



Flims Laax Falera

Meetings, Incentives, Conventions & Events



MEETINGS
FLIMS LAAX FALERA

Flims Laax Falera

An unforgettable venue for meetings, incentives, conventions and events

A warm welcome to the heart of Grisons. The three tourist destinations of Flims, Laax and Falera are located at a height of 1,100 m above sea level, embedded between mountains and on a wonderful sun terrace above the wild and romantic Rhine Gorge. A unique landscape with wonderful forests, idyllic mountain lakes, crystal-clear streams and cultural heritage sights await you here.

Short connection routes and a large number of leisure facilities make the destination Flims Laax Falera an ideal venue for meetings, incentives, congresses and events. With the «Waldhaus Arena» event hall for up to 1,800 persons, Flims is one of the most important congress locations in the Swiss Alps. The region's spirit of innovation facilitates an eventful and dynamic setting for every event, from the classical conference hotel to the small facility on the Alp or the modern event hall.

In the summer and winter, the destination Flims Laax Falera pampers congress guests with a diverse offering of activities and varied supporting programmes.

In the summer, the destination is adventure and experience in the heart of fabulous mountain scenery, refreshing bathing lakes such as Lake Cauma and a top-notch golf course. Another 8 golf courses are to be found in a radius of just 60 minutes by car.

Mountain biking fans will find an outstanding biking area here on 330 km of marked mountain bike routes. Outdoor enthusiasts, however, also love the diverse leisure offering, such as hiking in the world natural heritage site or exciting adventures on the historic «Pinut» via ferrata. A total of 250 km of marked hiking trails guide you through one of the most diverse hiking areas in the Alps.

In the winter, Flims Laax Falera, one of the most snow-sure and sun-kissed destinations, offers 220 kilometres of pistes and 55 km of cross-country skiing trails. Four snow parks, Europe's largest half-pipe and the first freestyle indoor hall in Europe. Or enjoy a wonderful walk on one of the wonderful winter hiking paths – the region's many wintery-white adventures are at your feet.

Great importance is attached to enjoyment in our region. All year around, the gastronomic offering impresses at a very high level, with a diversity on the mountain and in the valley. It is also worthwhile visiting an exhibition or a museum at any rate. The region offers numerous facilities for those interested in culture or simply wanting to learn more.

You will only find all this and much more with us. Look forward to the diverse opportunities that the destination offers you.

Get to know the congress and incentive destination of Flims Laax Falera and let yourself be inspired for your event.

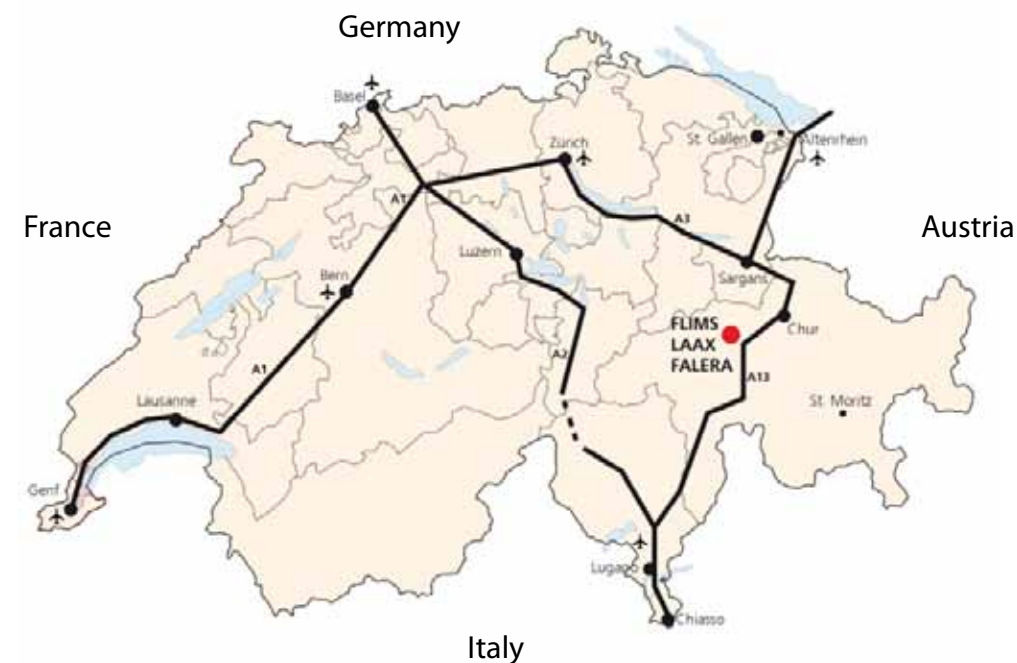


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Flims Laax Falera

Is located in the heart of Grisons and can be conveniently reached from all over the world



Flims is a car journey of just 90 minutes from Zurich and 20 minutes from Chur. Getting here by car or bus, or by other forms of public transport, is very convenient.

By air

Switzerland is connected to the world via the international transport network. The international airports in Zurich, Basle, Geneva and Friedrichshafen have national train links that will take you to Chur and then on to Flims Laax Falera. This guarantees to you that our region can be easily reached.

By car

The major European transport links criss-cross Switzerland and the superbly developed, tight-knit road network covers every corner of the country. Flims Laax Falera is just 9 km from the A 13 motorway (exit no. 18 / Reichenau).

Limousine and taxi service

Jump in and enjoy the journey! Let yourself be driven conveniently and safely to our region in a comfortable vehicle owned by one of our partner companies.

Bus transfer / Airport shuttle

With our Flims Laax Falera Airport Shuttle Service in the winter, you can travel directly to our region very easily and, for instance, in just 90 minutes or so from Zurich airport. Our transport partners are available for individual bus transfers to Flims Laax Falera or for excursions locally and in the region with various vehicles.

By train

En route on a regular basis: Swiss Railways trains run on all important links every 30 or 60 minutes – of course with direct links to the neighbouring countries. With the international train link to Chur, then by Postauto Grisons to Flims Laax Falera (approx. 30 minutes).

Congress Ticket

The congress ticket makes it possible for seminar participants and congress visitors to travel to Flims Laax Falera by rail and Postauto conveniently and without any hassle. Including special services such as luggage transport also directly from the airport or check-in plus issuing of board card on the return journey. The Grisons Congress Ticket is valid for one journey from a Swiss station to the congress venue of Flims Laax Falera and back.

Airport	Distance	Duration by car	Duration by rail
Geneva	415 km	approx. 4 hours	approx. 5.5 hours
Zurich	135 km	approx. 1.5 hours	approx. 2.5 hours
Basle	222 km	approx. 2.5 hours	approx. 3.5 hours
Berne	262 km	approx. 3 hours	approx. 3.5 hours
Lugano	150 km	approx. 2 hours	approx. 3.5 hours

Flims Laax Falera Meetings

Your satisfaction – Our goal

Are you planning conferences and congresses? Are you looking for high-quality supporting or evening programmes for your conference participants?

FLF Meetings – is your competent contact for successful congress and incentive planning in the destination Flims Laax Falera. We will find the ideal event location, the appropriate accommodation, the right facilities for unique evening events, the elegant gala event or the attractive outdoor and indoor programme. We work closely with our partners in the region to ensure that your event is a complete success.

Our services

Individual service – from one source. We would be pleased to support and advise you in:

- Comprehensive information about the destination Flims Laax Falera
- Forwarding and coordination of offer enquiries
- Vacancy enquiries and booking of hotels
- Arranging and booking of conference and congress venues
- Arranging and booking of event venues
- Arranging of supporting and ancillary programmes
- Arranging of indoor and outdoor activities
- Arranging of ski tickets
- Arranging of transfer services
- Support during site inspections
- Arranging contact to competent partners on site

All services are provided on a free-of-charge and no-obligation basis for you. Together with our experienced partners, we would be pleased to help you to stage an event at our destination that people regularly recall with fond memories.

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UNESCO World Heritage Site

The Tectonic Arena Sardona with its imposing Tschingelhörner mountain ridge and Martinsloch natural hole has been a UNESCO World Natural Heritage Site since 2008.



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Congresses & events

We offer space for creativity and ideas and ensure your event is a highlight.



Waldhaus Arena Flims

The Waldhaus Arena in Flims is the perfect location for any event and is situated on the premises of the Waldhaus Flims Mountain Resort & Spa. In the winter, it is one of the most modern curling arenas in Europe and from April to October, the three-storeyed, multifunctional Waldhaus Arena is particularly suited for large-scale congresses, trade fairs, concerts, product presentations, exhibitions, shareholders' meetings and major events for up to 1800 persons.

Room facilities

A lot of space and a first-class infrastructure are the basis for successful events. Guests are received in the spacious foyer. In the Curler Restaurant & Pub, the large glass frontage with a wonderful view of the magnificent Flimsenstein high plateau and the village of Flims. On the other side, you look directly in the event hall lined with light wood and on the stand you have a superb view of events in the Waldhaus Arena. On the basement floor, there are two comfortable, light seminar rooms with a lot of natural light. This is an ideal location for a relaxing and focused conference.

Infrastructure

A flexible room programme, combined with state-of-the-art infrastructure and seminar technology as well as personal and professional customer support are the perfect conditions for your congress. The experienced specialists from the event management and catering will be pleased to assist you in staging an unforgettable event at the Waldhaus Arena Flims.

Restaurant & bar

In the Curler Restaurant & Pub (open in the winter), regional dishes and Swiss specialties such as cheese fondue and raclette are served. The Curler Pub offers a fine selection of whiskeys and Scottish beers. The professional and creative in-house catering team pampers guests with an offering that is tailored precisely to the individual event. Coffee breaks, creative stand-up buffet lunches, unusual aperitifs or classical gala dinners – there are no limits on what you can ask for.

Rooms	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Event hall	48,9 x 30,1	1472	1620	874	-	-	830	1500
Seminar Shot 1	13 x 6,7	87	88	56	40	40	-	-
Seminar Shot 2	7,9 x 6,7	53	48	32	25	25	-	-
Tribune		94	92	-	-	-	-	-
Restaurant & Pub		177 / 30	-	-	-	-	150 / 20	120





la fermata
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la fermata Falera

Lively, inspiring and multi-functional – that is «la fermata». The cultural and seminar centre is located on the sun terrace of Falera. The outstanding architecture and the special ambiance give the building a unique atmosphere. An ideal venue for conferences, meetings, concerts, exhibitions, training courses and theatre performances.

Room facilities

The «la fermata» incorporates 7 comfortable event rooms, from the group room for 8 persons to the spacious auditorium for 500 persons. The large hall in modern wood design with permanently installed stage and gallery is ideally suited for concerts and presentations thanks to its good acoustics. A modern technical infrastructure and various ancillary rooms, a cloakroom and a foyer, with integrated bar and kitchen, are available. There is the option of having culinary specialities provided by an external catering service.

Infrastructure

In car-free Falera, 400 parking spaces are available at the entrance to the village; delivery access to the seminar centre is permitted. The «la fermata» is 5 minutes' walk from Falera car park. Incidentally, the view of the splendid Grisons mountains is included – so that your seminars, congresses and events become a lasting memory.

Rooms	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Stonas I	226	278	110	50	45	240	-
Stonas II	88	104	45	29	30	-	-
Stonas III	82	110	30	25	20	-	-
Gonda	42	48	9	14	20	-	-
Acla	14	8	-	8	-	-	-
Runca	27	24	-	6	13	-	-
Cains	14	8	-	8	-	-	-



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Event hall & community hall Flims

The modern event hall and the adjoining community hall are located in the very centre of Flims and are ideally suited for presentations, seminars and shareholders' assemblies. Thanks to its direct proximity to the centre of the village, business and lifestyle can be ideally combined with one another.

Room facilities

Light, airy and multi-functional Flims event hall offers the ideal setting for events for up to 450 persons. The community hall with staggered theatre seating for 200 persons and with a permanently installed stage is perfectly suited for presentations, shareholders' meetings and theatre performances. The adjoining light and airy foyer lends itself to coffee breaks and aperitifs.

Infrastructure

Diverse technical equipment can be additionally hired. The free choice of caterer makes it possible for every event organiser to provide individual culinary services for its event. The caterer has a professional kitchen in the event hall at its disposal for this purpose. Parking is available in the hall's own underground car park.

Rooms	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Event hall	26 x 14	364	450	180	-	-	250	-
Community hall	13.6 x 9	122	200	-	-	-	-	-
Foyer	8.8 x 6	53	-	-	-	-	-	50



Relaxed conferencing

In the Grisons mountains, we offer you the appropriate setting for Alpine conferencing. A large number of different event possibilities are available to you.






WALDHAUS FLIMS
 MOUNTAIN RESORT & SPA

THE LEADING HOTELS OF THE WORLD
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Waldhaus Flims Mountain Resort & Spa*****S

In the heart of the splendid mountains of Flims Laax Falera, a unique hotel world opens up in the largest hotel park in Switzerland. The «Belle Epoque-Grandeza» of the four affiliated hotels offering accommodation for 300 persons, the rich vegetation of the archaic park landscape, the delight spa & beauty wellness oasis covering 2500 m² and the comprehensive gastronomic offering make discerning congress dreams come true. In the 19 rooms with plenty of emotional ambiance, meetings, congresses and events are a resounding success.

Meeting facilities, technology & meeting service

The grand pavilion dating from the turn of the century with its large art nouveau style ballroom for conferences and workshops for up to 500 persons, the Flem floor with boardrooms for 6 to 60 persons, the Belmont seminar centre with various seminar and training rooms for 15 to around 100 persons and the multifunctional Waldhaus Arena for all kinds of large-scale events for up to 1800 persons. Modern, professional conference facilities and technique support are available as well as building technicians, artists' cloakroom, storage room, director's and production offices. A professional congress and event team is at hand to assist you and address your individual requirements.

Overnight accommodation

In the three guesthouses Grand Hotel Waldhaus, Grand Chalet Belmont and Villa Silvana there are around 150 rooms and suites in four different styles of interior design. All rooms & suites have a minibar, safe, hairdryer, bathrobe and slippers, wireless LAN or Internet modem. Some of them also have a balcony.

Restaurants & bars

With all this diversity, all six restaurants in the Waldhaus Flims have one thing in common: Their aim to offer guests a unique gourmet experience of supreme quality and fine creations. Grand Restaurant Rotonde & Panorama (seasonal and regional cuisine with 13 Gault Millau points), Epoca (gourmet restaurant with 17 GaultMillau points), The Lounge (bistro and terrace with light meals and classics), Little China (Chinese and Thai specialities), Ristorante Pomodoro (pizza & pasta), Curler Restaurant & Pub (Swiss specialities, cheese fondue and raclette).

Spending an enjoyable few hours in one of the five bars, starting the evening with a fine drink, letting the day draw to a close over a digestif or a cigar – in the Chadafö Grand Bar, in the Lounge Bar, in the Segnes Wine Bar or in the Waldhaus Bar.

Wellness & Leisure

The prize-winning wellness oasis delight spa & beauty brings together on 2,500 m² all the facets of innovative spa and wellness culture. As one of the «Leading Spas of the World» with an interior pool in a glass cube and an outdoor pool, natural swimming pool, sauna landscape with earth sauna, hammam, Finnish sauna, steam and aroma baths, rest rooms, massages and special treatments, sport and fitness room with personal coaching, outdoor tennis courts and high rope course.

Rooms	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Arvenstübli	4.8 x 2.7	34	40	33	21	18	16	20
Belle Epoque ballroom	14.4 x 29	418	450	260	-	-	250	450
Belmont 1	7.8 x 8.5	64	50	30	26	21	-	70
Belmont 2	7.8 x 7.8	64	50	27	20	21	-	70
Cauma 1	7.2 x 4.5	33	20	15	16	12	-	20
Cauma 2	7.2 x 4.5	33	20	15	15	12	-	20
Cresta	7.1 x 5.9	45	22	18	16	16	-	-
Flem 1	10 x 8.2	82	60	45	33	30	-	30
Flem 2 / Boardroom	12 x 5.7	68	-	-	30	-	-	-
Flem 3	4.7 x 4.5	21	-	-	9	-	-	-
Greina	6.4 x 4.1	31	15	9	12	9	-	-
Hotel museum	8 rooms	655	-	-	-	-	40	150
Joker	7.1 x 8.5	60	40	33	21	18	32	40
Muligarage	7.9 x 9.1	72	-	-	21	18	40	40
Mundaun	8.6 x 11.6	100	90	50	33	39	-	-
Olgiati Museum		80	-	-	20	-	-	30
Panorama		365	-	-	-	-	200	250
Pavillon-Terrasse		433	-	-	-	-	-	300
Pic As	8.2 x 15	123	100	66	39	40	70	80
Piccolo	6 x 13	78	-	-	33	30	50	60
Primula	6.4 x 4.1	26	15	9	12	9	-	-
Rotonde		245	-	-	-	-	110	180
Serraria	4 x 2.7	11	-	-	6	-	-	-
The Lounge	8.7 x 38.3	333	-	-	-	-	-	300
Vip Lounge	9 x 3	27	-	-	-	-	-	10





HOTEL ADULA
Zeit für das Echte.



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Hotel Adula****S Flims

Are you planning a conference with between 10 and 80 participants? Then the 4-star superior Hotel Adula in a tranquil location and park-like surroundings offer you the best prerequisites. The place where you will feel at home before, after and between seminars. In the Hotel Adula, enjoy the interaction between comfortable furnishings and authentic Grisons congeniality and look forward to genuine hospitality.

Meeting facilities & technology

Some of the seven very comfortable and light rooms, with large windows and a view over the park area, can be sub-divided. All seminar rooms have a modern and professional infrastructure. Round-the-clock support is guaranteed during your seminar. The Hotel Adula looks forward to being able to organise your event with the well-known personal Adula touch.

Overnight accommodation

The Hotel has 92 stylishly furnished rooms offering every comfort; some of them are heavily influenced by indigenous Swiss mountain pine, with oak flooring. All rooms are equipped with bath or shower, WC, safe, minibar, bathrobe, balcony, TV, telephone and W-LAN.

Restaurants & bar

Gourmets are spoiled for choice in the three speciality restaurants. In the modern, charmingly furnished «Hotel-Restaurant» with international delicacies from the GaultMillau cuisine, in the «La Clav» with Swiss specialities and for easily digestible creations in the stylishly rustic gourmet restaurant «Barga» which has been awarded 15 GaultMillau points. The beautiful hotel hall with open fire and hotel bar ensures a cosy finish to the day.

Wellness

Over 1200 m², the wellness oasis LA MIRA, designed according to feng shui, offers everything that body, mind and soul require: indoor pool (7.5 x 20 m, 28 °C), outdoor brine pool (35 °C), herbal sauna, ruby steam bath, Grisons sweat room, Panta Rhei rest room, large selection of body & beauty treatments, therapeutic consultations, and much more.

Rooms	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Cauma A + B	14.4 x 8.0	115	110	70	40	35	-	-
Cresta	9.9 x 7.0	70	60	40	25	20	-	-
Cassons A – C	8.0 x 10.6	85	55	35	30	30	-	-
Soldanella Lounge	8.0 x 7.1	57	40	20	20	15	-	-



SCHWEIZERHÖFLIMS
ROMANTIK HOTEL



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Romantikhôtel Schweizerhof**** Flims

The Romantikhôtel Schweizerhof in Flims radiates the magic of the «Belle Epoque» in an elegant and stylish manner in the heart of the mountains. You already notice the warm hospitality and the timeless charm that is defined by 100 years of tradition when you arrive at the hotel, which is now run by the 4th generation of the same family.

Meeting facilities & technology

The facilities of the Romantikhôtel Schweizerhof form the special framework for your event. From the «Salle d'Etude» event room, which has modern furnishings and state-of-the art equipment, you enjoy a breath-taking view of the Flims mountains. The directly adjoining terrace or the foyer is ideally suited for small breaks in between. Combined with a unique historic ambiance, the classical art nouveau room «Salle de Lecture» is ideal for smaller-scale events, whilst the elegant art nouveau restaurant on the ground floor is perfect for weddings or larger events.

Overnight accommodation

The hotel has 50 stylish rooms, all with bath/shower, WC, TV, telephone, minibar, hairdryer, bathrobe & slippers. Some also have a balcony. Open the room windows in the Romantikhôtel Schweizerhof and the imposing panorama of Flims is spread out before you.

Restaurant & bar

In the renowned restaurant «Belle Epoque», you will enjoy a modern, light and regional cuisine. Great importance is attached to the choice of products and the preparation. The hotel bar and the lobby with its art nouveau tradition invite you to spend a while in a cosy atmosphere.

Wellness

An oasis to enjoy – body and mind can superbly unwind in the light and airy indoor pool (7 x 15 m) with Grander water at a temperature of 29 degrees, in the caldarium, in the Finnish sauna, in the solarium or during a massage.

Rooms	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Salle d'Etude	75	60	32	40	25	-	70
Salle de Lecture	65	40	25	35	20	35	60
Sall à Manger	150	-	-	-	-	100	150





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Sunstar Hotel**** Flims

The location of the Sunstar Hotel Flims is unique – tranquil and idyllic on the edge of the forest, near to Lake Cauma. In the building, which was built more than 100 years ago in the art nouveau style, you can enjoy the stylish atmosphere and warm hospitality. The Sunstar Hotel Flims looks forward to being able to pamper you.

Meeting facilities & technology

The «Cassons» meeting room is suitable for smaller seminars, conferences and workshops for up to 40 persons. It has natural light and a beamer, screen, overhead projector, Internet connection and business centre. The homely «Carigiet Stübli» with panelling in Swiss mountain pine can also be used during the day for small meetings. It has a beamer, screen, flip chart and overhead projector.

Overnight accommodation

All 81 rooms are designed with Swiss stone pine with cosy furnishings and offer you every convenience that you need for relaxing and tranquil moments. The rooms vary in size and view, depending on type, and have a television, radio, telephone, free-of-charge minibar, safe, bath/shower and WC.

Restaurants & bar

In the half-board restaurant with a beautiful view and in the cosy, rustic à-la-carte restaurant «Carigiet Stübli», you will be served culinary delicacies and fine wines. The homely bar in the Grisons style is a popular meeting place and invites you to stay a while.

Wellness & Leisure

You will be able to recuperate and relax in the small adventure pool (3.5 x 4 m) with its bubble bench, massage nets and waterfall. Recharge your batteries in the sauna, in the steam bath or in the rest room with tepidarium. A small weights and exercise room is also available to sports fans. A beautiful garden with lounge area surrounds the hotel in the summer.

Rooms	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Cassons	3 x 13	39	40	30	-	20	-	-
Carigiet Stübli	6.5 x 6	39	30	-	20	20	35	-



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Hotel Laaxerhof**** Laax

The family-run, 4-star Hotel Laaxerhof offers ideal prerequisites for seminar stays and conferences, in a tranquil, exclusive location, directly next to the valley station of Laax mountain railways.

Meeting facilities & technology

The Laaxerhof offers the right setting for every event. The seminar rooms and the large conference hall for 150 persons are suitable for all kinds of seminars, congresses, shareholders' meetings, conferences and workshops and have natural light as well as state-of-the-art infrastructure such as a 3 x 4 m screen, flip chart, beamer, lighting and music system, speaker's lectern, microphone and air conditioning. A dance area of 4 x 4.5 m and a 2 x 10 m stage are fixed elements in the conference room. The spacious foyer including cloakroom lends itself for coffee breaks and receiving guests and has additional direct access to the hotel's garden.

Overnight accommodation

The 95 spacious 2-bed studios, 4-bed junior and 6-bed senior suites offer every comfort. Most of the rooms have a balcony.

Restaurants & bar

The «Stivetta», the «Little Stivetta» and the «Valla Rosa» together form the restaurant with seating for 200 people, whereby each room can be individually sub-divided. National and international dishes, festive menus and exquisite buffets are served. In the rustic and cosy fondue barn «Clavau Pign», up to 80 persons can enjoy cheese fondue, raclette and meat fondues. The restaurant offerings also include the beautiful wine cellar «La Torcla» with 700 exquisite wines from all over the world. The hotel bar with live music and the adjoining spacious lobby provide a relaxing end to the day.

Wellness

The sauna, solarium, whirlpool or a massage offer wonderful relaxation. The 17 x 8 m large and airy indoor swimming pool rounds off the wellness offering in the Laaxerhof.

Rooms	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Glockenstube	5.3 x 4.5	24	-	-	20	-	-	-
Conference room	14.1 x 14.4	203	150	80	-	-	100	-
Salla Flurina	4.6 x 6.2	29	-	-	12	-	-	-
Salla Ursin	2.7 x 6.3	17	-	-	10	-	-	-





signinahotel

**Weisse Arena Gruppe
signinahotel**
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signinahotel**** Laax

Are you looking for tranquillity and a suitable infrastructure for concentrated working? Then discover the 4-star hotel located directly at the valley station in Laax. In the signinahotel, there are facilities available to you for conferences, seminars and workshops. The signinahotel is part of the new rocksresort; guests therefore benefit from a diverse range of shops and gastronomic establishments.

Meeting facilities, technology & meeting service

The Curtgin Grond and Val signina 1 rooms offer sufficient space for groups of up to 60 persons. The fireside lounge with open fire has a very special charm. Screen, pinboard, beamer and additional technology can be provided in all rooms on request. Together, the signinahotel and the rocksresort offer a total of 9 seminar rooms and 13 other event possibilities.

Overnight accommodation

You enjoy a maximum of modern design and comfort in the 85 rooms and suites. Textiles from natural materials, flat-screen TV and bathrooms with wash basins in an «Italian design» ensure a stylish ambiance. Let yourself be pampered and enjoy your stay in the signinahotel.

Restaurants & Bars

The cosy bar with lounge area or the Ristorante Camino with its modern look is ideal for ending the day with a fine drink or supper. In the adjoining rocksresort, the culinary offering ranges from the traditional Grisons cuisine and pan-Asian wok dishes, Mediterranean creative creations, barbecue specialities from an open fire to a gourmet experience with 15 GaultMillau points.

Wellness

A large adventure pool with waterfall and several saunas is available to you; why not let yourself also be pampered by a classical massage or foot reflex zone massage?

Rooms	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
signina Curtgin Grond	89	90	50	42	35	-	90
signina Kaminzimmer	75	-	35	-	30	40	55
Val signina 1	80	60	35	36	25	-	60



rocksresort



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www.rocksresort.com

rocksresort Laax

The rocksresort is far from the ordinary. Modern architecture, linear design and a professional service offering characterise the resort directly at the valley station in Laax. The rocksresort offers a diverse range of seminar, meeting and event facilities. Look forward to an unforgettable event in an exceptional ambiance with comprehensive service.

Meeting facilities, technology & meeting service

In the rocksresort, you have state-of-the-art seminar rooms available for up to 350 persons. Most of the rooms have natural light and state-of-the-art is available during the entire event. Professional seminar support for all matters is guaranteed to you and individual customer requirements are gladly taken into consideration.

Overnight accommodation

Alpine lifestyle is re-interpreted in the rocksresort and celebrated with a passion. In the comfortably furnished apartments for 4, 6 or 8 persons, you will experience alpine living of the highest quality. Additional accommodation is offered by the two adjoining hotels signinahotel**** and Riders Palace.

Restaurants & bars

The rocksresort offers a broad gastronomic and lifestyle offering. Restaurants: Mulania (gourmet restaurant), Camino (Italian specialities), Nooba (Asian specialities), Tegia Larnags (Swiss specialities), Burgers (burger specialities), Grandis Ustria da Vin (steakhouse & wine bar). Bars: Camino Bar, Crapbar, Piazza & Pannini, Indy Bar & Club, Riders Palace Bar & Club, Il Pub, Larnags Bar.

Wellness

Enjoy wellness in a private atmosphere, without being disturbed. An ultra-modern mini-spa is available to you in every apartment of the rocksresort.

Rooms	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Diva 1	170	130	80	-	-	-	150
Diva 2	30	25	15	15	-	-	25
Riders Palace Club	550	350	120	100	50	-	600
Riders Palace Indy-Club	164	130	60	-	-	-	150
rocksresort apartment for 8 persons	120	-	-	12	-	-	35





Hotel Cresta
 Via Passadi 5
 CH-7018 Flims Waldhaus
 Tel. +41 (0)81 911 35 35
 Fax +41 (0)81 911 35 34
 Info@cresta.ch
 www.cresta.ch

Hotel Cresta*** Flims

The Hotel Cresta has a quiet and sunny location in a large, romantic garden, away from noisy traffic but centrally situated in Flims Waldhaus. The extensive hotel premises consist of the main building and three ancillary buildings, which are partially connected to one another underground.

Meeting facilities & technology

The quiet and airy meeting room, with a wonderful view of the Flimsenstein and the mountains is suitable for seminars, shareholders' meetings, conferences, talks, discussions, presentations, film shows, etc. The following equipment is available: screen, TV, beamer, video, laptop, Internet (cable & wireless), pin wall and whiteboard. Next to the hall, there is the beautiful wellness area with park, ponds and lawns for sunbathing where you can relax during the breaks.

Overnight accommodation

The 50 comfortable rooms are equipped with bath or shower/WC, radio, sat. TV, telephone, safe and free-of-charge Internet. Some of them also have a balcony.

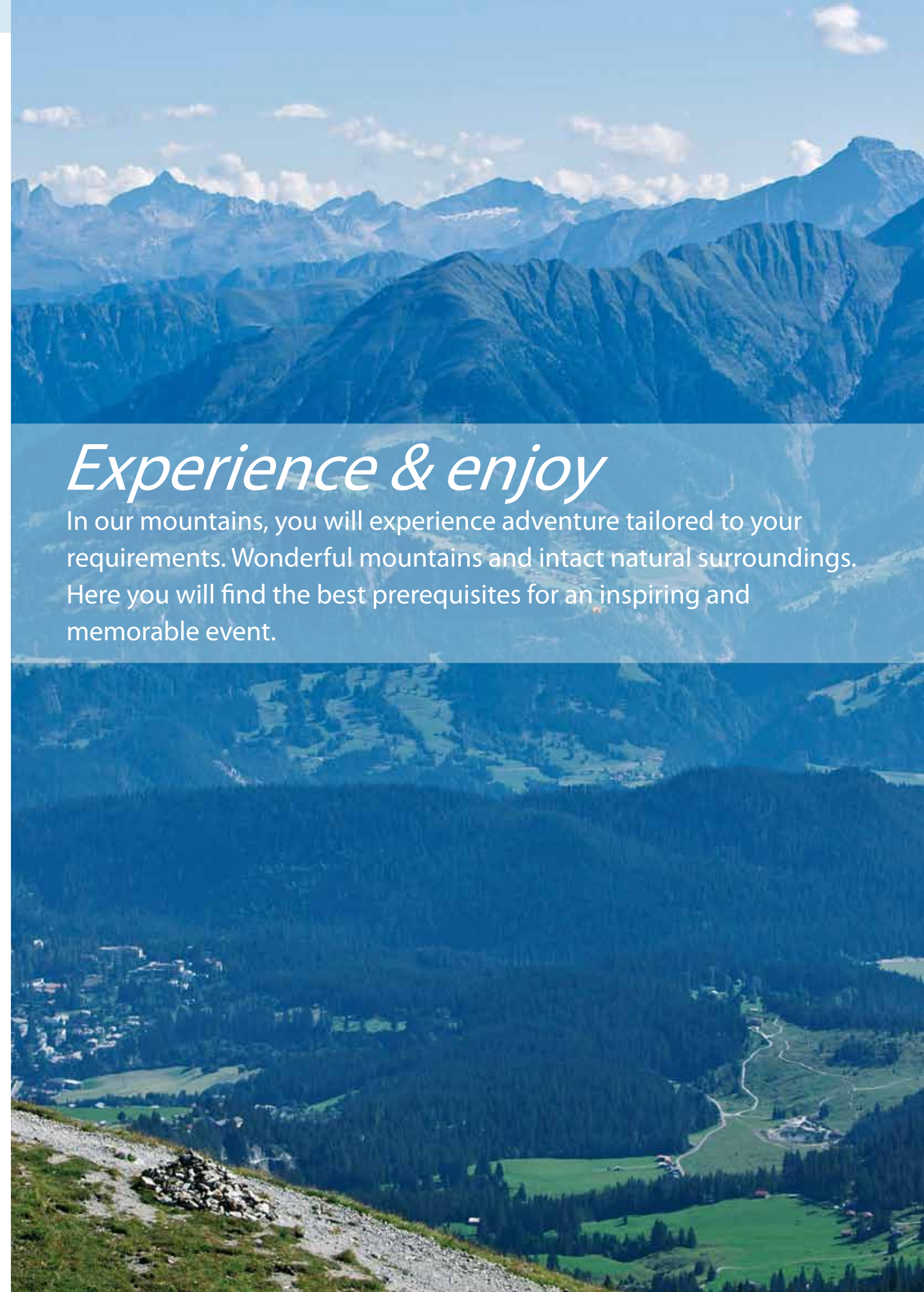
Restaurant

In the restaurant with its splendid view, first-class, fresh dishes are served. In addition, spacious and beautiful dayrooms, a bright winter garden, a small in-house library and a free-of-charge Internet station are offered.

Wellness & Leisure

The hotel has a wonderful wellness facility «Auas aparsas», covering 1,200 m² with various saunas and steam baths, whirlpools, Kneipp, solarium, massage, weights room and two fantastic outdoor pools, the heated «Wellness» and the cold «Bio». The clay cave, a sauna with salty air, is unique.

Room	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Meeting room	10.2 x 6,1	62	55	25	20	21	-	55



Experience & enjoy

In our mountains, you will experience adventure tailored to your requirements. Wonderful mountains and intact natural surroundings. Here you will find the best prerequisites for an inspiring and memorable event.



Well-being

Personal service and comfort – numerous hotels and restaurants offer the appropriate setting for your event.



Alpenhotel*** Flims



Enjoy wonderful days in the Alpenhotel Flims. Here, you will find a lot that makes your stay an unforgettable event. The congenial and warm atmosphere contributes to ensuring that you feel at home right from the start. The hotel has 42 cosy and bright rooms and all are equipped with a balcony, TV/radio, telephone and room safe. You will find a cosy atmosphere in the hotel restaurant and in the hotel bar. The hotel sauna invites you to sweat and relax.



Alpenhotel Flims

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Tel. +41 (0)81 920 98 00
Fax + 41 (0)81 920 98 01
info@alpenhotel-flims.com
www.alpenhotel-flims.com

Rooms	m ²	Banquet	Reception
Hotel restaurant	89	45	-
Hotel bar	75	15	20

Hotel Bellevue*** Flims



The cosy and personally managed hotel was built in 1577 and has a central location in Flims village. In the modern «Täferstube», in the rustic «Bündnerstube» with its panelled ceiling which is more than 100 years old, or accompanied by the refined atmosphere in «La Stiva», the excellent regional cuisines is particularly appreciated by guests. The traditional vaulted cellar «Caverna» offers a special setting for smaller events and it is easy to relax on the beautiful sun terrace. The cosy rooms welcome guests in a pleasant and bright atmosphere.

Rooms	m ²	Banquet	Reception
Bündnerstube	89	55	-
Caverna		36	50
La Stiva	75	25	-
Täferstube	80	60	80
Stiva Rigett		-	15



Hotel Bellevue

Via Nova 66
CH-7017 Flims
Tel. +41 (0)81 911 31 31
Fax +41 (0)81 911 12 32
info@bellevueflims.ch
www.bellevueflims.ch

Hotel Mira Val*** Flims



The family-run Hotel Mira Val is in a tranquil location with a splendid view of Flims and is situated in the direct vicinity of the village centre. In the cosy restaurant, you will enjoy superb cuisine and an exquisite range of wines. The non-smoking hotel has attractive rooms which have been furnished with an eye for detail – all have a balcony, shower/WC, TV/radio, hair-dryer, free W-LAN and free Internet corner. Benefit in the winter from the ski-in convenience for ski piste no. 6 ends directly in the hotel's garden.



Hotel Mira Val

Via Miraval 1
CH-7018 Flims Waldhaus
Tel. +41 (0) 81 911 12 50
Fax +41 (0) 81 911 28 10
info@hotelmiraval.ch
www.hotelmiraval.ch

Rooms	Banquet	Reception
Restaurant	55	-
Terrace	30	30

Hotel Vorab*** Flims



The Hotel Vorab has a sought-after location at the entrance to Flims, just 5 minutes' walk from the mountain railways. The post office and bus stop are directly in front of the hotel. The hotel offers 40 rooms with shower/bath/WC, telephone, radio, Sat TV, some of which have balcony and free W-LAN. Delicacies for the palate are available in diverse variations in the Hotel Vorab. In the refined à la carte restaurant with its many delicious dishes, in the fondue room with various cheese fondues and raclette, and in the Pizzeria Veneziana with Italian specialities. In the small wellness area with Finnish sauna, danarium (bio sauna), steam bath, whirlpool and solarium, it is easy to wind down from the day in a relaxed atmosphere.



Hotel Vorab
Hauptstrasse 38
CH-7017 Flims
Tel. +41 (0)81 911 18 61
Fax +41 (0)81 920 95 04
info@hotelvorab.ch
www.hotelvorab.ch

Rooms	m ²	Banquet	Reception
Restaurant	89	120	-
Fondue room	75	50	-
Pizzeria Veneziana	80	90	-

Hotel La Siala Falera



At the entrance to the village of Falera, with direct links to the skiing area, is the apartment hotel La Siala, surrounded by majestic mountains. In the Restaurant Panorama and on the sun terrace with a view over the Signina chain, you will be treated to culinary delicacies.

The hotel rooms and apartments have homely and comfortable furnishings. The steam bath, the sauna and the indoor swimming pool offer you peace and relaxation in the La Siala and the massage applications will also ensure your personal well-being.



Hotel La Siala
CH-7153 Falera
Tel. +41 (0) 81 927 22 22
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info@lasiala.ch
www.lasiala.ch

Rooms	m ²	Banquet	Reception
Panorama restaurant	180	125	-
Terrace	40	26	90

Hotel FidazerHof Flims



The FidazerHof is a wellness oasis in a superb scenic location above Flims. In the cosy «Bündnerstube» or on the beautiful sun terrace with a unique view of Flims and the Surselva, you will be served culinary delicacies according to the rules of the gourmet label «Goût Mieux». The cuisine primarily uses regional and organic products.

The hotel has 12 charming and very light rooms with balcony. On the garden floor of the hotel there is the Ayurvedic wellness oasis «Prana». The bright, new rooms invite you to relax and many attractive beauty, wellness and therapy treatments are offered.



Hotel FidazerHof
CH-7019 Flims Fidaz
Tel. +41 (0) 81 920 90 10
Fax +41 (0) 81 920 90 19
info@fidazerhof.ch
www.fidazerhof.ch

Rooms	Banquet	Reception
Restaurant	70	-
Terrace	70	-

Hotel Posta veglia Laax



The noble Gasthof Posta veglia with its unique ambiance is located in the old part of the Laax village. In the six different facilities of the hotel, a unique atmosphere with many opportunities for an enjoyable stay await you. Discover the magic of past time and new, exciting and exquisite compositions for the palate. Seven individually and lovingly designed guest rooms ensure wonderful nights.

Rooms	m ²	Banquet	Reception
Arvenstübli	32	36	50
Study	23	24	-
Winter garden	67	60	100
Apérostübli	-	-	12
Herrenzimmer	13	12	-
Pöstli cellar bar	26	30	-



Hotel Posta veglia
Via Principala 54
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Tel +41 (0)81 921 44 66
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www.postaveglia.ch

Surselva Brewery Flims



The brewing vats in the Surselva Brewery in Flims are steaming. Enjoying heartily, holding conferences, celebrating and making an unforgettable experience out of it all. That is the magic of the Surselva brewery.

The different rooms meet every requirement and offer the perfect setting for every conceivable event. The wonderfully beautiful «Hopfenbühne» hall with its open beams is ideally suited for conferences, parties and all kinds of event. A highly modern image and sound infrastructure with big-screen beamer and headset for speakers is also available, as is a wireless high-speed Internet connection.

The brewery cellar, the cosy and rustic restaurant in the heart of the brewery, with a view of the copper brewing vat and the open kitchen offers space for 82 people. Enjoy the tasty Bavarian specialities here.

In the brewery, you can simply enjoy and combine your company or club outing with an interesting tour of the brewery and a banquet. The Surselva Bräu fire truck is the attraction for your event. Today, the Daimler-Benz LAF 911 B, built in 1974, is solely on the road for social events and acts as a «thirst quencher» for Surselva Bräu on site.



Aktienbrauerei Flims Surselva AG
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www.surselva-bier.ch

Rooms	L x W in metres	m ²	Theatre	Classroom	Square	U shape	Banquet	Reception
Hopfenbühne	14.4 x 8.0	115	130	64	58	42	130	-
Brau restaurant			-	-	-	-	82	-
Beer garden			-	-	-	-	100	-

Event facilities / Banquets

**Bargis**

Mountain restaurant

In the impressively beautiful high valley of Bargis, enjoy traditional Grisons specialities, tasty cheese dishes and rösti variations. The Restaurant Bargis is known for charbonnade, the meat delicacy on beech charcoal.

Banquet: Restaurant 56 persons | Terrace 120 persons

**«Belle Epoque» hotel museum**

Museum

An event in the largest hotel museum in Switzerland: in the «Belle Epoque» vaulted cellar in the Hotel Waldhaus Flims curios, trouvailles and unique souvenirs tell stories from more than 134 years of hotel culture and hospitality. The hotel museum is predestined for events in a special setting, such as the museum dinner.

Banquet: Various rooms 80 persons | Museum dinner 30 persons

**Caumasee**

Restaurant

Located directly on Lake Cauma, with a large terrace, the Restaurant Caumasee and the Botanic Lounge are ideal for special occasions and exceptional events. Here, you can enjoy the wonderful view over the lake and the surrounding mountains in a relaxed atmosphere.

Banquet: Terrace 250 persons

**Capalari**

Mountain restaurant

A non-everyday experience in an unusual ambiance with open kitchen and cosy furnishings. In the Restaurant Capalari on Crap Sogn Gion, modern Grisons cuisine with an Italian touch is served at 2,228 m above sea level.

Banquet: Restaurant 100 persons | Fireplace room 50 persons
Terrace 80 persons

**Capunseria**

Mountain restaurant

The Capunseria in the hay barn built in 1799 on Foppa is slightly different to others. A place that you like to stay a while. A symbiosis of the traditional and the modern. A cosy meeting place for fans of the Grisons speciality and national dish «Capuns». These are offered here in the Capunseria in a whole range of variants.

Banquet: Restaurant 30 persons | Terrace 30 persons

**Cassons**

Mountain restaurant

The Cassonsgrat bewitches visitors with its fantastic location at 2,675 m above sea level and it is difficult to get enough of the fabulous view of the Alpine Panorama and the Tschingelhörner. Those who stop for a while in the restaurant or on the small terrace of the mountain restaurant Cassons, are able not just to admire the phenomenal view but also enjoy the numerous hot and cold dishes on offer.

Banquet: Restaurant 30 persons

**Caverna**

Restaurant

The 430-year-old vaulted cellar in the Hotel Bellevue in Flims invites you to attend events in a special atmosphere. Surrounded by old walls, enjoy a rich Grisons menu, a meat or cheese fondue or a delicious wine or cheese tasting.

Banquet: Restaurant 36 persons

Alpine lifestyle

Places to meet in a hospitable environment.

Discover a large selection of event possibilities in the region and look forward to special culinary delicacies.



«Clavau Pign» fondue barn Restaurant

The cosy fondue barn «Clavau Pign» in the Hotel Laaxerhof in Laax offers space for 80 persons. Enjoy Swiss fondue specialities in the lovingly recreated shed in a warm, homely atmosphere, by candlelight and with a glass of Grisons white wine.

Banquet: Restaurant 80 persons



Conn Restaurant

Romantic walks take you in just under an hour to the Restaurant Conn with its large sun terrace, in the heart of the Flims Forest. Or you have yourself picked up by a horse-drawn carriage. The Restaurant Conn treats you to wonderful home-made specialities and selected wines.

Banquet: Restaurant 60 persons | Terrace 40 persons



Crap Sogn Gion Mountain hotel

Why not stage a meeting at 2,222 m above sea level one time? The Crap Sogn Gion mountain hotel is located on the ski piste and can be reached by cable car from the valley station in Laax. It has event facilities, 132 beds, two restaurants and a bar. The Crap Sogn Gion offers the ideal venue for events at lofty heights.

Banquet: Restaurant 250 persons | Terrace 300 persons



Elephant Mountain restaurant

Experience the splendid panorama of the Grisons mountains at 2,477 m above sea level. The small and exquisite Restaurant Elephant on the Crap Masegn surprises gourmets with its extremely creative gourmet cuisine.

Banquet: Restaurant 50 persons | Terrace 60 persons



Event Center Flims Multi-purpose hall

Dive into the Event Centre Flims, covering 400 m², into an exciting event experience with a lot of diversity and a multitude of event possibilities.

Theatre: Event Center 200 persons | meeting room 30 persons



Foppa Mountain restaurant

On the restaurant terrace, you can admire the beautiful view over Flims and the Flimsenstein high plateau. Roast suckling pig on the spit or a cosy fondue party are a speciality of this hotel. After your event, let yourself be taken back down to the valley on a torch hike or in winter by sleigh.

Banquet: Restaurant 80 persons | Foppa room 50 persons
Terrace 150 persons



Grandis Ustria da vin Restaurant

Grandis, a vinothèque that is also a restaurant – and vice versa. In its noble cabinets, the vinothèque has more than 1,000 different selected wines for guests to choose from. These can be drunk copiously as an accompaniment either to stylish antipasti or with the grilled dishes or a Valais raclette from the open fire.

Banquet: Restaurant 60 persons - Reception 30 persons
Terrace 30 persons - Reception 40 persons



Nagens Mountain hotel

In the middle of the ski piste, you experience a special kind of group feeling. At 2,228 m above sea level, enjoy seminars and events in a unique atmosphere. We would be pleased to offer you a package tailored to your individual requirements. Every event is a success on Nagens.

Banquet: Restaurant 700 persons | Terrace 700 persons
Bar 50 persons



Naraus Mountain restaurant

In the middle of the ski piste, you experience a special kind of group feeling. At 2,228 m above sea level, enjoy seminars and events in a unique atmosphere. We would be pleased to offer you a package tailored to your individual requirements. Every event is a success on Nagens.

Banquet: Restaurant 70 persons | Hall 140 persons
Terrace 100 persons



«Prau la Selva» sports centre Multi-purpose hall

An attractive ice sports hall in the winter and an event hall in the summer, with a stage for exhibitions, celebrations and events for up to 5,000 persons. The adjoining restaurant with garden terrace and club room offers space for 100 persons.



Riders Palace Club Dance Club

In the middle of the ski piste, you experience a special kind of group feeling. At 2,228 m above sea level, enjoy seminars and events in a unique atmosphere. We would be pleased to offer you a package tailored to your individual requirements. Every event is a success on Nagens.

Cocktail: 600 persons



Runca Höhe Mountain restaurant

The Runca Höhe is situated above Flims in a clearing in the forest at just under 1400 m above sea level with a view of the Signina group and pleasant tranquillity. The Runca Höhe is known as the rösti and fondue hut of the region. Another speciality is the home-made «Bünder Pizokel».

Banquet: Restaurant 50 persons | Terrace 120 persons



Spalegna Mountain restaurant

With a wonderful view over Flims, you enjoy natural hospitality with personal service by the host family in the homely mountain restaurant. The Spalegna is well known for its market-fresh regional specialities, cheese fondue and chicken from the rotisserie.

Banquet: Restaurant 80 persons | Terrace 100 persons



Stalla Mountain restaurant

The Stalla restaurant on the Alp Nagens was once a cowshed. Enjoy the Alpine charm in the cosy cheese room and let yourself be treated to fine Grisons and cheese specialities.

Banquet: Restaurant 60 persons | Terrace 80 persons
Cheese dairy forecourt 200 persons





Startgels Mountain restaurant
 In the heart of the Flims hiking and skiing area, located at around 1600 metres, Ueli Grand will treat you to exquisite rotisserie specialities and velvety polenta from an open fire, in his rustic mountain restaurant and on the beautiful sun terrace with a wonderful view of the mountains.
Banquet: Restaurant 90 persons | Terrace 90 persons



Tegia Curnius Mountain restaurant
 The mountain restaurant in the style of a lodge with large panoramic windows, spacious sun terrace and rustic bar is ideally suited for a cosy event at lofty heights. The Tegia Curnius offers tasty Grisons speciality dishes with a selection of regional wines.
Banquet: Restaurant 130 persons | Bar 70 persons
 Terrace 400 persons



Tegia Larnags Mountain restaurant
 In the heart of its natural surroundings lies the cosy and stylish hut «Tegia Larnags» with a beautiful sun terrace and Tegia Bar. Here, you will be treated to tasty Swiss specialities and regional delicacies or a cheese fondue. The Tegia Larnags is ideally suited for your next event.
Banquet: Restaurant 80 persons | Bar 60 persons
 Terrace 80 persons



Tegia Veglia Mountain restaurant
 The rustic cheese hut «Tegia Veglia» on the Spalegna offers a diverse range of tasty delicacies from the region as well as cheese fondue and is suitable for events in a small and cosy setting.
Banquet: Tegia Veglia 18 persons | Terrace 40 persons



«La Vacca» tepee tent Mountain restaurant
 The trendy steakhouse in the tepee tent with an open fire is in the middle of Plaun and is anything but commonplace. Here, guests are treated to meat specialities from the rotisserie and exquisite wines at a height of 1,627 above sea level. Every event is a success in the tepee tent «La Vacca».
Banquet: tepee tent 60 persons

Miscellaneous



CREST delicatessen bakery
 Delicatessen, fresh chocolates, chocolate products and bread.
 With gift ideas from CREST delicatessen bakery, you ensure your guests have excellent memories of your event. Present your customers, employees or business partners with a sweet surprise such as a Grisons nut cake, an original Röteli chocolate, fresh chocolates or other tasty delicacies.

Or let yourself be treated to freshly prepared and tasty snacks, sweets or other delicatessen foods. The handmade and first-class products have an excellent reputation in the region and give your event that special touch.

 **CREST bakery**
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Parc la Mutta

The megalithic place of worship, «Parc la Mutta» in Falera, which dates from the Bronze Age, is the largest and most important megalithic site in Switzerland.



Event agencies

Incentives, events and supporting programmes, entirely in line with your requirements



Events/ Corporate events

Weisse Arena Gastro AG
CH-7032 Laax
Tel. +41 (0)81 927 71 76
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events@laax.com
www.laax.com
www.weissearena.ch

LAAX Events

Do you want an event with a varied and individual programme? LAAX Event is part of the Weisse Arena Group and we have many years of experience in all kinds of events and functions. Irrespective of whether it is an exciting ski race or a fondue evening in a hut, followed by a sleigh ride – we do the entire planning, organisation and implementation for you. Your employees, friends or your family will be delighted. We will also expertly implement your own ideas. We look forward to your event with us!



Event Center Flims

Promenada 65
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OTA - Outdoor Training Academy

Corporate Olympics on the pre-glacier? Raft building on Lake Laax? Or a customer incentive with interactive aperitif and fondue party in the company's own 400 m² Event Centre in Flims? At OTA, you can be sure to experience something all year round because OTA is certified with the label «Safety in adventures»! OTA is your partner for customised corporate events, incentives and teambuilding activities in Flims Laax Falera, throughout Switzerland and even abroad.

The Outdoor Training Academy (OTA), which was established by Stephan Micke in 2002, employs a core team of eight passionate event specialists and more than fifty qualified freelancers. Benefit from the extensive network, from insider tips and from the many years of international experience in the sector. OTA finds the right solution for every budget, every schedule and every taste!

Fun & adventure

330 kilometres of marked bike routes – our trails get your pulse racing. The mountain panorama is breath-taking.

Lake Cauma

Turquoise to deep-blue water surrounded by lush vegetation on the banks. A swim in Lake Cauma is a must!

Summer activities



Adventure hiking - Swiss Grand Canyon Trail

Experience a unique natural spectacle and a phenomenal gorge setting when you descend into the Swiss Grand Canyon and hike along the wild Rhine Gorge. Exciting contests and adventures accompany this event.



BBQ-Contest

What team serves the most creative grilled dishes fastest? Those who want to win the contest have to be adept because the food first has to be developed during exciting team games.



330 kilometres of bike adventure

Our bike trails get your pulse racing. The diverse landscape make Flims an ideal starting point for all kinds of bike tours – everything is offered, from easy cross-country routes to an exciting freeride experience.



Canoe and kayak

Canoeing, letting yourself be carried along by the water of the Anterior Rhine whilst experiencing the breath-taking panoramic view. Learn canoeing in a course through the Swiss Grand Canyon (Rhine Gorge).



Climbing crag

In the majestic high valley of the Segnesboden, at 2,100 metres above sea level and in the heart of the UNESCO world natural heritage site of Tectonic Arena Sardona, climbing routes offer initial impressions of the fascinating world of the sport of climbing.



Culinary trails

The culinary trails in Flims combine your hike with an excellent multi-course meal. After each stage, you are rewarded with the next course of the menu. During your hike, enjoy the natural wonders around Flims plus the culinary attractions of the region.



E-bikes

No destination is too far for e-bikes. Thanks to recharging stations, daily routes of more than 130 kilometres and 3,800 altitude metres are possible from Flims or Laax. Sportsmen and leisure cyclists can thus explore the entire region.



Freeride / Enduro

Freeriders really get the dust flying. First-class trails run through the forests around Flims. An after-work trail offers slope style with walls and gaps.



«Buna Vista Golf Sagogn» 18-hole golf course

The Buna Vista Golf Sagogn golf course with its breath-taking mountain panorama is one of the most remarkable golf courses in Switzerland. It is its location in the vicinity of the Rhine Gorge, the climate and the immaculate condition of the course that make it so unique.



High rope park

Getting closer to heaven. In the middle of the forest, between robust trees and platforms, numerous courses with varying degrees of difficulty offer diverse opportunities for impressive climbing and outdoor experiences. A unique adventure that will stay in the memory for a long time to come.



250 kilometres of hiking paradise

Listening to the tinkling of the stream, breathing in the refreshing mountain air whilst discovering the natural beauty of the mountains. Flims Laax Falera – one of the most diverse hiking areas in the Alps – offers a total of 250 km of marked hiking trails in the midst of unique natural surroundings.



Minigolf

Who is the most skilful in getting the little ball in the hole? On the original 18 holes of the well-tended facility, everyone's visual judgment and aiming accuracy is measured in an amusing round of mini-golf.



Mountain board & scooter

The mountain board is a fun sports device. Optically and technically, it is a mixture of skateboard and snowboard and is equipped with air tyres and a hand-operated brake. Let yourself roll down into the valley on the mountain board or on the scooter through the fascinating mountains.



Nordic walking trails

Three different circular trails await you. The signposted routes of the running & walking trails inform you about technique, stress intensity and coordination. This is all combined with the impressive natural sights at Lake Cauma, the Flims Forest or above the Rhine Gorge.



Rope bridge building

Under the guidance of qualified high rope trainers, you will be instructed in rope technology and will build as a team professional rope bridges over a small mountain torrent or a gorge.



Pedalo racing

On the middle of Lake Cauma, in the midst of wonderful natural surroundings and against a fantastic backdrop, you line up at the starting line for a pedalo race. Press the pedals, get to the finishing line first and win!



Raft building on Lake Laax

Team experience and adventure - that is what the raft building event offers you. As part of a team, you build a raft from tree trunks, barrels and ropes and then compete against one another in the raft race on Lake Laax.



River rafting

Attractive white water – the imposing Rhine Gorge between Ilanz and Reichenau forms the unique scenery for an adventure – river rafting on the Anterior Rhine.



«Pinut» via ferrata

Thrills without the risk. The «Pinut» via ferrata on the Flimsenstein, which was renovated in 2007, is a fascinating natural experience and the oldest preserved via ferrata in Switzerland. The via ferrata makes it possible also for unpractised climbers to ascend the Flimsenstein plateau. Safety equipment is mandatory.



Sommer fun Olympics

The Olympic flame will be lit for you. Tricky Olympic disciplines will be tried out in teams. A lot of fun and enjoyment await you in this team Olympics.



Tennis

Stay on the ball at all times. On various outdoor sand courts, you have the opportunity to practise your serve and your forehand for matches in the fresh mountain air.





Little Swiss Grand Canyon

The Rhine Gorge is one of the greatest and most diverse landscapes in the Alps and probably the most spectacular gorge in Switzerland.



«Il Spir» viewing platform

After the retreat of the last glaciers 10,000 years ago, the Rhine began to break through the stone mass of the Flims rockslide. Its force created the natural spectacle of the Rhine Gorge. The view into the superb gorge, located in Conn, in the Flims Forest, was always a special experience; this is now being reinforced with a viewing platform. Anchored to the outer edge in the forest, it now protrudes out between the Scots pine trees and inclines out over the gorge. Like a common swift (Romansh: Il Spir), with its wings spread out, it hovers over the gorge and thus enables even more exciting insights into this unique natural spectacle.

Flims Laax Falera

Together form one of the largest continuous skiing areas in the Alps. In one of the most snow-sure and sun-kissed winter resorts in Europe, 220 kilometres of piste await you at heights of between 1,100 and 3,018 metres above sea level.



Winter activities



Cross-country hiking

The cross-country skiing paradise with all degrees of difficulty. In the heart of a unique natural and mountain landscape, the region offers a diverse network of cross-country ski runs with 55 km of prepared double cross-country ski runs for classical and skating technique.



Curling

Curling event for companies Take your team of employees onto the ice in the ultra-modern curling hall of the Waldhaus Arena Flims and lead them to success in a fun tournament. We have put together a special offer for you, such as an aperitif in the winter worlds of the Waldhaus Flims resort and a fondue party. Let yourself be surprised – we look forward to welcoming you!



Igloo building

Small «Eskimo houses» are built with saws, shovels and snow. Teamwork is required in igloo building. Everyone has to help out to ensure an inhabitable igloo is built.



Skiing

The region offers 220 kilometres of pistes of varying degrees of difficulty, with 4 snow-covered valley descents, 29 skiing facilities and 4 snow parks. Why not hold a ski race as a corporate event? Racing like the big stars – we ensure a racing atmosphere when you measure yourself between the gates.



Night-time and full-moon skiing

Experience snow fun at night on our pistes from Crap Sogn Gion to the valley station in Laax and let yourself be accompanied by the light of the moon.



Sledging fun

Sledge race or sledge party, on two sledge runs, each with a length of 3.5 km, Flims Laax Falera offers pure sledging enjoyment.



Snowboarding

Laax is the leading freestyle resort in Europe with 4 snow parks, Europe's largest half-pipe, freestyle pistes and freestyle academy.



Snow-shoe hiking

An unadulterated and snowy winter landscape, fluffy, powdery snow, tranquillity and solitude await snow-shoe hikers on their routes.



Snow sculpture building

Imposing individual works of snow art and a snow bar are created in the clear winter air. Here, there are no bounds to creativity. You have then earned the subsequent mulled wine aperitif at your self-made snow bar.



Torch hike

Experience a romantic torch hike through snow-covered forests and the stillness of the night. Particularly after a cosy evening in the hut, the flickering torches create an unforgettable atmosphere.



Trapper camp

Welcome to the world of the trappers! Enjoy trapper life in a leisurely manner at the camp fireside, with mulled wine and cheese fondue. Workshop stations offer additional entertainment – fun and adventure are guaranteed!



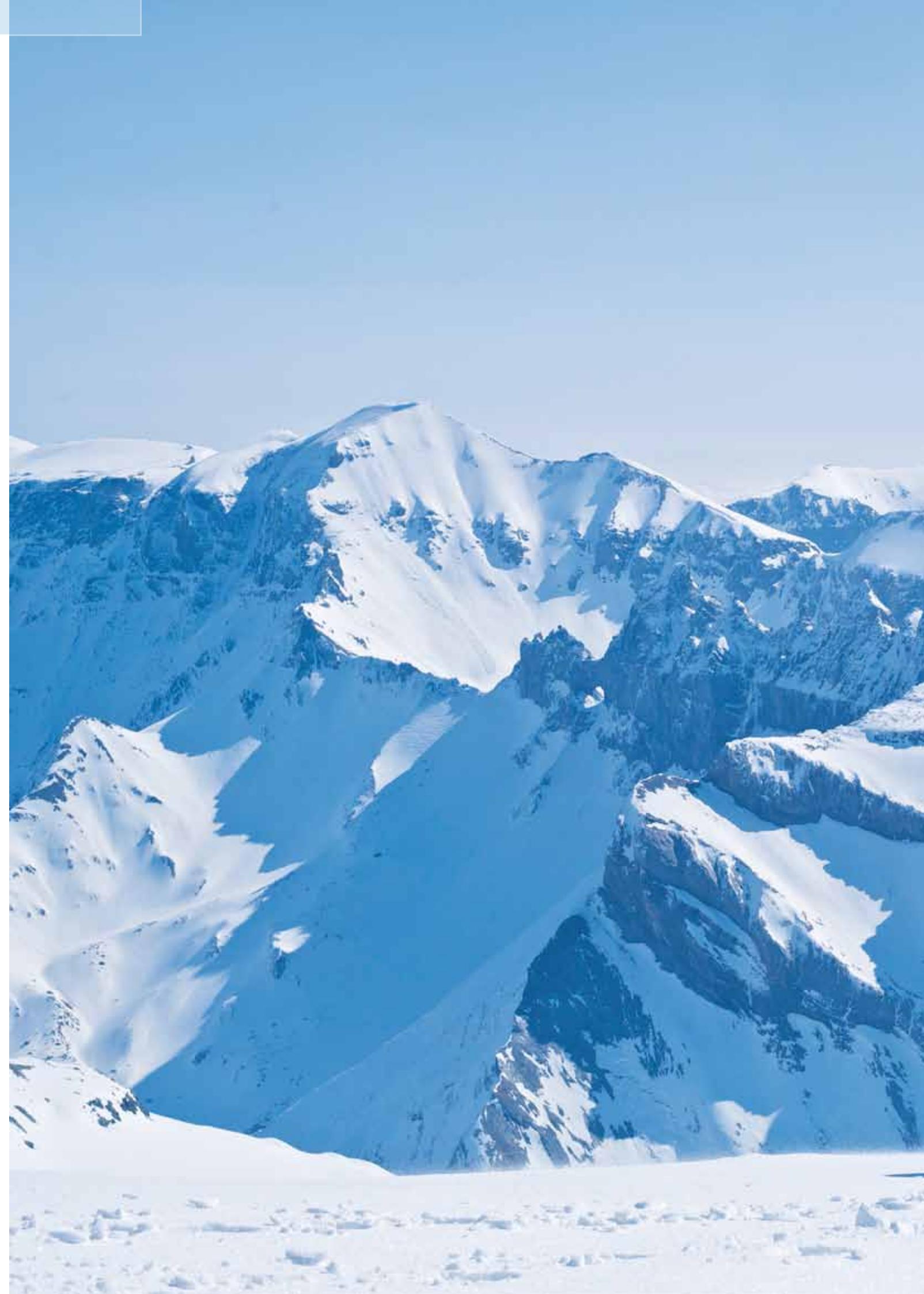
Winter fun Olympics

Whether it's on the pre-glacier at more than 3,000 metres above sea level or in the valley, enter the Winter Olympics as a team and participate in amusing and diverse snow disciplines. The focus here is on fun and team spirit.



Yeti hunt

As a team, you try to catch the legendary mountain monster, yeti, equipped with nets and tools such as radio equipment, maps, etc. En route, you will solve tricky puzzles and adventures in order to finally track down the monster.



All-year-round activities



Älpler Chilbi

Compete on a farm against one another in traditional Swiss disciplines such as milking cows, bull riding, playing the Alpine horn, coin rolling and stone throwing. Teamwork is required and fun is guaranteed.



Brewery tour

The brewery tour with interesting information, anecdotes and of course also taste samples relating to the topic of beer. Convince yourself of the care with which Surselva beers are brewed and find out more about the art of brewing.



Crossbow archery or archery

Learn to accurately hit the bulls-eye with a bow and arrow. Put your concentration and your skill to the test in an entertaining manner.



Farm tour

Barn doors and yard doors are opened! Visit a farm in the fresh mountain air and surrounded by lush green meadows. Look behind the scenes and find out more about the farmyard, agriculture and the intact natural surroundings of the Surselva.



Freestyle Academy

The first Freestyle Indoor Base in Europe in Laax is the new home of the Freestyle Academy. A modern freestyling complex covering around 1,000 m². Here, the jumps and tricks can be practised all year round. In addition to a trampoline and skate ramps, the core element is a kicker facility for snowboard, ski and bike – freestylers land in a large foam pit.



Gourmet Train

Enjoy a gourmet train journey with a creatively seasonal menu in the cosy gourmet restaurant car with its nostalgic flair. Experience the unique Grisons mountains and let yourself be treated to culinary delicacies in the process! Rolling nostalgic restaurant in individual cars with 34 seats and with 60 seats in the large restaurant.



Hot-air ballooning

A hot-air balloon trip is a fascinating experience. Enjoy the fabulous panorama of the Surselva in lofty heights and let yourself be carried gently and safely over the wonderful Grisons landscape.



Ice hockey

With us, everything revolves around the small, black and quick disc – the puck. Why not play an entertaining ice hockey match in a team?



Ice stock sport

Experience a convivial and amusing game of one of the oldest winter sports, ice stock sport.



Figure skating

Figure skating and moving to the latest music. Being able to do big jumps, turn artistic pirouettes and glide gently over the ice. This sport offers welcome diversity.



Flying a helicopter

During a sightseeing flight from Flims, enjoy the breath-taking view over the Flimserstein, the largest rockslide in Europe, the UNESCO world natural heritage site the Tectonic Arena Sardona, with the Tschingelhörner and the legendary Martinsloch or the imposing Rhine Gorge.



High rope centre

In the 400 m² indoor climbing hall, you expand your personal boundaries in lofty heights. A tailor-made programme will be created for you from more than 25 floor and high rope exercises.



Hotel museum

The largest hotel museum in Switzerland is integrated into the historical rooms of the Waldhaus Flims Mountain Resort & Spa. Furniture items from the Belle Epoque are shown. As visitors pass from room to room, they go through the history of the hotel and the spa village, which began in 1877.



Horse-drawn carriage rides

A horse-drawn carriage ride does not just make children nostalgic. Whether it's in the summer or winter, a leisurely carriage ride through the Flims Forest is a unique experience.





Kitchen cocktail with the kitchen chef

The Executive Chef of Waldhaus Mountain Resort & Spa is delighted to welcome you to his world. Look in the cooking pots of the chefs and learn what it means to treat up to 600 guests in six restaurants to culinary specialities.



Knight festival

Time travel with crusaders and alchemists. Practise knight games, eat suckling pig off the spit and let yourself be entertained by jugglers, minstrels and fire eaters. Let the festival begin!



Laax village museum

The building dating from the 19th century forms the perfect setting for the presentation of more than 2,200 Laax cultural assets. The folkloristic collection is supplemented by an audio show about the development of Laax.



Mirasteilas Observatory Falera

In the Mirasteilas observatory in Falera, there is the largest publicly accessible telescope in Switzerland. Here, you can develop at first hand insights into the fascinating world of astronomy. The clear, clean air and the ideal viewpoint offer an ideal place to research the infinite universe.



Olgiate museum

Since 1955, the Waldhaus Flims Mountain Resort & Spa has owned premises designed by the well-known Flims architect Rudolf Olgiate in which parts of his collection of Grisons culture will be shown.



Paragliding

Tandem paragliding as a passenger, a breath-taking experience – with a wonderful panoramic view of the idyllic landscape of Flims Laax Falera and the Grisons mountains. A paragliding flight with a qualified and experienced paragliding pilot offers a great experience and literally new perspectives.



«Parc la Mutta» megalith place of worship

«Parc La Mutta» megalith place of worship in Falera, which is an archaeological conservation site, was built in the Middle Bronze Age (1600 - 1200 B.C.) and is the largest megalith site in Switzerland. There are 34 standard stones here which combine astronomy, mathematics and Bronze Age worship.



Ruinaulta Ticket

The Ruinaulta Ticket is valid all day on any number of journeys by rail and PostAuto in the area of the Ruinaulta. On the way, you discover the monumental Rhine Gorge, gushing streams, bizarre sandstone towers and sweeping forests in the Grand Canyon of Switzerland.



Swiss hut evening

Experience the cosy hut magic in a rustic ambiance and be treated to a tasty fondue or a traditional Swiss menu. Ancient customs such as coin rolling, yodelling and playing the Alpine horn will be explained to you. The evening will be accompanied by «groovy rhythms» on the dulcimer, contrabass and Swiss organ.



Team@Tele-GPS-Orienteering

On foot, by bike or by ski & snowboard over mountain and valley! Using radio devices, you will be guided in teams to several GPS coordinates and will then meet up together at the end.



Village tour

A region's history can also be read in its buildings and constructions. The village tours in Laax and Flims bring the past to life and make it possible to experience.



«Il Spir» viewing platform

The «Il Spir» viewing platform near Conn in the Flims Forest permits a spectacular view into the depths of the Rhine Gorge and thus offers an amazing view of the «Swiss Grand Canyon».



Wine tasting in the Grandhotel Waldhaus Flims

300 types of wine in 10,000 bottles are stored in the Bordeaux cellar and in the Grande Cave of the 5-star resort Waldhaus Flims. Several rare wines will be shown to you and you will be able to taste regional wines from the Bündner Herrschaft region. On request, the respective winegrower will explain his own creations to you in person.



Yellow house

The building, which has won multiple prizes for its architecture, houses a diverse range of exhibitions. Today, incidentally, it is white rather than yellow.



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