



A via ferrata, or fixed-rope climb, is located at the southern entrance to the village of Pontresina

**G**rison (Graubünden in German) is one of Switzerland's biggest cantons and hosts many famous resorts, including the Flims-Laax-Falera, St. Moritz, Davos, Scuol and many more. These destinations are all famous for sports, and there is a lot to discover: 150 valleys, 615 lakes, beautiful mountain landscapes, small villages, the Swiss National Park, adventures, hiking and biking trails. Enjoy a trip through the area of Grison with the famous railways such as the Glacier Express, the Bernina Express, the Engadin Express and the Palm Express. (Check the **discount list** on page 5 for validity of your ticket).



## some highlights

**Chur is the capital of Grison and only 1 hour and 15 train minutes from Zurich (there are 2 direct trains per hour). All villages and holiday destinations described below are reached by train or post bus from Chur.**

### Flims, Laax, Falera (Surseiva)

The linked sports resorts of Flims-Laax-Falera are within easy reach of Chur (just 18 km west on a hillside above the Rhine). Over the last few winters, **Laax** (1,020 m) has become a mecca for snowboarders but has as well, in summer, a lot to offer. The summer guests can choose from different experiences, ranging from active relaxation to thrilling adventure – bathing in Cauma-Lake or in Lake Laax, hiking, mountain and downhill biking, skateboarding, climbing, etc. An extensive regional network of over 250 km of signposted **hiking trails** await you here; plenty of trails winding their way through the forest. Alternatively, take a chair lift up to the broad, level plateau atop the Cassons Grat, where there is a pleasant three-hour

circular walk offering alpine panoramas. In Laax all kinds of **mountain bikers** are very welcome and can find their specific infrastructures. Over 300 km of signposted mountain-bike routes are provided and at the tourist office you can get a special bike-guide and a mountain bike map. Besides huge freeride and cross country areas Laax provides you with serious downhill, bmx and northshore trails. All bike routes are numbered and marked! **Bikes can be rented** at Backpacker Deluxe Hotel Capricorn and at other places.

If you want to try out new tricks, refine your style or just enjoy being up in the air – it's all possible with the Big Airbag at the **Bikepark Flims** (next door to the base



Hiking in the Flims-Laax region

station). There are two jumping ramps and to ensure a soft, safe landing there is an airbag in place. Video cameras have been installed here as well. **Every jump is recorded and then shown on the giant video screen.** This means that those taking part can then analyse their time in the air and monitor their landing on the spot. **And even friends and fans at home can also take part because all videos are available at [www.swatch.com](http://www.swatch.com)**

Another highlight is the **Rhine Gorge**, also named the Swiss Grand Canyon, with wildwaters class II–III! **Go rafting** or learn kayaking within this spectacular environment... Flims also has a Via Ferrata, an adventurous high alpine trail up to the Flimsenstein... a perspiring trail worth every step... Different packages can be booked online or ask at your hostel or at the tourist office; the friendly people there will love to help you with lots of tips, bookings, bike rental etc.!

**How to get to Flims/Laax:** Hourly public buses to Flims/Laax from Chur (approx. 35 min).

① **Tourist offices:** in Laax at Via Principale 91 (081 920 81 81), in Flims at Via Nova 62 (081 920 92 00), »[www.flims.com](http://www.flims.com)

**Budget accommodation:** Backpacker Deluxe Hotel Capricorn, Via Cons 405, Laax (081 921 21 20, closed May 1st–31st) »[www.caprilounge.ch](http://www.caprilounge.ch)

### Lenzerheide /Valbella

The two linked resorts of Lenzerheide and Valbella (just 30 minutes from Chur) are the ideal places for some chill-out time or the challenge of **hiking and biking**. These

linked resorts bombard you with their beauty. The crystal clear Heidsee invites you for swimming, sailing and surfing. The Heidsee lake is a dream for anyone seeking action or wanting to relax. The lido, with its many attractions, is on the left shore of the lake, whilst the right shore is a nature reserve. There is a woodland wonderland, as well as plenty of soaring peaks. The Parpaner Rothorn (2,865 m) is the highest point reached by cable car. You'll find several walking trails starting from the summit. The Lenzerheide valley is also a challenging **paragliding and hang-gliding** area (but only recommended for experienced pilots!). And once in this region you should not miss the **world's longest toboggan run** (see TIP below).

**How to get to Valbella:** Hourly buses from Chur (takes 33 minutes). Bus between Valbella and Lenzerheide takes only 4 minutes. ① **Tourist office:** at Voa principala 68 in Lenzerheide (081 385 11 20) »[www.lenzerheide.com](http://www.lenzerheide.com)

**Budget accommodation:** Valbella Youth Hostel, Voa Sartons 41, Valbella (081 384 12 08, closed April 3rd–June 10th and after Oct 23rd) »[www.youthhostel.ch/valbella](http://www.youthhostel.ch/valbella)

### TIP!



Once in Lenzerheide/Valbella you should not miss the **world's longest toboggan run** at the Alp Pradaschier (an aerial cable car from Churwalden brings you up there in 7 minutes, buses between Valbella and Churwalden take 9 minutes). The bob run winds round 31 bends, descending 480 m over 3,100 m down into the valley. Starting at the midway station (mountain restaurant), the run takes between seven and ten minutes down to the valley station in Churwalden. The bob run is open in both summer and winter, and lighting means it can even be done at night.

### Davos

Davos, located in the heart of the Alps at an altitude of 1,560 m, is famous for its toothpaste-fresh air and the World Economic Forum (held in the last week of January each year). Davos is a 4 km-long strip beside a train line and a river. It comprises two contiguous areas, each with a train station: Davos-Platz and Davos-Dorf. Surrounded on all sides by idyllic countryside and breathtaking mountain scenery is Davos, **Europe's highest town**. In summer, the opportunities for **hiking and mountain-biking** are excellent! Different mountain railways take you to 700 km of mountain trails and hiking paths. The offers are suitable for everyone, from unhurried walkers and sporty, gregarious hikers to ambitious alpinists.



**How to get to Davos:** from Chur it takes approx. 1½ h. There are hourly trains and you have to change in Landquart. Or if you're coming from Klosters, it takes 26 minutes (hourly trains).

① **Tourist offices:** at Talstrasse 41 in Davos-Platz and at Bahnhofstrasse 8 in Davos-Dorf (081 415 21 21) »www.davos.ch

**Budget accommodation:** Davos Youthpalace, Horlaubenstrasse 27, Davos-Dorf (081 410 19 20) (with the local bus from Davos-Dorf as far as the Schiabach stop). »www.youthhostel.ch/davos



### save money

A great offer is the “**Davos Klosters Inclusive-Card**”! You get it if you stay at least one night in a Davos or/and Klostershotel/hostel and as a holder of this card you can make use of countless services and recreational opportunities completely **free of charge**: you can travel free on all the cable cars that are in operation and, for example, go skating on the ice track, enjoy a free ride on the tin toboggan, or visit the Alpinum Schatzalp and make the most of the very varied active summer program.

## Klosters

Only about 9 km northeast of Davos lies Klosters. In winter Britain's royals love this ski resort because of its charm. Where Davos has traffic, bright lights and street bustle, Klosters has peace and quiet and a village atmosphere. **Hikers** will find routes of varying degrees of difficulty situated around Klosters. And the Madrisa adventure park, with its **climbing facilities**, promises an adrenaline surge. The region is recognized as one of the most attractive **mountain biking** destinations in Graubünden. The new sign posts on the Davos Klosters mountain bike trails deliver information that provides for a spectacular experience for all skill levels, from amateur to the highly skilled cyclist. An absolute must for all mountain biking addicts is the 10,000 meter elevation freeride tour which takes advantage of the five cable railways of Davos Klosters to get you to the top of the mountains.

**How to get to Klosters:** from Chur it takes approx. 1 hour. There are hourly trains and you have to change in Landquart. Or if



Hikers in the Diavolezza cable car (near St. Moritz)

you're coming from Davos, it takes 26 minutes (hourly trains).

① **Tourist office:** at Alte Bahnhofstrasse 6 (081 410 20 20) »www.davos.ch

**Budget accommodation:** Klosters Youth Hostel, “Soldanella” Talstrasse 73, (081 422 13 16, closed April 10th–June 10th and after Oct 23rd), (a 10-minute walk from Klosters station). »www.youthhostel.ch/klosters

## Engadine Valley

The Engadine Valley is traditionally-Romansh-speaking, although almost everyone also speaks German. The valley is divided into two sections, the Lower Engadine (Unterengadin) and the Upper Engadine (Oberengadin). The main resorts in the **Upper Engadine** are **St. Moritz** and **Celerina**. St. Moritz is where the jet set come to play and pose. Celerina (just 2 km – a half-hour walk – east of St. Moritz) is a little further away from the hustle but still close to the action. There are tons of activities on offer here in St. Moritz and Celerina. Many cable cars give access to mountain peaks with an altitude of more than 10,000 ft, and to numerous vantage points, opening onto **breath-taking panoramic views**. Other

than an almost unlimited amount of possibilities for individual **hikes**, St. Moritz and Celerina offer guided glacier and mountain tours as well as excursions centering on various topics (geology, botany...) during the summer season. One of the best round-trip summer walks starts from Muottas



A mountain climber in the Upper Engadine

Muragl (8,177 ft). For maps and further hiking suggestions ask at your hostel or at the tourist office.

The nearby Silvaplana (40 train-minutes from St. Moritz) is known for its **windsurfing and kitesurfing**. The favourable Maloja wind has turned the Lake of Silvaplana into a Mecca for this sport (plenty of information at [www.kitesailing.ch](http://www.kitesailing.ch) and at [www.engadinwind.ch](http://www.engadinwind.ch)).

**How to get to St. Moritz and Celerina:** from Chur with the Rhaetian Railway up to

St. Moritz (appr. 2 hrs). There are stops in Celerina and St. Moritz.

① **Tourist offices:** in St. Moritz at Via Maistra 12 (081 837 33 33) »www.stmoritz.ch; in Celerina at Plaza da la Staziun 18 (081 830 00 11) »www.celerina.ch

**Budget accommodation:**

**In St. Moritz:** St. Moritz Bad Youth Hostel, Via Surpunt 60 (081 836 61 11) »www.youthhostel.ch/st.moritz

**In Celerina:** Hotel “Alte Brauerei”, Via Maistra 60 (081 832 18 74) »www.alte-brauerei.ch Just 10 train-minutes southeasterly from St. Moritz at the mouth of the Val Bernina (Bernina valley) lies **Pontresina**. Check out the pentagonal Moorish tower and the Sta Maria **Chapel**, with frescoes dating from the 13th and 15th centuries. **Hiking trails** wend in all directions from Alp Languard to the east of Pontresina (the chair lift to the summit runs from the end of May to mid-October). In the same building as the tourist office is the **mountaineering school** which is the largest in Switzerland. Pontresina also provides ideal conditions for **inline skaters**. The high valley is suitable for high-altitude training of all types, and the wonderful backdrop is an inspiration for all, making it easier to run and glide. Inline skates can be hired from Fährdrich

bike 'n hike resort films-tax  
www.films.com

eat 'n sleep at the backpacker deluxe hostel capeicoen  
www.capeilounge.ch







Bikers in the village of Guarda (near Scuol)

Sport in Pontresina (Via Maistra). In addition, biking here is very attractive. **Mountain bikers and cyclists** find more than 400km of mountain bike trails and cycling paths. Whether negotiating a steep single trail or a winding pass, adventure and fun are guaranteed on easy-going outings along the side valleys, or on thrilling descents from the mountain. Even **electro bikes** can be rented here (at Flying Cycles, Via Cuntschett 1 or at Camping Plauns, Plauns 13). With an electro bike you enjoy the excursion twice as much! Thanks to the integrated, virtually noiseless electric motor, the “manpower” is doubled when cycling – you can experience the Engadine with half the effort and twice the enjoyment!

**How to get to Pontresina:** the hourly trains from Chur take 2 hours and you have to change in Samedan. From St. Moritz it's just 10 minutes by train (or 18 minutes by bus).

① **Tourist office:** at Kongresszentrum Rondo, Via Maistra 133, (081 838 83 00) »www.pontresina.ch



**Budget accommodation:** Pontresina Youth Hostel, “Cuntschett”, Via da la Staziun 46 (081 842 72 23, closed April 26th – June 3rd and after Oct 23rd). The hostel is next to the railway and bus station. »www.youthhostel.ch/pontresina

Spread-out **Scuol** (1,250 m) is the main resort in the **Lower Engadine**. It's a health spa, and there are around 25 mineral springs in the vicinity. The main draw is the modern Bogn Engiadina complex at Stradun (open 8 am – 9.45 pm, admission CHF 25.–). Lower Scuol is well worth a wander; it has some incredibly quaint Engadine dwellings and cobbled squares.

Scuol offers tons of **hiking and biking** possibilities. And from here you can visit the **Swiss National Park!** The headquarters of the Swiss National Park is in Zernez (30 minutes by train from Scuol). The park comprises 169sq meters of woodland and mountains where flora and fauna flourish in a stringently protected natural environment. It's possible to bike around the National Park. At the tourist office you can book a four day National Park bike-tour (incl. 4 nights of accommodation, transport of luggage and bike map). This tour means nothing but pure nature. Hard climbs, tricky single-trails and daring downhill make this tour a biking delight. Another very pleasant excursion is the one to **Guarda**. Guarda (just 15 minutes by train from Scuol-Tarasp), is a village of national importance, one of the best preserved in the Engadine, and has expansive views! (From the train station to the village it's about 30 minutes by steep footpath – or you can take a bus).

**How to get to Scuol:** Hourly trains from Chur to Scuol-Tarasp (takes 2hrs).

① **Tourist office:** at Stradun (beside the post office; 081 861 22 22) »www.scuol.ch

**Budget accommodation:** Scuol Youth Hostel, Prà da faira (081 862 31 31, closed April 3rd – June 7th and after Oct 23rd) »www.youthhostel.ch/scuol

## Sta. Maria Val Müstair

Between the upper and the lower Engadine lies Zernez from where the main road goes over the Ofen Pass (2,149 m) into the idyllic **Val Müstair** and leads then into **Italy**. This route is covered by postal bus (six to nine departures a day). **Santa Maria** is the main village of the Val Müstair and has a nice Gothic church. Due to the valley's

south facing situation the weather is often mild here. The Val Müstair really is perfect for **hikers and bikers**, with the help of clearly-signposted paths, hikers can easily find their way around the valley.

**How to get to Santa Maria:** the hourly trains from Chur to Zernez take 1 h 45 minutes and you have to change in Saglians. From Zernez to Santa Maria the bus takes 1 hour.

① **Tourist office:** at the main road, (081 858 57 27) »www.val-muestair.ch

**Budget accommodation:** Santa Maria in Müstair Youth Hostel, Chasa Plaz, (081 858 56 61, closed until May 31st and after Oct 16th) »www.youthhostel.ch/sta.maria

## events

<b>June 13th &amp; 17th</b>	Start into the summer season <b>Davos</b> Folk-music concerts at the Vaillant Arena (hockey stadium)
<b>June 24th – 26th</b>	Dakine Trailfox <b>Laax</b> Hundreds of free-ride bikers are drawn to the exceptional rally, the feel of the great outdoors and the legendary riders' party.
<b>July 8th – 10th</b>	18th British classic car meeting <b>St. Moritz</b>
<b>July 12th – 14th</b>	Windsurfing and kitesurfing Regatta Lake Silvaplana (near <b>St. Moritz</b> )
<b>July 16th</b>	Engadin Festival <b>Silvaplana</b> (near St. Moritz) Yodeling concert at Restaurant Murtèl (starts 6.30 pm)
<b>July 20th</b>	Street Festival <b>Lenzerheide</b>
<b>July 22nd – Aug 6th</b>	Open-air cinema at Kurpark <b>Davos</b>
<b>Aug 6th</b>	Swiss wrestling <b>Davos</b> . Swiss wrestling and popular folk music at Davos-Sertig (starts at 8.30 am)
<b>Aug 1st</b>	Swiss National Day, with parties and fireworks everywhere
<b>Aug 19th – 21st</b>	New Orleans Jazz Festival <b>Celerina</b>
<b>Oct 7th – 9th</b>	Maxi-Avalanche Trophy <b>Flims</b> More than 400 bikers tumble down the trails
<b>Oct 1st – 9th</b>	38th <b>Flims</b> International Alpine Hot-Air Ballooning Week. Over 20 teams in their colorful hot-air balloons (with opportunities to have a ride!).





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