

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



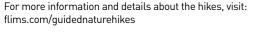
Digital hiking map

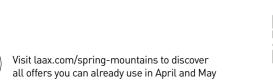
Discover the TOP 10 hiking routes and the most beautiful spots in the region.



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.







600 m a.s.l.

The Rhine Gorge between Reichenau and Ilanz is one of the most spectacular andscapes 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 6 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 quest information centre in Flims I aax and Falera.

①1h 15min | ↔ 4.5km | **1**110m | **1**25m

Rhine Gorge circuit hike @

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

(0 6 h 50 min | ← 20 km | **1** 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 Imschlacht, 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 Canvon". In addition to the platforms Alix - in Valendas -. Crap Signina in Sagogn, Islabord in Versam, Spitg 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 2010, next to the train station of Trin, connects 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 1,100 m above sea level. From circular hikes to adventure trails, the area has it all.

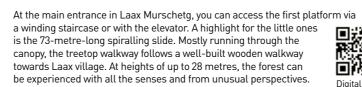
Lake Cauma circuit hike 9

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.

① 1h 10 min | ← 3.6 km | ▲↑ 100 m | ↓ 100 m



Treetop walkway • Family



① 30 min | ← 1.5 km | ▲1 28 m | ↓ 28 m

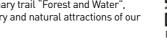
Laax Lake tour (audiowalk)

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 an unknown route with headphones on your ears.

① 30 min | ← 1.2 km | **△**↑ 10 m | ↓ **►** 10 m

Culinary trail "Forest and Water" Output Description:

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



- Reservation/Information: flims.com/shop
- (3h 30 min | ← 11.8 km | ▲ 1345 m | ↓ 345 m

Foxtrail Family

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



Connbächli 6 Family

Hiking alongside the Connbächli stream is great fun especially for the little ones. Accompanied by their own handmade "Connschiffli" 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

- **(**\text{\text{1}} 1h 30 \text{min*} | \ \ \ \ \ \ 5 \text{km} | \ \ \ \ \ \ 135 \text{m} |
- * 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 specialities in the mountain huts.



Trutg dil Flem

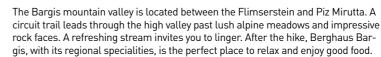
The award-winning Flims riverside trail leads you down from the source of the Flem stream in the upper Segnesboden, past a unique ravine landscape to the town centre of Flims. You will cross seven bridges, some of them based on audacious designs by the famous bridge builder from Grison, Jürg Conzett. 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.

(1) 4h | ← 14.3 km | **1** 75 m | ↓ 1079 m

Culinary trail "Mountain and View"

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.

Bargis mountain valley 2 Family



() 45 min | ← 2.5 km | **1** 48 m | **1** 48 m



Alp Mora glacial mills

The glacial mills near Alp Mora are some of the most beautiful and extraordinary natural formations you will see. The Maliensbach 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.

①7h 40 min | ← 18 km | **1** 873 m | ↓ 1549 m

Hubertus archery park @ E

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.

①2h | ← 4.6 km | **1** 0m | ↓ 574 m

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 spring 2022. The first section, from Flims to Startgels via Foppa, will open in winter 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

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.

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

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 @

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.

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 2,350 m 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 @ 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.

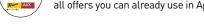




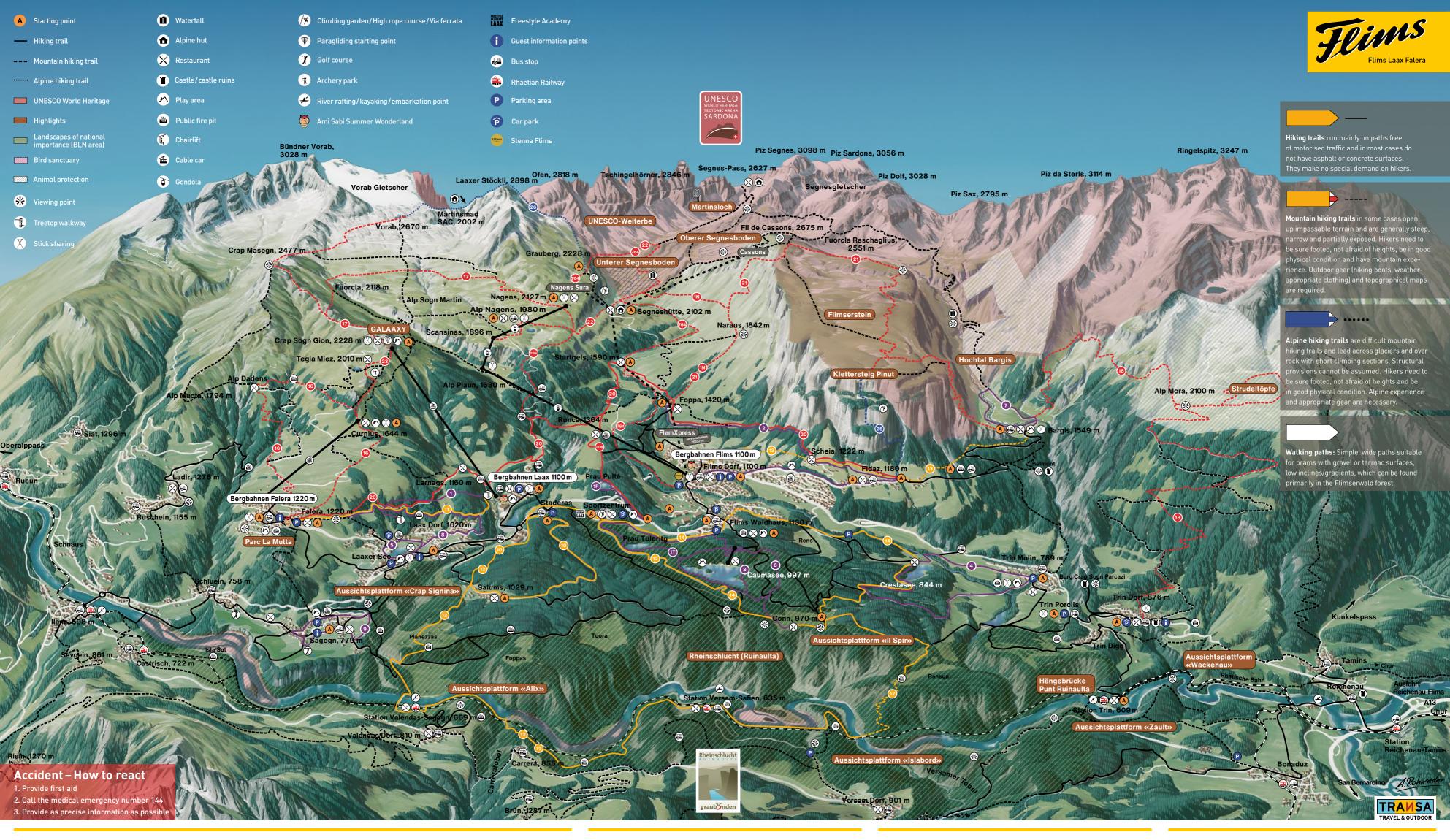
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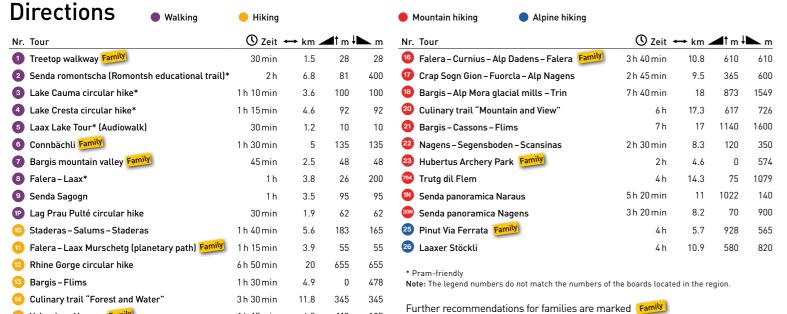












4.5 110

15 Valendas – Versam Family

Suckler cow herds

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 in case of emergency.
- Try not to cross a protected herd with your dog. Instead, go around the animals. Turn back in case of doubt.

hikeo.ch - digital hiking

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 💌

The Segnes trail is a six-day alpine hike with varied stages and natural wonders, such as the Segnesböden, 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 Martinsmad 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 2,000 m and the highest crossing is at 2,760 m. Enjoy the unique panorama of mountain peaks soaring 3,000 m 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

Transport

The following cable cars are open in summer:

- Laax Crap Sogn Gion
- Flims Plaun Scansinas Nagens Falera - Curnius

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

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 Imschlacht Tamins: 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

and the LAAX app.