Flims Laax Falera

Canton of the Grisons · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Flims, Laax and Falera form one of the largest ski and hiking areas in Graubünden. The three villages lie on a sunny terrace above the Rhine gorge. Forests, lakes and high peaks surround them.

Flims is the oldest and calmest village. Laax is the modern base for the lifts and the freestyle scene. Falera is a small village with ancient standing stones.

When to visit

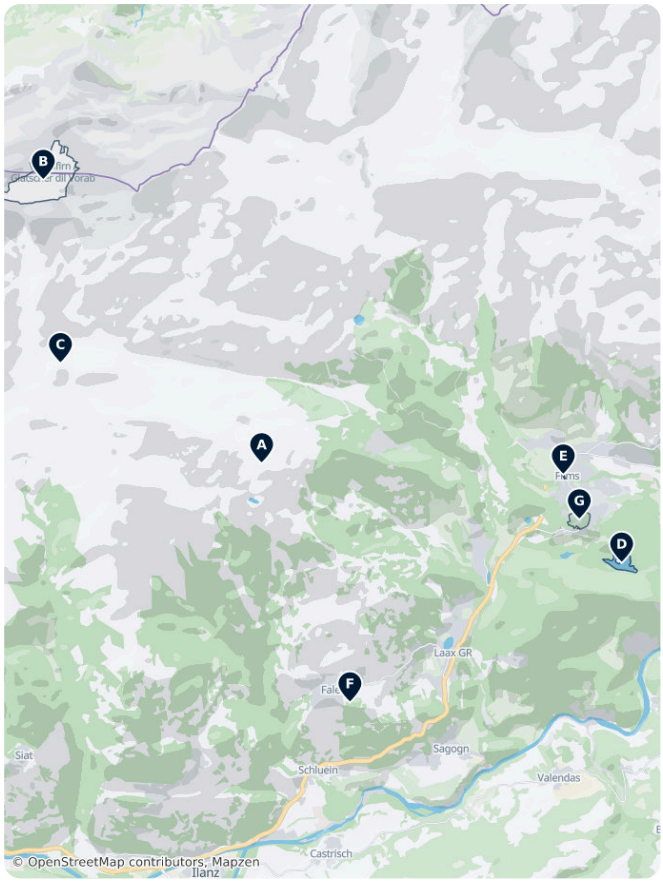
December to April is the ski season, and the glacier area stays open longest. June to October is the best time for hiking, swimming in the lakes and mountain biking. Spring is quiet. Mud and snow can block high paths until early summer.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	-5° / 0° Feels like -9°	-13° / -21°	14 rainy days · Dry air · Calm winds
February	Great Great for skiing	-4° / 2° Feels like -8°	-12° / -22°	12 rainy days · Dry air · Calm winds
March	Great Great for skiing	0° / 9° Feels like -4°	-8° / -17°	15 rainy days · Dry air · Calm winds
April	Fair Fair for skiing	6° / 14° Feels like 2°	-4° / -11°	15 rainy days · Dry air · Calm winds
May	Poor Poor for cycling	11° / 18°	0° / -5°	20 rainy days · Dry air · Calm winds
June	Fair Fair for cycling	15° / 22°	5° / -1°	20 rainy days · Dry air · Calm winds
July	Fair Fair for cycling	16° / 22°	6° / 1°	20 rainy days · Dry air · Calm winds
August	Fair Fair for cycling	16° / 22°	6° / 1°	19 rainy days · Dry air · Calm winds
September	Fair Fair for cycling	12° / 19°	2° / -3°	15 rainy days · Dry air · Calm winds
October	Fair Fair for skiing	8° / 15° Feels like 5°	-1° / -8°	14 rainy days · Dry air · Calm winds
November	Good Good for skiing	1° / 9° Feels like -2°	-7° / -15°	15 rainy days · Dry air · Calm winds
December	Great Great for skiing	-3° / 3° Feels like -8°	-11° / -21°	14 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Crap Sogn Gion is the main cable car station above Laax.
- B Vorab Glacier is a glacier area above the ski region, reached by lifts.
- C Crap Masegn is a mountain top with views across the Surselva.
- D Lag la Cauma is a clear green lake in the forest near Flims, used for swimming in summer.
- E Stennabrücke is a bridge over the Flem gorge.
- F Parc La Mutta is a park of standing stones near Falera.
- G Waldhaus Flims Alpine Grand is a historic grand hotel in a park in Flims.



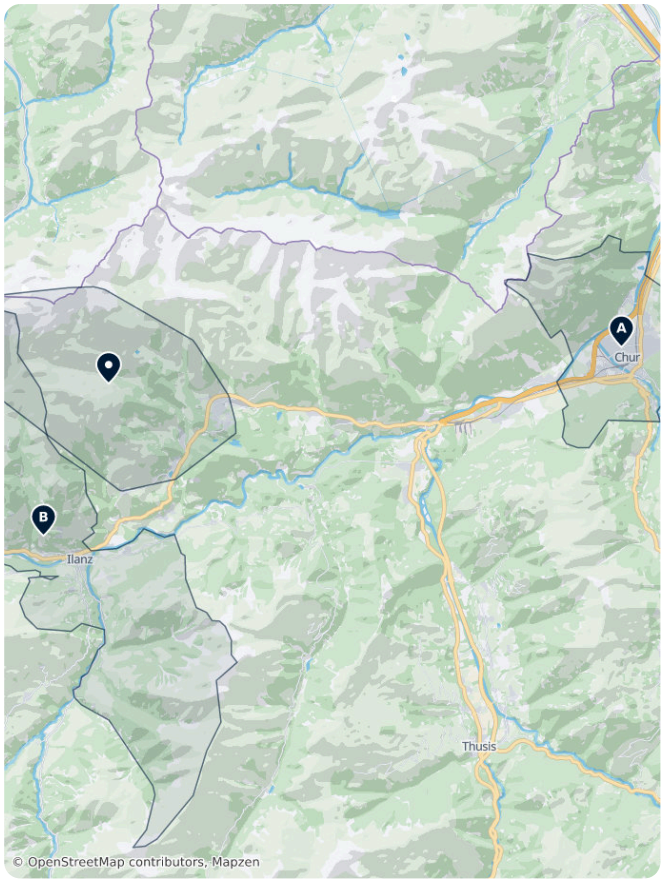
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What to experience

- Ski or snowboard on the Flims Laax pistes.
- Swim in Lag la Cauma in summer.
- Hike on the paths above the villages.
- Walk among the stones at Parc La Mutta.
- Ride a mountain bike on the marked trails.
- Hike or raft in the Rhine Gorge.

Day trips

- A Chur is the capital of Graubünden, about 40 minutes away by bus.
- B Ilanz/Glion is a small town on the Rhine.
- The Rhine Gorge, also called Ruinaulta, is a deep canyon. A rail line runs through it, and a hiking trail follows the river.



Where to explore

- Flims, Laax and Falera are the three villages of the area.
- Chur and Ilanz/Glion are the nearest towns.

Getting there

- By air: Zurich is the main airport, about 2.5 hours away.
- By train: go to Chur or Ilanz, then take the PostBus to Flims and Laax. Check times on SBB.
- The bus from Chur takes about 40 minutes.

Getting around

- Local buses link Flims, Laax and Falera.
- Lifts and cable cars start from Flims, Laax and Falera.
- Marked hiking and biking paths link the lakes and villages.
- In winter, ski buses and lifts connect the villages.

Getting around on foot & by bike

WALKABILITY

Moderate

The villages are small, but the area is spread across hills and the lakes lie a short bus ride away.

CYCLING INFRASTRUCTURE

High

There are many marked mountain bike and road routes. The valley bike path runs along the Rhine.

Driving

- A car is useful for the lakes and trails, but buses cover the main routes.
- Parking at the lift stations is limited in winter.
- Winter tyres or chains may be needed on mountain roads.

Food & drink

Try capuns and pizokel, two local Graubünden dishes. Bündner Nusstorte is a sweet nut tart. Mountain huts serve simple soups and barley dishes.

People speak German and Romansh. English is widely understood.

What to eat & drink

BREAKFAST

Birchermüesli
A raw-oat, fruit, and yogurt breakfast invented by a Zurich doctor around 1900, now standard on breakfast buffets.

LUNCH

Rösti
A fried, shredded-potato cake, originally a Bernese farmer's breakfast, now a national side dish.

DINNER

Cheese Fondue · Fondue
Melted Gruyère and Vacherin cheese in a shared pot, eaten by dipping bread cubes on long forks.

Raclette
Cheese melted tableside or under a grill and scraped over boiled potatoes, pickles, and onions.

Zürcher Geschnetzeltes
Sliced veal and mushrooms in a creamy white-wine sauce, traditionally served with rösti.

Älplermagronen
Alpine herder's macaroni gratin with potatoes, cheese, and cream, often topped with fried onions and served with apple sauce.

SNACKS & STREET FOOD

Cervelat
Switzerland's best-known sausage, usually grilled and often called the country's unofficial national dish.

SWEETS & DESSERTS

Swiss Chocolate · Schweizer Schokolade
Switzerland pioneered milk chocolate in the 19th century; look for small-batch chocolatiers alongside the big national brands.

Basler Läckerli
A dense, spiced honey-and-candied-fruit biscuit from Basel, traditional around Christmas.

DRINKS

Swiss Wine · Vin Suisse
Mostly consumed domestically rather than exported; Valais and Vaud, along Lake Geneva, produce the best-known Chasselas whites.

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Safety & health

- The area is very safe.
- Mountain weather changes fast. Check the forecast.
- Slopes are marked for difficulty. Stay on marked pistes.
- Lake water is cold. Swim with care.

History

The area has been settled for thousands of years. The standing stones at Falera are about 4,000 years old. In 1464 a giant rockslide formed the Flims rockslide, one of the largest in the Alps, and it shaped the landscape and the lakes.

Flims became a health and summer resort in the 19th century. The ski area grew in the 20th century.

Country facts

Quick practical facts for Switzerland at a glance:

CURRENCY
CHF CHF

EMERGENCY
112

ELECTRICITY



Type C / Type J
230 V · 50 Hz

LANGUAGES
German, French, Italian, Romansh

TAP WATER
Safe to drink

Flims Laax Falera Essentials

Flims Laax Falera is a premier Swiss Alpine destination known for its pioneering freestyle culture and diverse mountain landscapes. This selection features the high-altitude hubs of Crap Sogn Gion and Crap Masegn, alongside the Vorab Glacier's unique summer conservation efforts. Visitors can experience the contrast between the modern, cubic design of Rocksresort and the historic Belle Epoque elegance of Waldhaus Flims. Beyond the slopes, the area offers year-round activities at the indoor Freestyle Academy and the serene shores of Lag Prau Pulté.



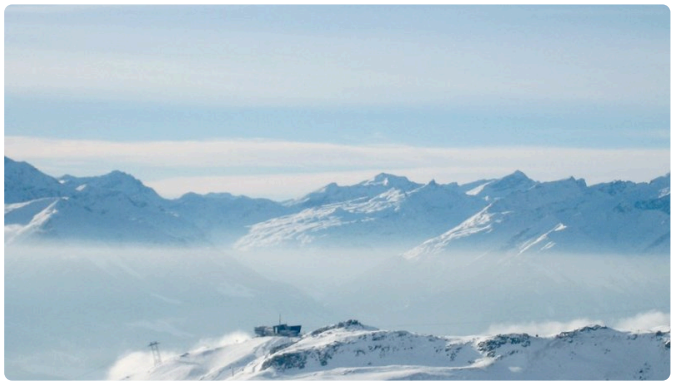


A Laax

Alpine freestyle hub and winter sports resort featuring extensive ski slopes and a world-class half-pipe. The area includes a glacier and a scenic lake for year-round outdoor activities.

7032, Switzerland (46.84556, 9.21799)

laax.com, +41819277007



B Crap Sogn Gion

Mountain station and central hub featuring a 360-degree viewing platform, various restaurants, and a hostel. The site also includes event venues such as a hangar suitable for weddings and other gatherings.

1 Crap Sogn Gion, 7032, Switzerland (46.83519, 9.21576)

laax.com, +41410819277



C Vorab Glacier

Glacier covering approximately 2.17 square kilometers with a length of 2 kilometers. It features conservation measures using white cloths during the summer months.

(46.87817, 9.16742)

D Rocksresort

Design hotel and apartment complex featuring ski-in ski-out access at the base station of a ski area. Facilities include restaurants, bars, shops, a pumptrack, and a bike workshop.

Pumptrack, 7032 Laax, Switzerland (46.81973, 9.26380)

rocksresort.com



E Crap Masegn

Alpine peak reaching 2,516 meters above sea level, featuring a cableway network and serving as a key hub within a major winter sports resort. The area provides panoramic views and is accessible via hiking routes or aerial tramways.

7032, Switzerland (46.85037, 9.17121)

weissearena.com/en/projekte/umbau-freestyle-academy/



F Waldhaus Flims Alpine Grand

Historic five-star Belle Epoque resort established in 1877, featuring several historic buildings set within a large park. The property is currently undergoing renovations.

Via dil Parc, 7018 Flims, Switzerland (46.82667, 9.28614)

waldhaus-flims.ch/en

G Freestyle Academy

Sports facility featuring areas for skating, trampolining, and functional gym training. Training programs are provided for all skill levels alongside specialized sessions for competitive athletes.

3 Via Murschetg, Murschetg 7032, Switzerland (46.81797, 9.26513)

Mo–Su 13:00–20:00

freestyleacademy.com, +41819277170



H Lag Prau Pulté

Lag Prau Pulté is a lake at Flims in the canton of Grisons, Switzerland.

7018, Switzerland (46.82664, 9.27477)

Editor's Choice

This selection highlights the high-altitude infrastructure and natural landmarks of the Flims Laax Falera region. Key peaks include the 2,898-meter Laaxer Stöckli on the Glarus Alps border and Crap Masegn, a central hub for the winter sports resort. The list features modern transit systems like the Flem Xpress, which uses autonomous Ropetaxi technology, and the Arena Express. These gondolas provide access to the Vorab Glacier and panoramic viewpoints across the UNESCO World Heritage Tectonic Arena Sardona.





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7032, Switzerland (46.85037, 9.17121)

weissearena.com/en/projekte/umbau-freestyle-academy/

B Laaxer Stöckli

The Laaxer Stöckli is a 2,898 metre-high mountain of the Glarus Alps, located on the border between the cantons of Glarus and Graubünden in...

7032, Switzerland (46.88309, 9.20413)



C Bündner Vorab

High-altitude peak reaching 3,028 meters, situated near the Vorab Glacier on the border between the cantons of Glarus and Graubünden.

7154, Switzerland (46.87377, 9.15686)

D Laax-Larnags-Curnius

Multi-stage gondola lift connecting the Laax Murschetg base station to the mountain stations of Larnags and Curnius, serving as a primary access point for skiing and hiking trails.

7032, Switzerland (46.82125, 9.24830)

E Arena Express

Three-section gondola lift system transporting passengers from Flims to Plaun and Nagens, providing direct access to the central skiing and mountain biking areas.

7017, Switzerland (46.83948, 9.25714)

F Flem Xpress

Gondola system utilizing Ropetaxi technology where individual cabins operate on demand. It features heated seating and connects Flims with Foppa and Startgels.

(46.84615, 9.26672)

G Vorab

Cable car providing access to the Vorab Glacier area at approximately 2,570 meters, facilitating transit for winter sports and high-alpine hiking.

7032, Switzerland (46.86239, 9.18461)

DATA SOURCES

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- Bündner Vorab — "Caumasee in the Flims Forest in front, Crap Sogn Gion left and Vorab, the white..." by Caumasee, CC BY-SA 3.0

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