

Laax

Flims Laax Falera · Switzerland

TRAVEL GUIDE

Tripomatic



Overview

Laax is one of the best-known freestyle and snowboarding destinations in the Alps, built around a wide, snow-sure ski area it shares with the neighboring villages of Flims and Falera. What began as a small Romansh farming settlement has grown into a resort famous for its permanent halfpipe and terrain parks, anchored by the car-free, architect-designed village of Rocksresort at its base.

A trip here suits skiers and snowboarders chasing high, glacier-backed terrain in winter, and hikers and mountain bikers drawn to the same lift network once the snow melts. Expect a young, active crowd and a lively après-ski scene rather than a quiet alpine retreat.

When to visit

Winters are cold and reliably snowy from December into April, and the **Vorab glacier** keeps a small ski area open into early summer; summers are short and mild, better suited to hiking and biking than sunbathing. Time a winter visit around the **LAAX OPEN** each January, one of the world's leading snowboard and freeski contests, when a halfpipe and big crowds take over Crap Sogn Gion.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	1° / 6° Feels like -3°	-7° / -16°	14 rainy days · Dry air · Calm winds
February	Great Great for skiing	2° / 8° Feels like -2°	-7° / -17°	12 rainy days · Dry air · Calm winds
March	Fair Fair for skiing	6° / 15° Feels like 3°	-3° / -11°	15 rainy days · Dry air · Calm winds
April	Fair Fair for cycling	12° / 20°	2° / -5°	15 rainy days · Dry air · Calm winds
May	Fair Fair for sightseeing	16° / 23°	6° / 1°	20 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	21° / 27°	11° / 5°	20 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	22° / 28°	12° / 7°	20 rainy days · Calm winds
August	Good Good for sightseeing	22° / 28°	12° / 7°	19 rainy days · Calm winds
September	Good Good for sightseeing	18° / 24°	8° / 2°	15 rainy days · Dry air · Calm winds
October	Good Good for cycling	14° / 21°	4° / -2°	14 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	7° / 15° Feels like 4°	-1° / -9°	15 rainy days · Dry air · Calm winds
December	Good Good for skiing	2° / 8° Feels like -1°	-5° / -15°	14 rainy days · Dry air · Calm winds

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

Top sights

A Laax is one of the most famous freestyle and snowboarding areas in the Alps, with a permanent halfpipe, several terrain parks, and enough varied piste to fill a week of skiing.

B Crap Sogn Gion is the resort's main mountain station, with a 360-degree viewing platform, restaurants, and a mountain hostel; it is also the focal point for the LAAX OPEN each January.

A cable car continues on to C Crap Masegn, a rocky summit at 2,516 meters with wide views over the surrounding peaks and a hiking trail back down toward Crap Sogn Gion.

Above it all, the D Vorab Glacier gives skiers access to some of the highest, snow-sure terrain in the area and keeps a small ski run open well into spring.

At the valley base, E Rocksresort is a car-free, architect-designed village of stone-and-timber apartment blocks built around restaurants, bars, and shops, all with ski-in ski-out access.

The F Freestyle Academy is an indoor training hall where skiers, snowboarders, and skaters practice jumps and tricks on trampolines and a foam pit year-round.

For a quieter stop, G Laaxersee is a small lake in the village that is popular for a swim or a walk in summer and often freezes over in winter.



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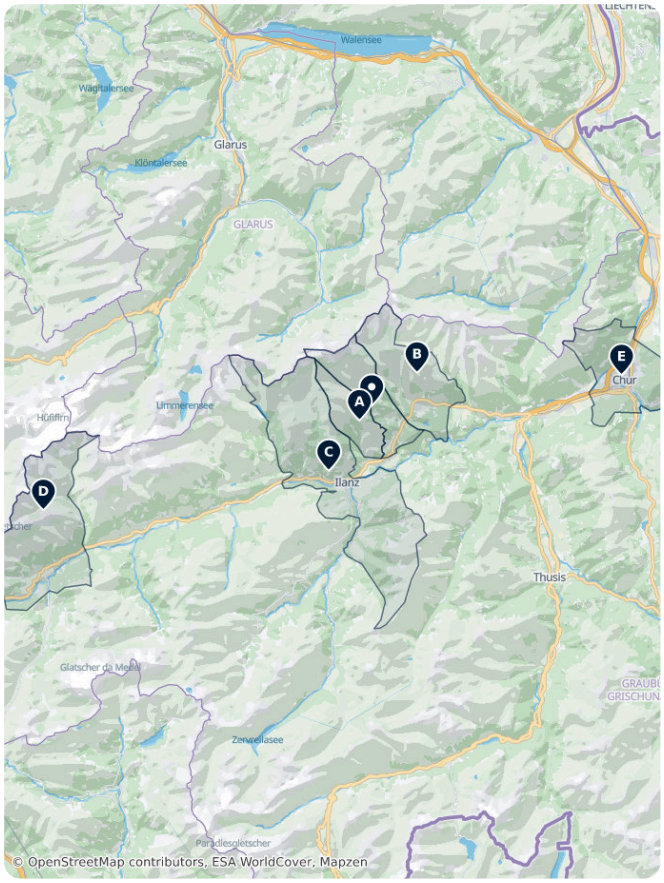
What to experience

A few things here are worth doing, not just seeing.

- Watch the **LAAX OPEN** halfpipe and slopestyle finals in January, when a temporary grandstand and a full program of live music turn the mountain into a festival for a few days.
- Try a jump session on the trampolines and foam pit at Freestyle Academy, open to complete beginners as well as competitive riders.
- Ride a marked flow trail down from the high lifts in summer — Laax's bike park is one of the reasons the resort stays busy after the snow melts.
- Soak in an outdoor pool or sauna at La Siala, Laax's spa and wellness center, after a day on the mountain.

Day trips

Laax sits in the Surselva valley, within easy reach of its Romansh neighbors, the regional capital, and a historic monastery town.



- A Falera — about 10 minutes by car or bus; a small Romansh village with its own share of the ski area and a Bronze Age stone row.
- B Flims — around 15-20 minutes; the resort's other main village, with the Caumasee lake and the Rhine Gorge nearby.
- C Ilanz/Glion — about 25 minutes by car or train; the first town on the Rhine, with a compact old town and a cobbled main street.
- D Disentis/Mustér — roughly 45 minutes by train; home to a working Benedictine monastery and a stop on the Glacier Express route.
- E Chur — about an hour by train or bus; Switzerland's oldest town, with a well-preserved old quarter and a cathedral.

Where to explore

Laax shares its ski area and the wider LAAX resort brand with two close neighbors. Flims is the larger of the two, with its own historic village core and the popular Caumasee lake nearby. Falera is the smallest, a quiet Romansh village known for its Bronze Age megalithic site.

Getting there

- **By air**: Zurich Airport (ZRH) is the main gateway, roughly 2 to 2.5 hours away by train or car. From the airport, take the train to Chur and change to a regional train or PostBus toward Laax.
- **By train**: Trains run regularly from Zurich to Chur (around 1 hour 15 minutes); from Chur, a connecting regional train or PostBus reaches Laax village in about 45 minutes to an hour. Direct ski trains and buses often run from Zurich during the winter season. SBB
- **By bus**: PostBus line 81 connects Chur railway station with Laax and the wider valley, and is also the main way to reach Falera and Flims without a car. PostAuto

Getting around

- **Within the resort**: The Rocksresort area at Laax Murschetg is compact and mostly car-free, with lifts and gondolas running straight from the village center.
- **Public transit**: PostBus links Laax village, Murschetg, Falera, and Flims. Buy tickets through the SBB mobile app or at ticket machines; many buses also accept contactless card or phone payment directly on board. PostAuto
- **On foot / cycling**: The valley floor is easy to walk or cycle between hamlets, but the steeper terrain above the village needs a lift or a car.

Getting around on foot & by bike

WALKABILITY

Moderate

The Rocksresort area at Laax Murschetg is compact and mostly car-free, but the wider village is spread across several hamlets, so the lift network or a bus helps for getting further afield.

CYCLING INFRASTRUCTURE

Moderate

Cycle paths link the valley floor between Laax, Flims, and Falera, and mountain bikers can ride lifts up to trailheads in summer, but steep terrain limits casual cycling elsewhere.

Driving

- **Is a car worth it?**: Not for a resort-based stay — lifts and PostBus services cover the valley — but a car makes day trips to Ilanz, Disentis, or Chur more flexible.
- **Parking**: Paid car parks serve Rocksresort and the main lift stations, typically CHF 10-15 a day; book ahead in peak season.
- **Restrictions**: A Swiss motorway vignette is required for the approach via the A13, and some mountain roads above the resort close in winter.

Food & drink

Restaurants cluster around Rocksresort and the base of the main lifts, ranging from quick lunch stops on the slopes to sit-down Swiss and Italian-leaning menus in the evening.

Look for Grisons specialties alongside standard Swiss dishes: capuns (chard-wrapped dumplings), maluns (grated potato fried with cheese), and air-dried Bündnerfleisch beef, all part of the food culture of the canton's Romansh-speaking valleys.

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

Laax is a safe, low-crime destination; the main risks here are the usual mountain ones rather than street safety.

- Stay on marked and open pistes — off-piste and glacier terrain around the Vorab carries avalanche and crevasse risk, and conditions can change quickly at altitude.
- Use sunscreen and eye protection on the slopes; UV exposure is much stronger at altitude and on snow than it feels.
- Swim only in supervised areas of Laaxersee; mountain lakes stay cold even in summer.

History

Laax was a small Romansh farming and dairying community for centuries, its life centered on the valley floor rather than the high peaks above it. Romansh place names survive throughout the area, and the language is still spoken locally alongside German.

Everything changed from the 1960s onward, when the first cable cars opened up the mountain above the village and a local operator, later known as Weisse Arena Gruppe, began building out lifts, hotels, and terrain. Crap Sogn Gion grew from a simple mountain station into the hub it is today, and a purpose-built halfpipe and freestyle parks turned Laax into one of snowboarding's best-known names. Rocksresort, built in the 2010s, marked the resort's shift toward architect-led, car-free development at the base of the mountain.

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

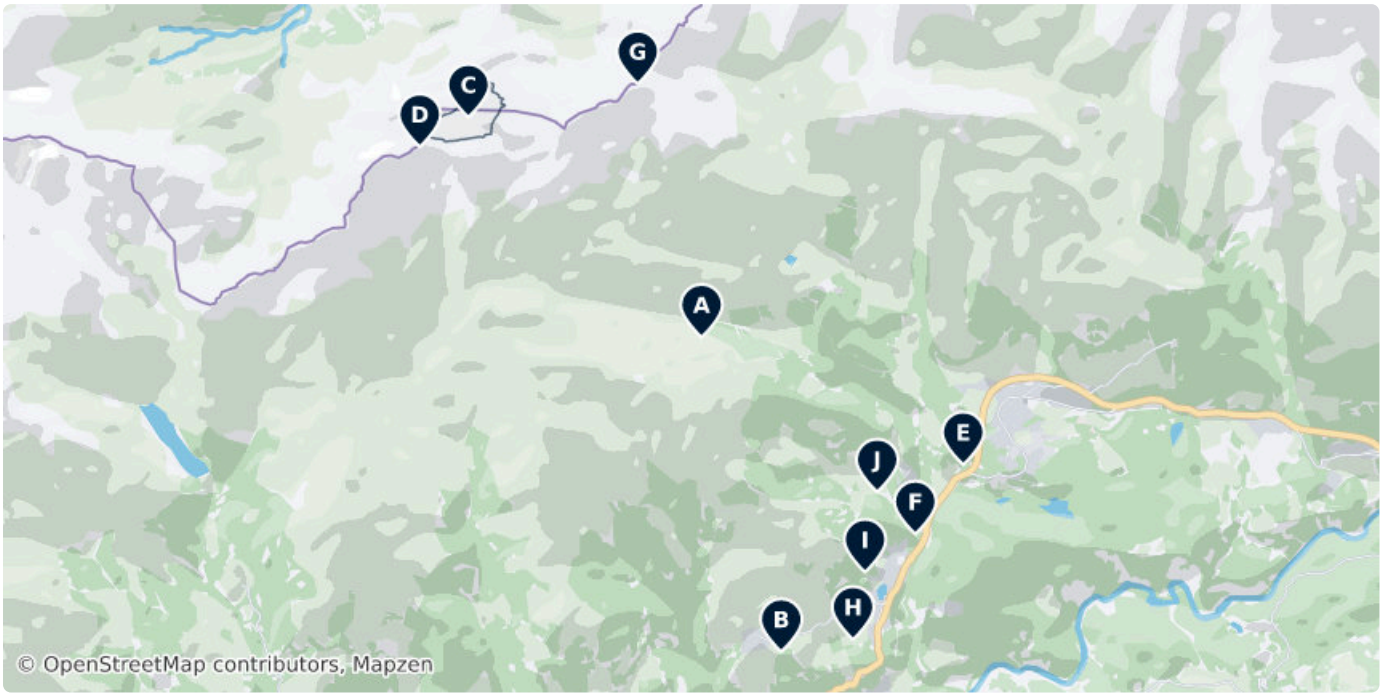
German, French, Italian, Romansh

TAP WATER

Safe to drink

Laax Essentials

Laax combines high-altitude adventure with significant archaeological heritage. This alpine destination is anchored by the Vorab Glacier and the vast Flims Laax Falera ski area, famous for its freestyle facilities and the world's largest halfpipe. Beyond the slopes, the region features the Parc La Mutta megalithic site, the 13th-century ruins of Casti Lagenberg, and turquoise mountain lakes such as Lag Prau Pulté. Visitors can explore peaks like the Bündner Vorab and dine on regional Graubünden cuisine at mountain huts like Tegia Larnags.





A Laax

Major Swiss winter sports destination known for its extensive freestyle facilities, four snowparks, and the world's largest halfpipe. It forms part of the integrated Flims Laax Falera ski area.

7032, Switzerland (46.84556, 9.21799)

laax.com, +41819277007



B Parc La Mutta

Switzerland's largest megalithic site, dating to the Middle Bronze Age. Located near Falera, the park contains 32 standing stones aligned with astronomical phenomena and seasonal cycles.

7153, Switzerland (46.79890, 9.23532)

parclamutta.falera.net



C Vorab Glacier

A plateau glacier situated on the Vorab mountain at approximately 3,000 meters. It provides high-altitude terrain for winter sports and is a prominent geological feature of the Glarus Alps.

(46.87817, 9.16742)



D Bündner Vorab

An alpine peak in the Glarus Alps reaching an elevation of 3,028 meters. It marks the geographic boundary between the cantons of Glarus and Graubünden.

7154, Switzerland (46.87377, 9.15686)



E Lag Prau Pulté

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

7018, Switzerland (46.82664, 9.27477)

F Casti Lagenberg

Remnants of a 13th-century hilltop castle located north of Laax village. The archaeological site preserves the ruins of a residential tower and parts of the original defensive walls.

7031, Switzerland (46.81637, 9.26437)

G 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)



H Lag digl Oberst

Lag digl Obert or Lag Pign is a lake in the village of Laax, Grisons, Switzerland.

7031, Switzerland (46.80072, 9.25086)

I Crap da Strias

A rocky viewpoint overlooking the Surselva valley. The name translates to "Witches' Rock" in Romansh, referencing local alpine folklore.

(46.81070, 9.25349)

J Tegia Larnags

A traditional mountain restaurant located at the Larnags mid-station. It serves regional Swiss specialties and Graubünden cuisine, featuring outdoor seating and wheelchair-accessible facilities.

(Unnamed Road), 7032, Switzerland (46.82259, 9.25610)

larnags.ch, +41 81 927 99 10

DATA SOURCES

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