

# Hiking Guide

English



Mobile Ordering

Live Information

Tickets

E-Shuttle

Leaderboards

Local Tips

Points

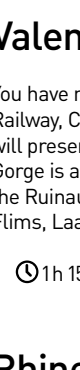
## Get more mountain



Download the official LAAX app

## Hiking services

Take a relaxed walk over hill and dale thanks to hiking stick sharing, new opportunities to sit down and linger along the hiking trails.



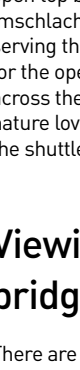
### Drinking water spots

The LAAX app shows you all the drinking water spots in the region.



### Stick sharing

The stick sharing allows you to borrow and return wooden hiking sticks for free. They come in various sizes and are available at the stick sharing stations. Simply return your hiking stick once you are done with the hike. Should your hiking stick become your new favourite device, you can easily buy it via the LAAX app or at the guest information desk.



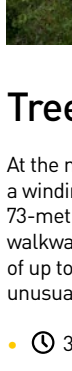
### Digital hiking map

Discover the TOP 10 hiking routes and the most beautiful spots in the region.

## Guided nature hikes

Until the end of October you can explore the nature together with a GeoGuide, a mushroom expert, a herbalist, a gamekeeper or an orchid specialist while hiking around Flims Laax Falera. Every Saturday there is a special hike with a focus on one of the topics.

For more information and details about the hikes, visit: [flims.com/guidednaturehikes](https://flims.com/guidednaturehikes)



Visit [laax.com/spring-mountains](https://laax.com/spring-mountains) to discover all offers you can already use in April and May

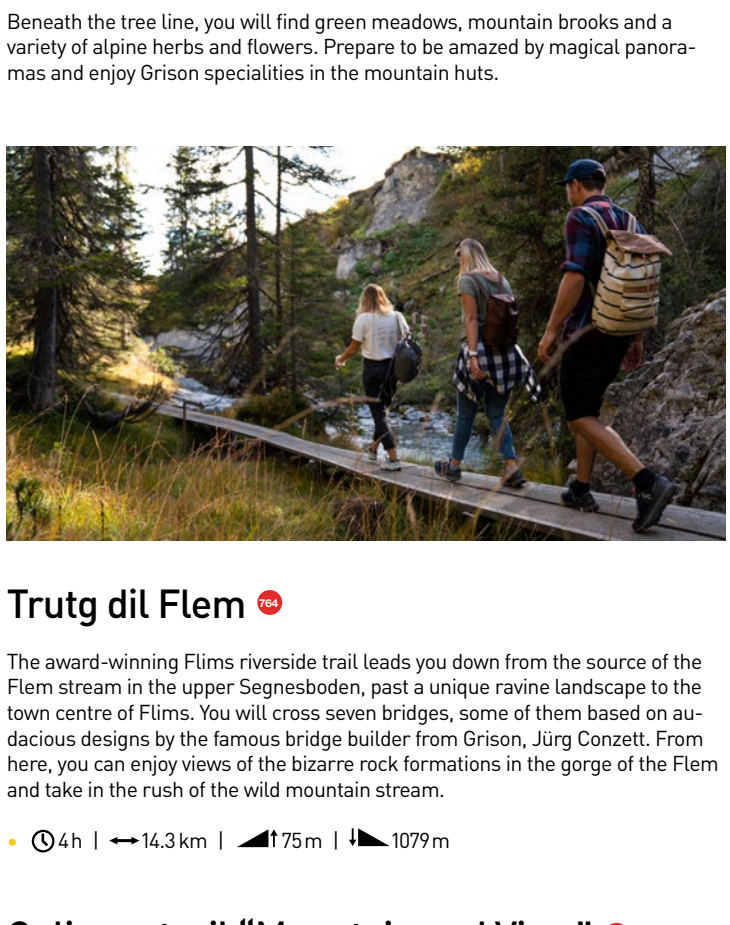
## Rhine Gorge

600 m a. s. l.

The Rhine Gorge between Reichenau and Ilanz is one of the most spectacular landscapes in Grison and unique to the Alps. In the wild gorge, take a hike along the rugged rock formations or experience pure adrenalin while river rafting.

The Flims landslide created this natural wonder around 9,500 years ago. Today, the wild gorge is home to rare species of waterfowl, beavers and fascinating orchids.

Please note that certain gravel banks are not accessible from 1 April to 15 July during hatching and breeding season.



### Valendas – Versam <sup>15</sup> Family

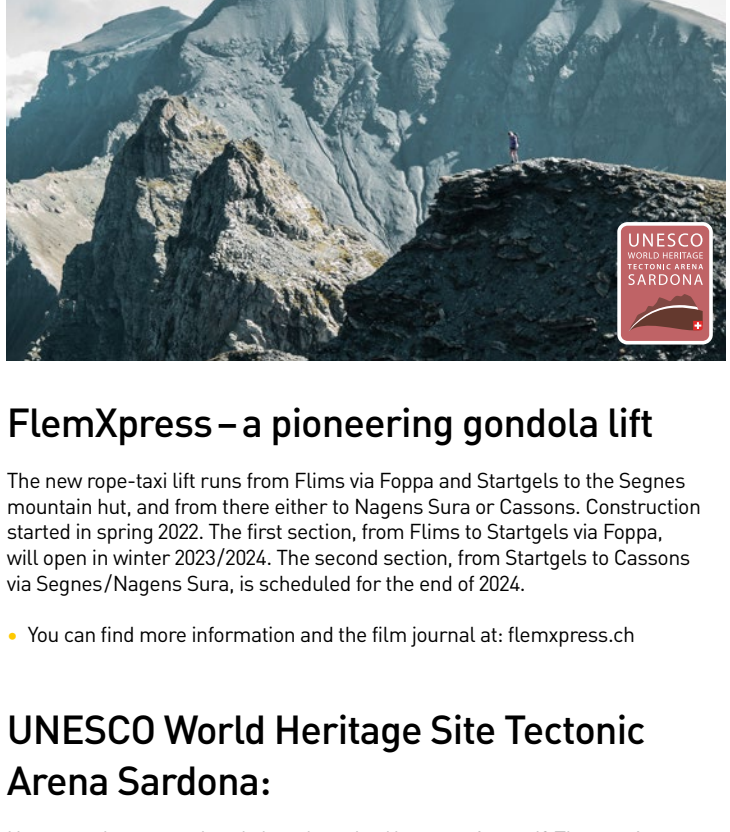
You have never experienced the Rhine Gorge in such diversity. By the Rhaetian Railway, Cabrio Rhine-Gorge/Ruinaulta-Bus and of course on foot. This hike will present the Rhine Gorge in all its glory. The route shows you why the Rhine Gorge is also called the "Swiss Grand Canyon". You can purchase tickets for the Ruinaulta tour (including bus and train) from the guest information centre in Flims, Laax and Falera.

• ⌚ 1h 15min | ↔ 4.5 km | ▲ 110m | ▼ 125m

### Rhine Gorge circuit hike <sup>12</sup>

Past Lake Cauma and through the Swiss Grand Canyon. On the viewing platform of "Il Spir", you can take in the spectacular views of the Rhine Gorge. Our tip: pack some food to have a barbecue. There are several barbecue areas located directly on the Rhine where you can enjoy magnificent views.

• ⌚ 6h 50min | ↔ 20 km | ▲ 655 m | ▼ 655 m



### Rhine Gorge open top bus

Enjoy the wind in your hair with the RHB adventure train and the Rhine Gorge open top bus. The bus travels between Laax, Sagogn, Valendas and Brün to Imtschlag, connecting the two sides of the valley. Recently, it has also started serving the spectacular route between Versam and Reichenau. Book your seat for the open top bus or the minibus in advance and enjoy being chauffeured across the Rhine Gorge. The ride has scenic experiences on offer and brings nature lovers to the starting point of attractive hikes. Travel times are listed in the shuttle timetable on the LAAX app.

## Viewing platforms and suspension bridges

There are seven viewing platforms along the Rhine Gorge, allowing visitors to experience the "Swiss Grand Canyon". In addition to the platforms Alax – in Valendas –, Crap Signina in Sagogn, Islabörd in Versam, Spitz in Bonaduz/Versam, Wackenau in Trin/Bonaduz and Zault in Trin; the platform "Il Spir" in Conn is certainly the most unusual. In addition to the fantastic view of the Krumme Waag (Crooked Scale), you can enjoy the legendary pear ravioli in the restaurant Conn. The slender suspension bridge from Grison, next to the train station of Trin, connecting the right and left banks of the Rhine. With a length of 105 metres and a walking width of 1.8 metres, it is one of the longest suspension bridges in the canton of Grisons.

## Woods & Water

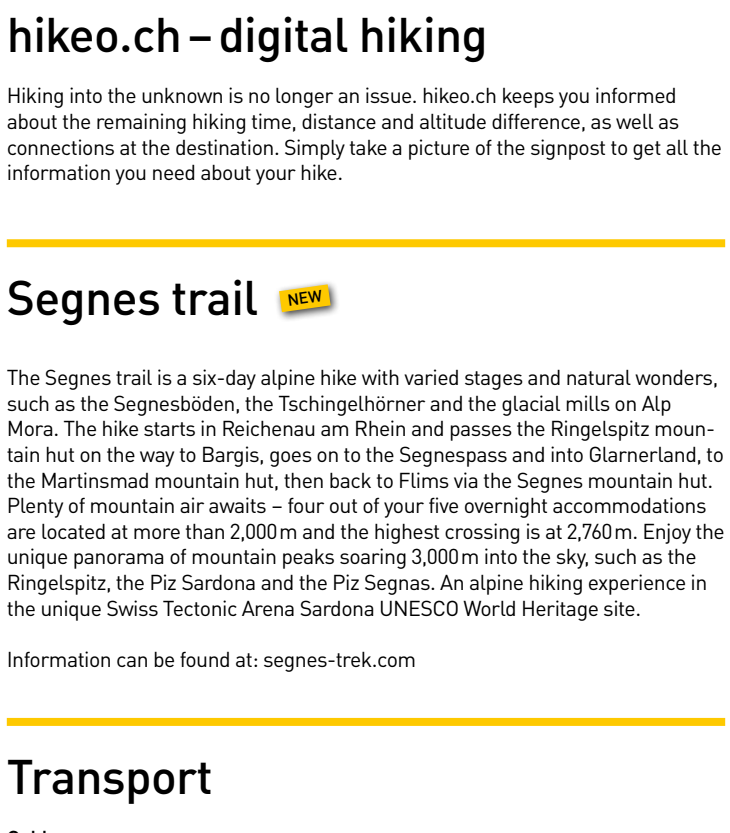
1,100 m a. s. l.

There's lots to discover in the forests and on the lakes of Flims Laax Falera at 1,100m above sea level. From circular hikes to adventure trails, the area has it all.

### Lake Cauma circuit hike <sup>13</sup>

Easy hike from Flims Waldhaus to Conn. Take a dip in Lake Cauma on the way. The warm lake temperature and the unique turquoise-blue water will make you feel like you're in the Caribbean. Return on foot or by horse-drawn carriage.

• ⌚ 1h 10min | ↔ 3.6 km | ▲ 100m | ▼ 100m



### Treetop walkway <sup>11</sup> Family

At the main entrance in Laax Murschegg, you can access the first platform via a winding staircase or with the elevator. A highlight for the little ones is the 73-metre-long spiralling slide. Mostly running through the canopy, the treetop walkway follows a well-built wooden walkway towards Laax village. At heights of up to 28 metres, the forest can be experienced with all the senses and from unusual perspectives.

• ⌚ 30min | ↔ 1.5 km | ▲ 28m | ▼ 28m

### Laax Lake tour (audiowalk) <sup>6</sup>

An artistic audiowalk will take you around Lake Laax. You can expect an entertaining and exciting walk, linked to a story that is accompanied with sounds and music. Follow along their own handmade "Connsschiff" with headphones on your ears.

• ⌚ 30min | ↔ 1.2 km | ▲ 10m | ▼ 10m

## Culinary trail "Forest and Water" <sup>14</sup>

The culinary trail in Flims combines your hike with an excellent menu. One trail – three stops. On our culinary trail "Forest and Water", you will get to know both the culinary and natural attractions of our region.

• Reservation/Information: [flims.com/shop](https://flims.com/shop)

• ⌚ 3h 30min | ↔ 11.8 km | ▲ 345 m | ▼ 345 m

### Foxtrail <sup>Family</sup>

Foxtrail – the exciting scavenger hunt awaits you with 3 tricky trails which make the mountain experience an unforgettable adventure.

• For more information and bookings visit [flims.com/foxtrail](https://flims.com/foxtrail)



### Connbächli <sup>16</sup> Family

Hiking alongside the Connbächli stream is great fun especially for the little ones. Accompanied by their own handmade "Connsschiff" boats, the walk to Conn is a real adventure.

The locally produced boats are available at the guest information centres in Flims, Laax or Falera.

• ⌚ 1h 30min\* | ↔ 5 km | ▲ 135m | ▼ 135m

\* Walking time adults

## Mountain landscape

1,600 m a. s. l.

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



### Trutg dil Flem <sup>18a</sup>

The award-winning Flims riverside trail leads you down from the source of the Flem stream in the upper Segnesboden, past a unique ravine landscape to the town centre of Flims. You will cross seven bridges, some of them based on audacious designs by the famous bridge builder from Grison, Jürg Conzett. From here, you can enjoy views of the bizarre rock formations in the gorge of the Flem and take in the rush of the wild mountain stream.

• ⌚ 4h | ↔ 14.3 km | ▲ 175m | ▼ 1079m

## Culinary trail "Mountain and View" <sup>20</sup>

A wonderful feast for the eyes with culinary delights on your plate. It is this mix that makes the culinary trail "Mountain and View" so special. Make your way along the panoramic hiking trail and the Trutg dil Flem, and enjoy a top-class five-course menu.

• ⌚ 6h | ↔ 17.3 km | ▲ 617m | ▼ 726m

## Bargis mountain valley <sup>7</sup> Family

The Bargis mountain valley is located between the Flimserstein and Piz Muritta. A circuit trail leads through the high valley past lush alpine meadows and impressive rock faces. A refreshing stream invites you to linger. After the hike, Berghaus Bargis, with its regional specialties, is the perfect place to relax and enjoy good food.

• ⌚ 45min | ↔ 2.5 km | ▲ 148m | ▼ 48m



### Alp Mora glacial mills <sup>16</sup>

The glacial mills near Alp Mora are some of the most beautiful and extraordinary natural formations you will see. The Malienbach stream eroded the rock here to form large basins over the course of centuries, which now stand in line like a string of pearls. The roughly 20 glacial mills fill up with crystal-clear, turquoise-coloured water once the snow melts, presenting the perfect place to bathe during summer months. From 1 July to 2 September, a shuttle bus runs from Trin to Purcs on Wednesdays and Saturdays. For more information, visit [flims.com/alp-mora](https://flims.com/alp-mora).

• ⌚ 7h 40min | ↔ 18 km | ▲ 873m | ▼ 1549m

## Hubertus Archery park <sup>23</sup> Family

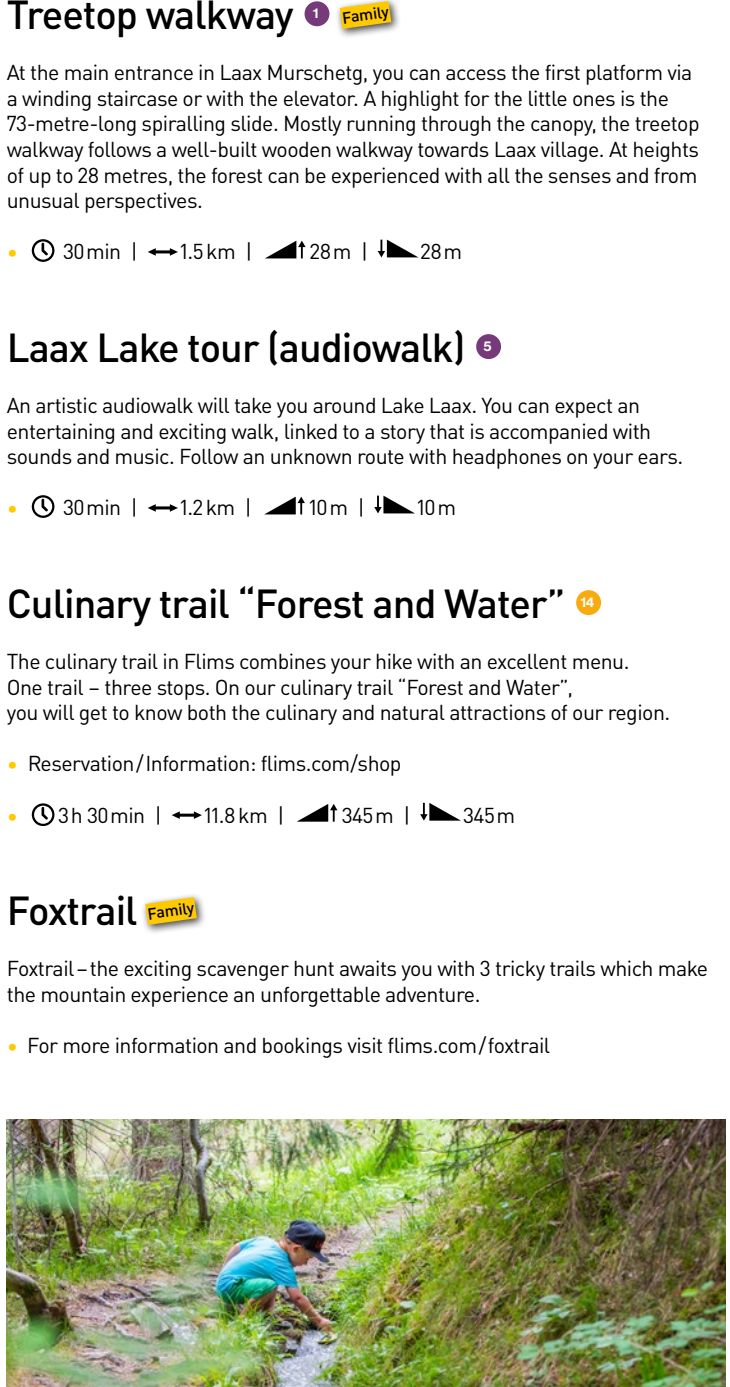
On this hike, you will learn why hunting is such an important thing here as well as lots of interesting information about the wildlife and nature in our region.

• ⌚ 2h | ↔ 4.6 km | ▲ 10m | ▼ 574m

## Highlands

2,000 m a. s. l.

The highlands in Flims Laax Falera are characterised by special formations such as the Martinsloch and the Tschingelhörner. The region is particularly suitable for climbers, but also great for hikers.



## FlemXpress – a pioneering gondola lift

The new rope-taxi lift runs from Flims via Foppa and Startgels to the Segnes mountain hut, and from there either to Nagens Sura or Cassons. Construction started in winter 2022/2024. The first section, from Flims to Startgels via Foppa, will open in spring 2023/2024. The second section, from Startgels to Cassons via Segnes/Nagens Sura, is scheduled for the end of 2024.

• You can find more information and the film journal at: [flemxpress.ch](https://flemxpress.ch)

## UNESCO World Heritage Site Tectonic Arena Sardona:

Have you always wondered about how the Alps were formed? Then you've come to the right place at the UNESCO World Heritage Site Tectonic Arena Sardona. There is no better place to learn all about the history and formation of the Alps with its vivid details. It is for this reason that the 32,800-hectare Tectonic Arena Sardona was declared as a UNESCO World Heritage Site in 2008.

### Visitor pavilion

Open daily and run by GeoGuides Sardona on Saturdays and Sundays.

### "Sardona Aktiv" App

In the "Sardona Aktiv" app you will find a large selection of informative theme trails and hikes, where you can learn everything about the impressive geology and nature of the UNESCO World Heritage Tectonic Arena Sardona.

## Nagens – Segnesboden – Scansinas <sup>22</sup>

From Nagens, follow the path gently uphill towards the Grauberg. On the subsequent descent (good surefootedness required) to the lower Segnesboden the unique panorama of the Tectonic Arena Sardona UNESCO World Heritage Site can be enjoyed. The watercourses on the plateau constantly change their course, so that the fen, which takes up about half of this of this alluvial soil, constantly forms new patterns. New lakes appear – and disappear. In the background, the unique rock formations of the Tschingelhörner reach for the sky.

• ⌚ 2h 30min | ↔ 8.3 km | ▲ 120m | ▼ 350m

## Climbing

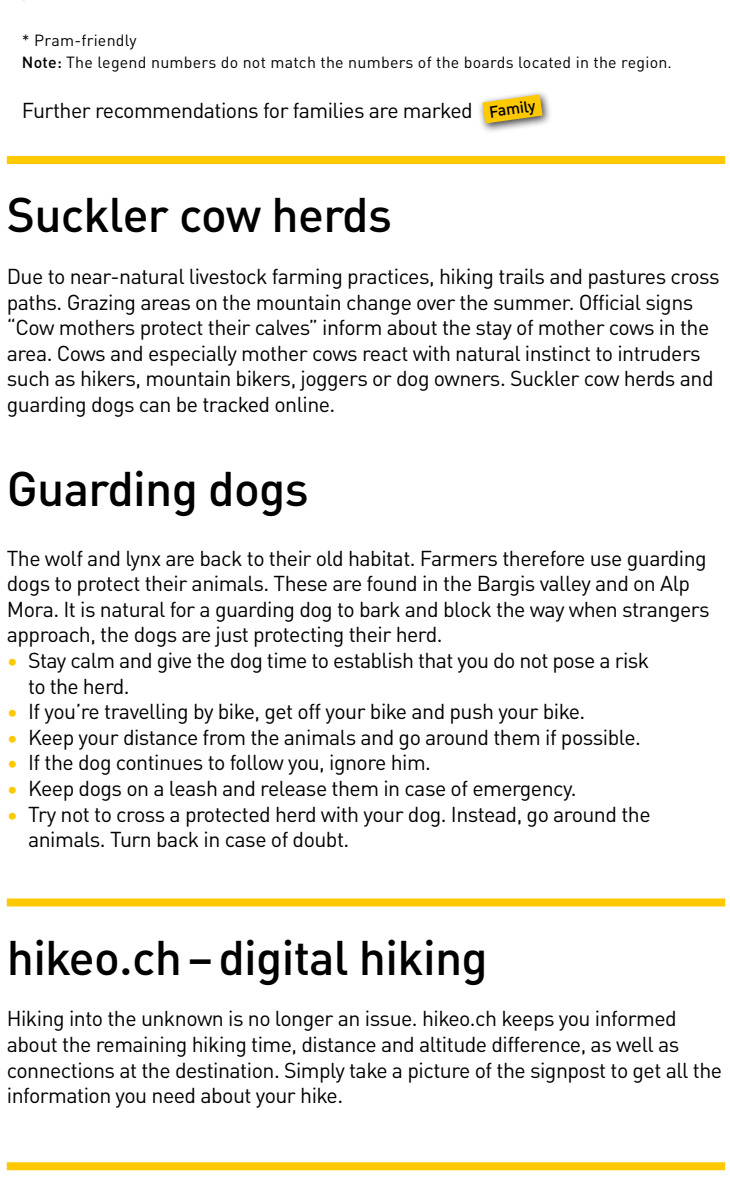
In addition to the climbing garden on the lower Segnesboden, there is the new "Crap la Tgina" climbing garden for beginners and advanced climbers at 2,350m a.s.l., not far from the upper Segnesboden. The small but exquisite climbers' paradise has 42 routes and boasts solid limestone rock, excellent structures, such as gullies and small chicken heads, as well as routes up to 20 metres long. Climbing fun awaits, with difficulty levels from 3a to 6b.



### Pinut via ferrata <sup>25</sup> Family

The ascent via the Pinut via ferrata to the Flimserstein is a thrilling natural experience. The adventurous route leads through caves and over ladders and stairs, scaling three practically vertical rock faces on their way to the elevated plain. 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.

• ⌚ 4h | ↔ 5.7 km | ▲ 928m | ▼ 565m



## Directions

Walking Hiking Mountain hiking Alpine hiking

Nr.	Tour	Time	km	m	m	m
1	Treetop walkway <sup>Family</sup>	30 min	1.5	28	28	
2	Senda romontscha (Romontsch educational trail)*	20 min	6.8	81	400	
3	Lake Cauma circular hike*	1 h 10 min	3.6	100	100	
4	Lake Cresta circular hike*	1 h 15 min	4.6	92	92	
5	Laax Lake Tour* (Audiowalk)	30 min	1.2	10	10	
6	Connbächli <sup>Family</sup>	1 h 30 min	5	135	135	
7	Bargis mountain valley <sup>Family</sup>	45 min	2.5	48	48	
8	Falera – Laax*	1 h	3.8	26	200	
9	Senda Sagogn	1 h	3.5	95	95	
10	Lag Prau Putté circular hike	30 min	1.9	62	62	
11	Staderas – Salums – Staderas	1 h 40 min	5.6	183	165	
12	Falera – Laax Murschegg (planetary path) <sup>Family</sup>	1 h 15 min	3.9	55	55	
13	Rhine Gorge circular hike	6 h 50 min	20	655	655	
14	Bargis – Flims	1 h 30 min	4.9	0	478	
15	Culinary trail "Forest and Water"	3 h 30 min	11.8	345	345	
16	Valendas – Versam <sup>Family</sup>	1 h 15 min	4.5	110	125	
17	Falera – Curinus – Alp Dadens – Falera <sup>Family</sup>	3 h 40 min	10.8	610	610	
18	Crap Sogn Gion – Fuorcla – Alp Nagens	2 h 45 min	9.5	365	600	
19	Bargis – Alp Mora glacial mills – Trin	7 h 40 min	18	873	1549	
20	Culinary trail "Mountain and View"	6 h	17.3	617	726	
21	Bargis – Cassons – Flims	7 h	17	1140	1600	
22	Nagens – Segnesboden – Scansinas	2 h 30 min	8.3	120	350	
23	Hubertus Archery Park <sup>Family</sup>	2 h	4.6	0	574	
24	Trutg dil Flem	4 h	14.3	75	1079	
26	Senda panoramica Narau	5 h 20 min	11	1022	140	
28	Senda panoramica Nagens	3 h 20 min	8.2	70	900	
29	Pinut Via Ferrata <sup>Family</sup>	4 h	5.7	928	565	
25	Laaxer Stöckli	4 h	10.9	580	820	

\* Pram-friendly

Note: The legend numbers do not match the numbers of the boards located in the region.

Further recommendations for families are marked <sup>Family</sup>

## Suckler cow herds

Due to near-natural livestock farming practices, hiking trails and pastures cross paths. Grazing areas on the mountain change over the summer. Official signs "Cow mothers protect their calves" inform about the stay of mother cows in the area. Cows and especially mother cows react with natural instinct to intruders such as hikers, mountain bikers, joggers or dog owners. Suckler cow herds and guarding dogs can be tracked online.

## Guarding dogs

The wolf and lynx are back to their old habitat. Farmers therefore use guarding dogs to protect their animals. These are found in the Bargis valley and on Alp Mora. It is natural for a guarding dog to bark and block the way when strangers approach, the dogs are just protecting their herd.

- Stay calm and give the dog time to establish that you do not pose a risk to the herd.
- If you're travelling by bike, get off your bike and push your bike.
- Keep your distance from the animals and go around them if possible.
- If the dog continues to follow you, ignore him.
- Keep dogs on a leash and release them with your dog owners. Suckler cow herds and guarding dogs can be tracked online.

## hikeo.ch – digital hiking

Hiking into the unknown is no longer an issue. hikeo.ch keeps you informed about the remaining hiking time, distance and altitude difference, as well as connections at the destination. Simply take a picture of the signpost to get all the information you need about your hike.

## Segnes trail <sup>NEW</sup>

The Segnes trail is a six-day alpine hike with varied stages and natural wonders, such as the Segnesboden, the Tschingelhörner and the glacial mills on Alp Mora. The hike starts in Reichenau am Rhein and passes the Ringelspitz mountain hut on the way to Bargis, goes on to the Segnespass and into Glarnerland, to the Martinsloch mountain hut, then back to Flims via the Segnes mountain hut. Plenty of mountain air awaits – four out of your five overnight accommodations are located at more than 2,000m and the highest crossing is at 2,760m. Enjoy the unique panorama of mountain peaks soaring 3,000m into the sky, such as the Ringelspitz, the Piz Sardona and the Piz Segnas. An alpine hiking experience in the unique Swiss Tectonic Arena Sardona UNESCO World Heritage site.

Information can be found at: [segnes-trek.com](https://segnes-trek.com)

## Transport

### Cable cars

The following cable cars are open in summer:

- Laax – Crap Sogn Gion
- Flims – Plauun – Scansinas – Nagens
- Falera – Curinus

### Flims Laax Falera shuttle

The entire public-transport network between Flims, Laax and Falera as well as all local buses can be used free of charge with a guest card, cable-car ticket or local ID card.

### Paid shuttle routes

- Alp Mora shuttle: Wednesdays and Saturdays: 01.07. – 02.09.23
- Bargis shuttle: Daily: 18.05. – 21.05.23 and 27.05. – 22.10.23
- Nagens shuttle: Daily: 24.06. – 22.10.23
- Rheinschlucht/Ruinaulta bus: Laax – Sagogn – Valendas – Imtschlacht – Tamsins: Daily: 01.07. – 27.08.23; Saturdays and Sundays: 01.09. – 22.10.23
- Startgels | Foppa shuttle: Flims – Runcahöhe – Startgels – Foppa – Flims: Saturdays and Sundays 01.07. – 20.08.23 and 07.10. – 22.10.23

Information on operating and travel times can be accessed via [sbb.ch](https://sbb.ch) and the LAAX app.

