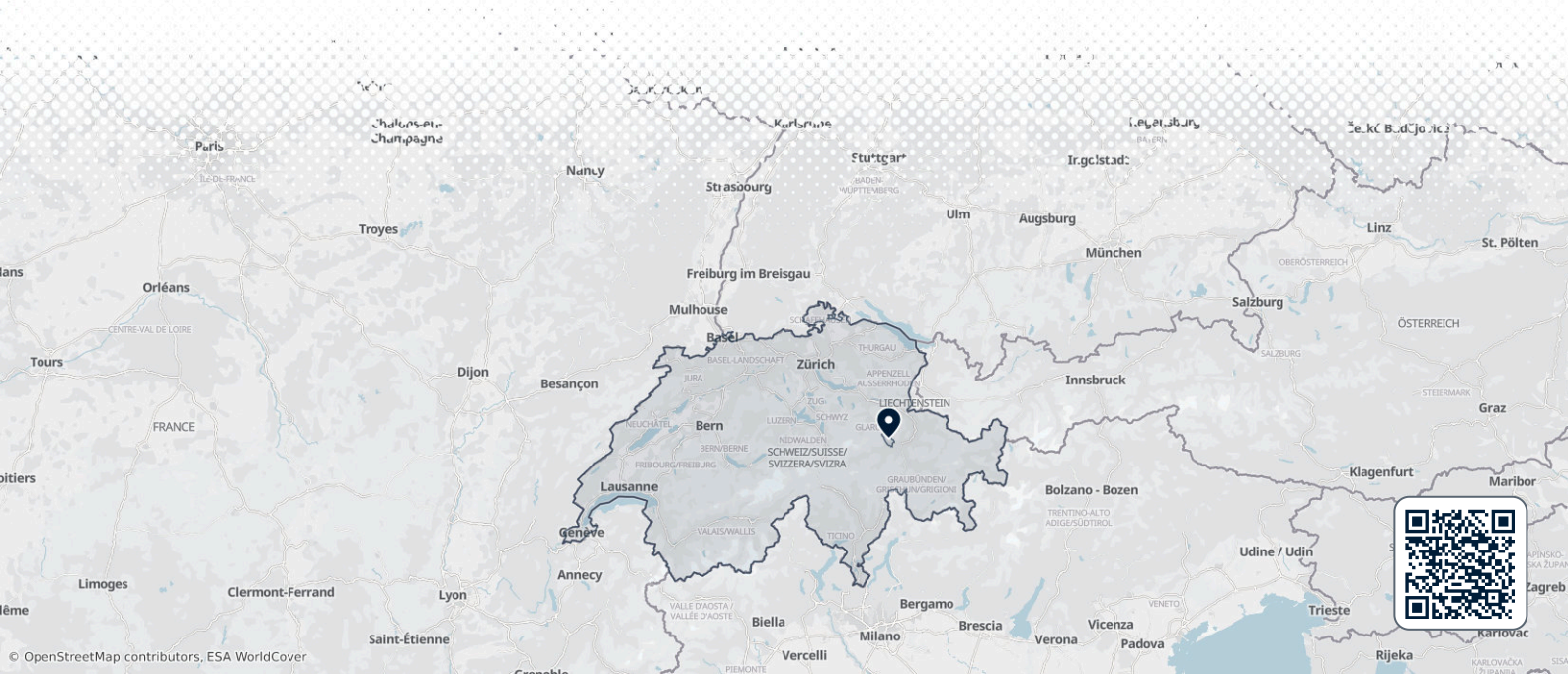


Flims

Flims Laax Falera · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Flims sits on a sunlit plateau above the Rhine valley in the canton of Graubünden, split between the old village core of Flims Dorf and the quieter hotel quarter of Flims Waldhaus. Its two turquoise lakes, Caumasee and Crestasee, sit inside the debris field of a prehistoric rockslide, and the plateau's edge drops straight into the Rhine Gorge. Long summer daylight and reliable snow have drawn visitors here since the late 19th century, when Flims became one of Switzerland's first Alpine health resorts.

Flims suits travelers who want lake swimming and long mountain hikes in summer, and skiing in winter, in a calmer setting than some of its neighbors. The village shares its ski slopes with Laax and Falera as one combined area, but Flims itself keeps the older, more traditional character of the three.

When to visit

Summers, from June to September, are mild and best for hiking and swimming in the lakes. Snow usually covers the ski slopes from December to April, though conditions vary by year. Plan around **Swissalpine**, a mountain trail-running and hiking festival held here each July that draws competitors from across Europe.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	1° / 6° Feels like -3°	-8° / -16°	14 rainy days · Dry air · Calm winds
February	Great Great for skiing	2° / 7° Feels like -2°	-7° / -17°	12 rainy days · Dry air · Calm winds
March	Fair Fair for skiing	6° / 14° Feels like 2°	-3° / -12°	15 rainy days · Dry air · Calm winds
April	Fair Fair for hiking	11° / 19°	1° / -6°	15 rainy days · Dry air · Calm winds
May	Fair Fair for sightseeing	16° / 23°	6° / 0°	20 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	20° / 27°	10° / 4°	20 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	21° / 27°	12° / 6°	20 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	21° / 27°	12° / 7°	19 rainy days · Dry air · Calm winds
September	Good Good for sightseeing	18° / 24°	8° / 2°	15 rainy days · Dry air · Calm winds
October	Good Good for hiking	14° / 20°	4° / -2°	14 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	7° / 15° Feels like 4°	-1° / -10°	15 rainy days · Dry air · Calm winds
December	Great Great for skiing	2° / 8° Feels like -2°	-6° / -16°	14 rainy days · Dry air · Calm winds

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

The figures above reflect the high alpine terrain that stretches across the wider municipality; the village itself, at around 1,100 meters, is milder.

Top sights



A Caumasee is the destination's signature sight: a startlingly turquoise lake fed entirely by underground springs, with a small beach, rowing-boat rental, and a funicular down from the road above. A short walk away, B Crestasee is a quieter, smaller lake shared with the neighboring village of Trin, ringed by forest and a lakeside guesthouse dating from 1892.

Both lakes sit inside the debris field of the Flims Rockslide, one of the largest rock avalanches known in the Alps, which buried the original Rhine valley roughly 10,000 years ago. The river has since cut back down through that debris to form the Rhine Gorge, known locally as Ruinaulta and sometimes called Switzerland's Grand Canyon. C Il Spir, a swift-shaped viewing platform designed by architect *Corinna Menn*, hangs over the gorge at Conn with a view some 400 meters down to the river. Further downstream, D Ruinaulta Suspension Bridge carries hikers across the Vorderrhein on a 105-meter suspension bridge, part of a marked trail through the gorge.

For a high-altitude view over the whole rockslide landscape, ride the cable car up to E Fil de Cassons, a narrow ridge at 2,674 meters inside the UNESCO-listed Tectonic Arena Sardona. In the village itself, F Stennabrücke is a striking concrete bridge connecting the districts of Flims Dorf and Flims Waldhaus, worth a look for its 1959 engineering.

The belle époque quarter of Flims Waldhaus centers on G Waldhaus Flims Alpine Grand Hotel & Spa, a grand 19th-century hotel set in its own park that helped establish Flims as one of Switzerland's earliest Alpine health resorts.

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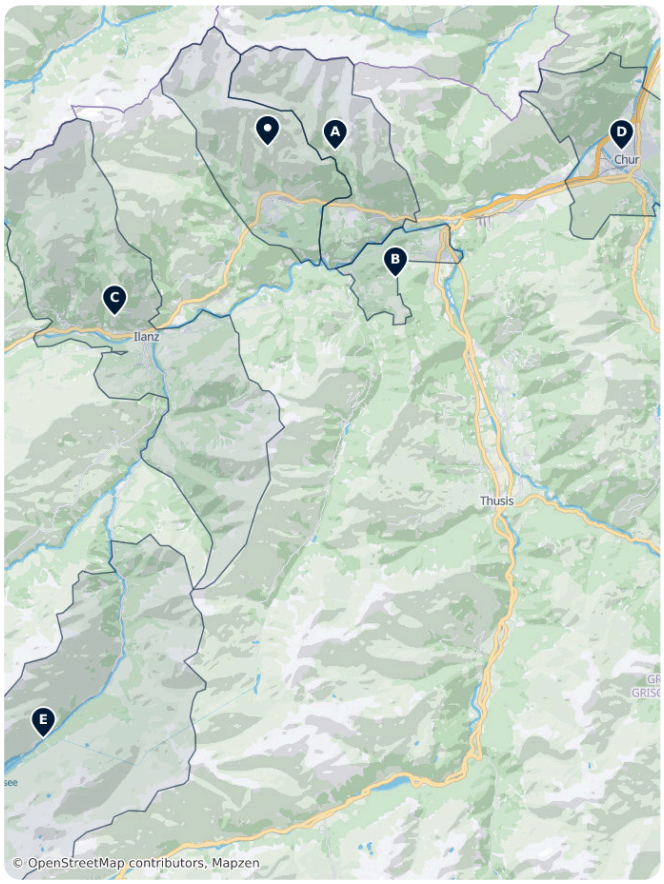
What to experience

- **Swim or paddle across** Caumasee on a warm afternoon — locals and visitors alike treat the lake as the village's summer living room, with a floating platform and a rowing-boat dock.
- **Go canyoning through one of the side gorges**, such as Camatschera or Turnigla, abseiling down waterfalls with a local guide — a popular half-day trip from June to September.
- **Walk the Trutg dil Flem trail**, a signed footpath along the Flem river linking Flims Dorf and Flims Waldhaus over a series of modern footbridges, including Stennabrücke.
- **Ski or snowboard the shared Flims Laax Falera slopes** in winter — Flims's own runs are quieter and more traditional than the freestyle terrain over in Laax.

Day trips

Several rewarding day trips lie within easy reach, from riverside villages a few minutes away to two flagship destinations worth the longer drive.

- **A** Trin – about 10 minutes by car or bus; shares Crestasee with Flims and has its own station on the scenic Rhaetian Railway line along the gorge rim.
- **B** Bonaduz – about 15 minutes by car; a quiet village at the mouth of the gorge, with river beaches and gorge-walk access.
- **C** Ilanz/Glion – about 25 minutes by car or train; the historic market town at the heart of the Romansh-speaking Surselva region, with a compact old core and a riverside promenade. Rafting trips through the Rhine Gorge run from here down to Reichenau.
- **D** Chur – about 45 minutes by bus and train; widely regarded as Switzerland's oldest town, with a Gothic cathedral and a well-preserved old town.
- **E** Vals – about 1–1.5 hours by car; a remote mountain village known for *Peter Zumthor*'s Therme Vals thermal baths, built from local quartzite.



Getting there

- **By air**: The main gateway is Zurich Airport (ZRH), about 130 km away — roughly 2 hours by train or car. It has direct flights to most major European cities.
- **By train**: There is no railway station in Flims itself. Take a train to Chur, then a PostBus (about 30–40 minutes) up to the village. Reichenau-Tamins and Trin, both on the Rhaetian Railway's Surselva line, are closer alternatives with their own onward bus connections.
- **By bus**: Regional PostBus services connect Flims to Chur, Trin, and the rest of the Surselva valley.

Getting around

- **Public transit**: A local PostBus network links Flims Dorf, Flims Waldhaus, Caumasee, and neighboring villages. Buy tickets through the SBB app, or ask at your hotel — overnight guests are usually issued a regional guest card that covers local buses for free.
- **Taxi**: A handful of local operators serve the village; your hotel can arrange a pickup.
- **On foot / cycling**: Flims Dorf and Flims Waldhaus are each walkable on their own, but are a 20–30 minute walk apart, linked by Stennabrücke and a local bus. Cycling is practical on the valley's marked summer trail network.

SBB Journey Planner

Getting around on foot & by bike

WALKABILITY

Moderate

Flims Dorf and Flims Waldhaus are each compact and walkable, but getting to the lakes, gorge, and cable car takes a bus or a car.

CYCLING INFRASTRUCTURE

Moderate

A marked summer cycling network covers the plateau, though the terrain is hilly.

Driving

- **Is a car worth it?**: Not essential for the village itself — PostBus and the local shuttle cover the lakes and cable car stations well — but useful for reaching the Rhine Gorge viewpoints and the wider Surselva region at your own pace.
- **Parking**: Pay-and-display car parks serve Flims Dorf, Flims Waldhaus, and Caumasee; pay by app or at the machine, typically a few francs per hour.
- **Restrictions**: None beyond the usual mountain-road care — narrow, winding approach roads to the lakes and gorge viewpoints get busy on summer weekends.

Food & drink

Flims sits in the Grisons' Romansh-speaking Surselva region, so alongside standard Swiss dishes look for capuns (chard-wrapped dumplings) and Bündner Gerstensuppe (a barley soup with dried meat and vegetables) on local menus.

For a special meal, the restaurants inside Waldhaus Flims Alpine Grand Hotel & Spa draw on the hotel's own gardens and Grisons produce. Otherwise, the small cluster of restaurants and cafés around the church square in Flims Dorf is the most reliable place to find a good meal without booking ahead.

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

Flims is a very safe destination with little crime beyond the usual precautions against opportunistic theft from cars and unattended bags at the lakes.

The main risks are outdoors: mountain weather changes quickly, so check conditions before a hike to Fil de Cassons or a canyoning trip, and only book canyoning through a licensed local guide. Lake water stays cold even in midsummer — ease in gradually rather than jumping straight in.

History

The landscape around Flims was shaped roughly 10,000 years ago by the Flims Rockslide, one of the largest rock avalanches known anywhere in the Alps. It buried the ancient Rhine valley under debris tens of meters deep; the river has spent the millennia since cutting the Rhine Gorge back down through that same debris, and its underground drainage still feeds Caumasee and Crestasee today. Ruinaulta Suspension Bridge now carries hikers across that gorge. The ridge above it all, Fil de Cassons, is protected as part of the Swiss Tectonic Arena Sardona, a UNESCO World Heritage Site recognized for the Glarus thrust exposed in its rock layers.

Tourism arrived comparatively early: Waldhaus Flims Alpine Grand Hotel & Spa opened in the late 19th century as one of Switzerland's first Alpine health resorts, drawing visitors for the mountain air rather than winter sports, which only followed decades later.

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

Top sights





A Caumasee

Caumasee is a lake near Flims, in the Grisons, Switzerland. It is one of the lakes on the Flims Rockslide deposits.

7017, Switzerland (46.82010, 9.29551)

B Crestasee

Crestasee is a small lake shared by the municipalities of Flims and Trin in the Grisons, Switzerland.

7016, Switzerland (46.83141, 9.32109)



C Il spir

Il Spir is a viewing platform at Conn, a location near Flims in the canton of Graubünden in Switzerland.

Via Conn, 7019 Flims, Switzerland (46.81264, 9.31982)



D Ruinaulta Suspension Bridge

Pedestrian suspension bridge spanning 105 meters. It serves as a component of a four-kilometer hiking trail.

(Unnamed Road), 7014, Switzerland (46.81632, 9.35704)



E Fil de Cassons

Mountain ridge and high plateau situated within a UNESCO World Heritage site. It features unique geological formations such as the Glarus thrust and Verrucano peaks.

7017, Switzerland (46.87974, 9.26281)



F Stennabrücke

Concrete rigid-frame bridge standing 30 meters high that connects two local districts. It opened in 1959 as the largest road bridge in the canton.

2 Via Davos Sulten, Flims 7017, Switzerland (46.83348, 9.28260)



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

DATA SOURCES

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- Stennabrücke — "Stenna-Tobel alte Brücke, Parkhaus, neue Brücke" by Caumasee, cc-by-sa-4.0
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