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# Get more mountain

Download the official LAAX app

## Hiking services

Take a relaxed hike over sticks and stones thanks to hiking stick sharing, new opportunities to sit down and linger along the hiking trails.



Services for hikers

### 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.

### Mountain railway

Live information on the currently operating mountain railways can be found in the LAAX app or at [live.laax.com](http://live.laax.com)



Live Info

## 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.



Digital Flyer

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



Mountain spring

## 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.



Rhine Gorge



### 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 | ▲ 655m | ▼ 655m



### Rhine Gorge Bus

Enjoy the Rhine Gorge with the Ruinaulta bus, which connects the two sides of the valley and various starting points for hikes in and around the Rhine Gorge. It runs from Laax via Sagogn – Valendas to Imschlacht and twice a day via Valendas – Versam – Bonaduz – Reichenau to Tamins. Please note that reservations are compulsory for the coveted seats.

## 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 Alix – in Valendas –, Crap Signina in Sagogn, Islabord in Versam, Spitz in Bonaduz/Versam, Wackenu 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

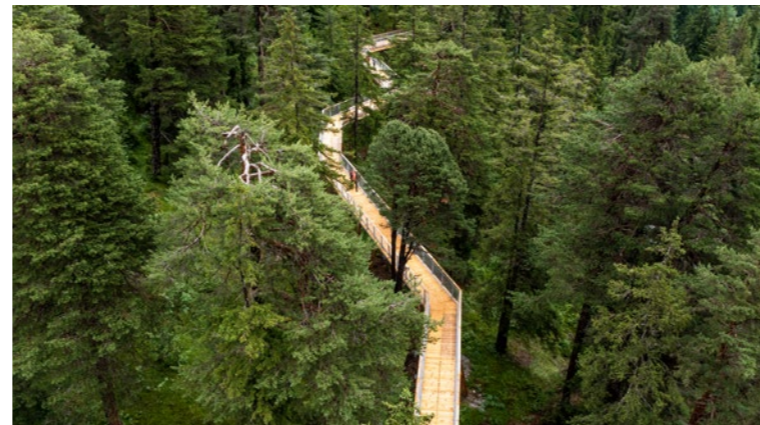
1,100 m a. s. l.

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

### Lake Cauma circuit hike <sup>3</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>1</sup> Family

The “Senda dil Dragun”, the longest treetop walkway in the world, not only connects the two districts of Laax Murschetg and Laax Dorf. The 1.56-kilometre-long walkway offers our guests of all ages the unique experience of the Laax forest at eye level with the trees. With a slide, five adventure stations, four platforms with seating and five marble run installations, the treetop walkway is a unique nature experience for the whole family.

- 🕒 30min | ↔ 1.5 km | ▲ 28m | ▼ 28m

### Laax Lake tour (audiowalk) <sup>5</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 an unknown route 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.



Culinary trails

- 🕒 3h 30min | ↔ 11.8 km | ▲ 345m | ▼ 345m

### 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](http://flims.com/foxtrail)



### Connbächli <sup>6</sup> Family

Hiking alongside the Connbächli stream is great fun especially for the little ones. Accompanied by their own handmade “Connshiffli” 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>164</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.



Discover more

- 🕒 4h | ↔ 14.3 km | ▲ 75m | ▼ 1079m

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

The Bargis mountain valley is located between the Flimserstein and Piz Mirutta. 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 | ▲ 48m | ▼ 48m



### Alp Mora glacial mills <sup>18</sup>

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 [flimslaax.com/alp-mora](http://flimslaax.com/alp-mora).

- 🕒 7h 40min | ↔ 18 km | ▲ 873m | ▼ 1549m

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

At the Hubertus Bow Park, you can put your marksmanship to the test with this hunting weapon, which has been used since the Stone Age. You will also learn a lot about traditional hunting in Grison, wild animals and nature in our region.

- 🕒 2h | ↔ 4.6 km | ▲ 10m | ▼ 574m

## 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

## 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.



### Segnes Trek

The Segnes Trek is a 6-day long-distance alpine hike with diverse stages and natural highlights such as the Segnesböden, Tschingelhörnern and the Strudeltöpfe on Alp Mora. The hike starts in Reichenau am Rhein and leads via the Ringelspitzhütte to Bargis, on to the Segnespass, into Glarnerland to the Martinsmadhütte and back via the Segneshütte to Flims. Lots of fresh mountain air awaits you: 4 out of 5 overnight stays are at over 2000 m and the highest pass is at 2760 m. Enjoy the panorama of peaks over 3000 m high such as the Ringelspitz, Piz Sardona and Piz Segnas. An alpine hiking experience in the breathtaking UNESCO World Heritage Tekonikarena Sardona.

- For further information check out: [segnes-trek.com](http://segnes-trek.com)

## 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 supervised by GeoGuides Sardona on 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 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 2,350 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 / 5.1 to 5.10c.



### 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.

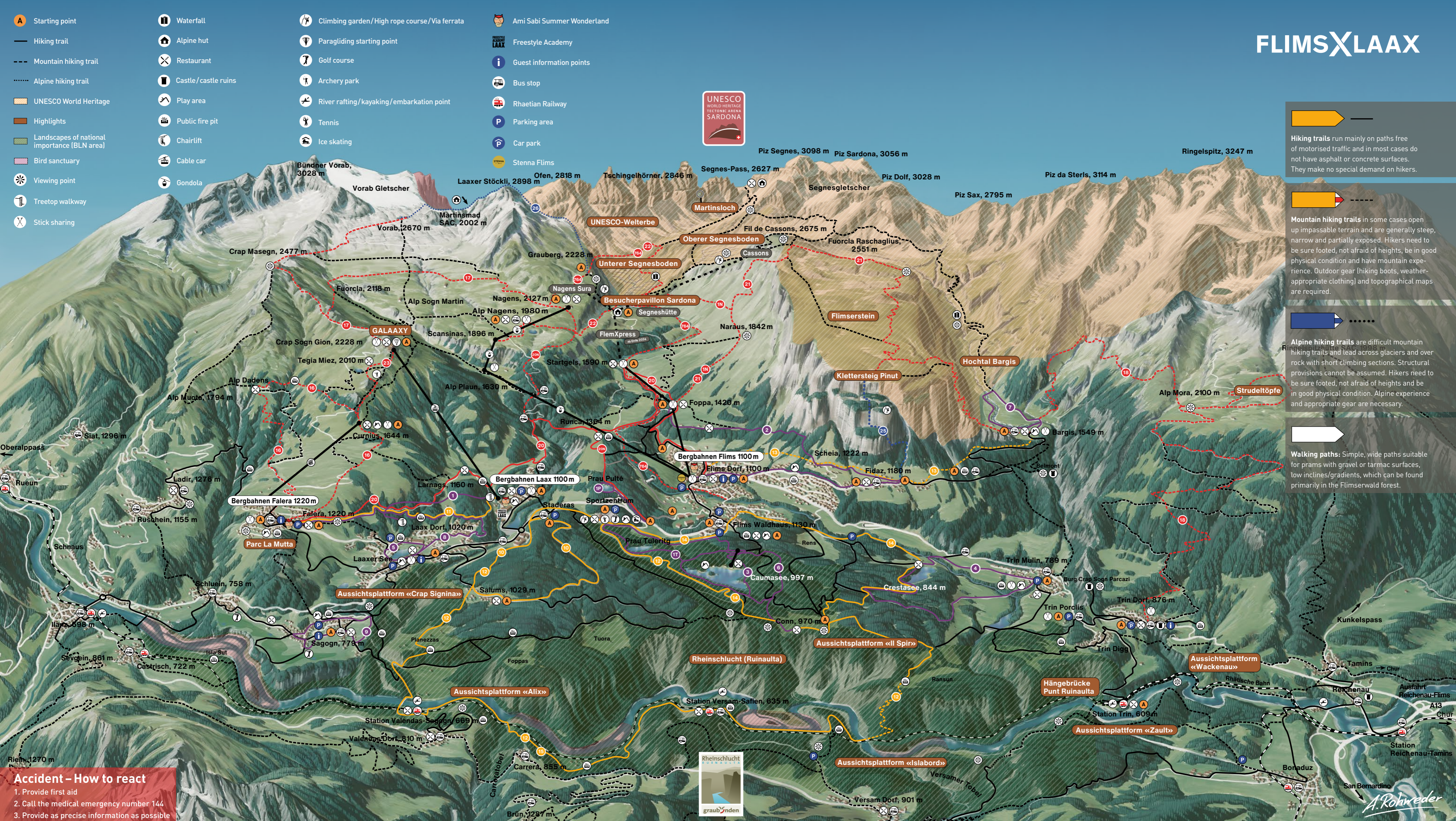
- 🕒 4h | ↔ 5.7 km | ▲ 928m | ▼ 565m

**Hiking trails** run mainly on paths free of motorised traffic and in most cases do not have asphalt or concrete surfaces. They make no special demand on hikers.

**Mountain hiking trails** in some cases open up impassable terrain and are generally steep, narrow and partially exposed. Hikers need to be sure footed, not afraid of heights, be in good physical condition and have mountain experience. Outdoor gear (hiking boots, weather-appropriate clothing) and topographical maps are required.

**Alpine hiking trails** are difficult mountain hiking trails and lead across glaciers and over rock with short climbing sections. Structural provisions cannot be assumed. Hikers need to be sure footed, not afraid of heights and be in good physical condition. Alpine experience and appropriate gear are necessary.

**Walking paths:** Simple, wide paths suitable for prams with gravel or tarmac surfaces, low inclines/gradients, which can be found primarily in the Flimserswald forest.



**Accident - How to react**

1. Provide first aid
2. Call the medical emergency number 144
3. Provide as precise information as possible

### Directions

Nr. Tour	Zeit	km	↑ m	↓ m	Nr. Tour	Zeit	km	↑ m	↓ m
1	30 min	1.5	28	28	16	3h 40 min	10.8	610	610
2	2h	6.8	81	400	17	2h 45 min	9.5	365	600
3	1h 10 min	3.6	100	100	18	7h 40 min	18	873	1549
4	1h 15 min	4.6	92	92	20	6h	17.3	617	726
5	30 min	1.2	10	10	21	7h	17	1140	1600
6	1h 30 min	5	135	135	22	2h 30 min	8.3	120	350
7	45 min	2.5	48	48	23	2h	4.6	0	574
8	1h	3.8	26	200	24	4h	14.3	75	1079
9	1h	3.5	95	95	25	5h 20 min	11	1022	140
10	30 min	1.9	62	62	26	3h 20 min	8.2	70	900
11	1h 40 min	5.6	183	165	27	4h	5.7	928	565
12	1h 15 min	3.9	55	55	28	4h	10.9	580	820
13	6h 50 min	20	655	655					
14	1h 30 min	4.9	0	478					
15	3h 30 min	11.8	345	345					
16	1h 15 min	4.5	110	125					

Recommendations for families are marked **Family**

### 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 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

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.

Report trail defects  
Report defects in trail infrastructure and signage directly and easily.

### Mountain railway

The following cable cars are open in summer:

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

Live information on the currently open mountain railways can be found in the LAAX app or at [live.laax.com](http://live.laax.com)

### Transport

Flims Laax Falera Shuttle  
The entire public transport service between Flims, Laax and Falera as well as all local buses can be used free of charge with a guest card, mountain railway ticket or resident's pass.

Chargeable shuttle routes

- Alp Mora Shuttle: Wednesday and Saturday: 29.6. - 31.8.24\*\*
- Bargis Shuttle: daily: 18.5. - 20.5.24/25.5. - 20.10.24\*
- Nagens Shuttle: daily: 22.6. - 20.10.24\*
- Rhine Gorge/Ruinaulta Bus: Laax - Sagogn - Valendas - Imschlacht - Tamins: daily: 29.6. - 25.8.24 Friday/Saturday/Sunday: 30.8. - 20.10.24\*
- Bergfrühling Cabrio Shuttle (Sagogn - Versam Station): 9.5. - 12.5. | 18.5. - 20.5. | (Sat. / Sun.) 25.5. - 9.6.24.\*

\* 50% discount with the Digital Guest Card, \*\* 30% discount with the Digital Guest Card

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

Tickets for the Nagens and Bargis Shuttle are now available via [sbb.ch](http://sbb.ch). Rhine Gorge Ticket Flims, the perfect day ticket to discover the Rhine Gorge: valid on the trains between Reichenau - Tamins and Ilanz and on the Postbuses between Tamins - Flims - Falera - Ilanz and Ilanz and Versam Safien/Tenna Post incl. Rhine Gorge Bus Laax - Valendas - Imschlacht - Tamins.