

LAAX

SWITZERLAND

4-Days/3-Nights Itinerary

Day 1 (Arrival – Treetop Walk & Lake Cauma)

- Arrive in the morning and check in to signinahotel, a cozy alpine base ideally located in LAAX.
- Head to Lake Cauma via the Caumasee lift. This crystal-clear, turquoise lake is a forest-hidden gem perfect for swimming, paddleboarding, or simply relaxing on the beach.
- Enjoy lunch at Ustria La Cauma, known for its regional cuisine with a Mediterranean twist.
- In the afternoon, walk the Senda dil Dragun treetop trail—the world’s longest—which winds 1.5 km through the forest canopy, offering immersive nature and AR storytelling.
- For dinner, choose between Ristorante Camino (wood-fired pizzas and grills) or IKIGAI (Asian fusion) in LAAX village.
- End the evening with a nightcap and live acoustic music at Riders Lobby, a cozy bar serving craft beer.

Day 2 (Mountain Biking & Spa):

- After breakfast, take the shuttle to Flims Murschetg and explore one of LAAX’s 330 km of scenic mountain biking trails, suited for all skill levels.
- Unwind with a Spa Around Pass at Aua Grava or Wellness Hostel 3000—offering thermal baths, hammam, saunas, and more.
- For dinner, opt for a casual meal at Burgers (located at rocksresort) or the vegetarian/vegan-friendly Riders Restaurant.
- Relax post-dinner with drinks at The Pup, a rustic bar with great outdoor seating and craft brews.

Day 3 (Hike to Segnesboden & Sardona):

- Morning gondola from Flims to Vorab Glacier and hike high (Segnesboden plateau) to see the Martinsloch and UNESCO Sardona geology – ancient rock thrusts in the Alps.
- Picnic lunch on the trail or at the Segneshütte (mountain hut with local dishes).
- Late afternoon, relax at your hotel or visit an outdoor hot tub/pool if available. Evening: Enjoy a traditional dinner at Stalla Alp Nagens (rustic Swiss specialties at 1,980 m) and watch the sunset.

Day 4 (Leisure & Departure):

- Take it easy in the morning—opt for a stroll through LAAX village or hike to the Mutta viewpoint for scenic vistas over the Rhine Gorge.
- Brunch in Flims at Il Paun Bakery, known for its fresh pastries and local favorites.
- If time permits, make a cultural stop at Parc la Mutta in Falera, home to prehistoric stone formations and the historic Church of St. Remigius.
- Return to the hotel, check out, and depart for your onward journey.