



and all those who want to become one

Discover 250 kilometres of Switzerland's most beautiful hiking trails. You will cross crystal-clear mountain streams, refresh yourself in turquoise mountain lakes, hike through enchanted forests and marvel at natural wonders such as the Martinsloch or the Tschingelhörner.

HIKING SUGGESTIONS

At the front desk we have various brochures with walking trails and hiking suggestions in different degrees of difficulty. We will be happy to advise you on your choice of hike.

Online information's under: <https://www.flimslaax.com/en/hiking>

CABLE CAR TICKETS

All information regarding mountain railway tickets is available at the front desk. There you can purchase them at a special rate.

GUIDED HIKES

Nature tours take place regularly in the region. With the guest card you get a reduction. We will be happy to inform you at the front desk or our colleagues at the tourist office in Flims village.

Would you like to go on an individual tour with a mountain guide? Then the Grischia Mountain Sports School is the right place for you: +41 (0)79 102 33 65.

There is also a selection of private hiking guides who know the region very well and are looking forward to meeting you. You can get the contacts at the front desk or we will also be happy to call for you.

SHOESHINE | DRY ROOM

Dirty hiking boots can be washed at the tap in front of the garage entrance and then hung on the boot dryers in the ski and drying room.

There is also a shoe shine machine in the main house in -1 and at the entrance to Villa Selva. If your shoes get dirty during a walk in the woods, you are welcome to clean them there.

FORGOTTEN SOMETHING?

In case you have forgotten something, a small selection of aids for your hike is available at the front desk, e.g. sun cream, hiking backpack, hiking poles or shoelace replacement. We will be happy to help you.

LAUNDRY ROOM

On the 1st floor, in the main house, there is a laundry room. You can do your own washing there (CHF 10.00 per wash, drying included). Please contact the front desk beforehand. Detergent is available.

We are also happy to wash your laundry. Here we charge per item of clothing. More information's about drop-off and return times are available at front desk.

EMERGENCY

The following points should be observed in the event of an accident:

- Keep a clear head
- Protect the injured and affected persons from other dangers (e.g. following persons), from weather and cold
- Give first aid
- Alert the emergency services and initiate the rescue operation
- Do not leave injured persons alone
- Do not forget your own safety

Emergency medical service	144
Rega air rescue	1414
Emergency number of the local doctors	0848 17 17 17