



**FLIMS: BIKING IS LIFESTYLE**  
 Flims is pure, unadulterated experience. The trails in Flims rock and the biking lifestyle is a unique experience. In Flims, you will find breathtaking countryside, combined with an excellent infrastructure, both on the mountain and in the valley. Freeriders, Cross Country riders, enduro bikers, but also families all get their money's worth on a total of 330 km of mountain bike routes. First-class service stations, shops and chilled-out bars at the valley stations perfectly round off what's on offer. Have you made your checklist? Our holiday advisors at Flims Laax Falera Guest Information will be happy to help and look forward to seeing or hearing from you:

**i** Flims Laax Falera Guest Information: +41 (0)81 920 92 00

## Checklist

### CHILLING

At Flims valley station, chill in the Legna Bar with a beer or give into sweet temptation in Caffè Flims – Il Gelato. The Piazza at Laax valley station is perfect for relaxing tired calves while enjoying a snack in the sun. Cool off and refresh yourself at the stunning bathing lakes, Lake Cauma in Flims, Lake Cresta in Trin and Lake Laax in Laax.

### SERVICE

Hire and repair – anything is possible at the Flims and Laax valley stations, thanks to modern bike washes and hire shops that are open daily (Flims Boarderworld June – October; Amalgan in Laax, July, August, October). The superbly equipped service points in the region are there to help when you are on your trip.

### SHOPS

Pimp your bike – pimp your style! Spare parts or cool clothes are available at the valley stations: in Amalgan in Laax, in Boarderworld in Flims, as well as Sport Beat in Flims village.

### ENDLESS BIKING – PUMP TRACKS AND SKILL AREAS

Before going on a meteoric trail, it is best to test your biking skills in the skill area at one of the valley stations. Parents can let their kids run a few extra laps without any worry on the pump track at the Laax valley station whilst enjoying a nice cup of coffee.

**i** More information is available at [www.flims.com](http://www.flims.com), [m.flims.com](http://m.flims.com) and [facebook.com/flims](http://facebook.com/flims)



Pump track at the rockresort, Laax valley station



## ENDURO

The enduro routes demand technique and fitness and sometimes you just have to grit your teeth to scale the summit. But it is always worth it because the harder you work, the more spectacular the view. The region's excursion restaurants provide a boost of energy for the journey back. The next service point **i** isn't far away if you have a breakdown.

For an active day

Vorab, Slick Rock

## ENDURO EXCURSION

Start your excursion at Laax valley station. Ascend high up to Alp Nagens at 2,100 metres above sea level. Less trained bikers can take the Nagens shuttle for the first 1,000 height metres. The actual bike tour starts from here. The route takes you over a demanding mountain range up to the foot of the Vorab glacier with views of the spectacular World Heritage site of Sardona. The return leg leads through well-marked routes back to the valley. To finish, a refreshing swim in Lake Cauma works wonders.

## VORAB – GRAUBERG

Route description and required ability on reverse. More information and altitude profile at [m.flims.com](http://m.flims.com).

Web code **b247**

## BIKE GUIDING

Discover what the resort has to offer with a bike guide. Different individually guided tours and riding technique training sessions every day (except Thursdays). Suitable for beginners and the advanced. Must be booked at Guest Information by 5.00 pm on the previous day.

**i** Tel. +41 (0)81 920 92 00 or e-mail [info@filmslaaxfalera.ch](mailto:info@filmslaaxfalera.ch)

DAY	TIME	DESCRIPTION	MEETING PLACE	PRICE
Monday	6.5 – 16.9.13	Flims bike meeting (approx. 2h) <b>Web code <a href="#">bg1</a></b>	Flims Guest Information, 6.50 pm	<b>Free</b> (registration not required)
Monday	3.6 – 20.10.13	Guided tour, short introductory tour (approx. 1.5h) <b>Web code <a href="#">bg1</a></b>	signinahotel Laax valley station, 2.00 pm	<b>Free</b> (registration not required)
Tuesday	4.6 – 20.10.13	Riding technique training <b>Web code <a href="#">bg2</a></b>	Laax valley station, 9.45 am	<b>CHF 50.00 pp</b>
Tuesday	2.7 – 20.10.13	Course riding with balance bike and kids bike <b>Web code <a href="#">bg7</a></b>	Laax valley station, 2.00 pm	<b>CHF 10.00 pp</b>
Wednesday	5.6 – 20.10.13	Guided Cross Country tour for beginners (approx. 3h) <b>Web code <a href="#">bg3</a></b>	Flims valley station, 10.00 am	<b>CHF 50.00 pp</b>
Wednesday	3.7 – 20.10.13	Freeride for kids aged 8–13 <b>Web code <a href="#">bg8</a></b>	Flims valley station, 2.00 pm	<b>CHF 20.00 pp</b> (incl. lift pass)
Friday	5.7 – 20.10.13	Enduro tour for advanced level riders (approx. 3h) <b>Web code <a href="#">bg4</a></b>	signinahotel Laax valley station, 11.00 am	<b>CHF 65.00 pp</b> <b>CHF 50.00 pp</b> (excl. mountain transport)
Saturday	8.6 – 20.10.13	Freeride riding technique training <b>Web code <a href="#">bg5</a></b>	Flims valley station, 10.00 am	<b>CHF 65.00 pp</b> <b>CHF 50.00 pp</b> (excl. lift pass)
Saturday	6.7 – 20.10.13	Sunset ride - guided Freeride tour from Cassons (approx. 3–4h) <b>Web code <a href="#">bg6</a></b>	Flims valley station, 3.00 pm	<b>CHF 70.00 pp</b> <b>CHF 56.00 pp</b> (excl. lift pass)

Information on private bike guiding is available from Flims Laax Falera Guest Information



## FREERIDE

**NEW:** For the 2013 season, the Runcatrail by renowned trail builder Hans Rey has been designated a Flow Country Trail and affiliated with the TREK bike brand. Stretching 6 kilometres, the TREK Runcatrail is the longest trail of its kind in Europe. A Flow Country Trail is never too steep, extreme or dangerous and is always a lot of fun. The obstacles are all rolling and positioned in such a way to improve your riding skills to maximum effect. Corners follow corners and rollers follow rollers. A pure rollercoaster feel and fun for all mountain bikers. For those who enjoy a more bumpy course should ride the Never End Trail in Laax. This natural trail demands a lot of strength and skill – offering a unique experience.

## THE FREERIDE EXCURSION

The new Flow Country TREK Runcatrail is an absolute must. Whether a beginner or a pro, this trail leaves no wish unfulfilled. Take the chairlift from Flims valley station high up through Foppa to Narau. From there, the well-marked TREK Runcatrail takes you back to Flims valley station. Don't forget to take a rest. In the Legna Bar there are refreshing drinks and tasty snacks.

Web code **bRT**



Never End Trail, Laax

## FREESTYLE ACADEMY

European's first freestyle indoor base offers year-round freestyle fun with a unique infrastructure for bikers, snowboarders, free skiers and skaters with Big Air, skate-bowl, trampolines and an indoor boulder wall. Indoor training is the perfect extra for all freestyling bikers.

**i** [www.freestyleacademy.com](http://www.freestyleacademy.com) or tel. +41 (0)81 927 71 70 (from 1.30 pm)

## CROSS COUNTRY

On varying routes through the Flims Forest, along the beautiful landscape of Lake Cauma and Cresta to the edge of the Ruinaulta overlooking the deep, rugged canyon passages. Cross Country fans all get their money's worth in Flims. The majority of tours are also suitable for families.

Tip for families

## FAMILY ADVENTURE

Start your bike tour with your children without any worry and stress free. You can easily hire bikes for the whole family at one of the hire shops. Whether Enduro, Cross Country or kid's bike – there's one just right for your needs. Choose the best route for your enjoyment.

► **Our tip:** Discover the mysterious Flims forest, marvel at the views of the Rhine Gorge and enjoy the rest of the day in the crystal clear waters of Lake Cauma.  
 Web code **b249**



Trin Mulin



## SKILL AREAS

Skill areas are located at the valley stations in Flims and Laax. These are especially suitable for those who want to test out their biking skills. Stone and root areas, rockers, hairpin bends and drops of different heights also put bikers' riding feel and balance to the test.



Skill Area, rockresort

## EVENTS / CAMPS

### 11. DAKINE TRAILFOX 14. – 16.6.2013

After the successful anniversary edition, the mother of all freeride rallies is already here. The foxes race again at top speed through the undergrowth in Flims. 3 spectacular race stages and two public events for adults and children offer riders and spectators an extraordinary, thrilling and adrenaline-charged biking weekend. As well as prize money, fame and honour, there will also be the legendary party.  
**i** [www.flims.com](http://www.flims.com), [www.trailfox.ch](http://www.trailfox.ch)

### Programme

Friday, 14.6.2013: Night Trail, starts at 10.30 pm  
 Saturday, 15.6.2013: Sunset Trail, starts at 7.00 pm  
 Sunday, 16.6.2013: High Noon Trail, starts at 12.00 pm

### FRIDAY'S RIDE DOWN

Friday's Ride Down is a bike event for all freeriders. Sections of the existing freeride routes will serve as a race track. The course runs until the end of the biking day at 6.00 pm. Attractive prizes are to be won for 1st place as well as prizes in the tombola raffle. Prize giving is followed by a barbeque at the valley station to round off the event.  
**i** Information and registration form are available from [www.flims.com](http://www.flims.com).

**Dates:** every Friday, 28.6. | 26.7. | 30.8. | 27.9.2013

## FREESTYLE ACADEMY MOUNTAIN BIKE CAMP 21. – 26.7.2013

Jumps, root sections, flowing trails and perfectly shaped hairpin bends are waiting for kids and teenagers in the Freestyle Academy mountain bike freeride camp. The skill required for safe freeride runs is acquired on the pump tracks and in the skill areas in the valley stations.  
**i** [www.freestyleacademy.com](http://www.freestyleacademy.com) or tel. +41 (0)81 927 71 70 (from 1.30 pm)

**Prices:** CHF 599.00 for 6 days (coaching, support, lunch & evening meal)  
 CHF 999.00 for 6 days (coaching, support, full board & accommodation)

## DAKINE FREERIDE CAMPS

Receive coaching from Dakine freeride professionals in a 2-day workshop. The camp is suitable for all levels of rider. Bookable on request and subject to availability.  
**i** Information and booking on +41 (0)81 927 77 77 or at [www.flims.com](http://www.flims.com)

**Date:** 16th – 18th August 2013

**f** The very latest information about all of the events in Flims can be found at [facebook.com/flims](http://facebook.com/flims)

## BIKE HIRE

Freeride and Cross Country bikes, mountain bikes, balance bikes for kids and electro bikes for a comfortable ride. Numerous hire shops offer up-to-the-minute models for everyone.

	1	2	3	4	5	6	7	8	9
<b>Boarderworld</b> Flims valley station, +41 (0)81 927 70 77 <a href="http://www.boarderworld.ch">www.boarderworld.ch</a>	●	●	●	●	●	●	●	●	●
<b>Sport Beat</b> Flims, +41 (0)81 911 33 21 <a href="http://www.sportbeat.ch">www.sportbeat.ch</a>	●	●	●					●	●
<b>Bundi Sport</b> Flims, +41 (0)81 911 33 90 <a href="http://www.intersport.ch">www.intersport.ch</a>	●	●	●					●	●
<b>Amalgan</b> Laax valley station, +41 (0)81 933 17 17 <a href="http://www.amalgan.ch">www.amalgan.ch</a>	●	●						●	●
<b>Backpacker Capricorn</b> Laax, +41 (0)81 921 21 20 <a href="http://www.caprilounge.ch">www.caprilounge.ch</a>	●		●					●	●

1 Freeride 3 Children's mountainbike 5 Balance bikes 7 Helmets 9 Service and repair  
 2 Cross Country 4 Flyer electro bike 6 Trailers 8 Protective gear

## TRANSPORT

### ARRIVAL AND TRANSPORT ON SITE

**Postbus Grison** Web code **13**  
 Luggage racks for bike transport are available on all routes between Chur and Ilanz. Limited capacity.  
**i** Information centre in Chur: +41 (0)58 386 31 66, [chur@postauto.ch](mailto:chur@postauto.ch)

### Rhaetian Railway

A load-it-yourself option exists on the entire RhB railway network. Free for hired RhB bikes and Flyer electro bikes (Chur – Ilanz).  
**i** Information from the travel centre in Ilanz: +41 (0)81 288 43 16, [ilanz@rhh.ch](mailto:ilanz@rhh.ch)

### Flims Laax Falera Shuttle

The shuttle runs throughout the entire resort and is free between Falera and Fidaz with the guest ticket or residents' pass. Please note the seasonal journey times and routes. Capacity limited for bike carry on.  
 Web code **12**

### Nagens shuttle

The Nagens shuttle and bike service runs between 08.08 am and 4.19 pm, 6 times a day, from Monday to Sunday (29.06. to 20.10.2013) from Laax mountain railways to Nagens summit station. From here, you can start a magnificent tour to the Vorab Glacier.  
 ► Price per journey: CHF 10.00, with guest card: CHF 8.00, children (6–16 years) and dogs: 50%, children under 6 years: Free.  
 Bike transport possible. Limited capacity.

### Mountain railway opening times for bikers

**► Flims – Foppa chairlift** Sat/Sun: 18.5. – 7.6.2013 | daily: 8.6. – 20.10.2013  
 First/last ascent / last descent: 9.00 am / 5.30 pm / 5.45 pm  
**► Foppa – Narau chairlift\*** Sat/Sun: 18.5. – 28.6.2013 | daily: 29.6. – 20.10.2013\*  
 and Whit Monday: 20.5.2013  
 First/last ascent / last descent: 9.15 am / 5.15 pm / 5.30 pm  
**► Laax – Crap Sogn Gion cable car** daily: 29.6. – 25.8.2013 | Sat/Sun: 24.8. – 27.9.2013 | daily: 28.9. – 20.10.2013. The cable car runs every 1/2 hour (on the hour and on the half hour) Monday – Friday does not run at 12.30 pm. First/last ascent / last descent: 9.00 am / 4.30 pm / 5.00 pm

\* Chairlift operation Narau: Dependent on snow and accessibility of hiking paths and bike trails.

## TICKET PRICES FOR THE MOUNTAIN RAILWAYS

Prices in CHF	Adults	Senior citizens	Teenagers	Children
<b>Day tickets</b>	[18 years +]		[13–17 years]	[6–12 years]
1 day for Narau or Crap SG	40.00	36.00	26.70	13.40
Summer season ticket	300.00	270.00	200.00	100.00

**Discounts:** A Flims Laax Falera guest ticket gives you a 5% discount at ticket offices in the valley or in Guest Information Flims Laax Falera (excluding TopCard, Snowpass Graubünden, Skipass Surselva and Wanderabo). Single trips are available from the ticket office.



## M.FLIMS.COM

**NEVER MISS A THING!**  
 Keep up-to-date on the move with m.flims.com. The following content is available: Up-to-the-minute weather, information about facilities and trails, webcams and an overview of highlights and events in the resort. Simply enter the web code into m.flims.com and take the route with you. E.g. **b4 bRT**



# EXCURSION RESTAURANTS

1	Bargis	+41 (0)81 911 11 45
2	Cassonsgrat	+41 (0)81 911 58 98
3	Lake Cauma	+41 (0)81 911 11 33
4	Conn	+41 (0)81 911 12 31
5	Foppa	+41 (0)81 911 16 50
6	Guest house Crestasee	+41 (0)81 911 11 27
7	Haldenhaus	+41 (0)81 911 11 29
8	Naraus	+41 (0)81 911 58 78
9	Runcahöhe	+41 (0)81 911 15 88
10	Segneshütte	+41 (0)81 927 99 25
11	Spalegna	+41 (0)81 911 21 28
12	Startgels	+41 (0)81 911 58 48
13	Straussennest Salums	+41 (0)81 921 59 71
14	Tegia Curnius	+41 (0)81 927 99 30
15	Tegia Larnags	+41 (0)81 927 99 10
16	Ustria Parlatsch	+41 (0)81 635 15 66
17	Alp Nagens, Stalla	+41 (0)81 927 99 28
18	Tello	+41 (0)81 921 34 34

## SERVICE POINTS

Several service points have been set up throughout the entire region around Flims. The service points are equipped with a floor pump, as well as tools and spares for emergency repairs, such as flat tyres or broken chains.

## INFORMATION FOR MOUNTAIN BIKERS

In the canton of Grisons, mountain biking is permitted on trails. Foresighted riding and mutual respect help to avoid conflicts. Give way to hikers. The complete route description including map and altitude profile can be found easily with the web code on [m.flims.com](http://m.flims.com). E.g. **b5** **bRT** **b247**

### STADERAS-SALUMS-STADERAS **5**

Easy, flat routes on trails through the Laax forest. Can also be combined with route 243. The excursion restaurant in Salums is there for refreshments.

Web code **b5**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	5.60km
Total ascent	226m

### RHINE GORGE-SAGOGN **243**

Varied circular route with a view into the Rhine Gorge, mostly on forest roads. Includes descent to the Rhine and ascent through pasture and pine forests. Can also be ridden in the reverse direction.

Web code **b243**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	14.00km
Total ascent	535m

### STARTGELS-RUNCA **244**

In Flims village, turn right in the direction of Foppa at Hotel Bellevue. Then head in the direction of Startgels, the highest point on the route. From here, forest roads take you back to Flims. Families are advised to take the chairlift to Foppa.

Web code **b244**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	15.00km
Total ascent	525m

### FLIMS FOREST CIRCULAR TOUR **245**

The route through Flims forest offers stunning views into the Upper Rhine Gorge. Perfect viewpoints and eateries are available in Conn.

Web code **b245**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	11.00km
Total ascent	240m

### TRIN DIGG-LAKE CRESTA **246**

Right through the middle of the forest, this moderate tour takes you along the scree of the Flims landslide to the edge of the Rhine Gorge. Along the way, the crystal clear mountain lakes of Lake Cauma and Lake Cresta invite you to relax and take a swim.

Web code **b246**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	12.00km
Total ascent	485m

From the Staderas car park between Flims and Laax, the route takes you along forest roads through the middle of the Flims forest, overlooking the UNESCO World Heritage site of Sardona with the Tschingelhörn and Flimsenstein in the background, past picturesque Lake Cauma to the Conn viewing platform. Here you can enjoy breathtaking views over the Rhine Gorge, the "Swiss Grand Canyon".

Web code **b246**

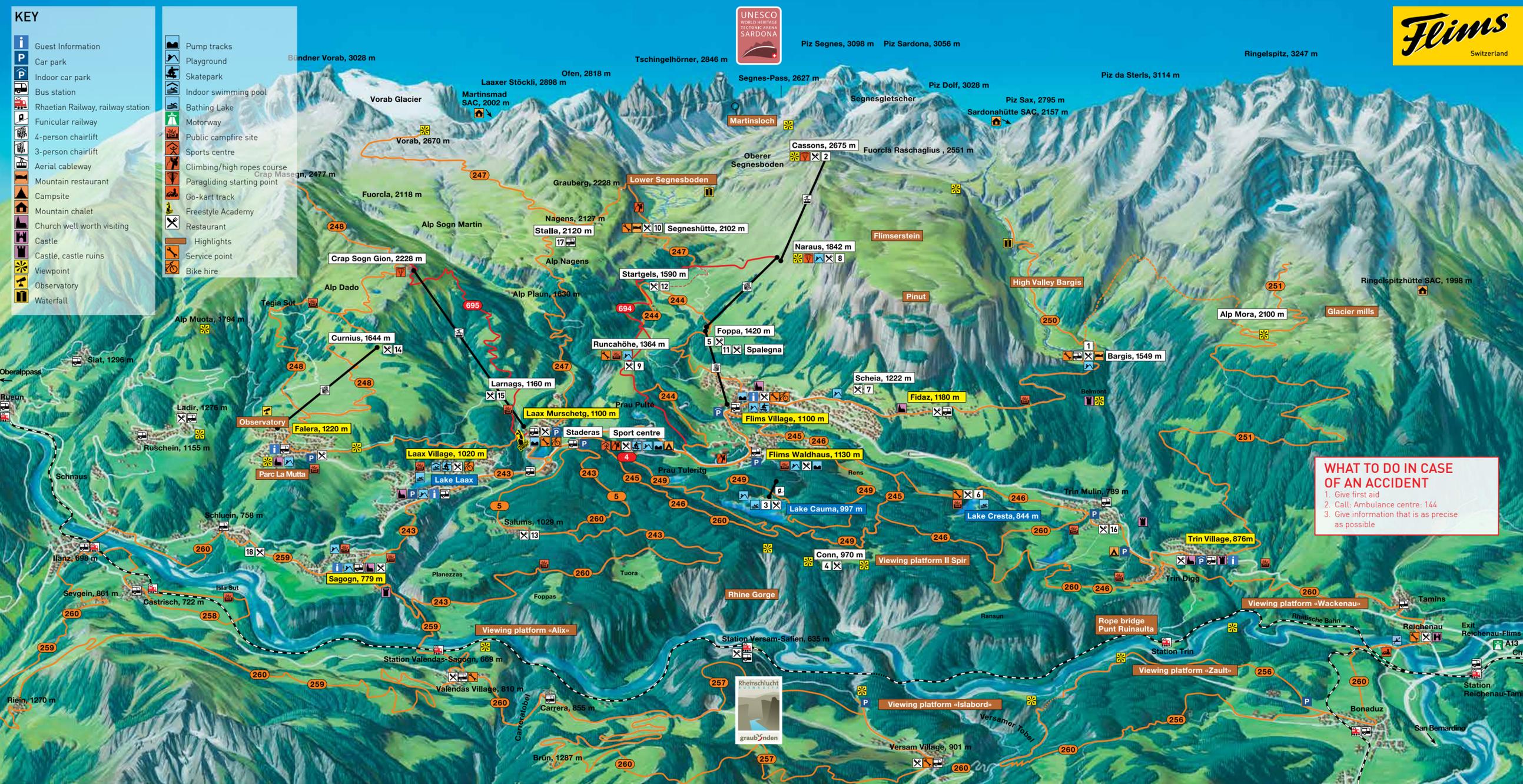
RIDING STYLE	Enduro
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	32.00km
Total ascent	1450m

### BARGIS MOUNTAIN VALLEY **250**

The route takes a left turn in the direction of Fidaz at Flims village post office. A mountain route on an asphalt road leads to the remote Bargis mountain valley. From here, the Alpine road continues up the wonderful mountain valley to Alp Rusna.

Web code **b250**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	23.00km
Total ascent	800m



### BONADUZ FOREST **256**

The route starts at the car park near Bonaduz and continues through the unspoiled forest. The ascent begins in Tuleu. A single trail then takes you down into the Versamer Ravine. The ride through the Versamer Ravine and the Rhine Gorge gives a spectacular view into the "Swiss Grand Canyon". Enjoy the view from both viewing platforms, "Spitig" and "Zault".

Web code **b256**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	12.00km
Total ascent	310m

### CALÖRTSCH **257**

The tour begins near the Islabord car park and viewing point below Versam village. The route continues through forest and pasture. After the Maiensässen near Calörtsch you have almost reached the highest point. Enjoy the enchanting landscape and the idyllic village of Brün on the way down. You will soon reach the main road, but only for a short while. Forest roads then take you back to the starting point.

Web code **b257**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	24.00km
Total ascent	1025m

### ISLA SUT **258**

The bike route leads from the first city on the Rhine to Castrisch. The centre of Castrisch village is a protected cultural heritage site and well worth making a stop. The route continues over fields and meadows to Isla Sut (conservation area). Here, there is a campfire site right next to the river. Barbecued sausages taste especially good while resting on the peninsula on the "young Rhine". Once refuelled, continue a little further along the Rhine. The return route leads via Castrisch to Ilanz.

Web code **b258**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	8.00km
Total ascent	110m

### CUOLM SURA **259**

A varied circular route that demands a high level of fitness. From Ilanz, the route leads along the young Rhine, past Schluwein and to Sagogn. In Sagogn, a forest road leads down to the Rhine. At Valendas/Sagogn railway station you have reached the lowest point on the route, before tackling the climb in the direction of Riein. The route leads through Valendas and Dutjen. The highest point, Cuolm Sura, gives a unique view into Val Lumezia and over the entire Grisons Oberland. A rapid descent leads through Riein and Sevgein back to Ilanz.

Web code **b259**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	31.00km
Total ascent	1100m

### NEVER END **695**

The new Freeride route from Crap Sogn Gion (2,228m) to Laax (1,020m) offers pure action. The 7km long stretch demands very sophisticated cycling and offers bends upon bends, giving you an absolute flow experience.

Web code **b1**

RIDING STYLE	Freeride
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	7km
Total descent	1150m

### AFTERWORK TRAIL **4**

Adrenalin junkies will get their money's worth on the afterwork trail. With slope-style elements, such as wall rides and gaps, and roots and tree trunks, this trail demands maximum effort and concentration even from experienced riders.

Web code **b4**

RIDING STYLE	Freeride
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	8.45km
Total ascent	50m

### TREK RUNCATRAIL **694**

The TREK Runcatrail from Naraus to Flims is in the medium difficulty range and offers experienced riders, as well as beginners, a whole lot of variety. The TREK Runcatrail was designated a Flow Country Trail by the IMBA (International Mountain Bike Association) in Autumn 2012. Stretching 6 kilometres, the TREK Runcatrail is the longest Flow Country Trail of its kind in Europe.

Web code **bRT**

RIDING STYLE	Freeride
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	6.00 km
Total descent	740 m

### VORAB-GRAUBERG **247**

A very challenging mountain route along natural paths as far as the edge of the Vorab Glacier. Return via Grauberg with a view over the World Heritage site of Sardona to Segneshütte and then a steep ascent to Flims. Less trained bikers can take the Nagens shuttle for the first 1,000 height metres.

Web code **b247**

RIDING STYLE	Enduro
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	32.00km
Total ascent	1400m

### CRAP MASEGN **248**

From Falera over the Alpine road past Curnius to Crap Sogn Gion, and then on the high altitude trail in the direction of Crap Masegn. Also possible via Laax valley station (gondola to Crap Sogn Gion). Good bikers use route no. 1 into the valley.

Web code **b248**

RIDING STYLE	Enduro
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	32.00km
Total ascent	1450m

### ALP MORA **251**

From Trin up in the direction of Alp Mora to Tegia Culm at 2250 metres above sea level. A quick side trip to the glacier mills is always worth it. The return leg is the same route. For experienced riders with a head for heights, the descent into Bargial (not signposted) is a challenging alternative.

Web code **b251**

RIDING STYLE	Enduro
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	30.00km
Total ascent	1400m

### FLIMS FOREST FAMILY TOUR **249**

Starting at Prau la Selva sports centre, this circular route takes you above Prau Tuleritg and Lake Cauma along wide paths with gentle ascents via Conn, where you can recharge your batteries in the restaurant or enjoy the view of the Rhine Gorge from the "Il Spir" viewing platform. Via Rens you arrive in just a short time along forest trails at Lake Cauma, where you can treat yourself to a dip in the lake or enjoy a refreshing drink on the terrace of the restaurant. A little further through Flims forest leads you back to the starting point.

Web code **b249**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	12.00km
Total ascent	250m

### RUINAULTA TOUR **260**

Whoever can complete the round tour in a single day from Ilanz, over Sagogn, Flims, Trin to Tamins and back to Ilanz via Bonaduz, Versam and Valendas, can count him or herself a biking-ace. However, for those who want to enjoy the wonderful landscapes of the Rhine Gorge, it is recommended to do this tour in daily stages. Then you can enjoy the refreshing Lake Cauma and Lake Cresta to the fullest. There are many places to stay along the bikingroute. The variety is not limited to the scenery, and also applies to the route itself - everything from tarred roads, forest roads to single trails.

Web code **b260**

RIDING STYLE	Cross Country
Fitness	★★★★
Riding technique	★★★★
Panorama	★★★★
Distance	46.00km
Total ascent	2900m

## OTHER MAPS AND INFORMATION

The route suggestions shown represent a small selection of available biking trails. You can find a complete overview of all activities in the Flims Laax Falera resort in the following information materials, which are available from all Guest Information points, your hotel's reception and from information/ticket offices.

### FLIMS GUIDE

Detailed information about the Flims Laax Falera resort can be found in the redesigned Flims guide, the perfect complement to the Summer Guide. Available free.

### WALKING MAP

The 1:25 000 scale map, with a great deal of detailed information about this beautiful area and many hiking trails, is available from Guest Information.

### ELECTRO BIKE GUIDE

All routes, hire shops and battery charging stations at a glance.

### SUMMER GUIDE

You can find compact, clear information and maps on the Flims Laax Falera resort in the Summer Guide.

### MOUNTAIN BIKE MAP

The detailed Surselva Flims mountain bike 1:50 000 scale map is available at Flims Laax Falera Guest Information.

### FACEBOOK

Keep up to date with events and offers at [Flims Laax Falera.facebook.com/flims](http://Flims Laax Falera.facebook.com/flims)

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