



For Hikers

Hiking propositions

Flims is a beautiful hiking region with plenty of nice walks. At the reception desk we have some prospects and a book with lots of propositions for beautiful hiking tours, short or long, difficult or easy, whatever you prefer and fits best to you. Contact the reception desk.

Guided tours

Together with other hotels we organise during high season at least twice a week nice guided hiking tours, sometimes an easier sometimes a more difficult one, sometimes free of charge, sometime we have to ask you a small fee. For more infos contact the reception desk.

Shoeshining, cleaning and drying

You can wash your dirty hiking shoes on the right side of the entrance to the garage at the water tap and then you can clean them in the skiroom, where you find also some shoe cleaning tools.

For drying you may put the shoes on the electric shoe dryers in the skiroom, so that you have dry shoes the next morning.

Near the entrance of the skiroom you find also an shoe cleaning machine, which may be useful for you.

Forgot something?

A small selection of aids for your hike is available at the reception in case you forgot something, e.g. sun cream, a shoelace replacement and much more. We will gladly help you.

Laundry

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.

Thermos - Breakfast

If you have to get up once for a long tour very early, you can order a thermos breakfast at the reception. Please contact 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 fell on the hike and can't go any further. The hiking group has lost its way and is now facing a precipice. They 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

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

Rainy 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 (Climbind 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.