







Take an augmented reality tour of FRIBOURG REGION!

- 1. Download the free "Explore FRIBOURG" app.
- 2. Hold your device over the images with the AR symbol
- 3. Enjoy FRIBOURG REGION
- 4. More information at: www.fribourgregion.ch/explore

Union fribourgeoise du Tourisme, Fribourg

Agence Symbol, Fribourg

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Perfect Getaways





From east to west, from unmovable rocks to flowing waters, FRIBOURG REGION has it all: sweeping and contrasting landscapes, a rich cultural tradition and a warm and friendly atmosphere. Welcome!

Price per person in a double room. Supplement according to accommodation categories and requested periods.

Call center +41 (0)26 407 70 20 www.fribourgregion.ch

Bulle



Bulle, a town that prides itself on its fine local produce, is the venue for a large outdoor market in July and August. It also has great cultural attractions to offer visitors, such as the acclaimed Musée gruérien and the historical walking trail.

T. +41 (0)848 424 424 www.la-gruyere.ch

Charmey

Les Paccots

Estavayer-



It's swiss for Bliss...
This typical Gruyère village, famous for its traditional "Désalpe", offers state-of-the-art visitor facilities, including the stunning "Bains de la Gruyère", in the heart of an unspoilt and verdant landscape.



Lovers of the great outdoors should head to Châtel-St-Denis/
Les Paccots. The resort offers a wide range of activities to suit all ages and preferences, including horseriding, hiking and mountain biking.



This charming medieval town is the ideal starting point for a visit to "La Grande Cariçaie" nature reserve. At the same time, it is, as Switzerland's watersports' capital, a great destination for those who like their thrills more wet and wild!

T. +41 (0)26 927 55 80 www.charmey.ch T. +41 (0)21 948 84 56 www.les-paccots.ch

T. +41 (0)26 662 66 80 www.estavayer-payerne.ch

Fribourg

Gruyères

Molésonsur-Gruyères

Murten/ Morat

Romont

Schwarzsee



Founded in 1157 by
Duke Berthold IV of
Zähringen, Fribourg
is a treasure trove
of Gothic architecture. This bilingual
city is also a seat of
learning and a real
cultural melting pot,
especially when it
comes to its many
special events and
the art of good
eating.



The medieval town of Gruyères is one of FRIBOURG REGION's most popular tourist attractions. Its famous castle boards the HR Giger Museum (the creator of "Alien") and the Tibet Museum. Round off your visit with the region's signature dish: meringues with Gruyère double cream!



Activities and excitement for the whole family: there is a minigolf, a Via Ferrata, bob sleighing as well as downhill-scootering and grass-scooter. Take the funicular and cable car to the top of Mount Moléson and enjoy a panorama that you will never forget.



The mediterranean feel of this quaint medieval town is sure to leave you under its spell. As you enjoy a coffee beneath the arcades or stroll along the lakeshore, time will appear to stand still for those few precious hours...



Perched on a hilltop overlooking the rolling Fribourg countryside, the picturesque medieval town of Romont proudly defends its reputation as Switzerland's stained glass capital thanks to the Vitromusée – the Swiss Museum of Stained Glass and Glass Art.



A romantic lake resort nestled among imposing mountain peaks: that is Schwarzsee. The Breccaschlund is one of Switzerland's most scenic alpine valleys. Its wide variety of attractions makes Schwarzsee an exceptional destination for families!

T. +41 (0)26 350 11 11 www.fribourgtourisme.ch T. +41 (0)848 424 424 www.gruyeres.ch T. +41 (0)26 921 85 00 www.moleson.ch T. +41 (0)26 670 51 12 www.murtentourismus.ch T. +41 (0)26 651 90 55 www.romontregion.ch T. +41 (0)26 412 13 13 www.schwarzsee.ch



News

Estavayer 2016

Estavaver-le-Lac is set to host the Swiss Wresting and Alpine Games Festival from August 26th to 28th, 2016. It is the largest sports event of its kind in Switzerland and attracts as many as 250,000 spectators. The 3-day program will also feature concerts, as well as Hornussen and stone-throwing competitions. With the exception of the wrestling arena, entry to the festival is free.

www.estavaver2016.ch

Tinguely 2016

To commemorate the 25th anniversary of the artist Jean Tinguely's death, Fribourg will stage various events throughout 2016. The program TINGUELY 2016 will round off its year-long celebration of life and work of the artist with an impressive public parade on September 3rd.

www.fribourgregion.ch/tinguelyen

Moped tour

Travel back in time and re-discover your lost youth! With a bunch of friends, get your motors running and head out on the highways and byways around Lake Murten. This special moped tour lets you take in the stunning scenery as well as the many culinary delights that the region has to offer.

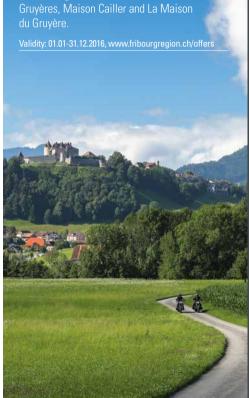
www.fribourgregion.ch/moped

The Grand Tour

1 night (hotel)

CHF 99 per person

incl. tasting of local delicacies, Castle of



LEISURE TIPS

FRIPASS, CITYCARD & CO

01.01-31.12.2016 FRIBOURG REGION

Transport, museums and activities at knock-down prices www.fribourgregion.ch/passen

FESTIVAL OF LIGHTS

January 2016 and 2017 MURTEN/MORAT

Every January the lakeside town of Murten is used as the backdrop for a breathtaking light show.

www.fribourgregion.ch/lights

HELVETIC REVOLUTION

18.05-02.07.2016 MURTEN/MORAT

Historical open-air theater based on the Swiss Revolution in 1798.

www.helvetische-revolution.ch

20 HOURS OF MUSIC

24.09.2016 ROMONT

130 concerts from four in the morning right through to midnight, sometimes in unlikely venues around this quaint medieval town.

www.20heures.ch



Nature

Hiking leaders

Summer or winter, our hiking leaders are on hand to share their inside knowledge of the region and show you its hidden gems. They manage to craft an unforgettable experience and fantastic day out, while fully respecting the natural environment and the flora and fauna that live there.

www.fribourgregion.ch/asamen

Papiliorama, Kerzers

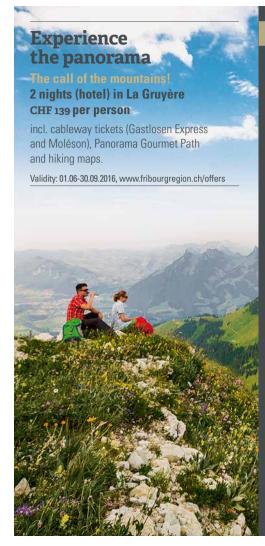
Take a trip around the fascinating world of biodiversity. Under the glass domes of the Papiliorama, some 50 different butterfly species flit freely overhead, while in Nocturama – the only facility of its kind in Switzerland – visitors can observe nocturnal wildlife from South and Central America. There is also the "Jungle Trek", an exact replica of Shipstern, a 11,000 hectare nature reserve in Belize which is supported by the International Tropical Conservation Foundation established by Papiliorama.

www.papiliorama.ch

Adventure

In FRIBOURG REGION nature also means adventure. There are some unforgettable highs to be had, whether in the treetops of Charmey Aventures, on the Via Ferrata on the north face of Mount Moléson, hiking across the jagged Gastlosen mountains, or on one of the many signposted walking, cycling, MTB and inline skating trails.

www.charmeyaventures.ch www.fribourgregion.ch/ferrataen www.fribourgregion.ch/switzerlandmobility



LEISURE TIPS

PANORAMIC HIKING TRAILS

01.06-31.10.2016 FRIBOURG REGION Breathtaking sceneries wherever you look.

www.fribourgregion.ch/panoramic

TRAPPER'S CABIN

01.01-31.12.2016 MAULES/LA GRUYERE

A quiet spot to rest your weary head and take some well-deserved time out for yourself.

www.fribourgregion.ch/ailleursen

SUNSET ON MOUNT MOLÉSON

03.06-29.10.2016 (Fri-Sat) MOLESON-SUR-GRUYERES

Enjoy totally breathtaking summer sunsets from the summit of Fribourg's iconic mountain.

www.fribourgregion.ch/soleil

FESTI'RANDO

27-28.08.2016 LES PACCOTS

A weekend-long walking and hiking festival.

www.fribourgregion.ch/festien



Heritage

Castle of Gruvères

The medieval village of Gruvères is home to one of Switzerland's most impressive castles, A fascinating multimedia show takes visitors on a journey through 800 centuries of architecture, history and culture. There is also a packed events programme that includes temporary exhibitions and special organised activities for kids. In June, it hosts the St. John's day festival.

www.chateau-gruyeres.ch

Romont. Switzerland's stained glass capital

The Castle of Romont has been home to the Swiss Museum of Stained Glass and Glass Art - the Vitromusée - since 1981. Featuring many stunning and significant works, the permanent exhibition traces the fascinating history of this ancient art form. Romont has definitely earned its Swiss "city of light" title.

www.romontregion.ch

St. Nicolas Cathedral. Fribourg

Anyone who climbs the 365 steps to the top of St. Nicolas Cathedral will be justly rewarded with a breathtaking panoramic view of the city of Fribourg. This superb example of Late Gothic architecture was built between 1283 and 1490 on a ledge high above the River Sarine. The main entrance is decorated with a "low relief" depicting the Last Judgement. The stained glass windows were designed by the renowned artists Mehoffer and Manessier.

www.fribourgregion.ch/cathedral

Magnificent Middle Ages

Explore Fribourg Region's medieval heritage

3 nights (hotel and BnB) CHF 269 per person



LEISURE TIPS

FESTIVALS

01.01-31.12.2016 FRIBOURG REGION

Les Georges, FIFF, Estivale Open Air, Murten Classics, RFI. Francomanias...

www.fribourgregion.ch/festival

URBAN GOLF

01 01-31 12 2016 FRIBOURG

An alternative way to discover the Old Town of Fribourg and its idvIlic settina.

www.fribourareaion.ch/aolfen

MEDIEVAL FESTIVAL

25-26.06.2016 **GRUYERES** Shows and entertainment that bring the Middle Ages back to life.

www.fribourgregion.ch/medieval

GALERIE Y'a g'a

01.04-30.09.2016 **CHAVANNES SOUS** ORSONNENS

An art gallery in a former mill.

www.fribourgregion.ch/yaga



Water

Beach and water sports

Murten and Estavayer-le-Lac are meccas for watersports enthusiasts. Wakeboarding, windsurfing, waterskiing, paddle boarding, lake cruises, swimming pools and beaches... simply take your pick! Those who prefer their pursuits a little more high-octane should head to the Nouvelle Plage in Estavayer-le-Lac, home to the first water Cable Ski in Switzerland.

www.fribourgregion.ch/watersports

River Sarine

Between the "La Tine" gorge and the rocky shores of Lake Schiffenen flows the River Sarine. Its course is dotted with vestiges of the region's eventful history: the covered bridge in Lessoc, the Cistercian abbey in Hauterive, and the medieval Old Town of Fribourg, to name hut a few.

www.fribourgregion.ch/sarineen

Lake Gruyère

Over 50 years ago, men decided to construct a lake on the River Sarine. In the middle of this lake proudly stands the Ogoz Island where visitors are free to wander around the ruins of the medieval manor house and chapel. The path that hugs the shores of Lake Gruyère allows visitors to explore this beautiful area through the seasons.

www.fribourgregion.ch/lakegruyere

Wine Cruise

Drink in the scenery 1 night in Murten, hotel

1 night in Murten, hotel CHF 175 per person

incl. 2-day pass available on the boats of the Three-Lakes, 1 wine tasting with a pre-lunch, 1 voucher of CHF 30 per person for a lunch.

Validity: 09.04-16.10.2016, www.fribourgregion.ch/offers



LEISURE TIPS

LES BAINS DE LA GRUYÈRE

01.01-31.12.2016 CHARMEY

A mountain spa resort that soothes body, mind and soul. www.fribourgregion.ch/bainsen

LA GRANDE CARICAIE

01.01-31.12.2016 ESTAVAYER-LE-LAC

The largest wetlands in Switzerland are home to 8 nature reserves, most of which are accessible on foot or by bike.

www.fribourgregion.ch/caricaieen

BIKE-GOLF

01.01-31.12.2016 LAKE MURTEN

A fun and offbeat way to explore Lake Murten.

www.fribourgregion.ch/velogolfen

PREHISTORIC LAKESIDE VILLAGE

01.05-31.10.2016 GLETTERENS

The only stone-age village replica in Switzerland.

www.fribourgregion.ch/gletterensen



Gastronomy

Cheese

Nestled in the heart of La Gruyère countryside, not far from the medieval castle and the mountain pastures, La Maison du Gruyère offers visitors a chance to see the famous Gruyère AOP being made. This world-famous cheese is also the key ingredient in the Swiss national dish "moitié-moitié" fondue.

www.fribourgregion.ch/cheese

Chocolate

"Nine out of ten people love chocolate. The tenth person always lies!" Home to two major chocolate producers, Cailler and Villars Maîtres Chocolatiers, as well as many small-scale artisans, FRIBOURG REGION is the ideal place to test the veracity of this claim.

www.fribourgregion.ch/chocolate

La Bénichon

Bénichon is a traditional festival in which family and friends come together around a magnificent feast. On the menu are specialities like cuchaule (saffron bread) served with Bénichon mustard, consommé, smoked ham à la Borne, leg of lamb with "poires à Botzi AOP" (a pear from the region), meringues, double cream, pretzels and much more besides.

www.fribourgregion.ch/benichonen

Gourmet Travel

Fine-dine with me!

1 night (hotel) in Fribourg CHF 329 per person

incl. visit of the Maison Cailler and a cheese dairy in La Gruyère, two gourmet meals except drinks (15 and 18 Gault Millau points) and a wine tasting in Le Vully.

Validity: 01.05-30.09.2016, www.fribourgregion.ch/offers



LEISURE TIPS

CRAFT BEERS

01.01-31.12.2016 FRIBOURG REGION

"La Dzodzet", "La Patriote" and "La Chauve" are just a few of the great-tasting craft beers made right here in Fribourg.

www.fribourgregion.ch/beer

EXCURSIONS FOR FOOD LOVERS

01.01-31.12.2016 FRIBOURG REGION

Fondue Train, Chocolate Train, Gourmet Paths, Vegetable Path, fishing...

www.fribourgregion.ch/gastronomy

GOURMET PATHS

01.06-31.10.2016 LES PACCOTS

Four trails that let you enjoy the region's scenic and culinary delights in a single sitting.

www.fribourgregion.ch/paths

SALON SUISSE DES GOÛTS ET TERROIRS

28.10-01.11.2016 BULLE

National food and drink fair.

www.fribourgregion.ch/terroir



Tradition

Alpine huts

The Fribourg Pre-Alps are dotted with over 1,200 alpine huts, traditional mountain farmhouses. While some provide accommodation, others offer their guests a chance to watch Gruyère d'alpage AOP being made, and most serve samples of local homegrown produce and specialties. Their traditional wood-shingle ("tavillon") roofs are now considered as part of the region's cultural heritage.

www.fribourgregion.ch/alpine

Désalpe

The "Désalpe" is the best-known of all traditional mountain festivities. After more than four months of grazing in alpine pastures, cows make their way down to the plain. You will see the "armaillis" dressed in "bredzons" and their ladies in "dzaquillons". As for the cows, thundering bells will be hanging from their necks and brightly couloured flowers on their heads. Traditional music and a market with local produce complete the celebration.

www.fribourgregion.ch/desalpeen

Folk market

Every Thursday in July and August, the center of Bulle is transformed into a giant outdoor folk market. Not only is the market the ideal place to buy local farm produce, sample regional specialties and browse the many handicraft stalls, but it is also a great meeting point where you can enjoy live traditional music performances while sipping a glass on the main square.

www.fribourgregion.ch/markets

Tasty Summits & Traditions A taste of FRIBOURG REGION 1 night (hotel) in Fribourg CHF 109 per person incl. Urban Golf, tower of St. Nicholas Cathedral. Castle of Gruyères, La Maison du Gruyère, demonstration cheese-dairy, roundtrip with the funicular and the cable car to the summit of Mount Moléson. Maison Cailler & Musée gruérien. Validity: 15.05-31.10.2016, www.fribourgregion.ch/offers

LEISURE TIPS

ARTS AND CRAFTS

01.01-31.12.2016 FRIBOURG REGION

Bells, lace, straw-weaving, carved wooden spoons are just a few examples of Fribourg's rich and age-old arts and crafts tradition.

www.fribourgregion.ch/crafts

WITCH PATH

01.05-31.10.2016 SCHWAR7SFF

The legends of Schwarzsee-Senseland are still alive and transmitted to the children as in good old days.

www.fribourgregion.ch/witch

ON THE POYA TRAIL

01.01-31.12.2016 INTYAMON

A journey into the secrets of these charming naïve paintings that decorate many of Fribourg farms.

www.fribourgregion.ch/poyaen

ALPHORN

12.06-11.09.2016 (each Sunday)
MOLESON-SUR-GRUYERES
Weather permitting, alphom
players and flag throwers
provide added entertainment.

www.fribourgregion.ch/alphornen



Winter

Skiing

The Fribourg Alps is the ideal destination for winter sports lovers. Its many resorts, both large and small, such as Schwarzsee, Les Paccots, Jaun, Charmey, La Berra and Moléson-sur-Gruyères, are extremely popular with families and offer practically the same facilities as more fashionable destinations but at much lower prices.

www.skifribourg.ch

Sledging

Mount Moléson is one of FRIBOURG REGION's most distinctive landmarks and its 4-km long sledge run, accessible via funicular, is a real family favourite. The resort of Schwarzsee offers you an original way to spend an evening: take the chair lift up the Riggisalp, have a fondue, and then sled your way back down a lit-up slope!

www.fribourgregion.ch/sledging

Snowshoeing paradise

The Fribourg Alps are teeming with signposted snow-shoe trails, making it easy to explore Fribourg's winter wonderland, either alone or with friends, at dawn or at dusk.

www.fribourgregion.ch/snowshoeing



LEISURE TIPS

MURTEN ON ICE

05.11.2015-14.02.2016 MURTEN/MORAT

Outdoor ice rink – great fun for all the family.

www.fribourgregion.ch/onice

BREVET DES ARMAILLIS

17.01.2016 LES PACCOTS, MOLESON Snowshoe tour open to all

www.fribourgregion.ch/armaillisen

ST. NICOLAS DAY

(every January).

03.12.2016 FRIBOURG REGION

Every year, crowds flock to the traditional St. Nicolas parade and market.

www.fribourgregion.ch/nicolas

ICE PALACES

15.12.2015-28.02.2016 SCHWARZSEE

A fascinating journey through an enchanting world of ice.

www.fribourgregion.ch/palaces



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