

FLIMSXLAX



Flims Laax Falera.

Action meets relaxation.

Thrill.

From the glacier to the Rhine Gorge by bike, along the historic Pinut via ferrata on a rope or a few runs in the skate park: the destination of Flims Laax Falera offers plenty of action and adrenaline. There is something for every level on 330 kilometres of bike routes: whether trail or forest road, cross-country routes or challenging enduro tours - there is certainly no shortage of action.

Where the world's best freestylers fly through the air in winter, you can surf over tarmac and wooden waves in summer - be it in the skate park, the skate bowl, the snakerun or the vert ramp in the Freestyle Academy.

Relaxation.

At the same time, Flims Laax Falera offers plenty of peace and relaxation. The destination is surrounded by one of the most unique and varied landscapes in the Alps. Natural phenomena such as the UNESCO World Heritage Site Tectonic Arena Sardona, the Rhine Gorge and the Flims landslide are within easy reach. Crystal-clear mountain lakes and alpine whirlpools offer natural refreshment on hot summer days.

There are around 250 kilometres of signposted hiking trails for guests to explore the local geo- and biodiversity. From a leisurely stroll in the pristine Flims forest to a multi-day Segnes Trek, there is everything you need to switch off and enjoy yourself.

Flims Laax Falera.

A natural spectacle.

The three mountain villages of Flims, Laax and Falera form an exciting destination not far from Chur. The diversity of this region is extraordinary: one of the reasons for the many natural highlights is the largest landslide in Europe. A sun terrace was formed 10,000 years ago on the site of a former landslide. The power of the landslide is visible everywhere, be it in the large Flims forest with its numerous boulders, the resulting mountain lakes such as Lake Cresta and Lake Cauma or the imposing Rhine Gorge.

From the valley to the peaks, Flims Laax Falera has a lot to offer. After an adventure in the Rhine Gorge at 600 metres above sea level, the next day you can explore the mountain peaks and glaciers at over 3000 metres. These natural contrasts in such a small radius are fascinating. And there's more: have you ever heard of the Martinsloch? The hole in the rock of the striking Tschingelhörner - in spring and autumn, the sun shines through the hole onto the church tower of the Glarnerland valley behind it - is part of the UNESCO World Heritage Site. Nowhere else in the world is a continental plate shift so clearly visible. The dividing line of the European and African plates can be seen with the naked eye. This natural spectacle offers the perfect backdrop for a varied outdoor programme - whether for biking, hiking, swimming or simply to marvel and recharge your batteries.

Action.

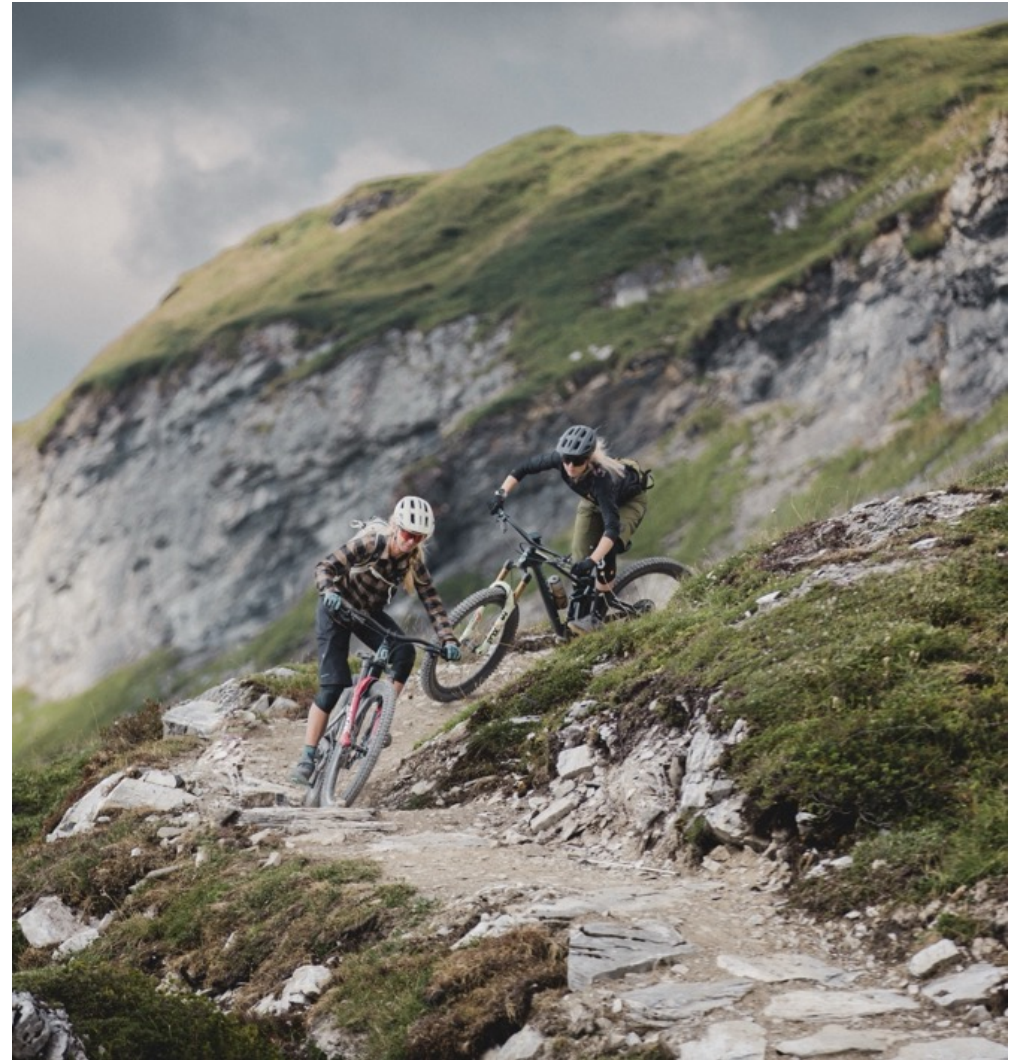


Mountain biking. Travelling on two wheels.

Flims Laax Falera is a bike paradise. From leisurely rides along crystal-clear mountain lakes to challenging enduro tours from the Vorab Glacier to the Rhine Gorge, the destination offers a wide variety of trails. 330 kilometres of designated routes provide unlimited fun.

However, if you don't just want to have fun, but also learn something new, the destination offers ideal training conditions: Free skill areas at the valley stations with simple obstacles and pump tracks hone your riding skills and instructors from the LAAX School provide useful tips to improve your technique.

E-bikers are also in good hands at the destination. A total of 14 charging stations provide sufficient energy and ensure that even longer tours can be tackled without any worries.



Top 3 bike experiences



Runca Trail: fun and flow

At 7.6 kilometres, the award-winning Runca Trail is one of the longest flow country trails in Europe and is characterised by its versatility. Whether you are a newcomer or a pro, the trail offers maximum flow and fun for all levels! As the wooden elements are coated with sand paint, the trail is also suitable for fast descents in wet conditions.



Trans Surselva: 4 days along the Rhine

Explore the Surselva away from the well-known hotspots by bike or e-bike on the Trans Surselva Tour from the Oberalp Pass to Flims. The four-day bike tour follows the course of the Rhine from its source to the Rhine Gorge on S2 and S3 trails over 3,990 metres in altitude and an impressive 8,905 metres in depth.



E-bike culinary tours

Pick up speed, experience spectacular nature on wheels and savour the regional cuisine over a 3-course meal: The e-bike culinary trail leads from Flims through the idyllic forest landscape to Sagogn and via Castrisch along the impressive Rhine Gorge to Valendas and back to Flims.

Freestyle. Feel the adrenalin.

Freestyle is part of the DNA of the destination Flims Laax Falera - in summer as well as in winter. In the Skatebowl and the Snakerun in the rocksresort and the pump track in Flims, you can surf over tarmac and wooden waves. Who needs the sea?

One of the big freestyle highlights and the perfect bad weather activity is the Freestyle Academy. The successful freestyle hall has been in Laax for many years and will reopen in summer 2024. The new hall is much larger and offers freestyle action on three floors. All ages are welcome here - including adults. The feeling of airtime thrills young and old.

For freestylers aged zero to eight, there is the Kids Freestyle Academy in Flims. Trampolines, airbags, skate park - the best conditions for making your first jumps and flips.



Top 3 freestyle experiences



Freestyle Academy in Laax

The Freestyle Academy will reopen in summer 2024. The latest highlight: a huge trampoline equipped with a camera system for 360-degree video analysis of the jumps. The sports remain the same: skating, trampolining and parkour. In future, you will be able to skate, bounce, jump and try your hand at freestyle.



Pump track in Flims

The headquarters of the world-famous pump track builder is Flims. A dedicated wave track in the centre of the village is therefore a matter of honour. Freestylers of all ages meet here to pump rhythmically over the 29 roller jumps and seven bermed corners. It's their playground for anything with wheels!



Skatebowl and Snakerun rocksresort

The piazza at rocksresort is one of many places to be for freestyle families. There is a snakerun with conveyor belt, an urban surfwave and a pump track for beginners. The family café SnakeBar will also be opening in summer and welcomes everyone for a refreshing break.

Climbing & mountaineering.

Aiming high.

If you want to combine action with a view, you don't have to look far: Switzerland's oldest via ferrata, the Pinut, is located directly above Flims. Along the imposing rock face of the Flimserstein, it combines a nature experience with thrills. Action-seekers can also let off steam in the Crap La Tgina climbing garden. And against a backdrop that couldn't be more picturesque: In the middle of the UNESCO World Heritage Site, surrounded by the Tschingelhörner, Piz Segnes and the beautiful Segnesboden. Tip: After the climbing session, dip your feet in the cold water of the Flem, take a deep breath and enjoy nature with all your senses.

If you want to gain your first experience of heights, the best place to visit is the high ropes park at the Prau la Selva sports centre. The high ropes park is ideal for climbing beginners and offers many different routes with varying levels of difficulty. The high ropes park is particularly recommended on hot days, as the park in the Flims forest is in the shade and the nearby Lake Cauma is a great place to finish with a dip.



Top 3 high-altitude experiences



Pinut: the oldest via ferrata in Switzerland

The Pinut was first mentioned in writing in 1739. It has existed in its current form since 1907 and was completely renovated in 2007. It climbs up three almost vertical rock steps through caves, over ladders and stairs. It is a beginner's via ferrata with few technical requirements and is also suitable for children aged 12 and over.



Crap la Tgina climbing crag in the UNESCO World Heritage Site

The Crap la Tgina climbing garden is located at 2350 metres above sea level on the lower Segnesboden, in the middle of the UNESCO World Heritage Site Tectonic Arena Sardona. There are 42 routes in difficulty levels from 3a to 6b for beginners and advanced climbers. The climbing garden can be reached by Nagens shuttle bus and a 20-30 minute hike.



Prau la Selva high ropes course

The various courses, including one for children, provide fun and excitement with six to ten stations each. Courage and skill are put to the test here. The adventure at lofty heights is a perfect first climbing experience for the whole family. Depending on the route, the stations are two to a maximum of 12 metres high.

Silence.



Nature and hiking. Explore places of power.

Flims Laax Falera lies in the middle of one of the most unique and varied landscapes in the Alps and therefore offers plenty to discover, especially on quiet hikes. In the valley lies the beautiful and deep green Flims Forest. It gave the Surselva its name: Everything above Flims is sur la selva - above the forest. In the magical, mystical forest, there are numerous hiking trails along deep blue lakes such as the famous Cauma and Cresta lakes or the somewhat more hidden Prau Pulte and Prau Tuleritg lakes - the perfect way to cool off on hot days. The view down into the Rhine Gorge from the various viewing platforms is also unique.

There are also many places of power to discover at this altitude. Strength is a good keyword, because the more challenging summit ascents off the beaten track require it, be it to the Laaxer Stöckli, the Bündner Vorab or the high tour to the Ringelspitz. There is something for every level on the 250 kilometres of hiking trails. Geology enthusiasts will find particularly exciting sights here, as nowhere is the Glarus Thrust more visible than in the UNESCO World Heritage Site Tectonic Arena Sardona.



Top 3 nature experiences



UNESCO World Natural Heritage Site Sardona

10-20 million years ago, the African and European continental plates slid over each other - a phenomenon that can hardly be seen so clearly anywhere else in the world. For this reason, the area of around 32,800 hectares was recognised as a UNESCO World Heritage Site in 2008. A visit to the area is not only impressive, but also educational.



Flims forest

The large Flims forest with its four lakes lies on the debris mass of the Flims landslide. It is one of the largest contiguous forests in Graubünden, pristine and magical in its own way. Massive boulders and erratic blocks lie everywhere, turning the forest into an enchanted fairytale forest.



Rhine Gorge

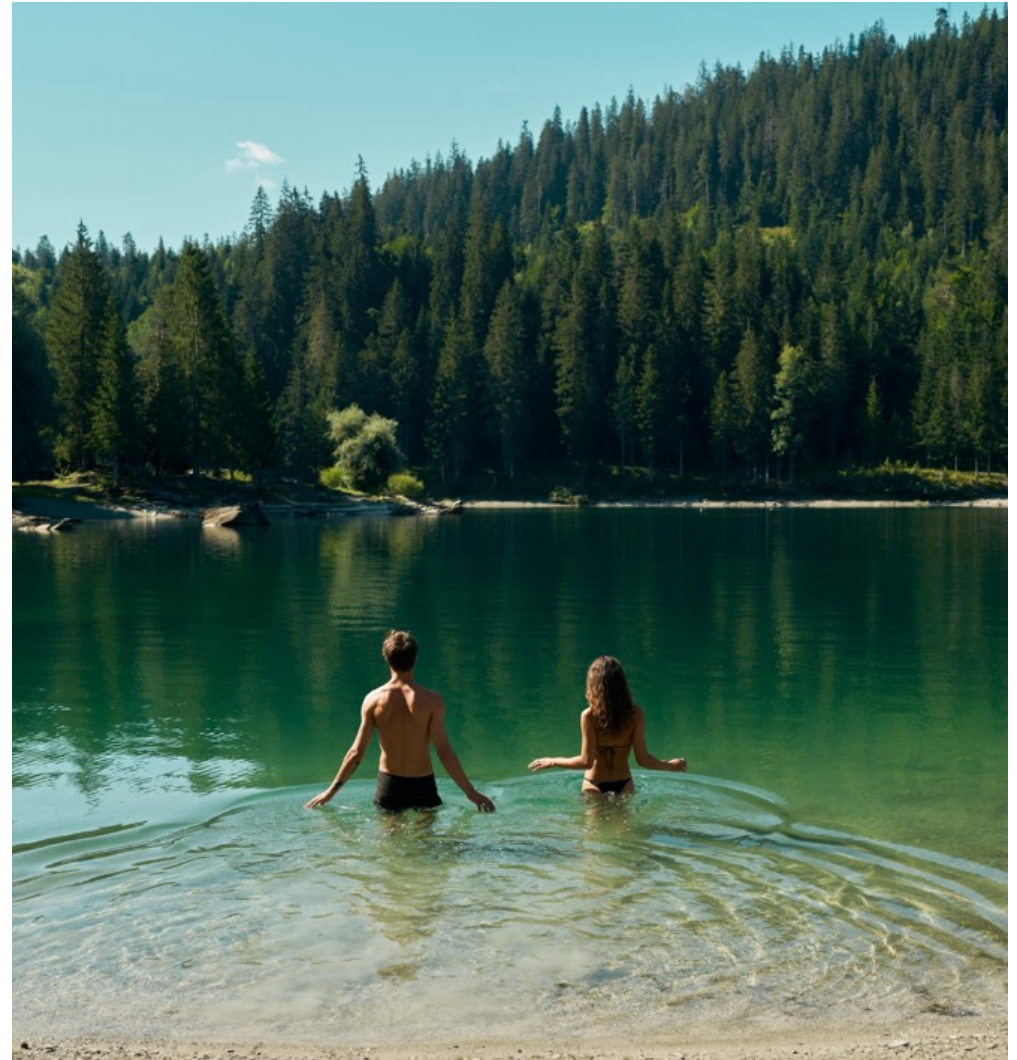
9500 years ago, the Flims landslide formed this extraordinary landscape. Among other things, the Rhine Gorge (Ruinaulta in Romansh) was created. From the Il Spir platform near Conn, you have a breathtaking view down into the depths and between Versam and Valendas, you walk right through the centre of the mighty gorge.

Water.

Natural refreshment.

The destination of Flims Laax Falera has been blessed with many beautiful water sources. Mountain lakes such as Lake Cauma, Lake Cresta and Lake Laaxer invite you to take a dip. Flowing waters such as the Connbächli, the Flem and the Rhine amaze young and old alike. The alpine whirlpools on Alp Mora are a visual water jewel in the middle of the mountains: small pools lined up next to each other with fresh stream water.

Something not to be missed during a visit to Flims is a hike along the multi-award-winning Trutg dil Flem, the water trail: from Segnesboden down to Flims along the Flem, you cross numerous bridges that always look different and are perfectly embedded in the landscape. They provide a clear view of the roaring river Flem.



Top 3 water experiences



Flims water trail Trutg dil Flem

The multi-award-winning Trutg dil Flem hiking trail runs for 13 kilometres from lower Segensboden to Flims along the River Flem. Along the way, you cross seven bridges designed by Graubünden bridge builder Jürg Conzett. Especially on hot days, the hike along the water is the perfect choice.



Alpine pools on Alp Mora

The alpine whirlpools are somewhat hidden on Alp Mora, above Trin. The stream fills the small pools with ice-cold water in spring and offers a marvellous refreshment after the hike up to the alp. These can also be reached with the Alp Mora bus from Trin.



Pure relaxation with Spa Around

With the Spa Around wellness pass, guests can enjoy a total of 10,000 square metres of pure relaxation. An invigorating dip in in one of the varios indoor and outdoor pools, a visit to the hammam or a gentle spa treatment - all this and much more can be experienced in selected establishments in the Flims Laax Falera destination with just one pass.

Experience interesting facts. Contemporary witnesses in the region.

In Flims Laax Falera, you can not only learn a lot about the UNESCO World Heritage Site, but also about the near and distant past. It is said that Flims farmers once brought sick animals to Lake Cauma to bathe, as it was said to have healing properties. Later, the European aristocracy travelled here to get well in the air and water of Flims.

The Pinut via ferrata was once created in the 17th century by farmers who took the hay from the meadows of the Flimserstein down into the valley on an adventurous route. It's hard to imagine today when you're standing secured on the wall and looking out into the distance.

The Bronze Age megalithic site Parc la Motta in Falera with its 34 upright stones is one of the largest astronomical centres in Switzerland.

And by the way, did you know that Flims is German-speaking and from Laax upwards the fourth national language is Rhaeto-Romanic? Biengi and buna notg are heard more often here than Grüazi and Guat Nacht.



Top 3 knowledge experiences



Parc la Motta

Faleras Parc la Motta is an archaeological cult site. Around 3,500 years ago, people created a centre here that combined astronomy and mathematics. The Bronze Age megalithic site in Falera is one of the largest astronomical centres in Switzerland with its 400 metres and 34 upright stones.



Nature tours

Interesting and educational nature tours are offered in the region, such as discovering wild herbs and medicinal plants, getting to know native orchids in Sagogn and Flims, observing wild animals such as chamois and ibex in Bargis or exploring the four mysterious lakes.



With a GeoGuide through UNESCO

A must for geology fans: on various tours, experienced GeoGuides reveal the secrets of the Glarus Thrust, the Tschingelhörner and the Martinsloch. They explain the formation of the Alps, which can be seen more clearly in the UNESCO Tectonic Arena Sardona Natural Heritage Site than almost anywhere else in the world, in an exciting and vivid way.

Families.



Family holidays. Enjoying quality time.

The destination of Flims Laax Falera has already been awarded the 'Family Destination' seal of approval by Switzerland Tourism several times and can count itself among the most family-friendly holiday regions in Switzerland. There is plenty for young and old to experience and discover, whether it's an excursion on the Senda dil Dragun, the world's longest treetop path, or a family bike tour. There are numerous family-friendly bike trails in the destination that are simply great fun.

Or how about a real magical adventure: carving, building dams, roasting snake bread over the fire - in the Ami Sabi Summer Wonderland, children discover the destination in a unique and natural way with the magician and storyteller Ami Sabi. These memories will stay with the children for a long time to come.



Top 3 exciting experiences for children



Ami Sabi Summer Wonderland

In the Ami Sabi summer wonderland and in the Ami Sabi workshop, children aged between four and 12 learn exciting facts about flora and fauna in a playful way. The magician Ami Sabi conveys the content with songs and stories by Graubünden artist Linard Bardill, written especially for the destination.



Senda dil Dragun, the treetop path

The Senda dil Dragun, the longest treetop walk in the world, connects the two districts of Laax Murschetg and Laax Dorf. At 1.56 kilometres, it offers the opportunity to experience the Laax forest at eye level. Finally, a 73 metre long slide awaits in Laax Murschetg.



Freestyle Academy Kids at the Stenna Center in Flims

Sit in the café and watch the youngest freestylers perform their first jumps and flips on the trampoline: parents can do just that at the Freestyle Academy Kids in the Stenna Centre in Flims. Just like the pros, children aged zero to eight have an age-appropriate facility to learn freestyle here. There are trampolines, an airbag and a skate park.

Top 3 quiet experiences for children



Swimming at Lake Laax

Lake Laax is the perfect place for families: swimming, jumping into the water, swimming on a raft for the first time, playing beach volleyball, building a sandcastle, letting off steam in the playground or simply enjoying an ice cream: Anyone who spends a day at Lake Laax comes home happy.



Barbecue fun at the fire pits

Flims Laax Falera has many beautiful barbecue spots - ideal for a cosy family day. Great spots are behind the church near Falera, at the Plaids playground in Flims, at Lake Laax, in the Rhine gorge near the Auenwald forest in Versam and at the Waldhaus playground in Flims. The list is long..



Explore castle ruins

There are several castle ruins to explore in the region: the Crap Sogn Parcazi castle ruins and the Canaschal tower in Trin, the Belmont castle ruins above Flims-Fidaz with views of Flims and Lake Cresta and the mysterious Lagenberg castle ruins on the Uaul Casti hill in Laax - a building from the late 13th century.

Info.



Culinary delights. From Capuns to Pad Thai.

The gastronomic offering in the destination of Flims Laax Falera is diverse. Whether Grisons specialties, pan-Asian cuisine or hearty burgers - all guests will find something to their taste here. Wherever possible, the establishments focus on sustainability and regionality.

The must-try dishes in Flims Laax Falera are well-known classics such as capuns, pizokel, maluns and pear ravioli. The best addresses for regional specialties are the Ustria Parlatsch in Trin, the Conn restaurant near Flims, the Fidazerhof in Flims, the Posta Veglia in Laax and the Stiva Grischuna in Sagogn.

Delicious dishes from all over the world can be found in Nooba in Laax, in one of the many pizzerias, in Suay Thai in Flims Waldhaus, in La Muna in the Hotel Adula and in the American Burger & Steakhouse in Flims Dorf. If you want to combine exercise and culinary delights, you can hike from course to course on one of the culinary trails.



Co-working. Working with pleasure.

The destination of Flims Laax Falera is known for its urban lifestyle in the mountains. The creative scene in the region is large and many self-employed people combine an outdoor lifestyle with work. The concept of work & life balance really comes into its own in Flims Laax Falera. Because after a satisfying morning in the mountains, you're much more motivated to work. Or how about relaxing on the banks of the Rhine in the afternoon after work? Or going for a few laps on your bike in the morning and then unpacking your laptop at the co-working table at Ellas in Flims?

Co-working sessions can also be organised wonderfully at Wellness Hostel 3000 in Laax. The location is also ideal for cooling off in the nearby Lake Laax during your lunch break. In Flims Laax Falera, outdoor and everyday life can be perfectly combined.



FlemXpress.

Railway construction reinvented.

The FlemXpress is an innovative and sustainable way of accessing the UNESCO World Heritage Site Tectonic Arena Sardona. The pioneering project is the first railway in the world to run fully automatically and on demand. Guests can choose for themselves whether they want to travel via Segneshütte to Nagens or to the opposite side to Ils Cungs near Cassons. Either way, the view of the Sardona UNESCO World Heritage Site is guaranteed.

The first section of the railway from Flims to Foppa/Startgels is already in operation. The second section will be completed in winter 2024/25.

Facts and figures

- The revolutionary Ropetaxi system is expected to save up to 50 per cent energy, as the gondolas only rotate on demand rather than continuously on the cable.
- The system was developed by the Swiss company Bartholet.
- The capacity per gondola is 10 people.
- The transport capacity is 1500 people per hour.



Top summer events 2024

Mountain spring

16.03.-16.06.2024, [The Rainbow Collection](#), Graffiti & Streetart, Laax

18.05.2024, [Connschiffli Race](#), Flims

08.-09.06.2024, [Gravel and Coffee Ride Out](#), Flims

Mountain summer

17.-21.07.2024, [LAAX Highline World Championships](#), Laax

23.-24.08.2024, [Swiss Enduro Series](#) and Enduro SM, Laax

26.-31.08.2024, [Transalp Waterline Tour](#), Slacklining over Lake Cauma, Flims

Autumn

26.-28.09.2024, [Discover Days](#), Flims

21.09.2024, [Alpabzug Flimserstein](#), Flims

28.09.-06.10.2024, [International Alpine Hot Air Balloon Week](#), Flims

12.10.2024, [End of Season Shred](#), Bike Trails, Laax



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**We look forward to
supporting you in your
research.**

Flims Laax Falera

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