



GRAND RESORT  
BAD RAGAZ

★★★★★



# EXCURSIONS

BAD RAGAZ AND SURROUNDINGS

# CLASSICS

## THE MYSTICAL TAMINA GORGE

Around 1240, hunters from the Pfäfers monastery discovered a 36.5°C spring in the mystical Tamina gorge. And so began the long history of Bad Pfäfers and later Bad Ragaz. Visit the museum in Altes Bad Pfäfers and learn all about the centuries-old bathing tradition.

A path leads you into the interior of the rock and to the source of the healing thermal spring. You can explore the Tamina gorge on your own or on a guided tour.

- Open from the end of April to the end of October
- Admission: **CHF 5.- per person**
- It takes about an hour to get to the Tamina gorge on foot, but there is also a regular public bus service



Tamina Gorge, Bad Ragaz

## HEIDI VILLAGE IN MAIENFELD

A little girl from Graubünden has been conquering the hearts of children and adults alike all over the world for more than 130 years. We are talking about Heidi, the main character from Johanna Spyri's novel of the same name. In the Heidi Village in Maienfeld, you can visit Heidi's house and the mountain hut to experience first-hand how people lived in Heidi's time.

- Open from mid-March to mid-November, from 10 am to 5 pm
- Admission to the Heidi museum: **CHF 13.90.- for adults, CHF 5.90.- for children aged 5 and over**



## WINE TOURS

Go on a wine tour and discover the Buendner Herrschaft, the Heidiland region and the St. Gallen Rhine Valley with their wines which are typical of the terrain, along with the cultural and culinary delights of this region. There are various themed tours available to choose from according to your personal preferences, such as a vintage tour or an organic tour.

- Private tours can be booked all year round
- Prices: from **CHF 115.- per person**



Heidi's house, Maienfeld, ©Heididorf



Old Town, Chur

## GUIDED TOUR THROUGH CHUR OLD TOWN

Switzerland's oldest town is an important diocesan town and has plenty of fascinating stories to tell. On the Chur Tourism city tours you will learn exciting facts and funny stories about the Alpine town and the region.

- It takes 20 minutes to get to Chur by train or car

## LANDQUART FASHION OUTLET

The Landquart Fashion Outlet offers a superior shopping experience seven days a week – with 160 premium brands from the areas of fashion, sports, outdoor and lifestyle. Shop in the open air in a beautiful Graubünden chalet-style village center, and relax in one of the cafés or restaurants.

- The outlet is open daily from 10 am to 7 pm
- It is only 10 minutes away by car or train



Landquart Fashion Outlet

# SUMMER OUTDOOR ACTIVITIES

## VISIT TO LAKE CAUMA

Lake Cauma – called “Lag la Cauma” in Rhaeto-Romanic, which means “siesta lake” – is a true gem of Flims. Due to its bright turquoise water it is often referred to as “the Caribbean of Switzerland”. Swimming, relaxing or sunbathing – a detour to this beautiful lake is the perfect add-on to any excursion. There is also a self-service restaurant with a terrace and separate lounge on the shores of the beautiful bathing lake.

- Open from the end of May to the end of October
- Flims is 35 minutes away by car



Lake Cauma, Flims



## BICYCLE TOURS

The idyllic countryside around Bad Ragaz offers everything a mountain biker could wish for – from pleasure routes to challenging up- and downhill stretches. You can also rent Trek and Diamant e-mountain bikes and e-city bikes. In addition to cycle training courses, various individual and guided tours can be booked, such as culinary tours, wine tours or the E-Bike Trophy tour, which leads to various mountain inns with charging stations.

- Detailed information on various tours is available from our concierge

## SEGWAY TOURS

Discover the most beautiful corners of our region on a Segway and learn more about Heidi and winegrowing. The tours lead through vineyards and characteristic villages with magnificent stately homes and castles which are well worth seeing. The terraced vineyards with fantastic views over the Rhine Valley, the mountain range surrounding the Pizol, and the Tamina gorge are perfect places to linger for a while. Combining your tour with a wine-tasting session or a gourmet meal is a particularly good idea.

- Tours can be booked from April to October
- Duration: from 2.5 hours
- Prices: from CHF 120.- per person

# HIKING

## FIVE-LAKES HIKE

Five crystal-clear mountain lakes and unique views of the Sardona UNESCO World Heritage Site are what characterize this route. With a bit of luck, you can spot ibexes, chamois and eagles at Lake Schwarzsee. And it comes with a wonderful view practically every step of the way.

- **Duration: 4.5 hours, distance: 11.4 km, ascent: 535 m elevation gain, descent: 911 m elevation loss**

## PLACES OF POWER: MALANSER ÄLPLI HIKE

A gentle hike amid the fascinating mountain landscape surrounding the Malanser Älpli. Even just going up on the nostalgic Älplibahn cable car (bookings required) is a memorable experience. On the tour, you pass various places of power – a perfect hike for families and connoisseurs.

- **Duration: 2.45 hours, distance: 7.5 km, ascent: 304 m elevation gain, descent: 304 m elevation loss**



Wildsee, Pizol, © Pizolbahnen

## PIZOL PANORAMIC MOUNTAIN TRAIL

The high plateau is formed like a natural grandstand and provides a breathtaking view of the Sardona tectonic arena and the Rhine Valley. At various points along this circular hiking route, information boards and interactive elements teach you more about the surrounding landscape and how the Alps were created, and about the UNESCO World Heritage Site.

- **Duration: 1.5 hours, distance: 3 km, ascent: 53 m elevation gain, descent: 53 m elevation loss**

## PIZALUN HIKE

Starting from the quiet and picturesque scattered settlement of St. Margrethenberg, this beautiful, easy circular hike leads through forests and colorful meadows to the Pizalun peak (1,478 meters), a magnificent vantage point that offers views of the Buendner Herrschaft and the Sarganser-land region.

- **Duration: 2.5 hours, distance: 7.1 km, ascent: 276 m elevation gain, descent: 276 m elevation loss**
- **Detailed information on all hikes is available from our concierge**

## BETTLEWEG AND TWO-LAKES HIKE

From Pardiel, the Bettlerweg (beggar's path) climbs pleasantly up to Alp Lasa/Obersäss. The hike's highest point is "only" the Pizolhütte mountain hut. On the way back, on the actual two-lakes hike, the Wangsersee and Viltersersee lakes offer the perfect places to rest.

- **Duration: 4.5 hours, distance: 11.8 km, ascent: 597 m elevation gain, descent: 597 m elevation loss**

# WINTER OUTDOOR ACTIVITIES

## CROSS-COUNTRY SKIING

The idyllic area around Bad Ragaz radiates peace and harmony – perfect for really taking in nature while cross-country skiing. The Heidiland holiday region offers various cross-country skiing trails for beginners, advanced and professional skiers, suitable for both the skating and classic technique.

## ALPINE SKIING

Our local mountain, the Pizol, offers 43 kilometers of snow fun on the slopes and is only a few minutes away from the Grand Resort Bad Ragaz. The Flumserberg winter paradise is the largest winter sports destination between Zurich and Bad Ragaz, with 65 kilometers of pistes. Other top skiing resorts are also available within a 45-minute drive, such as the Flims Laax Falera skiing destination, the Arosa Lenzerheide snow sports area and the winter sports resort of Davos.



Ski slope, Flumserberg, © Bergbahnen Flumserberg AG

## TOBOGGANING

Tobogganing is a classic winter activity and remains unbeaten in terms of fun. There are various sledge runs for both beginners and experienced tobogganers in the immediate vicinity: on the Pizol, on the Flumserberg and in the Fideriser Heuberge, where the longest toboggan run in Switzerland promises a true adventure. The Pizol valley station is 10 minutes away by car; Flumserberg and Fideriser Heuberge are a 30-minute drive away.



Toboggan run, Pizol, © Pizolbahnen

## SNOWSHOE HIKING

Individually guided snowshoe tours take you to the most beautiful winter wonderland spots of the Heidiland holiday region. Bring variety to your winter program and enjoy a few hours of unadulterated nature on a half-day guided snowshoe tour. In a snow-covered landscape, far away from the hustle and bustle of everyday life, you can really experience winter.

## ICE SKATING

Ice skating is probably the oldest of winter sports – and also the most common. In the area around Bad Ragaz there is something for every kind of ice skater, from relaxed skating to intensive ice hockey. The Sarganserland ice rink is 15-minute away by car, and the Quader ice rink in Chur is 20 minutes away.

# FOR COUPLES

## BOAT TOUR ON LAKE WALENSEE

A mild climate, a fjord-like lake and the imposing backdrop of the Churfirsten mountain range: the region around Lake Walensee is a world apart. Take in the picturesque natural surroundings during a boat trip on the lake. In addition to the regular boat service, various event and themed boat trips are also available. Lake Walensee is 20 minutes away by car.

- Detailed information is available from our concierge



Lake Walensee, Unterterzen

## PICNIC IN THE COUNTRYSIDE

Enjoy a wonderful picnic for two in the beautiful countryside. We have put together the best picnic spots for you: Giessenpark in Bad Ragaz, the ruins of Freudenberg Castle, the ruins of Wartenstein Castle or the Chapfensee reservoir above Mels.

- Various picnic baskets can be ordered from our concierge upon request



## ROMANTIC HORSE-DRAWN CARRIAGE RIDE

See the HeidiLand holiday region while relaxing in a horse-drawn carriage. You can choose between a short, two-hour round trip in the morning, a half-day or day trip. Particular highlights include the Heidi round trip, the Buendner Herrschaft trip, the trip to the Tamina gorge or the fondue carriage during the winter season.

- Carriage rides can be booked all year round
- Prices: from CHF 370.- per carriage



Vineyard, Jenins

## GRAUBÜNDEN RHINE VALLEY WINE TRAIL

The Graubünden Rhine Valley wine trail connects the town of Chur with the local winegrowing communities in the Graubünden Rhine Valley and the Buendner Herrschaft. At the heart of the wine trail are three circular hikes through the vineyards of Trimmis/Zizers (approx. 4 km), Malans/Jenins (approx. 10 km) and Maienfeld/Fläsch (approx. 10 km). These three stunning hiking trails are joined by a 30-kilometer route that leads from the Alpine town of Chur through this small region of great wines.

- Duration: 7 hours, distance: 27.1 km, ascent: 423 m elevation gain, descent: 479 m elevation loss

# FOR FAMILIES

## SUMMER TOBOGGANING

On the two-kilometer Floomzer toboggan run at the Flumserberg, you can speed through tunnels, fly around corners, and race over bridges and bumps while heading down a 250-meter descent and taking in the breathtaking view. Take the chair lift to the start of the run, where you switch over to the safe and weatherproof toboggans with which you can then race through the mountain landscape at speeds of up to 40 km/h. Our tip: combine a hike with a toboggan ride.

- Open from June to October
- Prices: CHF 14.- per ride for adults, CHF 9.- for young people, CHF 7.- for children



FLOOMZER, Flumserberg, © Bergbahnen Flumserberg

## OUTDOOR ADVENTURE

On this day you can expect a lot of action and fun with the whole family. Together you will experience an exciting adventure in the forest and learn how to make a fire, how to prepare drinking water, how to build a camp and how to treat animals and nature with respect. A freshly prepared meal on the fire brings new energy for the afternoon. One lesson each in archery and knot making, make for an unforgettable nature adventure with the whole family.

- Price: CHF 180.- for 1 child and 1 parent incl. meals throughout the day
- Duration: from 10 am – 16 pm
- Minimum number of participants: 6



CLiiMBER, Flumserberg, © Bergbahnen Flumserberg

## CLIMBING TOWER

The CLiiMBER climbing tower at Flumserberg promises a wide range of fun-packed climbing activities with 100 climbing stations, compactly laid out on three levels. Each level features 30 different and original climbing stations with various designs and levels of difficulty.

- Open from June to October
- Prices: CHF 33.- for adults, CHF 21.50 for young people, CHF 16.50.- for children

## GO-KARTING

A 150-meter-long track, up to five karts on the race track at the same time and a Flexi-Track guidance system – the Nendeln go-kart track offers everything a racer's heart could desire.

- Open throughout the year from Friday to Sunday and 30 minutes away by car
- Prices: CHF 18.- per ride for adults, CHF 14.- for children up to the age of 12 years





# ANIMALS

## LLAMA AND ALPACA TREKKING

Do not miss out – llama and alpaca trekking in Liechtenstein are an excellent way to relax. After all, anyone who has spent time with these curious creatures knows that it is impossible not to be catapulted into the here and now. On the trek, participants learn to be mindful and attentive not only of the llamas and alpacas but also of themselves. Combined with a fondue dinner in the woods, the trek is sure to be an unforgettable experience.

- Various llama and alpaca treks are available, from CHF 45.- per person
- The Lama- & Alpakahof Triesenberg farm is 30 minutes away by car



## HORSE RIDING

Whether it is riding lessons for young and old, riding fun for the whole family, or rides for experienced riders, the Heidiland holiday region offers plenty of opportunities to saddle up.

- Our concierge will be happy to provide you with further information.



Capricorn, Feldkirch Wildlife Park

## FELDKIRCH WILDLIFE PARK

For over 50 years, the Feldkirch Wildlife Park has been home to a variety of animals. It all began with Felix the ibex, who was the first inhabitant to move into the park. Today, the Feldkirch Wildlife Park boasts over 140 animals belonging to 21 different species.

- Open throughout the year and free admission
- The Feldkirch Wildlife Park is 45 minutes away by car in 45 Minuten



Dog sledging Tour, Flumserberg mountains

## DOG SLEDGING TOUR

Feel the close link between man, nature and beast on a dog sledging tour of the Flumserberg mountains. A breathtaking natural landscape, an adrenaline-packed adventure and, above all, fun await. After the tour, your team can enjoy mulled wine and snacks – time to discuss the events of the day and pet some of the friendly little bundles of energy. It is sure to be an unforgettable experience.

- Prices: from CHF 230.- per person

# ADVENTURE

## WATER SPORTS ON LAKE WALENSEE

Lake Walensee is a popular local recreation area and the perfect place for anyone who wants to enjoy the sun and cool off with a swim on hot summer days. The water sports activities range from waterskiing, wakeboarding, wakesurfing and wakeskating to riding on a tube or hot dog inflatable.

- **Prices: CHF 45.- per person for 15 minutes of riding on the water sports equipment**

## PARAGLIDING

Paragliding adventures for young and old: Fulfill your dream of flying by gliding through the air. The tandem flights offered to action-lovers include instruction, a tandem flight and equipment. The passenger only needs to bring sturdy footwear and appropriate clothing. This experience is guaranteed to give you an adrenaline rush.

- **Prices: from CHF 175.- per person per tandem flight**

## CANYONING IN THE VIAMALA GORGE

Canyoning is a really fun way to explore gorges and also an impressive spectacle of nature. Some 321 steps lead down into the Viamala Gorge. Here, technically simple canyoning awaits you – without having to rappel, you will experience the power of the water up close. Swimming and sliding through the unique Viamala gorge will make for an experience that is guaranteed to stay in your memory.

- **Can be booked from June to September as a half- or full-day trip**
- **Prices: CHF 149.- per person**

## RHINE GORGE RIVER RAFTING

The spectacular Ruinaulta, or Rhine gorge, meanders from Ilanz to Reichenau near Bonaduz. Over thousands of years the river has created a landscape of incomparable beauty here: white limestone cliffs and green wetlands line the river with its sparkling rapids. The Anterior Rhine offers easy to medium whitewater, suitable for (almost) everyone from 10 years of age – especially for families and groups.

- **Can be booked from the start of May to the start/middle of October as a half- or full-day trip**
- **Prices: CHF 115.- for adults, CHF 75.- for young people aged 10 to 17**



River Rafting, Rhine Gorge



Helicopter flight, Switzerland

## HELI FLIGHT TRAINING

Learn from the best and do a personal flight training together with a qualified flight trainer and the former international ski racer Franco Cavegn. Including individual introduction and flight training on the ground and in the air, so that you can fly by yourself for 20 to 30 minutes under supervision.

- **Prices: from CHF 990.- per person**

## HELICOPTER FLIGHT

Let yourself be carried away from everyday life with a helicopter flight and see the gems of the region from a bird's-eye view. In addition to sightseeing flights, special experiences such as skydiving, heliskiing or landing on a glacier for an aperitif can also be booked.

- **Prices: from CHF 149.- per person**

## CARVING DAY WITH FRANCO CAVEGN

Experience a day of skiing with former international ski racer Franco Cavegn on the slopes in St. Moritz. Fly by helicopter directly onto the slopes of the Corviglia ski area in St. Moritz. You will enjoy a day of personal coaching, training and lunch at the Salastrains Restaurant. The chef will welcome you personally and you can enjoy a well-balanced meal in a relaxed atmosphere.

- **Start fitting ski equipment 9 am, outward flight 9.30 am, return flight approx. 3.30 pm**
- **Prices: from CHF 7'200.- for one person**



Skiing, St. Moritz

# EXPERIENCE WATER

## SEERENBACH FALLS & RING SOURCE, WALENSEE

The thunderous Seerenbach Falls are visible from far away. The best view of all three steps of the waterfall is from the chapel in Betlis. The middle of the three cascades is one of the highest free-falling waterfalls in the world with a height of 305 metres. All three steps together measure almost 600 metres. Right next to the falls is the white foaming ring source. At the beginning of the 20th century, researchers began to study the source and the cave system that stretches for kilometres. About three kilometres from the cave entrance, the water disappears into the interior of the mountain via a turnoff. Where to? This will probably remain a secret.

- **Distance: 44.7 km, 45 minutes by car from Bad Ragaz and 20 minutes footpath from the car park**

## LAKE GIGERWALD, PFÄFERS

The Lake Gigerwald is located in the Calfeisen valley above the village of Vättis. The elongated reservoir, nestled between rock faces, lies at an altitude of 1,335 metres above sea level, is about three kilometres long and is 135 metres deep at its deepest point. At the western end of the lake there is the old Walser settlement of St. Martin, which can be reached via a partly tunnelled road.

- **Distance: 22 km, 35 minutes by car from Bad Ragaz**

## SAARFALL WATERFALL, VILTERS

The Saarfall waterfall in Vilters is a true paradise for hikers looking for a cool down on hot summer days. Its cascade falls over 55 metres into a small lake. With a barbecue area right by the lake, the Saarfall waterfall is also a popular destination for families.

- **Distance: 5.8 km, 10 minutes by car from Bad Ragaz**



Lake Gigerwald, Vättis

## BERSCHNER WATERFALL, BERSCHIS

The Berschner waterfall above the village of Berschis near Walenstadt is 46 metres high and a so-called „isolated case“. From Berschis it takes about 25 minutes to walk into a small ravine where, after a bend around a small rock, the Berschnerfall suddenly piles up in front of the visitor.

- **Distance: 20 km, 20 minutes by car from Bad Ragaz and 25 minutes footpath from the village Berschis**



Berschner waterfall, Berschis

### TIP

Visit the waterfalls in spring when the snow melts or after intense rainfall, when they carry a lot of water.

## FOR FURTHER INFORMATION

For further information on all our excursion recommendations, please contact our concierge team, who will also be happy to book various excursions and activities for you.

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