

For Snow Addicted



Congratulations on choosing Flims for your holidays. You have chosen a wonderful snow sports area. You can profit from it!

At the reception we have various maps for all kinds of winter sports ready for you. Besides the slope maps for alpine sports enthusiasts, you will also find information for cross-country skiers, snowshoe trekkers and winter hikers. We are at your disposal at the reception for any information.

Lift tickets

You can buy mountain railway tickets at the reception desk at the regular ticket prices. It is often cheaper to book tickets online via the Inside LAAX App. Compare the prices. The app also offers you lots of useful information for the entire destination.

Lessons/Guiding

The LAAX SCHOOL (www.laaxschool.com) is located directly at the base station in Flims and offers a wide range of courses, private lessons as well as ski guiding, yoga courses and a crèche. We are happy to help you with your booking.

The Bergsportschule Grischa (www.bergsportschulegrischa.ch) is run by experienced local mountain guides, who are your contacts for freeride, ski tours, ice climbing and many other activities in the snow.

Equipment rental

At the Flims base station you will find the LAAXRental rental centre (www.laaxrental.com), where you can hire all sports equipment, clothing and accessories.

On the main road, very close to the base station, you will also find rental facilities from Intersport (Bundi Sport) and Sport Beat (www.sportbeat.ch). At Sport Beat you can also use your guest card to have your skis or snowboard waxed once a week free of charge.

Fancy a sleigh ride? - Our own sledges are available free of charge in our ski cellar.

Guided tours

Together with other hotels and the local tourist board, there are regularly organized snowshoe and hiking tours. We would be pleased to inform you at the reception.

Ski-/ drying room

In the basement of the main house you will find our ski room with ski/snowboard racks and boot warmers, which are in operation during the night. There you will also find a possibility to keep your equipment in good shape.

Forgot something?

A small selection of helpful things for your day in the snow is available at the reception desk, in case you forgot something, e.g. sunscreen, a small tool set and much more. We are happy to help you.

Washroom

On the first floor there is a laundry room where you can do your own laundry. Detergent is available at the reception. The fee per wash is a flat rate of CHF 10.00. We will also be happy to wash your laundry. Here we charge per garment. Further information about delivery and return times is available at the reception.

Thermo - Breakfast

If you have to get up very early for a big tour, we will gladly prepare a thermal breakfast for you. Please report to the reception desk. By prior arrangement at least 24 hours in advance it is also possible to start breakfast earlier or dinner later. Please contact us.

Emergency

It happened: Someone has fallen and can't walk or ride anymore. You have lost your way off the piste and are now facing a precipice. You are injured and need a doctor as soon as possible.

- Keep a cool head and:
- Protect the injured and affected from further danger, weather and cold.
- Provide first aid.
- Alert the emergency services and initiate rescue operations. Do not leave injured persons alone.
- Do not forget your own safety.

Emergency numbers

081 927 74 00	SOS Central Piste Rescue
144	Medical emergency call
112	General emergency number
1414	REGA emergency call for air rescue
117	Reporting of unexploded ordnance
0848 17 17	Emergency number for Flims doctors

Bad weather days propositions

And if ever the weather is bad and rainy, we might propose you some ideas:

Museums:

- Das Gelbe Haus, Flims (diff. exhibitions)
- Dorfmuseum, Laax (Local)
- Hotelmuseum, Waldhaus Flims (Hotel)
- Museum Regional Surselva, Ilanz (Rural life)
- Kunst Museum, Chur (Art)
- Rätisches Museum, Chur (Historical)
- Natur Museum, Chur (Natur)



Pools / Wellness:

- Wellness Hotel Cresta
- Delight Spa & Beauty, Park Hotels Waldhaus Flims
- Hallenbad Grava, Laax (Public pool, Laax)
- Hallenbad Obere Au, Chur (Public pool, Chur)
- Therme Vals (Famos baths in Vals by the architect Zumthor)

Indoor Sports:

- Kletterhalle Siat, Siat (Climbing and bouldering)
- Kletterhalle Ap N' Daun, Chur (Climbing and bouldering)
- Free Style Academy, Laax

Cinemas:

- Cinema at the Stenna Center Flims
- Cinema Sil Plaz, Ilanz (small cinema in Ilanz)
- Kinos in Chur (diff. cinemas in Chur)

Divers:

- Shopping in Chur or in Ilanz
- Shopping in the Outlet Center Alpenrhein Village
- Visiting the old town of Chur
- Visiting the Via Mala and the famos church in Zillis
- Visiting lots of beautiful churches in the Surselva,
- Hiking though the wood to Conn, etc., can be also with rain very nice.
- Excursions over high passes, to the Tessin, to Lichtenstein, etc.

More infos and more ideas you get at the reception desk.