



# for snowsports

When the sun slowly rises over Flims, it doesn't take long for the perfect day of skiing or snowboarding in the **Flims Laax Falera ski area** to begin: After a short ride on the mountain railway, it's off to the wide blue, red or black slopes or to the snow park. For skiing or snowboarding, 224 kilometres of pistes, 5 snow parks and 28 lifts await you.

In addition to skiing and snowboarding, you can also go cross-country skiing, snowshoeing, winter hiking, tobogganing and much more in Flims and the surrounding area.

Various plans for all kinds of winter sports are available for you at the front desk. In addition to the piste maps for alpine sports enthusiasts, you will also find information for cross-country skiers, snowshoe hikers and winter hikers. We will be happy to provide you with further information at the front desk.

## **CABLE CAR TICKETS**

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Cable car tickets can be booked online or on the Laax inside app (the earlier, the cheaper). The app also offers you lots of useful information about the entire destination. Ski passes can be purchased as well directly from our front desk at the current daily price. In the low season we also offer packages including ski passes, further information on our website or at the front desk.

## **TEACHING | GUIDING**

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Directly at the valley station in Flims you will find the LAAX SCHOOL ([www.laaxschool.com](http://www.laaxschool.com)), which offers a wide range of courses, private lessons as well as ski guiding, yoga courses and a nursery. We will be happy to assist you with your booking.

The Grischa mountain sports school ([www.bergsportschulegrischa.ch](http://www.bergsportschulegrischa.ch)) is run by experienced local mountain guides who are your contacts for freeriding, ski tours, ice climbing and many other activities in the snow.

## **EQUIPMENT RENTAL**

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At the Flims valley station you will find the LAAXRental rental centre ([www.laaxrental.com](http://www.laaxrental.com)), where you can rent all sports equipment as well as clothing and accessories.

On the main road, just a few minutes' walk from the Flims valley station, you will also find rental facilities from Intersport (Sport Bundi) and at Sport Beat ([www.sportbeat.ch](http://www.sportbeat.ch)). At Sport Beat you can have your skis or snowboard waxed once a week free of charge with your guest card.

Fancy a sledge ride? In our ski cellar you can use our own sledges free of charge. If all of them are already in circulation, there is the possibility to rent sports sledges directly at the valley station Flims.

## **GUIDED TOURS**

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Organised snowshoe and hiking tours take place regularly in the region. We will be happy to inform you at the front desk.

## **SKI | DRYING ROOM**

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In the basement of the main house you will find our ski room with ski/snowboard racks and boot warmers, which are in operation during the night. So you can slip into your warm, dry boots the next day.

## **FORGOTTEN SOMETHING?**

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

## **LAUNDRY ROOM**

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There is a laundry room on the 1st floor, in the main house. 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. Further information about drop-off and return times is available at front desk.

## **EMERGENCY**

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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

It is advisable to save the number of the SOS centre of the Laax piste rescue service directly on your mobile phone in order to be able to raise the alarm as quickly as possible in an emergency situation.

SOS Centre Piste Rescue Laax	+41 (0)81 927 74 00
Emergency medical service	144
Rega air rescue	1414
Emergency number of the local doctors	0848 17 17 17