

SLOPE MAP

INCLUDING FOOD AND DRINK

ENGLISH



LAAX INSIDE

Use the new LAAX Inside app to explore our destination and make the most out of your stay. The app offers:

- Online lift passes
- Weather
- News and events
- Live information
- Cuisine
- Personal tracking

Connect your KeyCard with the app and benefit from exclusive offers. More information: app.laax.com

GASTRONOMY

Check the current opening hours of the restaurants (incl. information about possible closing days) on our LAAX Inside app. More information: app.laax.com



GOURMET

(Reservation recommended)



- La Vacca** In the heated tepee, guests can enjoy the finest grilled meat specialties, such as delicious bison steaks. **Reservation +41 81 927 99 62**
- The Elephant** Creative, fresh cuisine, such as the legendary penne prepared in a Parmesan wheel, fish specialties and other delicacies, are served here. **Reservation +41 81 927 73 90**
- Capalari** For a special experience in a unique atmosphere with an open kitchen and welcoming interior, Capalari serves modern and hearty Graubünden cuisine. Our specialties: beef olives and sa-voy cabbage roulade. **Reservation +41 81 927 73 34**
- Ustria Startgels** Ueli Grand offers his guests grill specialties, creamy polenta cooked over the open fire, home-made pasta, freshly baked bread and creative desserts. With a well-stocked cellar, he can always find the perfect wine to accompany his specialties. **Reservation +41 81 911 58 48**
- Restaurant & Bar Tegia Larnags** Tasty, regional and creative dishes, always freshly prepared with seasonal ingredients. Also open in the evening. Après-ski bar with DJ or band on the ground floor. **Reservation +41 81 927 99 10**



COSY



- Stalla** In the converted cowshed on Alp Nagens, home-made cheese is served as raclette and fondue by the open fireplace. **Reservation +41 81 927 99 28**
- Tegia Curnius** This is the place to savour the finest Graubünden specialties. The restaurant situated 1,644 metres above sea level boasts the style of a comfortably modern lodge and a spacious sun terrace. Our specialties: capuns, maluns, diverse soups, Al-pine macaroni and rösti with bacon.
- Station Plaun** Enjoy hearty soups and stews or the popular cia-batta variations at the former lift station. A cosy ambience with an open fireplace awaits you.

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:
- SOS central hotline +41 81 927 74 00
- Paramedic central hotline 144
3 Please provide details about time as precise as possible (slope no. X)

- Casa Berendi** Rotating daily specials, that bring the rich diversity of Italy just a bit closer. **Reservation +41 79 241 32 51**



EASY/SELF-SERVICE



- Tegia Miez** The small but special Alpine hut serves exclusively regional specialties. The outdoor terrace offers a wonderful view with a magical panorama at sunset, while the restaurant interior invites you to linger a while.
- Ustria Narau** The large sun terrace with a glorious view of the Graubünden Alpine landscape is an ideal spot to soak up the sun. Fine snacks as well as larger meals are served, and the sweet-toothed will love the cakes baked fresh each day. **Reservation +41 81 911 58 78**
- Ustria Segnes** The Segneshütte, at a height of 2,100 metres and one of the oldest mountain huts in the region, has been comprehensively renovated. The self-service restaurant offers down-to-earth, authentic food. **Reservation +41 81 927 99 25**
- Berghaus Foppa** Enjoy culinary delights from the Foppa kitchen on the sun terrace with a view over the mountain landscape. **Reservation +41 81 911 16 50**
- Runcachöhne** Situated directly by the descent to Flims, the Runcachöhne enjoys an ideal location. Traditional Swiss cuisine and delicious cheese specialties invite you to linger a while. Ideal for groups before night sledding. **Reservation +41 81 911 15 88**
- Café NoName** Authentic coffee and a wide selection of panini with a view of the world's largest halfpipe make NoName one of the favourite meeting points on the mountain.
- Nagens** Free-flow restaurant with a café bar and lounge. Changing daily menu.
- Crap Sogn Gion** Wide range of dishes on offer with burger snacks, a pasta corner and an all-inclusive menu.
- Vorab Glacier** Free-flow restaurant: grilled chicken, baked meat loaf, large salad and antipasti buffet and dishes freshly prepared in front of the guests.



BASE STATIONS



- Piazza – cafedeli** Where a café meets a regional deli. Offering soups, tasty panini, sweet treats and other specials, Piazza is the place to stay awhile, either on the lively terrace or in the cosy sofa corner.
- Burgers** A large selection of home-made burgers – from classic burgers to burger specials – directly at the rockresort.



- Nooba** Conceived as an Asian noodle bar, the restaurant serves authentic and freshly prepared meals in a pleasant atmosphere. The menu contains a rich selection of dishes from across all the major Asian cuisines. **Reservation +41 81 927 99 88**
- Camino – pizza and pasta** Italian and Mediterranean cuisine with creative pasta dishes and traditional pizza from the wood-fired oven. **Reservation +41 81 927 90 26**



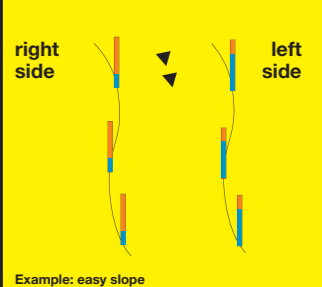
SLOW-FOOD BARS



- Alp Sogn Martin** Treat yourself to mouth-watering dishes from the snowbar or the smoker grill before continuing your ascent in the new La Siala cable car.
- Gustis Jagdhütte** Gustis Jagdhütte stands directly at the side of the slopes by the descent to Laax – ideal for taking a break to enjoy the warm winter sun.
- Lavadinas** After the descent is before the ascent. Enjoy a re-freshing drink at the bar or a sausage direct from the grill.

LAAX
Switzerland

Slopes are marked on both sides.



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
- Tubing
- Sledging run
- Cross-country trails
- Wildlife sanctuary zone

- Cable car
- Gondola cable car
- Chairlift
- Ski lift
- Viewing point
- Avalanche Training Center
- Freestyle Academy
- Indoor ice rink
- Indoor pool
- Flims Laax Falera shuttle
- Restaurant, easy
- Restaurant, cosy
- Restaurant, gourmet
- Restaurants
- Restaurant, base station
- Slow-food bar
- Snowbar
- Après-ski bar
- Picnic zone
- Guest information
- Car park
- Indoor car park
- Rental station/deposit
- Ski school
- Snowboarding school
- ATM



WILDLIFE SANCTUARY ZONES

At the cold time of year, wild animals retreat to the more peaceful parts of the forest to spend the winter. They need peace and quiet to ensure they use as little energy as possible and survive the season. Besides the well-known animals, there are also rare species of birds, such as the highly endangered wood grouse, black grouse and ptarmigan, that are especially in need of protection.

Warning signs have been erected on the edges of the wildlife sanctuary zones. These indicate the zones' borders. The sanctuary zones are indicated accordingly on the slope map.

You can find further information about Greensteil and the wildlife sanctuary zones at weissearena.com.

INSTRUCTION

- Ski school Laax
- Ski school Flims
- Snowboarding school Laax
- Snowboarding school Flims
- +41 81 927 71 71
- +41 81 927 71 61
- +41 81 927 71 55
- +41 81 927 71 56

SLEDDING



- | Sledding runs | Distance |
|--------------------|----------------|
| 1 Foppa–Flims | approx. 3 km |
| 2 Curnius–Falera | approx. 3.5 km |
| 3 Plaun (tubing) | approx. 100 m |
| 4 Nagens–Scansinas | approx. 1.5 km |

More information on night sledding at laax.com.

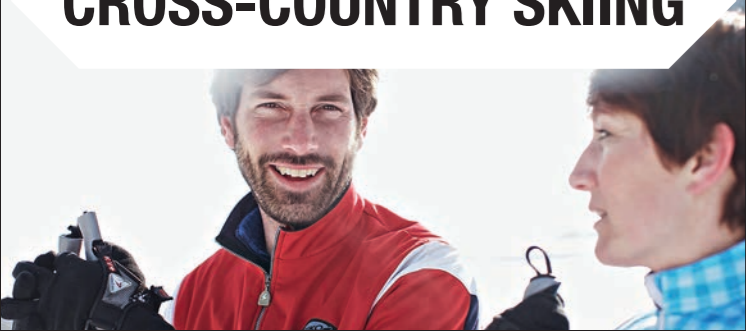
SKICARE

Get insurance with the purchase of your ski pass. SKiCare and LAAX offer innovative insurance packages so that you can enjoy your day of skiing free from all worries. More information is available at the ticket counters at the base stations or at laax.com.





CROSS-COUNTRY SKIING



The region has a diverse network of cross-country skiing trails with 62 kilometres of double-track trails for classic and skating techniques in Bargis, Plaun, Films, Sagogn and Trin.

You will find up-to-date information about conditions on the trails, prices and cross-country events in the cross-country centres or at laax.com.

CROSS-COUNTRY TRAILS



No.	Start	Trail	Distance	Alt. diff.
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)	3 km	40 m
6	Trin	Isla	2 km	35 m
7	Trin	Suraus	5 km	90 m
8	Trin	Laghtzun	1.5 km	60 m
9	Plaun	Audi Quattro trail	3 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 INSTRUCTION

There is a choice of taster courses, group lessons and private instruction.

Scheduled taster courses	10.30 am–12.00 noon	12.00 noon–1.30 pm
Mon.	Skating	Classic
Wed.	Classic	Skating
Fri.	Skating	Classic

Registration up to a day in advance by calling Gion Peter Camathias (cross-country instructor) Tel.: +41 79 607 96 47

CROSS-COUNTRY SKI PASS

An official Swiss cross-country ski pass is required to use the cross-country trails (day, week or season ticket). The pass and tickets can be bought at all the cross-country centres and at the guest information points in Films and Laax.

Use of the Plaun trail is included in the cable-car ticket.

NIGHT TRAILS



Sagogn (2.5 km)	Tues., Thur.	6.00–9.00 pm
Trin (3 km)	Tues., Wed., Thur.	6.00–9.30 pm

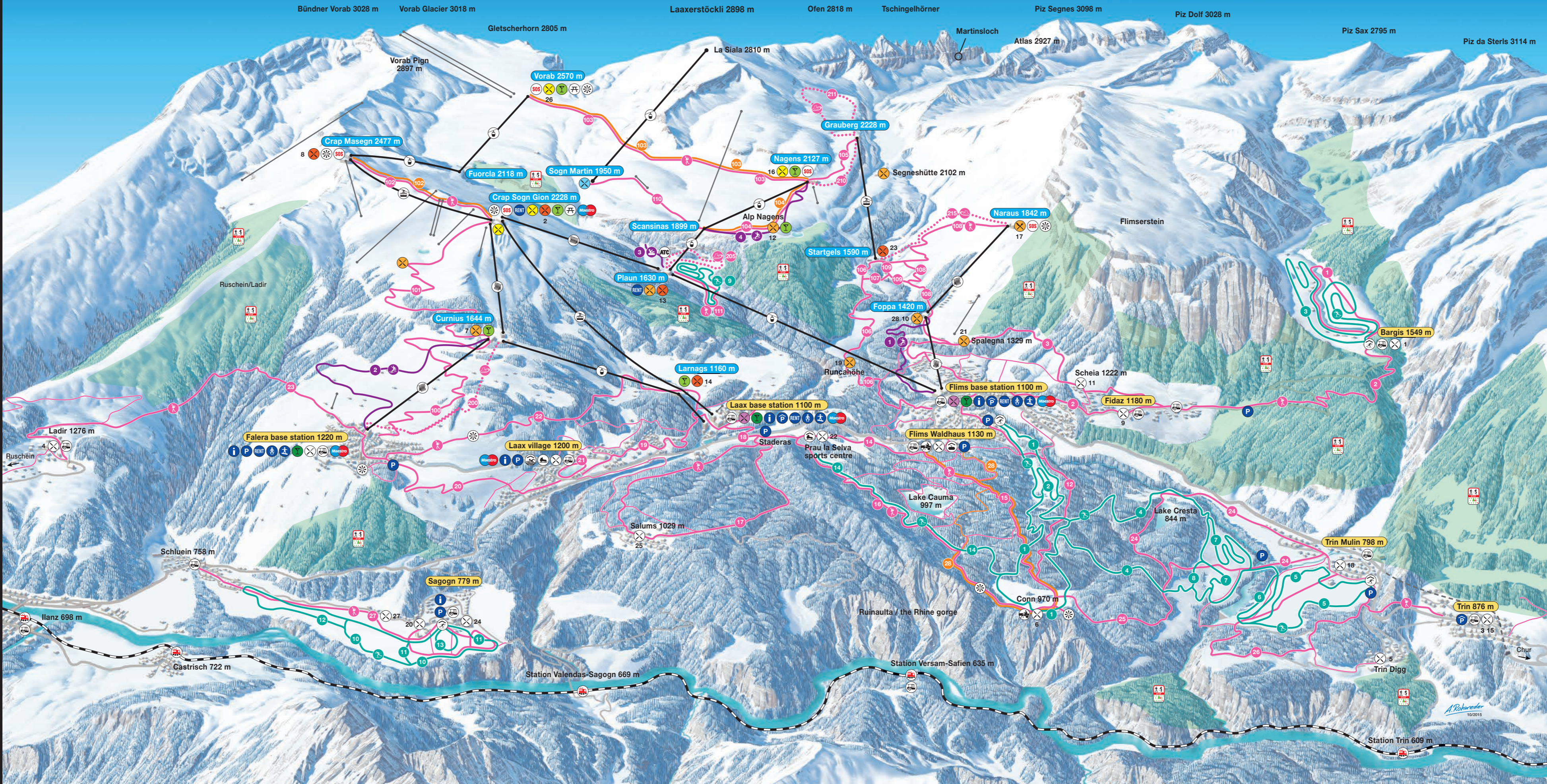
OUT AND ABOUT IN THE SNOW

CROSS-COUNTRY SKIING, WINTER HIKING, SLEDGING

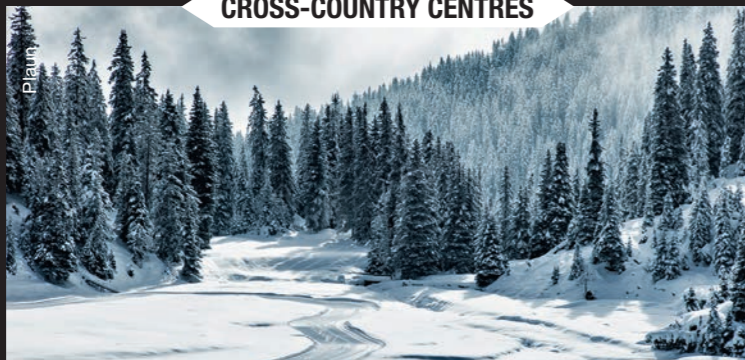
ENGLISH



CROSS-COUNTRY SKIING, WINTER HIKING, SLEDGING



CROSS-COUNTRY CENTRES



Our cross-country centres are situated directly by the trails and offer all the necessary infrastructure and services.

Cross-country centre	WC	Showers	Ski hire	Ski service	Snack bar	Cloakroom
Trin Mulin	•	•	•	•	•	•
Films	•	•	•	•	•	•
Bargis	•	•	•	•	•	•
Sagogn	•	•	•	•	•	•
Plaun	•	•	•	•	•	•

Trin Mulin Opening hours when the trails are open: 10.30 am to 3.30 pm daily. Information +41 81 635 16 88

Films Unterwaldhaus Opening hours when the 10km trail to Conn is open: 10.00 am to 3.00 pm daily; when only the 5km trail to Rens is open: 10.00 to 11.00 am daily. Christmas/New Year open daily from 10.00 am to 3.00 pm. Information +41 81 911 20 35

Bargis Opening hours when the trails are open: 10.00 am to 4.00 pm daily. Information +41 79 382 88 14
The shuttle to Bargis operates a scheduled service daily from Christmas to the end of March (ticket required).

Sagogn Opening hours when the trails are open: 11.00 am to 4.00 pm daily. Information +41 76 446 02 90
All trails are double-tracked for both classic and skating techniques.

Plaun Opening hours when the trails are open as per cable-car timetable. Further information at laax.com.



INFORMATION

Cross-country trail report trinnordic.ch
Automated cross-country information line +41 81 635 16 88

Cross-country skiing
trinnordic.ch, info@trinnordic.ch

Guest Information Films Laax Falera
+41 81 920 92 00
info@filmslaaxfalera.ch
Via Nova 62, 7017 Films

Trin Tourist Office
+41 81 635 18 88
vvtrin@bluewin.ch, trin-verkehrsverein.ch
Casa Communala, 7014 Trin

Sagogntrisssem (Sagogn tourist office)
+41 81 920 88 00
ferien@sagogn.ch, www.sagogn.ch
Via Vltg dadd 23, 7152 Sagogn

FLF SHUTTLE



Free trip on the specially marked regional «Shuttle» bus between Falera and Fidaz with the Films Laax Falera guest ticket or a valid lift ticket. A ticket must be purchased for the Fidaz-Bargis route and for all journeys by PostBus (yellow vehicles, including with a guest ticket).

Films Laax Falera Nightliner
Travel safely at night with our night buses. Depending on the season, according to the timetable or on an on-call basis. Tel.: +41 79 445 53 53



HIKING



In winter, the approximately 100-kilometre-long walking and hiking trail network is indicated by pink signposts in the valley and on the mountain. We recommend hikers wear appropriate shoes at all times. When planning a walk in the winter sports region, please note the cable-car operating times. We ask that you stay on the signposted trails.

CULINARY TRAILS



Mountain and Winter
A feast for the eyes and a treat for the taste buds. It is this combination that makes the Mountain and Winter culinary trail so special. Enjoy a first-class four-course meal along a panoramic hiking trail in the restaurants Capalari, Elephant, Stalla and Station Plaun. The route includes hikes 102, 103 and 104.

Forest and Winter
Culinary trail number 28 takes you from Films Waldhaus through the fairy-tale Films forest to Conn and back via Lake Cauma. A specially selected three-course meal is the ideal way to experience the culinary attractions of the region.



SLEDGING



Films Laax Falera offers three sledging runs ranging from 1.5 km to 3.5 km in length as well as an exciting tubing run on Plaun that is more than 100 m long. The restaurants on the slopes are open for night sledgers. Further information is available at the guest information points in Films, Laax and Falera or by telephone on +41 81 920 92 00.

TRANSPORT



Cable cars for walkers	Films
Films-Foppa-Naraus	Films-Plaun-Nagens
Films-Plaun-Crap Sogn Gion	Plaun-Scansinas-Nagens
Startgels-Grauberg	Sogn Martin-La Siala
Laax Murschettg-Larnags-Curnius-Crap Sogn Gion	Laax Murschettg-Crap Sogn Gion-Crap Masegn-Vorab
Sogn Martin-La Siala	Falera-Curnius-Crap Sogn Gion

Special tickets are available for pedestrians.



GASTRO



Place	Business	Base station	Telephone	Skis	Snowboards	SkiSticks	Snowshoes	Sledges	Tubes
Films	FREE Skiental	•	+41 81 927 70 73	•	•	•	•	•	•
	Burton Store	•	+41 81 927 70 80	•	•	•	•	•	•
	Sport Beat	•	+41 911 33 21	•	•	•	•	•	•
	Mountain Fantasy	•	+41 936 70 77	•	•	•	•	•	•
	Cable cars	•	+41 81 920 92 00	•	•	•	•	•	•
	Bundi Sportarena	•	+41 911 33 90	•	•	•	•	•	•
	Chopp	•	+41 911 20 11	•	•	•	•	•	•
Laax	Station Plaun	•	+41 81 927 70 70	•	•	•	•	•	•
	FREE Skiental	•	+41 81 936 62 00	•	•	•	•	•	•
	Mini Sport&Mode	•	+41 936 62 65	•	•	•	•	•	•
	Menzli Sport	•	+41 81 921 57 65	•	•	•	•	•	•
Falera	FREE Skiental	•	+41 81 927 70 76	•	•	•	•	•	•
	Fravgia Sport	•	+41 81 921 36 68	•	•	•	•	•	•
	Cable cars	•	+41 81 920 92 00	•	•	•	•	•	•

You will find further restaurants in the LAAX Guide.



Indoor pool



Curling



Bus stop



Cross-country centre



Car park



Indoor car park



Guest information



Ski school



Snowboarding school



Rental station/deposit



ATM

ROUTES

MOUNTAIN HIKE

Route	Distance	Time	Alt. diff.
1 Bargis tour	3.5 km	1¼ hrs	70 m
2 Foppa-Fidaz-Films	5 km	1½ hrs	480 m
3 Foppa-Spalegna-Scheia-Fidaz	4.5 km	1½ hrs	340 m
4 Curnius-Falera	3 km	1¼ 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	1½ hrs	450 m
8 Nagens-Alp Nagens-Scansinas	1.5 km	½ hr	220 m
9 Grauberg-Nagens	1 km	¼ hr	120 m
10 Narauus-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	160 m
13 Scansinas-Alp Sogn Martin	1.5 km	¾ hr	80 m
14 Plaun tour	3 km	1 hr	30 m
15 Mountain and Winter culinary trail	9 km	3 hrs	995 m

VALLEY HIKE

Route	Distance	Time	Alt. diff.
1 Films Dorf-Conn	4.8 km	1½ hrs	200 m
2 Films Waldhaus-Sport Center-Staderas	1.6 km	½ hr	60 m
3 Films Waldhaus-Conn	3.2 km	1 hr	170 m
4 Staderas-Conn	4.2 km	1 hr	230 m
5 Staderas-Salums-Staderas	5.6 km	1½ hrs	230 m
6 Laax base station-Staderas	0.6 km	¼ hr	10 m
7 Laax Village-Laax base station	2.2 km	1 hr	110 m
8 Laax Village-Falera	3.1 km	1 hr	240 m
9 Laax Village-Lake tour	1 km	¼ hr	10 m
10 Falera-Larnags-Laax Murschettg	5.5 km	1½ hrs	250 m
11 Falera-Ladir-Falera	12 km	3½ hrs	500 m
12 Trin Mulin-Lake Cresta (tour of Lake Cresta)	4.8 km	1 hr	80 m
13 Trin Mulin-Conn	3.5 km	1 hr	200 m
14 Trin Mulin	4.6 km	1¼ hrs	140 m
15 Sagogn-Schluen (Plaun tour)	4 km	1 hr	70 m
16 Forest and Winter culinary trail	7 km	1½ hrs	172 m

SNOWSHOE HIKE

Route	Distance	Time	Alt. diff.
1 Curnius-Falera	3 km	2 hrs	400 m
2 Plaun tour	1.5 km	1 hr	70 m
3 Nagens-Grauberg	1 km	1 hr	100 m
4 UNESCO tour	3.5 km	2½ hrs	450 m
5 Narauus-Startgels	2 km	1½ hrs	200 m

SLEDGING RUNS

Sledging runs	Distance	
1 Foppa-Films	approx. 3 km	night sledging
2 Curnius-Falera	approx. 3.5 km	night sledging
3 Plaun (tubing)	approx. 100 m	
4 Nagens-Scansinas	approx. 1.5 km	

HIRE



Place	Business	Base station	Telephone	Skis	Snowboards	SkiSticks	Snowshoes	Sledges	Tubes
Films	FREE Skiental	•	+41 81 927 70 73	•	•	•	•	•	•
	Burton Store	•	+41 81 927 70 80	•	•	•	•	•	•
	Sport Beat	•	+41 911 33 21	•	•	•	•	•	•
	Mountain Fantasy	•	+41 936 70 77	•	•	•	•	•	•
	Cable cars	•	+41 81 920 92 00	•	•	•	•	•	•
	Bundi Sportarena	•	+41 911 33 90	•	•	•	•	•	•
	Chopp	•	+41 911 20 11	•	•	•	•	•	•
Laax	Station Plaun	•	+41 81 927 70 70	•	•	•	•	•	•
	FREE Skiental	•	+41 81 936 62 00	•	•	•	•	•	•
	Mini Sport&Mode	•	+41 936 62 65	•	•	•	•	•	•
	Menzli Sport	•	+41 81 921 57 65	•	•	•	•	•	•
Falera	FREE Skiental	•	+41 81 927 70 76	•	•	•	•	•	•
	Fravgia Sport	•	+41 81 921 36 68	•	•	•	•	•	•
	Cable cars	•	+41 81 920 92 00	•	•	•	•	•	•