARK in Laax Murschetg or on the pumptrack in Flims. And this goes for everyone: Runca Trail all day long. Either pedal your way up or let your e-bike do the work.

→ **Tip:** On an e-bike, you can't do it better – only longer. Charging stations are available everywhere at the destination.

#### Home of enduro

From the Arena Express mountain station, it's an easy ascent to the Grauberg and from there to the Segnes Trail. Skilled bikers can also take a 45-minute ride up to the start of the Vorab Trail on Vorab Glacier. Pure enduro exhilaration is guaranteed.

→ **Tip:** With the Vorab Trail via Laax Murschetg and on towards Ilanz, you'll find singletracks all the way down to the Rhine Gorge.  
PS: It's said to be the longest trail in the Alps.

→ **FIND MORE INFORMATION AND TIPS AT**  
**FLIMSLAAX.COM/EN/WE-ARE-BUILDING**







## Sardona Bergblumen (Alpine Flowers) Trail

On the Bergblumen Trail between Nagens Stalla and the Segneshütte, you'll encounter a plethora of plant life along the hiking path. From July to September, you'll find signs with the names, ecology and history of the plants. The information boards are located near the plants. Take the time and enjoy the opportunity to take a closer look at some of the plants.



## Keep it calm and beautiful

Flims is home to extraordinary natural beauty, rare plants and endangered animals that require special protection. To ensure that they're preserved for future generations, we all have to take responsibility and care for nature.

"Keep it calm and beautiful" is an expression of this commitment and at the same time a friendly reminder to treat our natural surroundings with care. Through a variety of measures, the campaign seeks to close the gap between "environmental awareness" and "environmentally conscious behaviour" without taking a lecturing tone.

→ **LEARN MORE ABOUT THE CAMPAIGN AT [FLIMSLAAX.COM/EN/KEEP-IT-CALM-AND-BEAUTIFUL](https://flimslaax.com/en/keep-it-calm-and-beautiful)**



## Wildlife watching

Starting this summer, you can observe local fauna in the wild with the support of expert guides. Using telescopes and sometimes the naked eye, you can watch ibex, chamois, marmots and birds of prey – all while rangers share fascinating facts on the animal world and the Alpine habitat.

→ **LEARN MORE ABOUT GUIDED NATURE OUTINGS ON PAGE 33**







## Segnes Trek

The Segnes Trek is a six-day alpine hike with varied stages and natural highlights such as the Segnesböden, the Tschingelhörner and the glacier mills on Alp Mora.

The hike starts in Reichenau by the river Rhein and passes via the Ringelspitz mountain hut to Bargis, on to the Segnespass, into Glarnerland and the Martinsmad mountain hut and back to Flims via the Segnes mountain hut. Plenty of mountain air awaits you – four out of your five overnight lodgings are located at over 2,000 m and the highest pass is at 2,760 m. Enjoy the panorama of mountains rising 3,000 m into the sky, such as the Ringelspitz, Piz Sardona and Piz Segnas. An alpine hiking experience in the one-of-a-kind setting of the UNESCO Natural World Heritage Site Tectonic Arena Sardona.



➔ **MORE INFORMATION AVAILABLE  
AT [FLIMSLAAX.COM/SEGNES-TREK](https://flimslaax.com/segnes-trek)**

## Glacier water and bedouin tents

The TCS pop-up glamping in Laax combines a nature experience with relaxation and exercise. The idyllic tent village is surrounded by mountain peaks and alpine meadows near the Nagens mountain station and is an excellent starting point for bike tours. After a restful night and a delicious breakfast, you can pedal from here to the start of the Vorab Trail. The ascent leads across the formerly glaciated slopes of the Bündner Vorab to the Vorab 3000 station, followed by the descent over rugged rock formations down to the Camona Vorab. The view of the breathtaking mountain panorama offers a unique

experience. Passing alpine huts and pastures, you descend via the Nagens and Runca Trail to Flims. Once you have reached the turquoise-blue Lake Cauma, it is worth taking a dip in the crystal-clear, refreshing water. The way home to Nagens is possible by Nagens shuttle bus or gondola lift. As the last rays of sunshine settle on the surrounding alpine meadows, you enjoy a hearty 3-course meal and the evening atmosphere at 1,980 m.

➔ **MORE INFORMATION AVAILABLE  
AT [LAAX.COM/BIKEN](https://laax.com/biken)**







## Senda dil Dragun

Since summer 2021, the world's longest treetop path connects the two districts Laax Murschetg and Laax village. Once you reach platform height via one of the two access towers, the 1.56-kilometre-long walkway leads through the forest – always at eye level with the trees.

With a slide, four platforms with seating options along the way, and a unique view of the surrounding landscape, the treetop path offers a unique experience of nature for the whole family.

On their way along the treetop path, interested visitors learn everything about the regional flora and fauna, geology and agriculture. An animated story about the dragon trail, told by Ami Sabi and his friends, awaits kids. Impressive nature photographs and exciting facts about the natural world turn the path into a digital nature experience for adults.

➔ **SEE PAGE 61 FOR MORE INFORMATION ABOUT THE TREETOP PATH**

## Freestyle meets circus

The legendary Freestyle Academy is being completely revamped in Laax Murschetg and will open at the same location, but on the basement level, in 2024. But you can still enjoy plenty of indoor freestyle fun in the meantime: at the Prau la Selva sports centre in Flims, all the popular freestyle features, from the vert ramp to the airbag, can be found in a giant circus tent from Circus Knie. Visitors can look forward to some new, creative elements. Since January 2023, the basement level of Stenna Flims has also been home to the KIDS Freestyle Academy. Aspiring freestylers aged eight and under can let loose on the trampoline, slide or skate wave, or get an early start in the toddlers' corner.

➔ **LEARN MORE ABOUT THE FREESTYLE ACADEMY ON PAGE 63**







## LAAX Art+Culture

Things can get pretty quiet without art and culture – not just in the cities, but in the mountains, too. LAAX is no exception. The once diverse range of cultural offerings in LAAX has fallen into a deep slumber over the past two years. The LAAX Art+Culture campaign is now reviving, expanding and promoting cultural attractions throughout the area. And not just for our guests, but for all the locals, employees and people from the outside the area who have missed the once legendary LAAX nightlife.

Things are looking up: under the auspices of LAAX Art+Culture, this summer you can look forward to readings, art exhibitions and AfriLAAX, the brainchild of the singer Dodo.

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

## Pay as you go – the flexible ticket

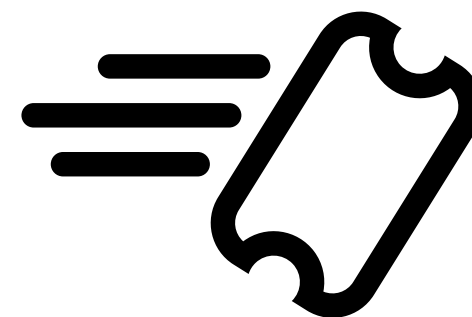
This summer, guests await a real innovation: the “pay as you go” ticket. With this system, you only pay for the lift rides you actually need. Depending on the weather, mood and desire, go through the gate and the amount is automatically booked on your ticket. However, the price never exceeds that of a day ticket.

→ **LEARN MORE AT [LAAX.COM/PAYASYOUGO](https://laax.com/payasyougo)**

## Even more stories from the destination

Since 2015, the magazine “CONGEDI” has been reporting on the most exciting stories in the destination: future projects and ideas, informative facts on flora and fauna, and stories about local personalities.

→ **THE LATEST ISSUE IS AVAILABLE AT [FLIMSLAAX.COM/EN/CUSTOMER-SERVICE-CENTER](https://flimslaax.com/en/customer-service-center)**







More events

## flimsfestival

📍 Flims, Laax, Falera,  
various events throughout the year

For over ten years, the flimsfestival has delighted all comers with exceptional concerts at special places in the Flims Laax Falera region. Though focused on classical music, the festival also delves into jazz and world music.

## Connschiffli boat race

📍 Flims Waldhaus, lower Caumasee car park,  
Saturday, 27.05.2023 From 10 am to 3 pm

adventurous sailors can pay a small entry fee to receive a Connschiffli boat, which they can then decorate for the big race. Other attractions for young and old include a spectacular interactive bubble show, food stands and live music. Learn more at [www.flimslaax.com/en/spring-in-the-mountains](http://www.flimslaax.com/en/spring-in-the-mountains).

## Bündner Glarner Swiss Wrestling Festival 2023

Flims, Ballonwiese, 18.06.2023

The Graubünden-Glarus cantonal Swiss wrestling festival returns to Flims for the first time since 2016. On 17 June 2023, there's an introductory training session for kids and the "gift table" with prizes opens that evening. The Bösen – "bad boys", as top Swiss wrestlers are called – meet on Sunday 18 June, with Swiss wrestling king Killian Wenger taking part. Learn more at: [www.bügl2023.ch](http://www.bügl2023.ch)

## LAAX Bike Shred

📍 Laax, Murschetg 24.06.2023

Numerous activities and offers await you around LAAX and its bike trails. Test the latest bikes, measure your time at the Easy Duro, become the King & Queen of Runca Trail and round off a successful day with some beers and burgers.

## World Orienteering Championships and

📍 Swiss O Week  
Flims, Laax, 11. – 22.07.2023

From 11 to 16 July, orienteering athletes from around the world will come to Flims Laax Falera for the World Orienteering Championships. The world's top orienteers will compete for medals in the long-distance, middle-distance and relay disciplines. Spectators can watch the races live in the finish arena Prau la Selva. In the week following the World Orienteering Championships, recreational orienteering will be the focus from 16 to 22 July: Swiss Orienteering Week combines an orienteering meet with a dash of adventure in the striking mountain setting of Flims Laax Falera. This major event draws participants aged 8 to 88 from all around the world. Over 4,000 visitors are expected in the destination for Swiss O Week's six-stage competition.

## Kids' Festival

📍 Lake Laax, 22. – 23.07.2023

There will be more than 40 games and attractions along the shores of Lake Laax: high-wire fishing, bocchia, carousel, bubbles, horse riding, reed maze, puppet theatre, fire brigade slide and much more offer fun and action galore.

## Schlager-music party on Lake Laax

📍 Lake Laax, 29.07.2023

With renowned Schlager-music stars such as ChueLee, Sigrid & Marina, Hansy Vogt and Marianne Cathomen on hand, the big-top tent on Lake Laax will be rocking. DJ Pascy and his massive Schlager beats will take the stage from midnight.

## Swiss Enduro Series

📍 Laax 12. – 13.08.2023

Natural trails and an extraordinary mountain panorama coupled with exciting racing by top Swiss mountain bikers. The Swiss Enduro Series is the season highlight on the bike trails of Laax.

## Transalp Waterline

📍 Lake Cauma, 28.08. – 02.09.2023

Slackliners have been paying a visit to Flims for years now. The athletes walk the slacklines with preternatural calm, artistry and concentration. They come from all around the world to traverse waterlines up to several hundred metres long across the lake in a stunning natural setting.

## Alpine cattle descent

📍 Flims Village, Saturday, 16.09.2023

This September, at the 18th edition of this event, festively decorated cattle will be led from Flimserstein over the famous Scala Mola to Bargis and back to the valley. From 5 pm, a Stallchilbi big barn fair will be held at Lerchihof farm in Scheia featuring the live band "Servus aus Tirol".

## SRF bi de Lüt – Live

📍 Laax rocksresort 16.09.2023

This entertainment show introduces the Flims Laax Falera region to viewers. The show centres around traditions, customs, music guests and live action sequences and is broadcasted live on Swiss national TV.

## Discovery Days

📍 Flims Waldhaus, 21. – 23.09.2023

With riveting stories and striking imagery, a diverse range of globetrotters tell the tales of their adventurous travels around the globe. The Explora festival kicks off with Nick Martin's talk "Die geilste Lücke im Lebenslauf" – "The greatest CV-gap ever" – about his intrepid travels around the world. World-class travel stories with plenty of laughs await.

## Hot-Air Balloon Week

📍 Flims Village, 23.09 – 01.10.2023

The Alpine Hot-Air Balloon Week in Flims celebrates its 50th edition this year. The festival enjoys a magnificent backdrop: crystal clear and enticing mountain lakes, rugged gorges, mountain forests, rock walls and of course, the majestic Alps.





# The orienteering highlight in Flims Laax!

World Orienteering Championships  
and Swiss Orienteering Week  
11 – 22 July 2023

incl. concerts  
of Baba Shrimps  
and Pat Burgener!

Presenting Partner  
**graubünden**



Host City



Main Sponsor



Main Sponsor



Host Broadcaster



## WOC

2023

## Swiss O Week

Opening ceremony	Tue, 11 July	Training
Long distance	Thu, 13 July	Training
Middle distance	Sat, 15 July	Training
Relay & Closing ceremony	Sun, 16 July	<b>Stage 1</b> (Flims)
	Mon, 17 July	<b>Stage 2</b> (Crap Sogn Gion)
	Tue, 18 July	<b>Stage 3</b> (Vorab)
	Thu, 20 July	<b>Stage 4</b> (Nagens)
	Fri, 21 July	<b>Stage 5</b> (Tectonic arena)
	Sat, 22 July	<b>Stage 6</b> (Laax)



Cheer for the world's best  
orienteers in the finish arena  
and try yourself as an orienteer!



[www.woc2023.app](https://www.woc2023.app)  
[info@woc2023.ch](mailto:info@woc2023.ch)



[www.swiss-o-week.ch](https://www.swiss-o-week.ch)  
[info@swiss-o-week.ch](mailto:info@swiss-o-week.ch)





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13. AUGUST 2023

[www.swissenduro.ch](http://www.swissenduro.ch)

**LAAX**  
Flims Laax Falera

OPENING PRESENTATION

6. DISCOVERY DAYS

FLIMS LAAX FALERA

**NICK  
MARTIN**

„Die geilste Lücke im Lebenslauf“ **LIVE**

Thursday, 21.9.23  
**Waldhaus Arena, Flims**

Tickets & Infos:

[discovery-days.ch](http://discovery-days.ch)

PHOTOGRAPHERS, ADVENTURERS AND TRAVELLERS  
SHARE THEIR STORIES LIVE ON STAGE.

# 6. DISCOVERY DAYS

FLIMS LAAX FALERA



**21 – 23 September 2023**

**Waldhaus Arena, Flims**

Tickets & Infos: [discovery-days.ch](http://discovery-days.ch)

explora

GRENZGANG

MUNDOLOGIA

Flims LAAX  
Flims Laax Falera







## Our diverse nature across four different altitude levels

Nature is the basis for everything. Whether you're looking for freestyle or relaxation, our unique natural landscape is the basis for all adventures in the Flims Laax Falera region.

What's so unique about our natural world, is its diversity. The Flims Laax Falera region stretches from 600 to 3,000m above sea level. You will discover a myriad of natural structures across four different altitude levels.



## Guided nature tours

Do you want your hike to include more than just exercise and beautiful natural surroundings? On our guided tours in Flims Laax Falera, you can also learn fascinating facts about the flora and fauna. On a weekly basis from April through October, you have the opportunity to take a guided hike on a specific theme with a geo-guide, a herb expert, a gamekeeper or an orchid specialist.

→ **LEARN MORE AT [FLIMSLAAX.COM/NATUR-FUEHRUNGEN](https://flimslaax.com/natur-fuehrungen)**



## Mushroom picking

To preserve the diversity of our nature, mushroom picking is limited and is prohibited from the 1st to the 10th of every month. There is a limit of 2 kg per person, per day.

Heisch Egmont	+41 79 213 11 26
Lea Heini	+41 79 666 55 00
<a href="https://www.pilzberatungsurselfva.info">www.pilzberatungsurselfva.info</a>	

## Nature from the sky

If you would like to witness our natural world from the sky, contact one of the following operators:

### BALLOON RIDES

Local and alpine tours in Surselva and captive balloon rides on tethers in Flims. September – October

Flims balloon club

[ballonwoche-flims.ch](https://ballonwoche-flims.ch)

### PARAGLIDING, HANG-GLIDING, PASSENGER FLIGHTS

Open days, basic training, intensive course. Sale, rental and repair of materials, emergency parachute packs.

Swissfly Flugschule

[fs-swissfly.ch](https://fs-swissfly.ch)

XDreamfly

[x-dreamfly.ch](https://x-dreamfly.ch)

→ **THE INTERNATIONAL BALLOON WEEK FLIMS TAKES PLACE EVERY AUTUMN. MORE INFORMATION ON PAGE 25**





## Swiss Grand Canyon

The Rhine Gorge between Reichenau and Ilanz is one of the most spectacular and unique landscapes in Graubünden and the whole of the Alps.

Wild canyons invite you to experience river rafting, an easily accessible hiking trail along the Rhine offers fantastic opportunities to stop for a campfire, create stone figures or cool your feet in the water. You can even find several varieties of orchids here.

→ **THE RHINE GORGE IS A NEW HIGHLIGHT ON THE ALPINE CIRCLE BY GRAUBÜNDEN FERIE**

→ **VISIT RHEINSLUCHT.CH FOR MORE INFORMATION**

## Rhine Gorge experiences

The ultimate journey: the “experience train” chugs away pleasantly along the river, complete with open viewing cars, amid stunning rock formations. A convertible bus connects the two sides of the Rhine Gorge valley and the spectacular route between Versam and Reichenau, delivering nature-lovers to the starting point for attractive hikes. With the Rhine Gorge ticket (Rheinschlucht-Ticket), you can use public transport in and around the Rhine Gorge for a whole day at a fixed price.

→ **LEARN MORE AT  
RHB.CH/EN/PAGES/RHINE-GORGE-TICKET**



## Viewing platforms and suspension bridge

There are seven viewing platforms along the Rhine Gorge in order to experience the “Swiss Grand Canyon”. Alongside Alix in Valendas, Crap Signina in Sagogn, Islabord in Versam, Spitg and Zault in Bodanuz/Versam and Wackenau in Trin/Bonanuz one of the best to try is Spir in Conn. As well as its fantastic view of the “Chrummwag” river bend, it is also home to the Restaurant Conn and its regional pear ravioli.

The intricate suspension bridge at Trin station built in 2010 connects the left and right banks of the Rhine. With a length of 105 m and a passage width of 1.8 m, it is one of the longest suspension bridges in Graubünden.

→ **SEE PAGE 82 FOR MORE INFORMATION ABOUT COACH RIDES TO IL SPIR VIEWING PLATFORM**

→ **ACTION-PACKED RIVER RAFTING ON PAGE 55**



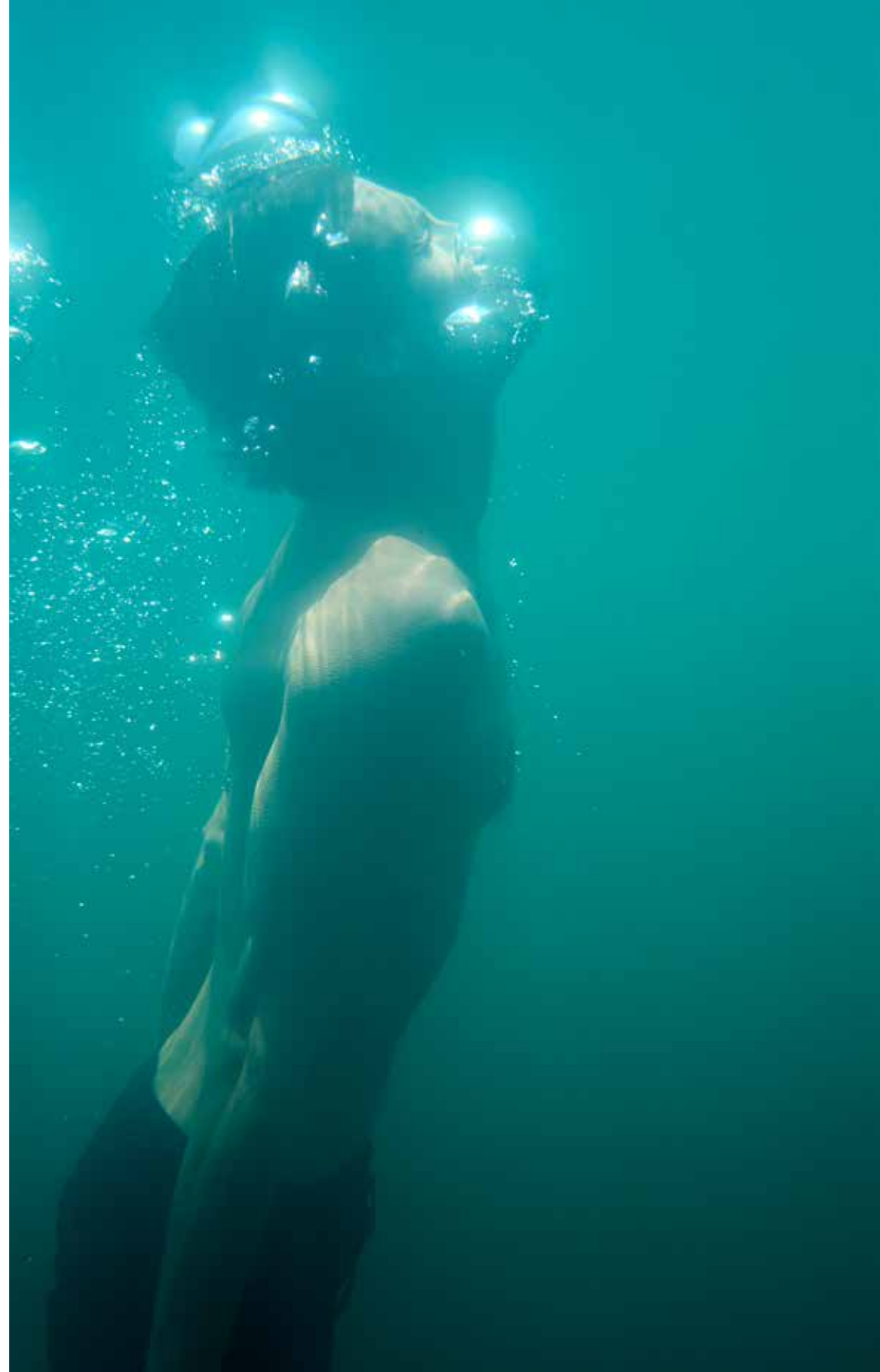
River plover

## Rare bird species

The heavily endangered ground-breeding little ringed plovers and sandpipers are native to the Rhine Gorge. From April to July, eggs are laid and incubated and the young are fed on the gravel banks along the riverside and on the islands. Please respect the ban on going onto marked gravel banks. Rent a pair of binoculars from the guest information desk in Flims and observe the birds from a distance.

→ **LEARN MORE ABOUT THE FLORA AND FAUNA WITH A RANGER, MORE INFORMATION ON PAGE 17**





## Lake Cresta

The “forest ridge lake” is situated on the eastern border between Flims and Trin. Featuring crystal-clear water and nestled in a dark green grove of trees, Lake Cresta is a true hidden gem. It is 375 m long and 180 m wide and is listed as a protected natural landmark of regional importance in the canton of Graubünden.

→ **CONTACT AND BOAT RENTAL:**  
**CRESTASEE.COM**



## Lake Laax

Who would have thought you could have a beach experience at 1,016 m above sea level? Laax shows that this is possible. Located in the heart of the town, you can experience a unique bathing holiday at Lake Laax (Lag Grond). A large sunbathing area, a beach, clear lake water and a breathtaking mountain panorama. Lake Laax also gave its name to the town of Laax – “Ils lags” means “the lakes” in the Romansh language.

→ **CONTACT AND BOAT RENTAL:**  
**USTRIA-LAGS.CH**



## Lake Cauma

Lake Cauma is the jewel of the Alps. Known as “Lag la Cauma” in Romansh, meaning “lake siesta”. Swimming, chilling out or sunbathing: whether you’re travelling on foot or by bike, a stop at this magnificent lake is the perfect addition to your trip. Lake Cauma lies in the heart of Flims forest and is a sight to behold with its striking turquoise green water.

→ **CONTACT AND BOAT RENTAL:**  
**CAUMASEE.CH**



## Fishing

Flims: Rhein, Flem, Caumasee, 01.05. – 15.09., only with cantonal fishing licence, Hunting and Fishing Authority [gr.ch](http://gr.ch)

Laax: Laaxersee, 01.05. – 15.10.,

day licence available for CHF 15.– available

from the guest information centre in Laax [+41 81 927 77 40](tel:+41819277740)

Digital fishing licence available at [pesca\\_laax.ch](http://pesca_laax.ch)

→ **TIP: THE FISHING FESTIVAL TAKES PLACE IN TRIN-MULIN EVERY JUNE**





Beneath the tree line, our visitors will find green meadows, mountain brooks and a variety of alpine herbs and flowers. Prepare to be amazed by magical panoramas and enjoy specialities in mountain huts.



## Flimserstein and Pinut

Walking the Pinut via ferrata high up on the Flimserstein is a thrilling natural experience. The adventurous proceed through caves and over ladders and stairs, scaling three practically vertical rock faces on their way to the Alp Flimserstein. The earliest written record of it dates back to 1739. It has existed in its present form since 1907, although it was extensively renovated in 2007.

## Panorama Trail Laax

The Laax Panorama Trail is now reserved for hikers and therefore closed to bikers. In the early summer of 2023, the hiking trail has been widely renewed. For reasons of safety for all user groups, the construction of the Nagens Trail was built. Therefore we ask you to use the Nagens Mountainbike Trail. Thank you for your understanding, we wish you lots of fun on the LAAX bike trails.



## Trutg dil Flem

The precious water hiking trail of Flims starts at the lower Sengesboden and takes you along unique gorge landscapes, carved into rockslide terrain by the river Flem. Along the way, bridges built by the famous bridge builder Jürg Conzett, from Graubünden, are crossed.

➔ **GUIDED NATURE HIKE WITH GEO-GUIDE  
ALONG THE TRUTG DIL FLEM:  
SEE PAGE 41**

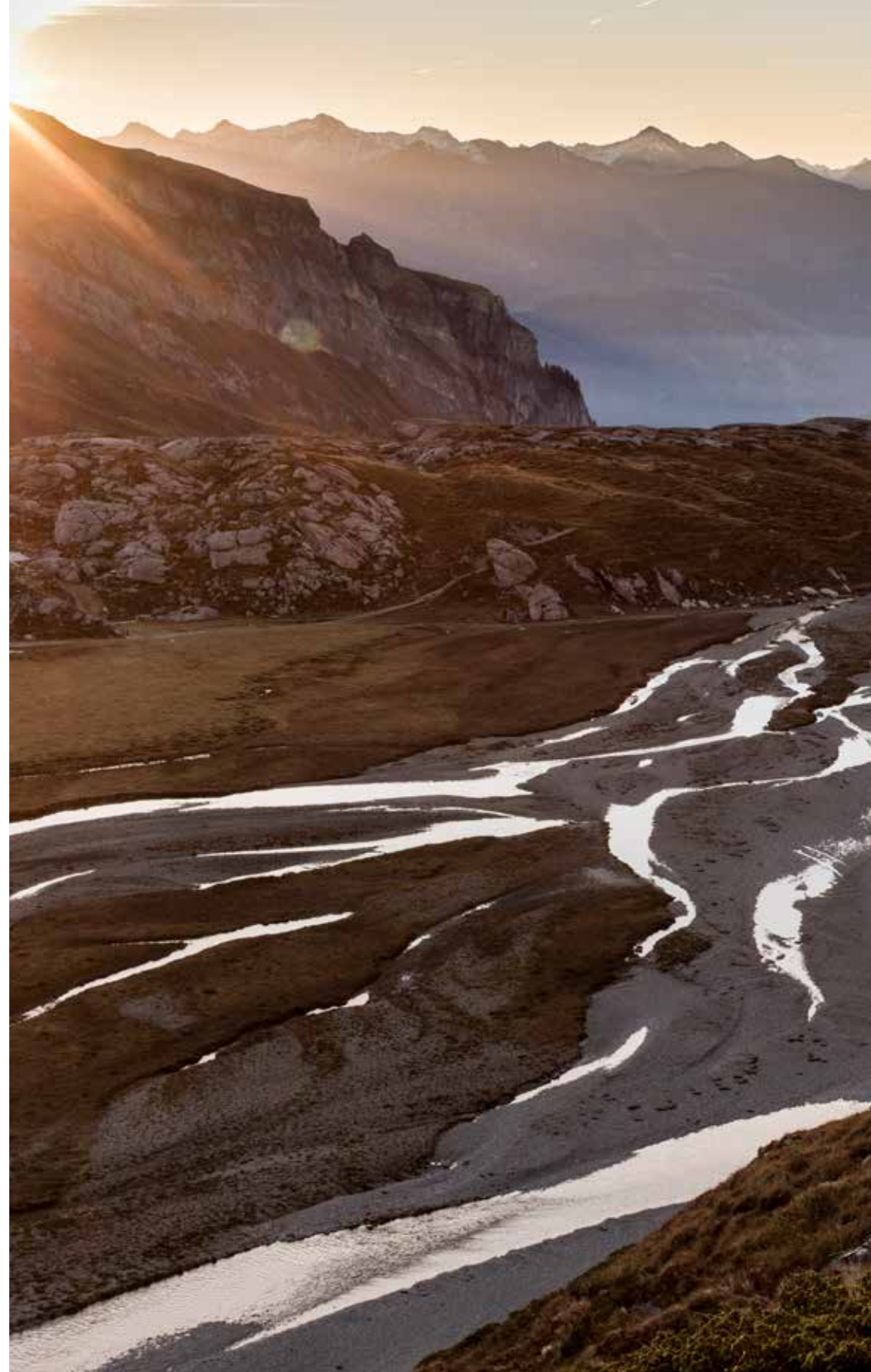
## Alp Mora Glacier Mills

In the stream of Val Maliens, there are numerous round pools filled with water running downhill in a line like a string of pearls. The depressions with diameters ranging from a few dozen centimetres to several metres are usually full of crystal-clear water and can also contain gravel residues that have been washed in.



➔ **THE ALP MORA SHUTTLE TAKES YOU TO  
THE GLACIER MILLS IN COMFORT  
OPERATING TIMES: 01.07. TO 02.09. EVERY  
WEDNESDAY AND SATURDAY**





## UNESCO Natural World Heritage Site Tectonic Arena Sardona



Marvel at the impressive Tectonic Arena Sardona, which became a UNESCO Natural World Heritage Site in summer 2008. This extraordinary view is the result of the 250-million-year-old Verrucano rocks being thrust over Flysch rocks aged between 35 and 50 million years. Nowhere else in the world are the traces of mountain formation so clearly visible.

How did older layers of rock come to lie on top of younger layers of rock? And what do the continental plates have to do with mountain formation? You can find the answers to these questions as well as lots of other information about the biggest rock-slide in the Alps and the subsequent formation of the Rhine Gorge at the visitors' pavilion, located directly beside the Segneshütte mountain lodge at an altitude of 2,102 m. The visitors' pavilion is open daily and the GeoGuides Sardona are on site on Saturdays and Sundays. Download the "Sardona aktiv" app for an unforgettable, educational experience around the UNESCO World Heritage Site.

➔ **TIP FOR LONG-DISTANCE HIKERS:  
FROM FILZBACH TO FLIMS IN  
SIX STAGES – HIKE THROUGH THE  
UNESCO WORLD HERITAGE SITE**

## A starry night in Flims

This summer, you can spend the night beneath the starry skies at TCS Glamping on Alp Nagens. Plenty of fresh air, a breathtakingly starry sky and the perfect panorama await you.

We provide all the equipment you'll need for the experience (sleeping bag, bivouac bag, sleeping mat and a small solar lamp). Dinner and breakfast will be served in Alp Stalla Nagens.

➔ **LEARN MORE AT [FLIMSLAAX.COM/EN/ACCOMMODATION/PACKAGE-DEALS/STARRY-SKY-OF-FLIMS](https://flimslaax.com/en/accommodation/package-deals/starry-sky-of-flims)**





## Mountain tourism in harmony with nature

To enable nature-oriented tourism and preserve and protect the natural beauty and biodiversity at the same time, the entire destination has joined forces. To this end, the Weisse Arena Group developed the “Greenstyle” sustainability concept in 2010 and has already implemented over 200 larger and smaller measures. “Greenstyle” is our answer to the global challenges of climate change and the loss of biodiversity.

→ VISIT [LAAX.COM/GREENSTYLE](https://laax.com/greenstyle) FOR MORE INFORMATION

## Last Day Pass: The lift ticket for the day that hopefully never comes

In the next 30 to 35 years, we expect that the Vorab glacier will be completely gone due to the effects of man-made global warming. We want to fight for this truly special place and at the same time take a stand to stop climate change.

By buying a Last Day Pass, you support climate protection projects that work to slow down the melting of the glacier and thus postpone the day of the last descent. We also use the proceeds to plant native trees on Crap Sogn Gion. For this purpose, a test field was defined together with the landowner and the Canton of Graubünden, on which we will plant around 1000 native trees such as larches, stone pines, birches, rowan berries, etc.



→ VISIT [THELASTDAYPASS.COM](https://thelastdaypass.com) FOR MORE INFORMATION

## Reusable adds value

The decisive factor is how often things can be re-used before they are recycled at the end of their service life. Taking the reusable cup as an example, the life cycle analysis clearly shows that if the entire life cycle is considered, i. e., production, transport, washing and disposal, the reusable cup performs many times better than disposable cups. 87% of the people surveyed prefer reusable solutions to

cheap disposable utensils. In 2021, the Weisse Arena Group introduced reCIRCLE boxes throughout the winter sports area so that the mountains of snow are once again bigger than the mountains of waste.

→ VISIT [LAAX.COM/ALWAYSTASTY](https://laax.com/alwaysstasty) FOR MORE INFORMATION

## Greenstyle book

The Greenstyle book “how to run a sustainable alpine destination” is out now! On more than 250 pages, the book presents ideas on how to operate a sustainable destination. It outlines projects, ideas and many concepts that have been implemented or are planned for the future within the Weisse Arena Group and the destination Flims Laax Falera. The book contains chapters on energy, water, zero waste, consumption and biodiversity, among other topics.

→ GET MORE INFORMATION AND READ THE BOOK ONLINE AT [LAAX.COM/GREENSTYLE](https://laax.com/greenstyle)





# KEEP IT CALM AND BEAUTIFUL

Together for a respectful approach to nature: [flims.com/beautiful](https://flims.com/beautiful)









## Way up high

Adrenaline and fun are part of the experience when climbing. See the wonders of the “Tschingelhörner” or the “Martinsloch” up close and personal. There are lots of suitable climbing tours for beginners and families to discover:

- High-rope park, Prau la Selva sports centre
- Climbing park Crap la Tgina
- Segnesboden climbing garden
- Pinut via ferrata, see page 39

### Day trips or multi-day trips, climbing tours and training weeks

Alpine Action Unlimited, Flims	<a href="http://alpineaction.ch">alpineaction.ch</a>
Bergsportschule Grischa	<a href="http://bergsportschulegrischa.ch">bergsportschulegrischa.ch</a>
Flims Laax Falera Management AG	+41 81 920 92 00
hoehengrad GmbH	<a href="http://hoehengrad.ch">hoehengrad.ch</a>



## The new Crap la Tgina

Not far from the upper Segnesboden, the new “Crap la Tgina” climbing centre at 2,350 m above sea level is perfect for beginners and experienced climbers alike. The small but extraordinary climbing paradise has 42 routes up to 20 m long and is characterised by solid limestone rock with refined



structures such as water channels and small chickenhead protrusions. An enjoyable climb of difficulty levels from 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 Grischa and Bündnerberge mountain sports school.

## Exploring on foot – a trail for all tastes

The destination Flims Laax Falera is a paradise for hikers for all kinds of reasons. Here, you can experience the breathtaking scenery on over 250 km of signposted trails. Thanks to the unique landscape shaped by the Flims rockslide, hikers in Flims have countless highlights to discover. Marvel at the awe-inspiring Tectonic Arena Sardona, which became a UNESCO Natural World Heritage Site in the summer of 2008, or enjoy the fairy-tale charm of Flims forest on a leisurely walk around Lake Cauma.

### NEW digital trail map with the “Top 10 Hikes”

On the new digital trail map from Outdooractive, you can pull up the 10 most-popular hikes and “must-sees”, navigate and check your current location. So you’ll always find the right trail – and your destination.

### Hiking-stick sharing

Hiking-stick sharing allows hikers to borrow walking sticks of various sizes free of charge at the hiking-stick loan and return stations. At the end of your tour, simply return the stick. And if you take a shine to your stick and want to keep it, you can purchase it via the LAAX app or at the visitor information points. And since hikers need to take breaks, too: all drinking water locations in the region can be viewed online via Outdooractive.

➔ **LEARN MORE AT [FLIMSLAAX.COM/EN/HIKING/HIKING-SERVICES](http://FLIMSLAAX.COM/EN/HIKING/HIKING-SERVICES)**



## New trails, new lifts

Tourism, lift operators and municipalities are re-imagining the biking options in the region. Summer activities on two wheels are increasingly important to our guests. So we've set about creating the bike trails and bike routes of the future. Over 30 kilometres of new bike trails are in the pipeline for cycling enthusiasts and budding bikers alike. Family and kids will be the new motto for "Biketrails LAAX" this coming year, with new green routes and a new Skill Centre offering ideal conditions for beginners and families with children.

The Flims Laax Falera region is changing, and so are its biking options. At the start of the new season, the Arena Express will be available to bikers for the first time, heading from the Flims valley station right to the start of the Nagens Trail, serving two stops along the way.

Trail builders have been busy over the past year, too: with the Segnes Trail, a

new red trail now connects the Segne-shütte with the popular Runca Trail. In the construction phase for the FlemXpress, LAAX offers optimal conditions for all enduro bikers. With the Arena Express and the Crap Sogn Gion aerial cableway, bikers can quickly reach the region's numerous trails.

Gravel instead of Gravity. For all those who want to take a break from enduro or downhill biking, we now offer gravel tours in the region. On off-road racing bikes you can experience all the freedom of the wild nature around the Rhine Gorge.

### Tips

- Crap Masegn loop
- Gravity Card
- Bike camps
- Nagens Trail
- New half-day bike pass

## Event highlights in August

The Swiss Enduro Cup comes to LAAX for the second time with the Swiss Enduro Series (SES). With 430 competitors, the event is already sold out. At the race on 13 August, spectators can marvel at the Swiss enduro elite on the bike trails of LAAX and experience a thrilling race up close.

→ **LEARN MORE AT FLIMSLAAX.COM/EN/BIKING AND FIND OUT ABOUT THE 2023 SUMMER EXPERIENCE AT FLIMSLAAX.COM/EN/WE-ARE-BUILDING**

### Events

- Swiss Enduro Series  
12/13 August 2023
- 24 June Bike Opening Festival
- Check flimslaax.com/events for further events



# DAWN OF A NEW ERA FUEL EXe



**Small, light, quiet and natural.**

Evolved to break the mold, bridge the gap, and elevate your ride with quiet assist that all but disappears in the woods. Fuel EXe is and the culmination of your every desire on singletrack. It's an e-mountain bike that empowers you to do more. It's your best trail ride ever, with extra Fuel in the tank.

**TREK**

trekbikes.com





LAAX School

## LAAX School

With our skilled guides from the LAAX School, biking in the region is taking on a new dimension. If you enjoy discovering new routes and tours then you can count on our local bike guides. Our guides are your perfect counterpart for new trails, as well as for technique training and e-bike lessons.

### Tips

- Biking and more: We also offer private guided hiking tours and trail running coaching
- For the little ones: bike camps, archery park camps and much more

### Mountainbike guiding

LAAX School	laaxschool.com
Luny on Tour	lunyontour.com
OTA Adventure Center Laax	outdoor-training-academy.com

### Rental

Happy Bike Flims	happybike.ch
LAAX Rental, Flims und Laax	laaxrental.com
Meini Sport & Mode, Laax Murschetg	meini.ch
Menzli Sport AG, Ilanz	menzlisport.ch
Sport Beat, Flims	sportbeat.ch

→ VISIT [LAAXSCHOOL.COM](https://laaxschool.com)  
FOR MORE INFORMATION

## LAAX Rental

You can easily rent the perfect bike for your two-wheeled adventure directly from LAAX Rental at the base stations. You can choose from daily serviced TREK and Norco bikes.

### Tips

- Treat your bike or e-bike to some TLC and bring it over (to us) for a service.
- Appropriate clothing and bike gear can be found in the shop next door

→ VISIT [LAAXRENTAL.COM](https://laaxrental.com)  
FOR MORE INFORMATION



LAAX Rental



## The new trend in running

A monumental natural world, a diverse route network, a world of new possibilities. Spectacular views of the Rhine Gorge, the UNESCO World Heritage Site Tectonic Arena Sardona and pristine landscapes with crystal-clear mountain lakes are waiting for you. All of this can be explored on numerous trails over hill and dale.

- ➔ **IL CUORS DA FLEM: THE HALF MARATHON EVENT FOR TRAILRUNNING FANS**
- ➔ **VISIT LAAX.COM/TRAILRUNNING FOR MORE INFORMATION**

## Outdoor fitness and more

The numerous hiking trails and forest paths are the perfect way to improve your fitness. Whether you choose to walk, jog or take on one of our fitness circuits, the choice is yours.

- ➔ Helsana Trail, Flims Waldhaus
- ➔ Parc da Moviment, Trin
- ➔ Vita Parcour, Laax Staderas

Nordic walking stick rental	
Meini Sport & Mode, Laax Murschetg	meini.ch
Menzli Sport, Ilanz	meini.ch
Sport Beat, Flims	sportbeat.ch

Tennis	
Hotel La Siala, Falera	lasiala.ch
Sportzentrum Prau la Selva, Flims	sportzentrum-flims.ch
Sportzentrum, Trin	tc-trin.ch
Tennisclub Flims	tcflims.ch

Squash	
Alpean GmbH, Laax	alpean.ch

- ➔ **NEW: SWISS-O-FINDER: MORE INFORMATION HERE**



## Yoga

Yoga starts in the here and now. Yoga is for everyone – no matter if yoga novice or long-term yogi. It strengthens your endurance, flexibility and body tension – regardless if that be for skiing, snowboarding, surfing, skating hiking or biking.

You want to take it easy and meditate, release tension and sweat, or are looking for a physical challenge? There is something for everyone among all the different types of yoga.

**Tip: Yoga and fitness parours, Trin**

- ➔ **FIND ALL YOGA OFFERS AT FLIMS.COM/YOGA**



## River rafting

Experience the wild side of summer in Flims. Discover the formidable Rhine Gorge, also known as the Swiss Grand Canyon, during a trip in a rubber dinghy, funyak, kayak, canoe or packraft from Ilanz to Reichenau. From the water, you will be able to marvel at the vertical cliff faces and steep scree slopes, while the rapids and spray in your face will ensure a fun, refreshing experience. You can

get tickets for this whitewater adventure from our guest information centres in Flims, Laax or Falera.

Kanuschule – The Joy of Whitewater	joyofwhitewater.ch
Kanuschule, Versam	kanuschule.ch
OTA Adventure Center Flims, Flims Waldhaus	ota.ch
Swiss River Adventures, Ilanz	swissriveradventures.ch
WasserchRaft, Ilanz	wasserchraft.ch





### Buna Vista Golf Sagogn

Take the opportunity to visit a really special golf course in Sagogn. All the holes blend in harmoniously with the idyllic countryside and offer a wonderful view across the Alps from Laax to Ilanz and towards the Oberalp Pass. Take a look around as you play, and spot 12 church towers of the area and the peaks of the Surselva.

Green fee guests with min. an official course license are welcome from Monday to Sunday. The golf club has about 700 members (including juniors). New members are accepted without waiting period. The golf course is first-class. There are 18 holes (par 72, 6004 m) in top quality. The 300 m driving range offers 30 tees from mats or grass, of which 10 are roofed. There is also a practice area to improve your short game, with a putting green and pitching and chipping green

and a bunker. In the golf shop you'll find golf balls, gloves, clothes, clubs, trolleys, e-trolleys and shoes by top brands. Rental service for clubs, trolleys, e-trolleys and buggies.

Want you begin with golf or improve your handicap? Visit our Golf Academy for the best choice: Trial courses for beginners (see advertisement), first handicap courses & examination, single and group lessons, courses and training for children and juniors.

Sandro Steingruber and his team welcome golfers and non-golfers in the Vista restaurant to enjoy high-quality and freshly prepared dishes in sophisticated surroundings.

➔ **VISIT [BUNAVISTAGOLF.CH](https://bunavistagolf.ch) FOR MORE INFORMATION**



**via Startgels**

**Foppa Shuttle**

Startgels → Foppa → Flims Dorf, Bergbahnen → Runcahöhe → Flims Waldhaus, Caumasee → Startgels

**OPERATING HOURS.**  
01.07. - 20.08.2023  
and 07.10. - 22.10.2023  
Saturday + Sunday

**TIMETABLE.** (from stop Caumasee)  
09:00 | 10:15 | 11:30  
13:30 | 14:45 | 16:00

**TICKETS.**  
CHF 10.- (-50% with guest card)  
bookable in the Laax App

**Flims**

**Trial courses**

**GOLF** IT'S MAGIC! perfect for individuals, couples and families

from apr the 29th  
until oct the 7th  
Saturday  
2:00 p.m.  
free of charge

dates &  
registration:  
[bunavistagolf.ch/einsteiger](https://bunavistagolf.ch/einsteiger)

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**Buna Vista Golf**  
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# Ami Sabi & treetop walkway

Family



## Discover the magical mountain world with Ami Sabi

With Ami Sabi, friend of the animals and the forest, kids can discover the beauty of nature, unlock the mysteries of the region and visit his patnal tent. Kids learn how nature works through playful activities and create beautiful souvenirs using natural materials.

→ **LEARN MORE AT LAAXSCHOOL.COM**

### Ami Sabi summer wonderland **4-12 years**

Ami Sabi takes kids on a journey of discovery. In an extraordinary natural setting, kids enjoy all kinds of enchanting adventures, excitement and fun.

### Ami Sabi workshop **4-12 years**

In Ami Sabi's workshop, kids learn about the four elements, animals and human beings as they craft.

→ **AMI SABI APP: DISCOVER GAMES, AUDIO STORIES AND AMI SABI PICTURE BOOKS**  
**AMI SABI APP**



Ami Sabi App

## Senda dil Dragon – path of the dragon

### An outing for the whole family

At heights of up to 28m, visitors experience the forest with all their senses from an extraordinary vantage point. In addition to the experience in nature, there are also some special features to discover on the treetop walkway "Senda dil Dragon".

### Digital experience

The topics and stories are shared at five experience stations using augmented reality characters. Different versions are available for adults and kids.

### Ami Sabi stories

Along the "Senda dil Dragon", kids encounter a new experience station at every platform. Through the stories from Ami Sabi, they learn more about the rockslide, plants, animals and the forest.

### Tips

- combine a walk to the village of Laax with a refreshing dip in Lake Laax
- Fun slides can be found at the Aua Grava indoor swimming pool in Laax
- Kids can let loose at the rocksresort PARK

→ **LEARN MORE AT FLIMSLAAX.COM/EN/OUTDOOR-ACTIVITIES/NATURAL-PHENOMENA/SENDA-DIL-DRAGON**







## rocksresort PARK

There's lots going on at Laax base station during summer. Under the name "rocksresort PARK", you will find a whole host of activities for families, children and the young at heart all around the cubes of rocksresort.

Surf across the waves of the Urban Surfwave and Snakerun on a skateboard, go-kart or BMX bike, or explore the world of wild bees.

→ [VISIT LAAX.COM/FREESTYLE](https://laax.com/freestyle)  
FOR MORE INFORMATION

## GALAAXY Park

While the parents refresh themselves with a summer drink, they can watch the kids discover their freestyle skills on skateboards, scooters or bikes; or train their skills and balance in the Ninja Warrior Park. The children's playground completes the offerings for the younger guests.

→ [VISIT LAAX.COM/GALAAXYPARK](https://laax.com/galaaxypark)  
FOR MORE INFORMATION

## Pumptrack

The pumptrack in the village centre of Flims is both fun and challenging. With a length of 190 metres, 29 rollers and 7 berms, the pumptrack is the perfect playground for everything that has wheels – skateboards, mountain bikes, BMXs, inline skates or scooters.

→ [VISIT LAAX.COM/FREESTYLE](https://laax.com/freestyle)  
FOR MORE INFORMATION

## Freestyle Academy

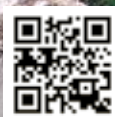
The Freestyle Academy in LAAX is the original. As the first indoor freestyle hall in Europe, it offers fun and action galore. After almost 12 years, it is currently being revamped and will re-open at the same location, but on the basement level, in 2024. But there's no need to go without indoor freestyle in the meantime: at the Prau la Selva sports centre in Flims, all the popular freestyle features, from the vert ramp to the airbag, can be found in a giant circus tent from Circus Knie. Let the freestyle fun begin!

The Freestyle Academy has a new addition. Since January 2023, the basement level of Stenna Flims has been home to the KIDS Freestyle Academy. Aspiring freestylers from 0 to 8 years of age can let loose on the trampoline, slide or skate wave, or get an early start in the toddlers' corner. Anyone in need of a quick break can grab a delicious piece of cake and excellent coffee in the on-site café.

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







Connbächli

## Connbächli

Hiking alongside the Connbächli stream is great fun even for little ones. Accompanied by their own handmade boats, the walk to Conn becomes an adventure.

The 6-kilometre-long Connbächli is one of the oldest and longest channels in Flims which still carries water today. It has been used to provide water for livestock in Conn since the Early Middle Ages.

The Connbächli is no longer used for economic purposes, but is still an important cultural asset of the town of Flims.

→ VISIT [FLIMS.COM/OUTDOOR-ACTIVITIES](https://flims.com/outdoor-activities) FOR BOAT BUILDING KITS AND MORE INFORMATION

## FOXTRAIL – The modern scavenger hunt



Since 2019, the fox has been sneaking through the Flims Laax Falera region. Foxtrail – the exciting scavenger hunt – is waiting for you with three tricky trails that turn the experience in the mountains into an unforgettable adventure. The Foxtrails in Flims, Laax and Falera are so-called Foxelinos and last about two hours each. They are ideal for outings with family, friends or as a team. Foxtrail fans in good shape can also combine the trails in Laax and Falera into a Foxtrail experience that lasts about three hours.

→ VISIT [FOXTRAIL.CH](https://foxtrail.ch) FOR MORE INFORMATION OR TO MAKE A BOOKING



## High-rope park

Adrenaline and fun are guaranteed on every visit to the high-rope park in Flims. Climbing from tree to tree high above the ground, swinging through the air like Tarzan or balancing on the branches, you can improve your agility and sense of balance here, all while having fun, in the very heart of nature. Whether you're a novice or an experienced climber, the high-rope park offers an unforgettable climbing and outdoor experience for everybody.

→ VISIT [SPORTZENTRUM-FLIMS.CH](https://sportzentrum-flims.ch) FOR MORE INFORMATION



## Hubertus archery park

Hubertus archery park offers a world of sport, adventure, excitement and fun for young and old alike. On top of this, the archery park is also an educational trail. You will learn why there is hunting in Graubünden and why it is necessary. You will also learn more about the wildlife in our region.

→ WE NOW OFFER ARCHERY PARK CAMPS SEE PAGE 67



Archery park



Family pass

## Family pass 10 activities – 1 price

With the family pass, your family can experience the best family activities in the region at a very reasonable discount price.

From action and culinary delights to the freestyle experience: discover the wonders of the Alps with the 1-day lift ticket, use the Bargis and Nagens shuttle, test your best shot with a round of mini-golf at the Flims sport centre, take a half-hour spin on Lake Cauma in a pedalo, discover the feel of surfing at rocksresort PARK, raft down the Rhine Gorge, go to the cinema in Flims and much more.

Guests are eligible for the family pass with a stay of one or more nights (hotel or holiday apartment). The pass is valid for a maximum of two adults and three kids aged 16 and under.

→ LEARN MORE AT [FLIMSLAAX.COM/EN/FAMILY-HOLIDAYS](https://flimslaax.com/en/family-holidays)





## Twins Women's Bike Camp

The Twins Women's Bike Camps from biking pros Anita and Caro Gehrig are a mainstay of the Laax biking season. The skills camp in spring offers two fascinating biking days run by and for women. In autumn, by contrast, the women's biking community takes centre stage: ride-outs, the bonfire bike talk and the longest Women's Mega Train are on the agenda.

→ **LEARN MORE AND REGISTER AT**  
**LAAX.COM/SKILLS-CAMP**

## LAAX School bike camps

With professional instruction, kids aged four and older learn everything that the mountain-bikers of tomorrow will need, from the basics of cycling to trail riding. Instruction in the various camps is based on participants' age and ability.

→ **LEARN MORE AND REGISTER**  
**AT LAAXSCHOOL.COM**

## Freestyle Academy multisport, skate and bike camp

We combine indoor and outdoor activities, from downhill mountain biking, the pumptrack and the skills area to skateboarding, trampoline and the vertical ramp. We always find a way to be active.

→ **LEARN MORE AT**  
**FREESTYLEACADEMY.COM**

## Bilingual adventure youth camp

A week packed with action awaits you – full of amazing adventures and experiences. We go rafting on the Anterior Rhine, explore gorges, go climbing and abseiling, and have a go at kayaking and SUP (stand-up paddleboarding). Yet there's still plenty of time for chilling and relaxing, too – by our region's lakes and the pool right next to our camp. Life in the camp itself is also filled with activity, from the beach volleyball tournament to cooking together – no one will be getting bored, that's for certain!

→ **LEARN MORE AND REGISTER AT**  
**SWISSRIVERADVENTURES.CH/EN**

## Youth canoeing camp

You'll have a blast learning to canoe from the pros at Versam canoeing school. They're at home in the Rhine Gorge and love to talk about the plants and animals that live and grow here. Enjoy a week of camping in a tent, cooking together, playing in great outdoors and telling stories around the campfire. The groups are divided by experience and ability to make them as consistent as possible, for the best learning results and the most fun.

→ **LEARN MORE AND REGISTER AT**  
**KANUSCHULE-VERSAM.CH**



## Archery camps

In the two-day kids' archery camps, you build your own bow and arrows, hear a bit about our local animals and hunting in Graubünden, and learn how to use a bow and arrow.

Kids are introduced to the finer points of nature, animals and hunting by seasoned professionals.

→ **LEARN MORE AND REGISTER**  
**AT LAAXSCHOOL.COM**

## Bike camps

The perfect bike trip to the mountains! Whether you're a newcomer to the sport or just ready for some new trails, guiding and technique training make everything easy. At our camps, you'll meet like-minded people and enjoy the pleasure of biking, chilling and doing cool activities with your new friends. Whether alone or with your biking buddies, with our bike camps you can book your all-inclusive weekend package in our biking region. At the Flem Lodge Bike Camp, you'll spend a week at the coolest bike hotel in Flims, with enduro pros Anita and Caro Gehrig welcoming you to their Flem Lodge and teaching you all the best tips and tricks on the bike.

→ **LEARN MORE AND REGISTER AT**  
**FLIMSLAAX.COM/EN/BIKING/BIKE-CAMPS**









## Experience tradition

After having spent the summer enjoying the glorious views and lush alpine meadows, the cows are led back down to the valley in September, where they will stay for the autumn and winter.

On the 16 September 2023, one of the most spectacular descents in the Alps the “Flimser Alpbazug” takes place.

The cows move along the alpine trail “Scala Mola”, built in 1645 into the breathtaking Bargis valley. The path was built on over 500 m of altitude into the rock of the Flimserstein and renewed in 1867. Up till today, the path leads mostly along the original route.

Every Alp-farmer sees the Alpbazug as one of the most beautiful experiences of the summer. The path is lined with spectators holding cow bells, which show the farmers, cows and helpers the way down into the valley.

### Tips

- On the day of the alpine retreat the typical “Buura Z’Morga” takes place in Bargis.
- Local specialties are at the forefront of this annual custom at the top of the list
- In the evening, the live band “Servus from Tyrol” will be playing at the Stallchilbi in Lerchihof in Scheia for an exuberant atmosphere



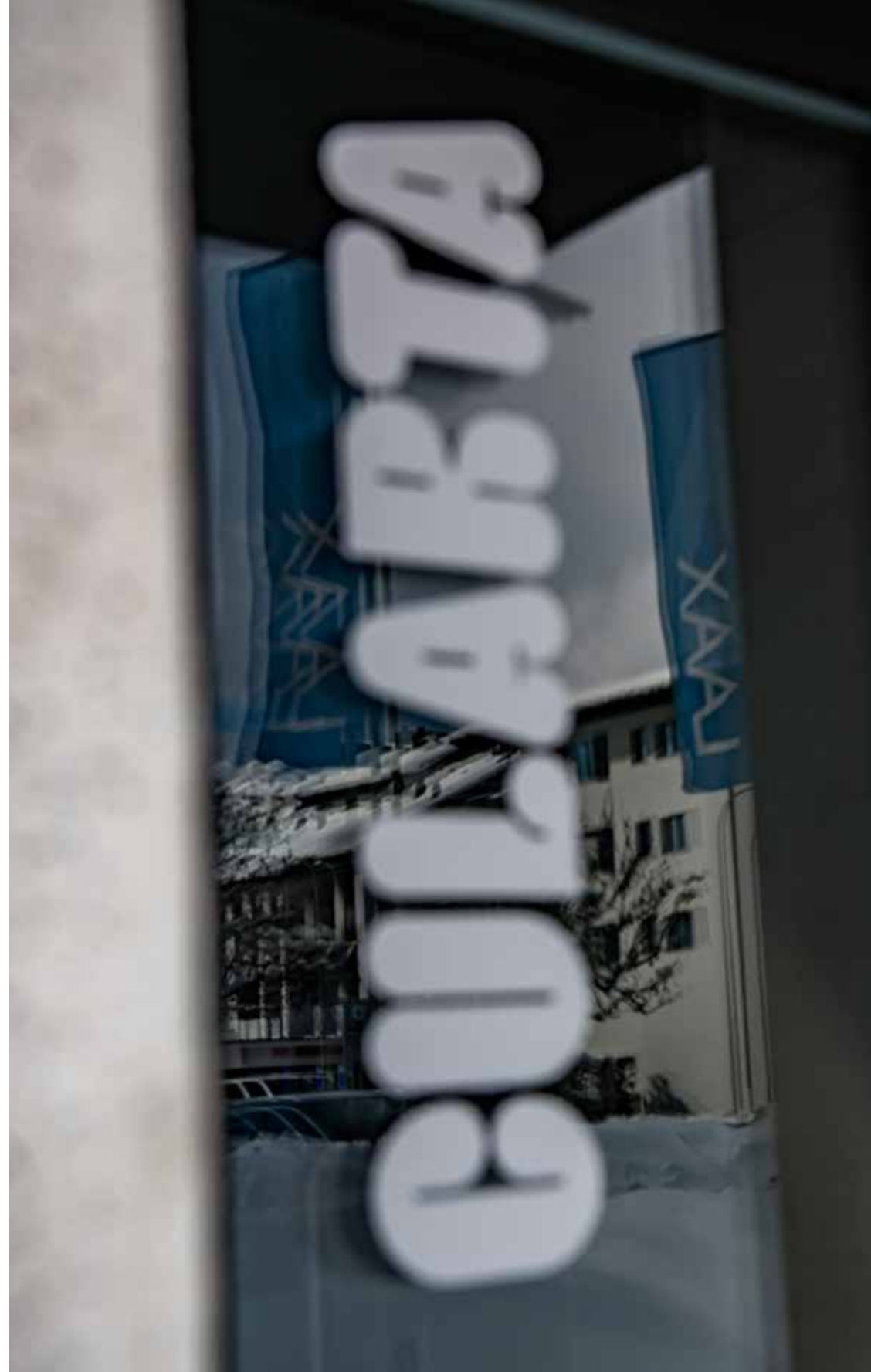
## Parc La Mutta

The mountain village of Falera is steeped in history. The first settlers moved here several millennia ago, not far from St. Remigius church. Excavations in the 1940s found evidence of a Bronze-Age settlement and many artefacts, including pottery, grinding stones, sickles and a magnificent bronze needle from the 2nd millennium BC. The artefacts are now on display at the Rätisches Museum in Chur. On a walk across the prehistoric settlement mound,

you will also discover bowl stones and column-like boulders whose purpose is unknown. The landmark of Falera is the church of St. Remigius. The tower dates back to the 13th century. Scientific studies are currently under way to learn more about the first settlers.

→ **LEARN MORE AT**  
**PARCLAMUTTA.FALERA.NET**





## Senda Romontscha

The educational trail for the Romansh language and culture focuses on Flims and its surroundings. At the end of the Senda Romontscha, you might be able to chat with the locals about your walk, the weather, the forest and its wildlife.

## Platta Pussenta Runcal Sagogn

The stone slab in Sagogn shows indentations possibly made by the pre-Roman pagan people to offer sacrifices to their gods. This is also where the name "Platta Pussenta" (mighty flagstone) comes from. Over the course of time, the name changed to refer to a stone sign where the four communities of Schluein, Sagogn, Laax and Falera adjoin one another.

## Audio walk

The audio walk is based on a well-known poem called "la sera sper il lag" – evenings at the lake. The poem is the cornerstone for the audio walk designed by Anselm Caminada. What did the landscape sound like in the past at the unspoilt lake and what does the landscape sound like today?

Find out by downloading the audio track, together with the user guide, onto your own smartphone. Don't forget to bring headphones.

→ VISIT [CULTURA.CH](http://CULTURA.CH) OR [PROLAAX.CH](http://PROLAAX.CH)  
FOR THE SOUNDTRACK AND USER GUIDE

## Mirasteilas

There is a long tradition of stargazing in Falera. The clear and clean air and the ideal location make an excellent place from which to explore the infinite universe.

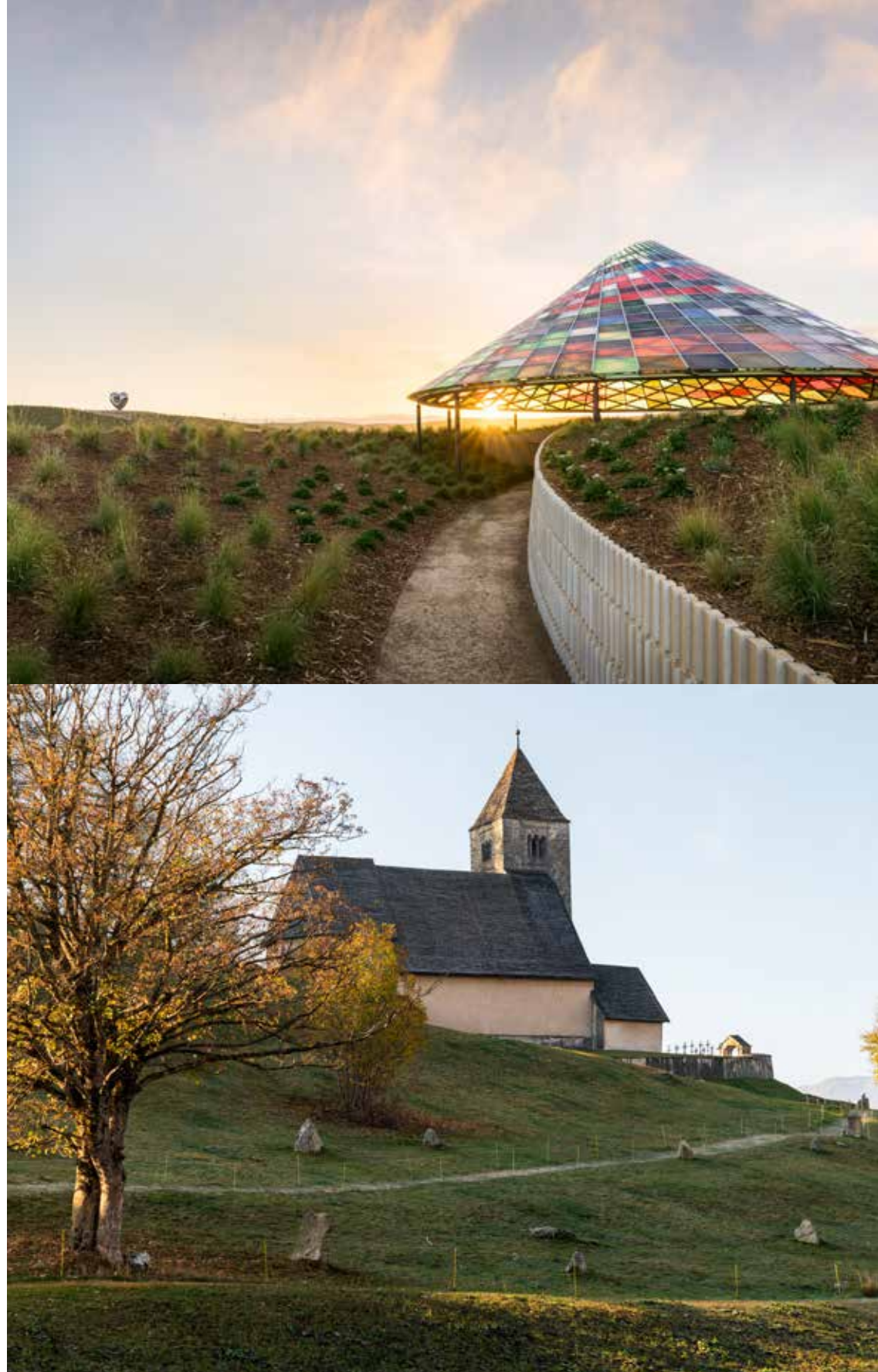
Mirasteilas was the first observatory to be built in the canton of Grisons. The observatory is an interesting visit during your stay. Various instruments are available for exploring the galaxies, including the largest publicly accessible telescope in Switzerland. There is something for everyone here, from beginners to professionals. You will gain a first-hand insight into the fascinating world of astronomy with regular guided tours. Experienced guides will explain all about the observatory and the sky and answer any questions you have.

**Tip:** During the day, you can enjoy the 1.5 km long Planetary Path from Falera to Laax. It shows the distance from the fixed star Sun to the dwarf planet Pluto. The planets are displayed as sculptures along the way.

→ VISIT [FLIMS.COM/CULTURE](http://FLIMS.COM/CULTURE)  
FOR MORE INFORMATION







## Das Gelbe Haus Flims

In the next exhibition at the Gelbe Haus, the Dano-Icelandic artist Olafur Eliasson, German architect Sebastian Behmann and the Studio Other Spaces firm they founded in 2014 are putting on an exhibition that allows works from the Berlin studio and local projects from the Flims region to enter into dialogue with each other. Studio Other Spaces applies an experimental approach to explore new methods of designing spaces. The exhibition opens in October 2023 and will run for one year.

➔ **SELECTED EVENTS ARE SET TO TAKE PLACE OVER THE SUMMER.**  
LEARN MORE AT [DASGELBEHAUSFLIMS.CH](https://dasgelbehausflims.ch)

## Laax local museum

The vividly presented story of the town's development from a mountain farming village into a thriving tourist town is being displayed. The permanent exhibition in the former alpine dairy, from the 19th century, also includes detailed information about social events as well as impressive stories from former residents of Laax.

## CULARTA Laax

CULARTA is an innovative fusion of a studio, exhibition space and is a meeting place for artists and art lovers. Art is created, exhibited and procured here and available to artists to work on their own projects, for public workshops and for exhibitions.

## Sperre Trin

The Swiss army has many hidden bunkers in Trin, well concealed in the woods. Seven bunkers on the plain between the Rhine Gorge and Porclis as well as two caverns in the rocky knolls of Crap Sogn

Barcazi and Crap Pign were created between 1941 and 1943. Explore a piece of Swiss history on a tour through the bunkers and rocky caverns.

## Sagogn Catholic parish church

There were at least four major construction periods resulting in the present site of the Marienkirche in Sagogn. The oldest dates back to the fourth or fifth century, and the floor area has remained unchanged for 1,500 years. The lime mortar floor (1634–1640), which was uncovered during restoration work, matches the Baroque church uniquely. The paintings in the church show the most comprehensive original collection of high Baroque paintings in the Alpine region.

## St. Remigius church Falera

The venerable fifteenth-century church is perched on a magnificent panoramic terrace. It is one of the most interesting historical buildings in the anterior Rhine valley.

## Religious services

You can find information on the services 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>
<b>Sagogn</b>	<a href="http://www.pleiv-laax-falera.ch">www.pleiv-laax-falera.ch</a>

## Library

<b>Flims</b> at the community hall	<a href="http://gemeindeflms.ch">gemeindeflms.ch</a>
<b>Laax</b> Biblioteca Laax	<a href="http://biblioteca-laax.ch">biblioteca-laax.ch</a>









Hotel Waldhaus, Flims

## Pure relaxation

Holidays in the mountains don't always have to be about action, sports and lots of activity. In Flims Laax Falera, there are endless opportunities to put your feet up and simply enjoy your free time. Switch off, kick back and relax.

Immerse yourself in a world of rest and relaxation, tranquillity and wellness, and simply go with the flow. Options range from the Ayurveda health centre and Graubünden saunas to the natural swimming pond and hammam.

➔ [LEARN MORE AT FLIMSLAAX.COM/EN/INDOOR-ACTIVITIES/WELLNESS](https://flimslaax.com/en/indoor-activities/wellness)

## Spa Around – wellness redefined

Experience the new “Spa Around” offering and enjoy pure relaxation during your stay in Flims Laax Falera in 10,000 m² of spa facilities.

Guests can reserve their preferred timeslot at [spa-around.ch/en](https://spa-around.ch/en). Participating hotels include renowned names such as Waldhaus Flims, Schweizerhof Flims, Romantik Hotel, Hotel Adula, The Hide Hotel Flims, Laaxerhof, Hotel Cresta Flims, Peaks Place, signinahotel and the Wellness Hostel 3000 and offer a wide range of baths, saunas, treatments and massages.

➔ [LEARN MORE AT SPA-AROUND.CH/EN](https://spa-around.ch/en)





## Hiking from course to course

### Culinary trails “Mountain & view” and “Woods & water”

Hiking is often associated with simple fare – something between a picnic and traditional local eateries. An enticing alternative is combining each stage with the course of a meal. This is a great way to experience a hike with different senses.

### Woods & water

One walk – three locales. On the “Woods & water” culinary trail, you’ll encounter the natural and culinary attractions of our region. The “Woods & water” culinary trail covers 12 kilometres or 3.5 hours of pure walking time and passes Lake Cauma, the Rhine Gorge and Lake Cresta along the way.

### Mountain & view

The “Mountain & view” hike includes a pure walking time of 6 hours, starting in Falera and visiting Startgels by way of Runcahöhe before ending in Flims. Spectacular views of nature and at the dining table characterise the “Mountain & view” culinary trail.

### Graubünden wine hike

Take a walk between every glass of Graubünden wine and get to know the area as you go. Hike from restaurant to restaurant and enjoy 3 glasses (100 ml each) of Graubünden wine at a special price.

➔ [LEARN MORE AT FLIMSLAAX.COM/EN/CULINARY-TRAIL](https://flimslaax.com/en/culinary-trail)

## Experience culinary adventures by e-bike

### E-bike culinary trail

On the e-bike culinary trail, you uncover the secrets of the region’s cuisine before sampling its delights.

The e-bike culinary trail goes from Flims Village to Sagogn by way of an idyllic forest landscape and passes Castrisch to Valendas along the unique and stunning Rhine Gorge before turning back to Flims Village.

Along the way, you’ll discover the delights of select regional products as part of a three-course menu.

### E-biking is all the rage

The days when e-bikes were just for commutes are long gone. Modern e-bikes open up a whole new world of biking. You get where you’re going faster and with less effort, but have just as much fun.

### Charging stations for e-bikes

Throughout the destination region, you’ll find 18 stations where you can charge your e-bike for free. Right next to the station, there is a box with the most common e-bike charging cables. NEW from summer 2021: the charging stations are also equipped with a three-pole power socket.



➔ [FIND ALL CHARGING STATIONS AT FLIMSLAAX.COM/EN/CULINARY-TRAIL](https://flimslaax.com/en/culinary-trail)





## Coach ride

Be it in summer or winter, you can travel by horse and carriage and arrive in Conn in a leisurely manner.

It leaves from the PostAuto stop at Flims Waldhaus, Caumasee. The coach goes past Lake Cauma, directly to Restaurant Conn, where you can enjoy some polenta or one of many other specialities. Before you return, the “il Spir” viewing platform is worth a visit. From here, you can enjoy breathtaking views of the Rhine Gorge.

## Pop-up glamping

Over the summer months, the pop-up tent village offers an unforgettable accommodation experience.

The canvas tents are cosily appointed and lovingly arranged with matching decorative objects. The tents are positioned to ensure privacy while offering guests spectacular view of the surrounding natural setting.

On the culinary front, you’ll be surprised by a breakfast box delivered directly to your tent. In the evening, you’ll enjoy a three-course meal in good company.

### Tip

Explore the Tectonic Arena Sardona during your visit. From Alp Nagens, walk via the Panoramaweg path or via Grauberg to Segnesboden. You’ll encounter a high plateau of moors with the striking Tschingelhörner peaks as a backdrop.

➔ [LEARN MORE AT TCS-GLAMPING.CH/GLAMPING-EN](https://tcs-glamping.ch/glamping-en)

If you are travelling with a group or simply want to enjoy some time with a friend or partner, you can also book a private trip.

➔ **RESERVATIONS DIRECTLY UNDER  
+41 81 911 12 31**

## Fire pits

The Flims Laax Falera region has numerous fire pits situated in the heart of nature.

➔ **VISIT [FLIMS.COM/HIKING-SERVICES](https://flims.com/hiking-services)  
FOR MORE INFORMATION OR SEE THE  
LOCAL MAP**



Local map



The opening times of the restaurants can be found in the LAAX app or at flims.com

Category

🍲 Asian

👑 Gourmet

🌐 International

🇮🇹 Italian

🇨🇭 Swiss

🏠 Local

☕ Speciality coffees

Legend table

**P** Parking spots

**P** Car park nearby

**///** Terrace/garden

**☒** Playground

**⚡** Mountain restaurant

**⬅** Restaurant with a view

**♿** Wheelchair-accessible

Method of payment

**VISA** **MC** **AMEX** **DISCOVER** **POSTALBANK** **POSTALBANK** **POSTALBANK**



Barga 👑

Trendy à la carte dishes and meat and fish specialities in a cosy slow-food ambience by a crackling fire. The menu is a modern interpretation of long-standing classics such as Chateaubriand with Black Angus Beef. The atmosphere is very special: Both the exterior construction and the interior ceiling, originate from a barn in the Bündner Oberland.

Hotel Adula, 7018 Flims  
P. + 41 81 928 28 28  
adula.ch

**P** **P** **///** **☒** **♿** **VISA** **MC** **AMEX** **DISCOVER** **POSTALBANK** **POSTALBANK** **POSTALBANK**



Biblau 🐾🐾

Typical Swiss cuisine with seasonal and regional products. At the Alp-Station dishes are prepared directly for you in the show kitchen. In addition, well-known favourites are served at the buffet – a salad bar completes the offer. Our own Gelateria and the Frozen-MaragritaBar offer refreshment.

Via Grava 45, 7031 Laax  
P. +41 81 920 81 10  
biblau.ch

**P** **///** **☒** **VISA** **MC** **AMEX** **DISCOVER** **POSTALBANK** **POSTALBANK** **POSTALBANK**



Burgers 🌐

A large selection of home-made burgers – from classic burgers to burger specials – directly at the rocksresort. To be enjoyed in a cosy pub atmosphere at Il Pup or as a Take Away.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 95 99  
rocksresort.com

**P** **///** **☒** **VISA** **MC** **AMEX** **DISCOVER** **POSTALBANK** **POSTALBANK** **POSTALBANK**



Caumasee 🌐

The restaurant directly at Lake Cauma, the pearl of the Alps. Order directly to your table via the LAAX app and enjoy a delicious meal with your family and friends. In the evening, enjoy the idyllic atmosphere with fine dishes from the grill or drinks. From time to time also with DJ and good music.

7018 Flims Waldhaus  
P. +41 81 911 11 33  
caumasee.ch

**P** **///** **☒** **VISA** **MC** **AMEX** **DISCOVER** **POSTALBANK** **POSTALBANK** **POSTALBANK**



Ella 🌐👑

In Ella's kitchen, international favourites for vegetarians and meat lovers are served, and all of it home-made. The restaurant-sharing community for everyone: A shared apartment as it lives, with an open show kitchen and bar to order yourself, a cosy lounge for coffee get-togethers, a working landscape for co-workers and a garden for balcony chillers.

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

**P** **P** **///** **VISA** **MC** **AMEX** **DISCOVER** **POSTALBANK** **POSTALBANK** **POSTALBANK**



Epoca by Tristan Brandt 👑

Star chef Niklas Oberhofer impresses with his modern, cuisine inspired by regional, alpine products with Asian influences. His carefully composed dishes are creative and surprising at the same time. His unusual and very personal presentation is convincing. presentation is convincing. A true firework for the eyes and palate.

Hotel Waldhaus Flims Wellness Resort  
7018 Flims-Waldhaus  
P. +41 76 743 43 39  
waldhaus-flims.ch/restaurants-bars/epoca

**P** **⬅** **VISA** **MC** **AMEX** **DISCOVER** **POSTALBANK** **POSTALBANK**









## Hotel Vorab Steakhouse 🌐🌱

Our “Steakhouse” Vorab spoils you with juicy steaks and various meat specialities from the open grill, as well as our Vorab classics.

7017 Flims Dorf  
P. +41 81 920 95 00  
hotelvorab.ch

P



## Il Pup 🌐

A modern ambience at the rocksresort. Sit together and enjoy fine drinks and even better burgers from the burgers next door.

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

P



## LAAX Delivery 🌐🌱

Have your food delivered easily and conveniently.

Order via LAAX app



## Meyer's Posta Veglia 🌐🌱

Excellent enjoyment value for your money. Seasonally oriented food with Graubünden influences, served in one of our rustically decorated rooms or on our peaceful sun terrace with a view of the mountains. Hot and cold dishes served all day.

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

P



## KIDS Freestyle Academy at Stenna Flims 🌐🌱

Our café offers everything from snacks to cakes and delicious coffee for everyone. Even for our youngest we also have something delicious.

7017 Flims-Dorf  
+41 81 927 72 40  
freestyleacademy.com



## La Clav 🌐

La Clav is the first vegan, vegetarian Bündnerstube. The millet capuns, hemp pizokel or the vegan chocolate mousse promise creative and conscious culinary delights. Despite the new food concept, however, much remains the same: The well-known classics from the former Bündnerstube are still on the menu – just reinterpreted.

Hotel Adula, 7018 Flims  
P. + 41 81 928 28 28  
adula.ch

P



## Mulania Restaurant 🌐

The cuisine here is both traditional and exquisite – and how could it be otherwise with Sascha Meyer in the kitchen, whose 16 Gault Milau points promise guests a true gourmet experience.

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

P



## Nooba 🌐

Unique selection of pan-Asian dishes inviting you on a culinary journey from Thailand to Vietnam and Japan. Also available for take away via the LAAX App.

rocksresort, 7032 Laax Murschetg  
P. +41 81 927 99 88  
nooba.ch

P





## Piazza – Cafedeli 🌍 ☕

At the Piazza – cafedeli, we celebrate a sophisticated coffee culture. Watch as our baristas prepare the different varieties of coffee before your eyes and admire their latte art creations. Fresh fruit and vegetable juices, various hot drinks, such as hot chocolate are also on the menu.

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

P



## Pizzeria Veneziana 🍷

In our pizzeria our Pizzaiolo is happy to prepare delicious pizzas directly from the wood stove. Of course, homemade pasta and other specialities will also delight your palate.

7017 Flims Dorf  
P. +41 81 920 95 02  
hotelvorab.ch

P



## Restaurant Vista 🍷 🍷

Convince yourself of our excellent cuisine and the friendly service and relax with a glass of champagne, a glass of good wine or a cup of coffee or tea with homemade cakes or pastries. Our team is happy to spoil you.

7152 Sagogn  
P. +41 81 921 34 34  
restaurant-vista.ch

P



## Riders Lobby 🌍 ☕

We are happy to welcome you in the heart of the Riders Hotel, the Lobby & Bar. Enjoy the unique atmosphere with a cup of our delicious coffee or a original Negroni drink.

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

P



## Prau la Selva 🌍 🍷

The restaurant Prau la Selva is a cosy self-service restaurant. Enjoy healthy and fresh meals in a sporty and family-friendly atmosphere.

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

P



## Restaurant Cavigilli 🌍 🍷

In the historic house you will find a refreshingly authentic and seasonal Italian cuisine with exquisite antipastis, finest meat and fish dishes, as well as creative pasta and dessert creations. In the rustic wine cellar, you can enjoy exquisite Italian Wine and the cellar becomes your home. Our best dishes served in a private, familiar atmosphere.

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

P



## Riders Restaurant 🍷 🍷 ☕

Vegetarian. Honest. Simple. Good. We offer our guests a varied vegetarian 3-course menu featuring fresh and, where possible, seasonal, local and organic ingredients. Modern, authentic cuisine from Switzerland with influences from all over the world.

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

P



## Ristorante Camino 🍷

Italian and Mediterranean cuisine with creative homemade pasta and risotto variations, meat and fish dishes and traditional pizza from the wood-fired oven.

signinahotel, 7032 Laax Murschetg  
P. +41 81 927 90 26  
signinahotel.com

P





## rockslounge 🌐

Light, refreshing, easy, the rockslounge is the perfect place to relax and enjoy. It doesn't matter if it's in our comfy living-room or at the outside bar: come and enjoy a delicious drink.

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



## s'nani @ Peaks Place Laax 🇨🇭

At Restaurant s'nani, grandmother's recipes are reinterpreted. The head chef Pascal Schmutz and his team have created a regionally inspired menu with unique and healthy dishes. The ideal place to recharge your batteries after an active day on the mountain. Free parking in the underground car park.

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



## Stalla – Alp Nagens 🇨🇭 🇨🇭

Enjoy the view of the fascinating Graubünden mountains at 2000 meters above sea level. In the cosy and rustically renovated cowshed, original Swiss specialities are served. The spacious sun terrace invites you to relax. In addition, you can buy fresh alpine products.

Alp Nagens, 7032 Laax  
P. +41 81 927 99 28  
stalla-alpnagens.ch



## Tegia Curnius 🇨🇭 🇨🇭

This is the place to savour the finest Graubünden specialities. The restaurant situated 1644 meters above sea level boasts the style of a comfortable modern lodge and a spacious sun terrace. Our specialities: Maluns, Capuns, Rösti with Bacon and raclette potatoes.

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



## Schweizerhof Flims Romantik Hotel & Spa 🌐 🇨🇭

Seasonal dishes with fresh products, partly with a Grison as well as a French accent – served in the “Belle Epoque” restaurant or at the “Art Nouveau” veranda.

Rudi Dadens 1, 7018 Flims Waldhaus  
P. +41 81 928 10 10  
schweizerhof-flims.ch



## Segneshütte 🇨🇭 🇨🇭

The Segneshütte, one of the oldest mountain huts in the region, at an altitude of 2100 meters above sea level, lays in the middle of the UNESCO World Heritage Site. The hut offers homemade local specialities, a large sun terrace and overnight accomodation.

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



## Tegia Larnags 🇨🇭 🇨🇭 🇨🇭

Just a few walking minutes above the rocksresort lies the Tegia Larnags. “Tegia” means “hut” in Romansh and as such offers authentic regional and Swiss dishes in a cosy ambience.

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



## Tegia Miez 🇨🇭

Just like the farmers used to eat in the past, dried meat in all variations, alpine cheese, barley soup and fine cake, accompanied by wine from the big bottle round off the culinary experience.

7032 Laax  
P. +41 81 927 99 19







## Trattoria, Pizzeria Il Forno 🍷

Typical Italian cuisine in Flims. Homemade pasta, lasagne, ossobuco and saltimbocca are a joy and a lot of a lot of good humour. They say our wood-fired pizza is the best in the region. Cuisine 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 Lags 🍷 🍷

The restaurant is located directly on the Laax Lake with a beautiful terrace and magnificent view of the lake. The team will spoil you with local meat dishes, pasta, a changing lunch menu as well as cakes and delicious desserts from the in-house patisserie.

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



## Ustria Parlatsch 🍷

The beautiful log house, where you can really feel at home. On our panoramic terrace, enjoy lovingly prepared Graubünden specialities such as capuns, Trinser Raviols (dried pear ravioli), the best flans and hazelnut croissants. PS: our cosy rooms are perfect for a good night's sleep.

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



## Ustria Startgels 🍷

In the cosy wooden living room and on the terrace, the guests are treated with grilled specialties creamy polenta from the open fire, homemade pasta, freshly baked bread and creative desserts. The wine to go with these delicacies comes from the well-stocked wine cellar.

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



ALWAYS  
TASTY. LAAX

**VIBRANT DINING  
EXPERIENCES  
THAT SPARK JOY.**

Whether on the mountain or in the valley, our establishments stand for high-quality, modern dining experiences – as colourful and diverse as our guests.

laax.com/always tasty





**KIDS  
FREESTYLE  
ACADEMY  
FLIMS**

SKATE PARK, PLAYGROUND,  
JUMPING, SLIDING, 0-8 YEARS

*New at STENNA Flims*

freestyleacademy.com

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# Restaurant s'nani Laax

## Reinterpreting grandmother's recipes

Since its opening, the s'nani restaurant in the Laax apartment hotel Peaks Place has placed a strong focus on regional, sustainable ingredients, working closely with local producers. The result is a bold, unique concept that puts a fresh twist on grandmother's recipes. This consistent local emphasis has seen s'nani become the first Swiss restaurant to be awarded the regio.garantie quality label for regional products from the Swiss organisation alpinavera. For s'nani, a partner of

the brand graubünden, this represents another milestone in terms of local and sustainable production.

We at s'nani look forward to welcoming you to our restaurant. A limited number of free parking spaces are available to guests in our underground car park and outside.



[snani.ch](http://snani.ch) | +41 81 927 14 24 | Via Uletsch 1, 7031 Laax

graubünden VIVA

regio.garantie









## Flims – a wide range of offers for more than just a holiday

Of all the holiday resorts in Graubünden, the sun terrace of Flims, perched at 1,100 m above sea level, high above the anterior Rhine valley, is a very special place. A huge, prehistoric rockslide was the basis.

The village of Flims was mentioned as early as the eighth century. The ruins of Belmont Castle, where the imperial bailiffs held court is 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 building opened in a unique setting, beside the idyllic Lake Cauma. Encouraged by the success of Hotel “Waldhaus”, additional hotels followed.

Winter tourism only began in the 1920s, following the summer holiday season. In order to expand and improve our tourist services, new high-performance lift systems, an extended network of hiking trails, indoor swimming pools, a curling hall, new car parks and the Prau la Selva sports centre were established. Those who are a little less active are

also in good hands and can enjoy a top-class meal in one of our mountain restaurants while enjoying magnificent panoramic views. Flims today – a modern, sporting and holiday location with a strong tradition!

The Flims rockslide is the largest rockslide that took place in Europe. Due to this happening, Flims gained its famous and unique setting. The rockslide, which took place around 9,500 years ago, tore limestone rock from the Flimserstein down into the depths, pouring into the Rhine. The river was dammed, which led to the formation of a lake in the Ilanz plain. The impressive forces of nature also resulted in the lake subsequently creating its own run-off. The Rhine Gorge was being formed with its steep, white limestone walls and meandering course.

The Flem and Ual da Mulin streams sought out a new path through the mass of rock, which resulted in the formation of the glorious Prau Pulté, Cauma and Cresta forest lakes over the course of time.







## Laax – refreshing waters, playgrounds and campfires sites

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. Visitors can expect big lawns, well-equipped playgrounds and beautifully situated fireplaces directly by the lake. Those interested in culture and culinary delights can explore the Ustria Lags and the newly built CULAR-TA cultural centre.

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 meeting place 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 a satisfying holiday.







## Falera – the sunny terrace

In terms of area, Falera is the smallest of the three villages of Flims, Laax and Falera. Thanks to its altitude (1,213 m above sea level), the village offers an unimpeded and unparalleled view of the Rhine Gorge all the way to Chur, from Lugnez far towards Obersaxen. Against an imposing mountain backdrop, Falera combines rustic surroundings with authentic experiences.

The landmark of Falera is the church of St. Remigius, which was built some 500 years ago on a stunning panoramic terrace, the Mutta. The church is considered one of the most beautiful and interesting historic buildings in the Bündner Oberland region. You'll be glad you paid a visit.

Unique in Switzerland is the Bronze Age site Parc La Mutta. On a walk across the prehistoric settlement mound, you will also discover bowl stones and column-like boulders whose purpose is unknown. Scientific studies are currently under way to learn more about the first settlers.

Falera is also home to the Mirasteilas public observatory, complete with the largest telescope in Switzerland that is open to the public. The clear, clean air and its ideal position above the village make it the perfect spot to explore the infinite vastness of the universe.







## Sagogn – a small municipality with a big heart

Sagogn lies at an altitude of 800 m on a sunny terrace overlooking the anterior Rhine Gorge, next to the hilly landscapes of Laax and Falera. Thanks to its mild climate, you can enjoy balmy summer evenings on the terrace at the restaurants in Sagogn all summer long.

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 Graubünden in the square outside Casti Aspermont. The 1,500-year-old church is one of the most well-preserved, ornamental church buildings of the early High Baroque period north of the Alps.

Direct access to the Rhine Gorge leads from Laax village via the Crap Signina viewing platform and through the Val da Mulin. Idyllic and secluded, the campfire site in Spaleus with its small biotope is on the way to the Rhine Gorge and is a real insider tip. The return path on the other side of the valley – across the plain of Planezzas – offers a wonderful natural panorama, particularly in early summer, with over 20 varieties of orchids.

There are many different types of walking trails around the village. Follow the cultural and historical “Senda Sagogn” trail with its nine panels featuring comprehensive information about the history of Sagogn. The “Plaun Pigniel” adventure playground has a fire pit and covered seating for both young and old, making it the perfect place to relax.

One of the most beautiful golf courses in Switzerland, Buna Vista Golf Sagogn, lies in the midst of the countryside on the Rhine Gorge plateau and offers a splendid view of the mountains of the Surselva.

➔ [VISIT SAGOGN.CH](https://www.visit-sagogn.ch) FOR MORE INFORMATION







## Trin – a village that invites you to linger a while

The sunny mountain village is divided into three districts (Trin, Trin Digg and Trin Mulin) and is located at an altitude of approximately 800 m on a terrace at the gateway to the Surselva. The incredibly varied topography and extensive hiking trail network invite you on a wonderful adventure by bike or on foot. Its unspoilt character, peaceful atmosphere and overwhelmingly beautiful views of the mountain scenery are always there with you.

Two castles bear witness to the deep history of the village. Canaschal tower, above Trin church, and the ruined castle of Crap Sogn Barcazi, above Trin Porclis, each place offer spectacular views for visitors. Above Trin Porclis, there are several Swiss army bunkers built in the rock. During the Second World War, they served as a final barrier before the Swiss National Redoubt, designed to prevent the enemy from gaining access to the Gotthard area and the Graubünden Oberland. Take a peek inside the fortress museum and behind the concealed gates.

Not far from Lake Cresta, the wild and romantic Flembach river Flem stream flows through the winding “Felsbach” gorge. Just looking down at the

roaring water makes every walk an amazing experience, particularly on warm, sunny days. When you arrive at Trin Station, you're already in the heart of the Rhine Gorge. Discover the unique natural paradise with its bizarre rock formations on a leisurely hike alongside the Rhine from Reichenau to Trin. Located directly on the hiking trail at Trin Station, Ustria Trin Staziun is a perfect spot to relax for a while. Also at Trin Station is the elegant, 105-m-long and 1.8-m-wide wooden suspension bridge over the anterior Rhine. In Conn, “il Spir” viewing platform offers magnificent views of the gorge. On Alp Mora (1,900 m above sea level), large glacier mills filled with crystal-clear water line up beside one another like a string of pearls. In July and August, Trin tourist office organises guided hikes here (incl. transport and lunch).

You can recharge your batteries at the beautiful outdoor yoga and fitness facility in Trin Porclis. It runs over rough and smooth terrain through the lush green forest.

➔ **VISIT TRIN-VERKEHRSVEREIN.CH  
FOR MORE INFORMATION**









More information about our offerings and opening hours, as well as various routes and tours, are available at flims.com and laax.com, in the LAAX app and at the various visitor information points.

## Visitor information

Phone: +41 81 920 92 00  
Email: info@flimslaaxfalera.ch

## Flims

Via Nova 62, 7017 Flims Dorf

## Laax

Via Principala 60b, 7031 Laax Dorf

## Falera

Via Principala 45c, 7153 Falera

All information on the information centres, opening times during the off-season and the peak season is available at flims.com and laax.com or in the LAAX app.

## Flims Laax Falera cableway tickets

+41 081 927 71 05  
liftticket@laax.com

## Cableway information and Laax shop

+41 081 927 71 02  
liftticket@laax.com

All information on cableway opening times during the off-season and the peak season is available at flims.com and laax.com or in the LAAX app.

## Sagogn visitor information

Phone: +41 81 920 88 00  
Email: ferien@sagogn.ch  
sagogn.ch  
Sagogn visitor information  
Via Vitg dado 23, 7152 Sagogn

## Trin tourism association

Phone: +41 81 635 18 88  
Email: vvtrin@bluewin.ch  
trin-verkehrsverein.ch  
Casa Communala, 7014 Trin

## Services from A-Z

laax.com/en/service-info/  
services-from-a-z

# Local transport in Flims Laax Falera

Here in Flims Laax Falera, you can give your car a break – thanks to our transport system, you won't have any trouble getting on the move. And in an environmentally friendly way to boot.

Our transport services are as diverse as our guests: in our holiday destination in Graubünden, you have the option of getting around conveniently and comfortably in Flims Laax Falera with the shuttle. Are you a fan of real horsepower? Then take a horse-drawn carriage ride. We also support e-mobility: take the e-shuttle to explore Laax and surroundings, or use your own electric vehicle, which you can charge at one of our numerous charging stations.

## Mountain lifts

The following lifts are open in summer:

- Laax – Crap Sogn Gion
- Flims – Arena Express
- Falera – Curnius

## Flims Laax Falera shuttle

Since the 2022/2023 winter season, all public transport options between Flims, Laax and Falera, as well as all local buses, can be used free of charge with a guest card, cableway ticket or local resident ID. This does not include paid shuttle services (see below).

The Flims Laax Falera shuttle operates on a regular timetable in the whole destination. Please note the seasonal timetables and routes.

Schedules can be viewed in the LAAX app or via the SBB timetable | SBB. Detailed timetables for all lines can also be obtained from visitor information points.

## Paid shuttle routes

- Alp Mora Shuttle  
Wednesday and Saturday: 01.07.– 02.09.2023
- Bargis Shuttle  
Daily: 18.05.– 21.05. / 27.05.– 22.10.2023
- Nagens Shuttle  
Daily: 24.06.– 22.10.2023
- Rheinschlucht/Ruinaulta-Bus  
Daily: 01.07.– 27.08.2023  
Saturday / Sunday: 01.09.– 22.10.2023
- Startgels | Foppa Shuttle  
Saturday and Sunday  
01.07.– 20.08./2023 and 07.10.– 22.10.2023

## Shuttle routes in mountain springtime

- Bike shuttle | Flims – Startgels  
Saturday and Sunday 22.04.– 28.05.2023  
Thu 18.05. | Fri 19.05. | Mon 29.05.
- Cabrio Shuttle | Sagogn – Versam  
Friday, Saturday and Sunday 21.04.– 28.05.2023  
Thu 18.05. | Fri 19.05. | Mon 29.05.





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