Flem I - III

Flem

Create: 2023-03-09 20:52:24	**Update:** 2025-11-16 19:49:57	**Print:** 2026-10-30 12:10:40
Country: Schweiz / Switzerland **Region:** Kanton Graubünden **Subregion:** Region Imboden **Town:** Flims		
Difficulty: difficult	**Grading:** v4 a5 IV	**Total time:** 3h55
Approachtime: 35min	**Tourtime:** 3h	**Returntime:** 20min
Altitude entry: 1830m	**Altitude exit:** 1570m	**Delta Altitude:** 260m
Canyon length: 1000m	**Highest rapell:** 25m	**Amount rapells:** 30
Transport: Cablecar	**Rock type:** dolomite	**Drainage area:** 18.00km²
Season: October - November	**Orientation:** South	**Best Time:** 10-16 o'clock
Rating: ☆ 4.6 (13)	**Info:** ★ 2.1 (8)	**Belay:** ★ 2.5 (11)

Specialities:
Glacier in drainage area, Dam, Water catchment,

Gear:
Ropes: 2x 30m

Summary: (machine translated)
A polished, small and watery glacial stream with very beautiful rock formations

Hydrology: (machine translated)
Observe online water measurement from flimselectric.

!!! ATTENTION: As of 2025, the residual water quantity from Flimselektric may be incorrect! According to their data, the amount of water should have changed by at least a factor of 5 during our tour, but we have not observed any relevant changes in the amount of water during our tour !!!!

Reference values:

< 80l/sec: OK

80l/sec - 200l/sec = average water level

200l/sec - 350l/sec: high water level - dangerous!

> 350l/sec: Acute danger to life!

Emergency shutdowns of the turbine are possible at any time. Operators should also be able to handle significantly more water.

Access: (machine translated)
Take the FlemXpress cable car from Flims to Startgels. Alternatively, take the bus to Alp Nagens and walk down to Flem.

Approach: (machine translated)
Summer access: From the Startgels cable car station, take the hiking trail directly along the stream to Punt Desch (several bridges over Flem). At an altitude of around 1830m, the entry into the still open streambed opens up.

Winter access: From the Startgels cable car station along the edge of the ski slope up to Punt Desch.
Punt Desch is the Flem bridge between parts I and II (entry Flem II into the large pool 20m below the bridge from the right-hand side, in winter rope in directly upstream of the bridge if necessary, the anchor comes after the 1m jump orog. left).

Tour: (machine translated)
Quickly we come to the beginning of the small-limbed and not very deep gorge. We climb and cling downwards in a polished stone structure, interrupted by some smaller rappels and swim sections. Also a forced siphon awaits us. We have to crawl under some rock arches. Then the narrow ganng opens and we come to Punt Desch, where we can either get out or follow the ascent of the second part.

Return: (machine translated)
If we get off at the bridge, we orient ourselves on our approach route in the direction of the Startgels cable car station and drive down to the parking lot at the valley station.

Coordinates:
Canyon Start 46.8653 9.2524
Canyon End 46.8566 9.2502
Intermediate Canyon Exit 46.8628 9.2529

Reports:

2026-10-27 | System User | |🕮 |⚓ | 〰 Normal | 👎 Not done
Automatisch importiert von Descente-Canyon.com für Canyon Flem 1-3, perfect day - great conditions. Did it in the morning as it was a warm and sunny day. Didn't notice an increase in waterlevel.You can escape after almost every obstacle. Beautifully sculpted, but not deeply carved. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22626/observations.html)

2026-10-27 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Flem Perfect conditions, started around 8h30, done around 10h30. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22626/observations.html)

2026-10-13 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Flem Flem 1/2. La partie 2 est magnifique !A la sortie on a fait 300 négatif et 100 de positif pour récupérer le dernier bus pour Laax (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22626/observations.html)

2026-10-06 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Flem, Wasserstand: "50 l/s" Verankerungen: "Gut" In all den Jahren noch nie so wenig Wasser! Kristall klar, ein Traum mit der Sonne. Es wird wieder kälter, langsam machen Neohandschuhe wieder Sinn. (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1220-flem)

2026-10-03 | Patrik | ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
Residual water flow set to 50 l/s for winter operation. Many jumps are possible, though there’s a bit more gravel in some of the pools—keep your legs close to your body. Otherwise, everything’s fine. (machine translated)

2026-09-27 | Clarissa Linder | ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 Normal | 👍 Completed
We only went as far as the small bridge (the last one before the exit), since otherwise we wouldn't have had enough time for the final descent. We jumped almost everything at the start of the run. Be careful—further down, a few pools have been filled with gravel. (machine translated)

2026-09-18 | Losxy | ☆ ☆ ☆ ☆ ☆ |🕮 |⚓ | 〰 High | 👍 Completed
The level of water was quite high 240l/s Beautiful canyon. The anchors are in good condition.

2026-09-08 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Flem, Wasserstand: "Ok, initial 235-350l steigend, Ausstieg Ende 2" Verankerungen: "Ok" Kraftwerk startete erst später um 1430 Uhr kam deutlich mehr Wasser! Nach Ausstieg wurde wieder turbiniert und eine weitere Begehung wäre wieder problemlos möglich gewesen. Ab 01.10 Restwasser 90l/s (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1220-flem)

2026-07-30 | Patrik | ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ ★ | 〰 High | 👍 Completed
There's plenty of water today—about 400 l/s. Flem 1 & 2 are still well within reach. (machine translated)

2026-07-28 | System User | |🕮 |⚓ | |
Automatisch importiert von Schlucht.ch für Canyon Flem, Wasserstand: "Perfekt ca 150 l" Verankerungen: "Ok" Wasser warm& klar, Sonne pur, was will man mehr, dass im Juli! (Quelle: https://schlucht.ch/schluchten-der-schweiz-liste/1220-flem)

2025-10-19 | System User | |🕮 |⚓ | 〰 High | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Flem Dernier jour de fonctionnement du téléphérique avant l'hiver.Prix exorbitants : 60 francs suisses pour l'aller-retour à Startgels depuis Flims. Au moins, le téléphérique semble fonctionner correctement maintenant.Les relevés du débit résiduel à la prise d'eau du Segnes semblent erronés ; pendant notre randonnée, il a fluctué entre 200 et 60 litres par seconde, sans que nous ayons constaté de changement dans le canyon. Une belle excursion avec un niveau d'eau sportive. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/22626/observations.html)

2025-10-19 | Christian Balla | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ ★ | 〰 Normal | 👍 Completed
One of the most beautiful canyons there is. Perfect amount of water in Flem I and Felm II, Flem III was sporty. Weather conditions were perfect. Several groups were on the way. We used the last opportunity of the season to take the FlemExpress to Startgels, and later also back to Flims from Startgels. Flimselektric's residual water volume appears to be incorrect. According to their information, the amount of water should have changed by a

Parts:
Flem I - III, v4 a5 IV, 35min+3h+20min
Flem IV - V, v3 a5 III, 5min+2h+35min