

SLOPE MAP

GASTRONOMY
CROSS-COUNTRY SKIING
WINTER HIKING
SLEDGING



LAAX
Switzerland

ENGLISH

INSIDE LAAX

The INSIDE LAAX app is your best when staying in LAAX. Up-to-date information, interactive piste maps and the cheapest lift ticket offers are only available on the app.

The app features live news displaying which lifts are running and which slopes are open, it can also be used to book a table for lunch and to order food to takeaway. The app displays live information regarding shuttle- or bus connections and lets you see what your friends are up to on the slopes!

All you have to do is download the app in the App Store or Google Play and link it to your KeyCard.

To find out more about the app visit laax.com/inside.



SERVICES



INSTRUCTION

LAAX School +41 81 927 71 71
Bergsportschule Grisca +41 79 102 33 65
Alpine Action Unlimited, Schweizer Bergsportschule +41 81 936 74 74
Skischule nach Mass +41 78 908 89 84
Skischule Montagnarda Flims/Telemarschule +41 79 655 44 83

SHOPS/RENTALS

FLIMS
Burton Store +41 81 927 70 77
Intersport Bundi/Bundi Sportarena +41 81 911 33 90
Chopp Snowboardshop +41 81 911 20 11
LAAX Rental +41 81 927 70 73
Mountain Fantasy AG +41 81 936 70 77
RÜDOLF alpine fashion +41 81 911 11 57
Sport Beat +41 81 911 33 21

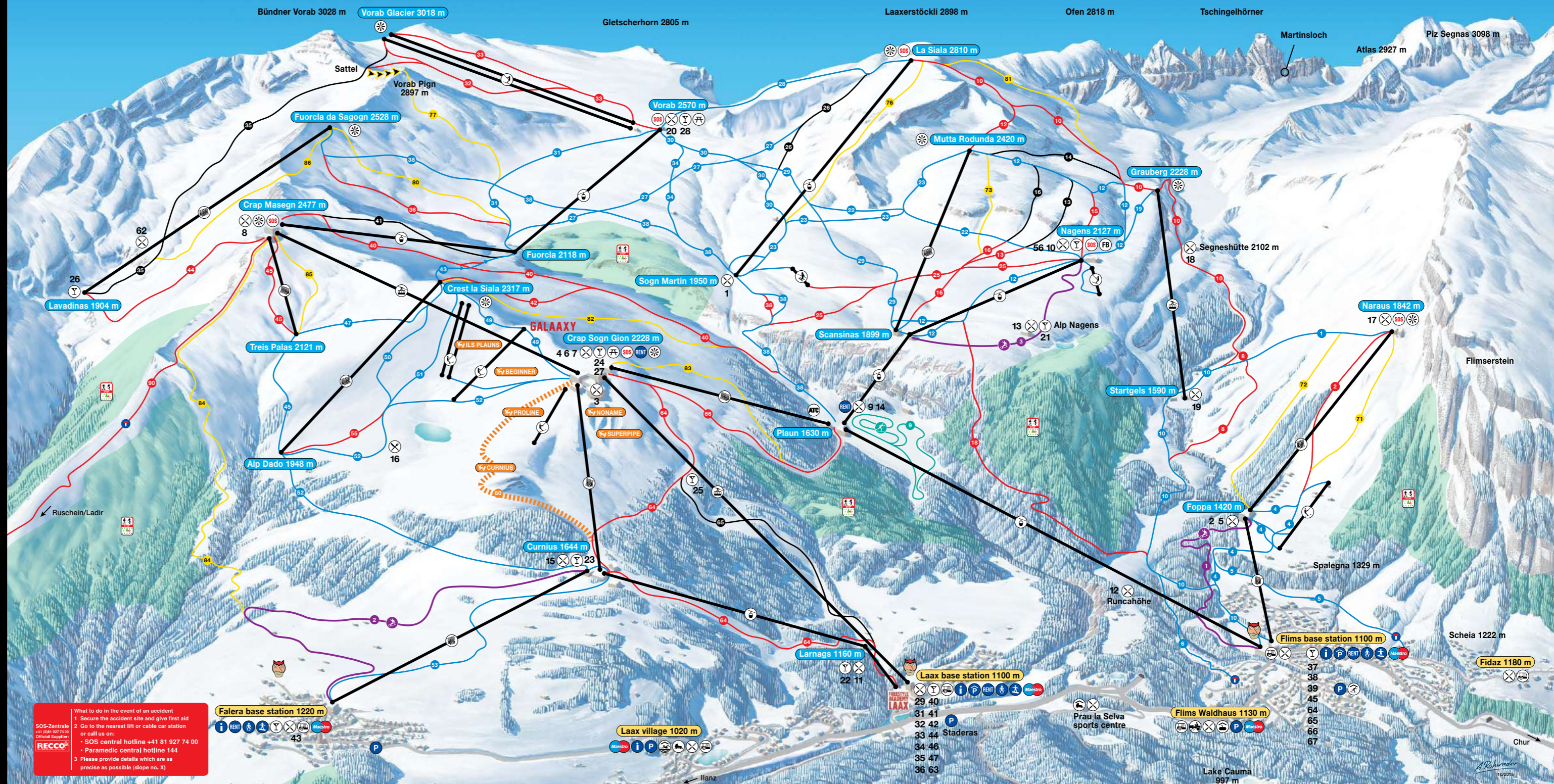
LAAX
Burton Store +41 81 927 70 80
LAAX Rental +41 81 927 70 70
Menzli Sport +41 81 921 57 65
Meini Sport & Mode +41 81 936 62 00

FALERA
LAAX Rental +41 81 924 70 76
Fravgia Sport +41 81 921 36 88

SKICARE

We've got you covered. SkiCare and LAAX offer innovative insurance packages that ensure you can enjoy a stress free holiday on the slopes. More information can be found at the ticket desks at the base stations or online at laax.com.

SLOPE MAP



What to do in the event of an accident
1. Secure the accident site and give first aid
2. Go to the nearest lift or cable car station or call us on:
RECCO SOS-Zentrale on 0800 927 74 00
SOS central hotline +41 81 927 74 00
Paramedic central hotline 144
3. Please provide details which are as precise as possible (slope no. X)

FOOD AND DRINK



RESTAURANTS ON THE MOUNTAIN

1 Alp Sogn Martin	+41 81 927 75 27	12 Runchahöhe	+41 81 911 15 88
2 Berghaus Foppa	+41 81 911 16 50	13 Stalla	+41 81 927 99 28
3 Café NoName	+41 81 927 73 44	14 Station Plaun	+41 81 927 99 60
4 Capalari	+41 81 927 73 34	15 Tegia Curnius	+41 81 927 99 30
5 Casa Berendi	+41 79 241 32 51	16 Tegia Mieze	+41 81 927 99 19
6 GALAXY Restaurant (Self Service)		17 Berghaus Narau	+41 81 911 58 78
7 Rocket Fries		18 Segnes Bergrestaurant	+41 81 927 99 25
8 Das Elephant	+41 81 927 73 90	19 Ustria Startgels	+41 81 911 58 48
9 La Vacca	+41 81 927 99 62	20 Vorab Glacier	+41 81 927 73 80
10 Nagens	+41 81 927 75 27		
11 Tegia Larnags	+41 81 927 99 10		

BARS ON THE MOUNTAIN

21 Alp Nagens	26 Lavadinas
22 Bar Tegia Larnags	27 GALAXY Satellite
23 Curnius Bar	28 Vorab Bar
24 Beach House	56 Freeride Base
25 Gustis Jagdhütte	62 Schneebar Alp Fops

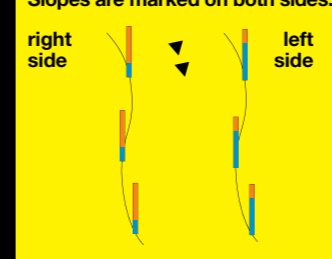
RESTAURANTS AT THE BASE STATIONS

29 Burgers	+41 81 927 95 99	36 Piazza - cafedeli	+41 81 927 99 40
31 Camino - pizza and pasta	+41 81 927 90 26	43 La Punt	+41 81 921 60 80
32 Casa Veglia - Bodega y Tapas	+41 81 927 99 50	63 Laaxerhof	+41 81 920 82 00
33 Grandis - Ustria da Vin	+41 81 936 00 36	64 STENNA Hotel Restaurant	
34 Mulania	+41 81 927 91 91	65 Tapas Bar Lieto	
35 Nooba	+41 81 927 99 88	66 La Fabrica	+41 43 204 30 76
		67 ella	

BARS AT THE BASE STATIONS

37 Arena Bar	42 Indy
38 Café Flims	44 Laaxerhof Bar
39 Camelot Pup	45 Legna Bar
40 Camino Bar/Lounge	46 Riders Hotel Lobby Bar
41 Il Pup	47 rockslounge

Slopes are marked on both sides.



Example: easy slope

The slopes and rescue service monitors and checks the marked and open slopes only.

Outside transport operating times the slopes are closed and are not protected against hazards such as avalanches or slope machines with winches.

! DANGER TO LIFE !

- Easy slope
- Intermediate slope
- Difficult slope
- Downhill/freeride run
- ▲ Ascent
- Dead end
- Snowpark
- Freestyle slope
- Snow Wonderland
- Sledging run
- Cross-country trails
- STOP wildlife sanctuary zone
- Cable car
- Gondola cable car
- Chairlift
- Ski lift
- Viewing point
- Avalanche Training Center
- Freeride Base
- Freestyle Academy
- Restaurant
- Bar
- Picnic zone
- Guest information points
- Indoor ice rink
- Indoor pool
- Flims Laax Falera shuttle
- Car park/parking spaces
- Rental station/deposit
- Ski/snowboarding school
- ATM

WILDLIFE SANCTUARY ZONES

During the colder months, wild animals retreat to the more peaceful parts of the forest to spend their winter. They need peace and quiet to ensure they use as little energy as possible and survive the cold season. Besides the well-known animals, there are also rare species of birds, such as the highly endangered wood grouse, black grouse and ptarmigan, which are especially in need of protection. Warning signs have been erected on the edges of the wildlife sanctuary zones that indicate the zones' borders. The sanctuary zones are indicated accordingly on the slope map.

You can find further information about Greenstyle and the wildlife sanctuary zones at laax.com/greenstyle.

SLOPE CHECKS

The times of the slope checks and final checks are indicated on the respective lift stations.

Due to changeable weather conditions, operating times and slope checks may be adjusted for safety reasons.



CROSS-COUNTRY SKIING



General information regarding prices, courses, cross-country centres and trail reports at: trinnordic.ch

Automatic cross-country information hotline:
+41 81 635 16 88

Films Laax Falera guest information office:
+41 81 920 92 00, info@filmslaaxfalera.ch

Trin Tourist Office:
+41 81 635 18 88, vvtrin@bluewin.ch

sagognaturissem (Sagogn tourist office):
+41 81 920 88 03, ferien@sagogn.ch

CROSS-COUNTRY CENTRES

Our cross-country centres are situated directly by the trails.

- Trin Mulin:** When trails are open: 10.00 am to 3.30 pm
- Films Unterwaldhaus:** When 5 km-trail is open: 10.00 am to 11.00 am
When 10 km-trail is open: 10.00 am to 3.00 pm
Christmas / New Year open daily: 10.00 am to 3.00 pm
- Bargis:** When trail is open: 10.00 am to 4.00 pm
- Sagogn:** When trails are open: 11.00 am to 4.00 pm
- Plaun:** When trails are open as per cable-car operating times

CROSS-COUNTRY SKI PASS

An official Swiss cross-country ski pass is required to use the cross-country trails. Use of the Plaun trail is included in the cable-car ticket.

TASTER COURSES IN TRIN

	Classic	Skating
Wednesday	12.00 noon to 1.30 pm	1.30 pm to 3.00 pm
Saturday	12.00 noon to 1.30 pm	10.30 am to 12.00 noon

Registration up to a day in advance by calling Gion Peter Camathias:
+41 79 607 96 47

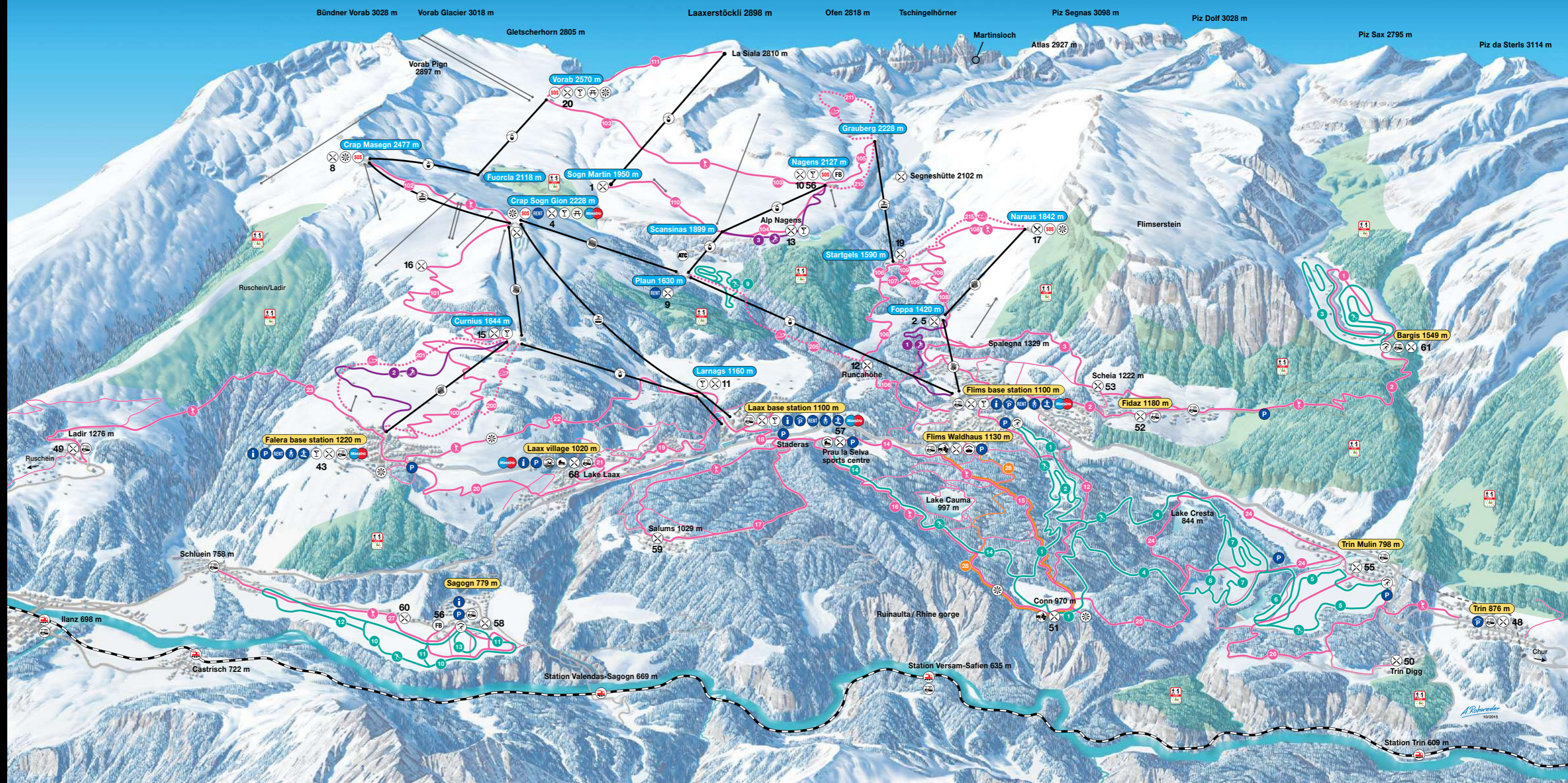
LESSONS

Gion Peter Camathias +41 79 607 96 47
LAAX School, Plaun +41 81 927 70 75

CROSS-COUNTRY TRAILS

No.	Start	Trail	Distance	Elevation
1	Films	Conn	10 km	255 m
2	Films	Rens	5 km	120 m
3	Bargis	Bargis	7.5 km	100 m
4	Trin	Lake Cresta	5.5 km	178 m
5	Trin	Prada (night trail, "Herzloipe")	3 km	40 m
6	Trin	Isla	2 km	35 m
7	Trin	Suraua	5 km	90 m
8	Trin	Laghizun	1.5 km	60 m
9	Plaun	Audi Quattro trail	4 km	30 m
10	Sagogn	Plaun	5 km	110 m
11	Sagogn	Plaun (night trail)	2.5 km	60 m
12	Sagogn	Sagogn-Schluen	7 km	190 m
13	Sagogn	Dog trail	1 km	16 m
14	Films	Conn-Prau la Selva	4 km	140 m

CROSS-COUNTRY SKIING, WINTER HIKING, SLEDGING



RESTAURANTS

1	Alp Sogn Martin	+41 81 927 75 27
2	Berghaus Foppa	+41 81 911 16 50
4	Capalari, Crap Sogn Gion	+41 81 927 73 34
5	Casa Berendi	+41 79 241 32 51
8	The Elephant, Crap Masegn	+41 81 927 73 90
9	La Vacca, Plaun	+41 81 927 99 62
10	Nagens	+41 81 927 75 27
11	Tegia Larnags	+41 81 927 99 10
12	Runcachöhe	+41 81 911 15 88
13	Stalla, Alp Nagens	+41 81 927 99 28
15	Tegia Curnius	+41 81 927 99 30
16	Tegia Miez	+41 81 927 99 19
17	Ustria Narauis	+41 81 911 58 78
19	Ustria Startgels	+41 81 911 58 48
20	Vorab Glacier	+41 81 927 73 80
43	La Punt	+41 81 921 60 80
48	Casa Alva, Trin	+41 81 630 42 45
49	Casa Crusch, Ladir	+41 81 925 13 66
50	Casa Selva, Trin Digg	+41 81 635 17 75
51	Restaurant Conn	+41 81 911 12 31
52	Fidazer Hof, Fidaz	+41 81 920 90 10
53	Haldenhaus, Scheia	+41 81 911 11 29
55	Ustria Parlatsch, Trin Mulin	+41 81 635 15 66
56	Freeride Base	+41 81 927 74 04
57	Prau la Selva sports centre	+41 81 920 91 91
58	Ustria Stiva Grischuna, Sagogn	+41 81 921 60 70
59	Straussenest, Salums	+41 81 921 59 71
60	Restaurant VISTA, Sagogn	+41 81 921 34 34
61	Berghaus Bargis	+41 81 911 11 45
68	USTRIA LAGS	+41 79 174 64 12

SLEDGING

No. Route	Distance
1 Foppa-Films	3.0 km
2 Curnius-Falera	3.5 km
3 Nagens-Scansinas	1.5 km

Night sledging available at the Foppa-Films and Curnius-Falera runs.
Information on laax.com or guest hotline +41 81 920 92 00

VALLEY HIKES

No. Route	Distance	Time	Elevation
12 Films village-Conn	4.8 km	1.5 hrs	200 m
14 Films Waldhaus-Sports centre-Staderas	1.6 km	30 min.	60 m
15 Films Waldhaus-Conn	3.2 km	1 hr	170 m
16 Staderas-Conn	4.2 km	1 hr	230 m
17 Staderas-Salums-Staderas	5.6 km	1.5 hrs	230 m
18 LAAX base station-Staderas	0.6 km	15 min.	10 m
19 Laax village-LAAX base station	2.2 km	1 hr	110 m
20 Laax village-Falera	3.1 km	1 hr	240 m
21 Laax village-Lake tour	1 km	15 min.	10 m
22 Falera-Larnags-Laax Murschetg	5.5 km	1.5 hrs	250 m
23 Falera-Ladir-Falera	12 km	3.5 hrs	500 m
24 Trin Mulin-Lake Cresta (Lake Cresta tour)	4.8 km	1 hr	80 m
25 Trin Mulin-Conn	3.5 km	1 hr	200 m
26 Trin-Trin Mulin	4.6 km	1.25 hrs	140 m
27 Sagogn-Schluen (Plaun tour)	4 km	1 hr	70 m
28 Forest and Winter culinary trail	7 km	1.5 hrs	172 m

MOUNTAIN HIKES

No. Route	Distance	Time	Elevation
1 Bargis tour	3.5 km	1.25 hrs	70 m
2 Bargis-Fidaz-Films	5 km	1.5 hrs	480 m
3 Foppa-Spalegna-Scheia-Fidaz	4.5 km	1.5 hrs	340 m
4 Curnius-Falera	3 km	1.25 hrs	450 m
5 Curnius-Crap Sogn Gion	4.6 km	2 hrs	600 m
6 Crap Sogn Gion-Crap Masegn	3 km	1 hr	260 m
7 Vorab-Nagens	4.5 km	1.5 hrs	450 m
8 Nagens-Alp Nagens-Scansinas	1.5 km	30 min.	220 m
9 Grauberg-Nagens	1 km	15 min.	120 m
10 Narauis-Startgels-Runcachöhe-Films	8 km	3 hrs	800 m
11 Foppa-Runcachöhe-Films Waldhaus	6 km	2 hrs	500 m
12 Foppa-Startgels	2 km	1 hr	180 m
13 Scansinas-Alp Sogn Martin	1.5 km	45 min.	80 m
14 La Siala-Vorab	2 km	1 hr	250 m

SNOWSHOE HIKES

No. Route	Distance	Time	Elevation
1 Falera-Curnius	3 km	2 hrs	400 m
2 Curnius-Falera	2 km	1 hr	350 m
3 Plaun-Runcachöhe	3.5 km	1.5 hrs	350 m
4 Nagens-Grauberg	1 km	1 hr	100 m
5 UNESCO tour	3.5 km	2.5 hrs	450 m
6 Narauis-Startgels	2 km	1.5 hrs	200 m

- Hiking trails
- Snowshoe hiking trails
- Cross-country trails
- Sledging runs
- Cable cars for walkers
- STOP wildlife sanctuary zone
- Viewing point
- Freeride Base
- Restaurant
- Carriage stand
- Indoor ice rink
- Outdoor ice rink
- Indoor pool
- Curling
- Bus stop
- Cross-country skiing centre
- Car park
- Indoor car park
- Guest information point
- Ski school
- Snowboarding school
- Rental station / deposit
- ATM

