

graubünden Bike

Presents

COMMÜNION TOUR

Coffee with Fanie Kok & Friends

A mindful storytelling series that digs into the heart and soul of the communities that form the foundation and fabric of Graubünden.

 las ciclistas



COMMÜNION

Let's have a coffee break.

COMMÜNION is a series where Fanie Kok from Graubünden Bike travels to various destinations in Graubünden to host a day of great coffee consumption, exchange experiences, inspire dialogue, group rides and high fives to celebrate the communities of the most diverse canton in Switzerland – The Home of Trails.

Come and "break bread" with fellow custodians of the outdoors –
To learn from each other and be inspired.
To take action where needed and to appreciate what has been accomplished.
To have an insightful exchange of challenges and achievements.

Friends:

Las Ciclistas, baby boomers, and the youth shredders.
Fairtrail and the formidable Faidinands.

Experiences are what shape us. And when shared, it unites us.
These are the stories that connect us to ourselves, our environment and to each other.

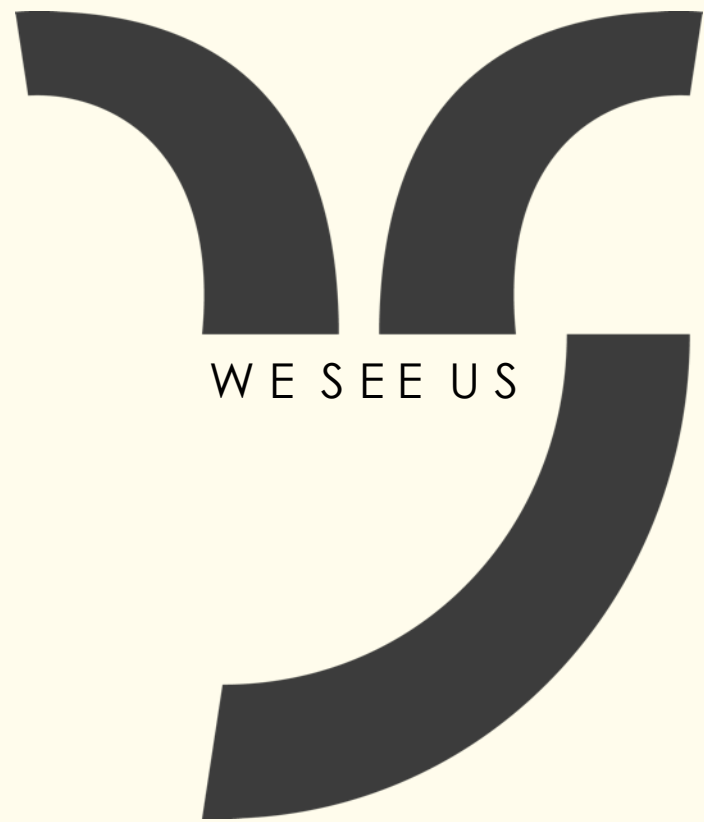
Through COMMÜNION, our aim is to foster and strengthen stewardship.
To protect, preserve and promote what we love –
Our heritage. Our home.



2025 COMMÜNION TOUR STOPS

- **9 – 10 May: Val Müstair**
Il Nucleus Store Opening
- **14 June: Flims**
Flem Lodge Gravel Ride Out
- **20 – 22 June: Davos**
Bike Festival Davos
- **28 June: Scuol**
Aventyr Community Day
- **17 July: Thusis**
Trail work, BBQ & Social
- **29 August: Disentis**
IMBA Swiss Just Ride
- **1 November: Chur**
Alpen Bikepark Community Shape Day





WE SEE US