

# FRIBOURG REGION

THE LEISURE ACTIVITIES AND DISCOVERIES GUIDE | WELCOMING | DELICIOUS | UNEXPECTED

2020



**THE GASTLOSEN,  
WHERE PASSIONS  
ARE BORN**

**A WOMAN CAPTAIN  
AT THE HELM**

TESTED FOR YOU

**GLASS AS SOFT**  

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**AS HONEY**  

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[www.fribourgregion.ch](http://www.fribourgregion.ch)

CONTENTS

<b>Take your time!</b> ..... 4	<b>Local flavours</b> ..... 20
Rediscover the force of nature in the Gantrisch Nature Park	
<b>Respectful nature watching</b> ..... 7	<b>A click away from the Middle Ages</b> ..... 22
Take a walk in the company of nature warden José Genoud	A new attraction opens the doors of history
<b>Parks and natural areas</b> ..... 10	<b>Artichoke wakes up the walls!</b> ..... 26
	A bold combination of street art and mediaeval heritage
<b>A woman captain at the helm</b> .....12	<b>Spectacular trees</b> ..... 30
Sail away with Corinne Stauffer	
<b>The Gastlosen, where passions are born</b> ..... 16	<b>Glass as soft as honey</b> ..... 32
Two mountain lovers share their passion	Thomas Blank works with fire to the delight of visitors
	<b>Don't miss it!</b> ..... 35



Discover our stories' videos on [www.fribourgregion.ch](http://www.fribourgregion.ch)

IT'S SIMPLY A GREAT PLACE TO BE!

It's easy to be carried away by the magic of Fribourg Region. The mountains and their varied landscapes make you want to explore and set off on an adventure. And whatever the weather, there's always an Alpine restaurant to warm up the walkers. By the water's edge or on a sunny terrace, the pleasures of the table delight your taste buds and eyes with delicious regional products. The history of mediaeval cities, their picturesque narrow streets and unexpected attractions inspire our imagination. Carefully preserved artisanal or cultural traditions are among the many other treasures to discover. Visitors marvel at the region's rich assets and the people of Fribourg appreciate the pleasure of sharing them!

Welcome to Fribourg Region!



P.16

The Gastlosen, where passions are born



P.22

A click away from the Middle Ages



P.7

Respectful nature watching

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# TAKE YOUR TIME!

COME...  
FOR THE FRESH AIR

The 404 km<sup>2</sup> of the Gantersch Nature Park are home to numerous attractions. The Sense Gorges are particularly fascinating, as the river winds freely through lush alluvial plains and offers an unspoilt natural setting. Take a walk along its footpaths and be rewarded with some delightful and unforgettable experiences.

One hour, is how long it takes to walk along the Sense from the Guggerbach bridge in Zumholz, to Planfayon. The river, with its habitat still intact, attracts walkers away from the beaten track. Who would not be tempted to dip their toes into the cool, refreshing mountain water on a hot day? Resistance is futile! Barefoot on the gravel or sand banks, looking for the roundest pebble, wild flowers or colourful insects, the glories of nature will sweep away all your day-to-day worries. The undulating river bed stretches to the summits of the Fribourg and Bernese Alps, including the famous Gantersch (2,175 m). This is the source of the river that has been declared the most natural in the Northern Alps by the WWF. Its long and timeless course transforms the rocks into pretty pebbles and deposits them at the feet of walkers, like Alpine pearls.

As a biologist and head of the nature and landscapes division of the Gantersch Nature Park, Fabian Reichenbach has special responsibility for monitoring biodiversity on the alluvial plains of the Sense. He organises special clearance days to preserve the landscape and protect the indigenous flora and fauna from invasive plants. Time is

up for unwanted species such as Japanese knotweed and goldenrod. These have no natural enemies and are spreading at an explosive rate, pushing out rare indigenous plants, which are an essential food source for insects and birds.

Fabian ruthlessly pulls out an *Impatiens glandulifera*: "You have to get the roots out too. Throw it in the bin or leave it on a stone so that it dries out or dies before it can spread even more!" Measures to eradicate the invasive newcomers may seem like a Sisyphean task, but they are successful: the little river is now free of the weed. This voluntary commitment to maintaining the landscape is also an opportunity to grasp the importance of biodiversity and take advantage of the extensive knowledge of the park's experts. The days welcome groups on company outings as well as any interested individuals. Apart from the invasive plants, everyone is welcome in the Gantersch Nature Park.

[www.fribourgregion.ch/mag1](http://www.fribourgregion.ch/mag1)



video  
online



## SCHWARZSEE

## Outstanding cuisine

Whether it's for breakfast or a mountain brunch, a grill or a special occasion, the Bärghuus Riggisalp panoramic restaurant at the end of the chair lift is always a good idea. To head back down, borrow an all-terrain scooter and tackle the 4 km route!

[www.fribourgregion.ch/mag2](http://www.fribourgregion.ch/mag2)



## SCHWARZSEE

## Gantrischli Alpine cheese dairy

After a two-hour walk you might well enjoy a fondue, followed by meringues, next to the fire. Bring some Mutschli cheese back down in your backpack.

[www.fribourgregion.ch/mag3](http://www.fribourgregion.ch/mag3)

## SCHWARZSEE

## A gentle trip

Discover the Sense district on the "Herzschlaufe Sense". The circular tour runs through an enchanting setting, between lush green hills, for 70 km – why not by electric bike!

[www.fribourgregion.ch/mag4](http://www.fribourgregion.ch/mag4)



COME...  
TO RELAX

# RESPECTFUL NATURE WATCHING

Nature warden José Genoud offers a few key tips for successful and respectful nature watching. The area around Les Paccots, with its varied terrains (wetlands, mixed forests and Alpine meadows), offers a multitude of possibilities to satisfy your curiosity.





Over 20 years ago, hurricane Lothar swept through Switzerland, leaving a trail of destruction in its wake. Les Paccots region was not spared. In some spots, the managed forest was transformed into unstructured woodland, with a completely different look where the conifers fell and the light streamed in. José Genoud, who was in charge of the area, observed the changes in the clearings, which became an ecological paradise for a number of species. The walking trails in Les Paccots bring hikers close to this biodiversity.

The abandoned tree trunks provide abundant food and shelter for a large number of birds, helping to sustain life. The nature warden recommends that walkers discover the region's treasures while respecting the environment. It is essential not to leave the way-marked paths, to avoid disturbing the wildlife. "It's important to leave the animals their comfort zone, like mud baths for stags. If you find fresh prints, you can learn a lot without having to follow them, particularly in winter." A pair of binoculars allows you to observe without disturbing.

In the bushes, the Eurasian wren hops from branch to branch, too busy with its own activities to be afraid of walkers. "Just stand still for 10 minutes and you're sure to see something", explains the warden. The common chiffchaff can be identified by its song, like a metronome perched in the trees. A trumpet sounding in the forest is a black woodpecker warning of our presence. It can reach a wingspan of 51 cm, with the male easily identified by his red crest.



## RATHVEL

### Fun for the children

The little train leaves from the Cabane du Petit Oiseau. Goats, donkeys, pigs and alpacas are all on hand for visitors to enjoy, along with röstis, the house special. And to finish, why not take a refreshing walk alongside the marvellous Rathvel pond!

[www.fribourgregion.ch/mag5](http://www.fribourgregion.ch/mag5)



## LES PACCOTS

### Festi'Rando

Les Paccots throws the spotlight on walking once a year. Festi'Rando features a series of deliciously fun activities to invite you to find out more. While the festival itself takes place over two days late August, the footpaths are accessible for most of the year.

[www.fribourgregion.ch/mag6](http://www.fribourgregion.ch/mag6)

## LE NIREMONT

### Beautiful in any season

Easily accessible from the Alpine restaurant La Goille au Cerf, a walk in the Niremont is a special experience. In spring, walkers marvel at the bright green of the meadows; later in the year, the atmosphere of long summer evenings is far removed from day-to-day life on the plain, while autumn colours create a final warm flourish before the winter.

[www.fribourgregion.ch/mag7](http://www.fribourgregion.ch/mag7)





# PARKS AND NATURAL AREAS

[WWW.FRIBOURGREGION.CH/NATURAL](http://WWW.FRIBOURGREGION.CH/NATURAL)



## Gruyère Pays-d'Enhaut Regional Nature Park

Take your pick from a guided tour, a traditional craft workshop, climbing a mountain peak or an educational trail about regional cheeses. Make the most of the rich culture and beauty of the mountains!



## Gantrisch Nature Park

The wild and romantic nature of Schwarzsee, the gentleness of the river landscape or challenging hikes in the mountains are a memorable experience for both nature lovers and anyone who enjoys fine food!



## Grande Cariçaie

Hiking trails and cycle routes criss-cross the Lake Neuchâtel nature reserve. Both provide access to wildlife hides or invite you to enjoy a little lakeside relaxation.



## Sensegraben

According to the WWF, the Sense is one of the last natural rivers in Europe. Stare into its depths and feel all the magic of the water. Take a walk beside its meandering course to recharge your batteries.



## Lake Pérolles

The city of Fribourg conceals a natural gem. Take a moment to enjoy this remarkable nature reserve, which is home to a huge range of biodiversity. Its themed trails are ideal for all the family.



## Vanil Noir

This wild nature reserve stands out for its wealth of botanical treasures and impressive rocky summits. It includes the highest mountain in the canton, the Vanil Noir (2,389 m).



## Lake Joncs

Small but very deep, this ancient mountain lake nestles in the heart of a lush, green landscape. Easily reached from Les Paccots, its educational trail provides extensive information on the amphibians' life.



## Brecca Valley

Formed by glaciers, the valley is full of lush pastures overhung by steep walls of rock. Old drystone walls and imposing sycamores complete this majestic setting.



## La Sauge BirdLife nature centre

With its hides, interactive events and temporary exhibitions, the BirdLife centre is the ideal place to learn about wetland wildlife and observe the kingfisher.



## Niremont

The Niremont massif (1,514 m) has plenty of surprises in store. Its peat-bog landscapes, mountain pastures, panoramic views, forests and restaurant terraces make it the perfect place for walkers!



## Dent de Lys

The Dent de Lys region (2,014 m) is steep, uneven and exposed. A group of ibexes has found refuge here for decades. A protection area has been set up all year round to keep them safe.



## La Berra

From December to June, La Berra quiet zone protects wildlife (including black grouse and mountain hare) from excessive disturbance. Staying on the footpaths doesn't stop you from enjoying the breathtaking view!



COME...  
AND GLIDE ON THE WATER

# A WOMAN CAPTAIN AT THE HELM

Corinne Stauffer is the first woman captain operating on the Three-Lakes region with a BII/2 certificate, but she takes it in her stride. With two fingers on the joystick, she's perfectly at home in charge of the 560-seat tourist boat called the "Ville d'Yverdon".







At 9.50 am, the captain leaves Murten on the dot, at the helm of the "Ville d'Yverdon". A member of the crew brings her coffee up to the bridge in a sign of teamwork. It's an important gesture for Corinne Stauffer: "On the water, we all look out for each other." Supporting and helping other people are some of the fundamental qualities of a good captain. "My father was a captain on Lake Biel. One day, I helped out in the restaurant on board. By that evening, I knew I wanted a career on the water." After she had finished her apprenticeship as a junior sailor and inspector, she had to complete 75 days on the water to qualify as a full sailor. This training allowed her to become an on-board cashier, but also to be

able to take the helm if required. After 125 days on the water, plus a series of courses and examinations under the supervision of the Federal Office of Transport, she qualified as a captain BII/2, the highest level of licence for motor boats in Swiss waters, in autumn 2018.

Murten has disappeared from the horizon, as a 20km/h breeze blows across the lake. Corinne Stauffer is sailing towards the vineyards of Mont Vully. Just before Môtier, she gently turns the 49.6 metre-long boat to avoid the waves it has created. To dock, she goes up on deck, which offers a better view of the jetty. As soon as all the passengers are on board, she sounds the siren to signal her departure. Warm days

unquestionably demand more attention, as bathers can appear in the waves at any time. After stopping in Praz and Sugiez, the boat sails on to the idyllic La Broye canal, where it has to deal with lots more inflatables. Downstream from the BirdLife nature centre in La Sauge, it turns once more before Lake Neuchâtel comes into view, astonishingly calm and very welcome too! It continues at 19.7 km/h, to the port of Neuchâtel. Captain Stauffer takes a moment during the cruise to chat to a colleague who is working to become captain of a steam boat.



## LAKE MURTEN REGION

### Lights in the Old Town

The mystery of the Secret Circuit will be revealed for the first time in October. An interactive tour around seven locations in the historic old town will brighten things up until the Festival of Lights begins. Magical!  
[www.fribourgregion.ch/mag8](http://www.fribourgregion.ch/mag8)



## LAKE MURTEN REGION

### Sun Salutation

Iris shares her passion for yoga and love of nature with both locals and visitors. Mats are replaced with paddle boards that become little private islands. Finding their balance, participants anchor firmly in the present.

[www.fribourgregion.ch/mag9](http://www.fribourgregion.ch/mag9)



## LAKE MURTEN REGION

### The fun of a cruise

A cruise to forget the mad rush of daily life and enjoy a moment of calm on Lake Murten and Lake Neuchâtel. The gently nostalgic steamboat "Neuchâtel" is the perfect way to step back in time. The 75-minute trips from Murten with a meal on the water, or the themed cruises run by the Dreiseenschiffahrt company, are particularly popular.

[www.fribourgregion.ch/mag10](http://www.fribourgregion.ch/mag10)





# THE GASTLOSEN, WHERE PASSIONS ARE BORN

COME...  
FOR THE ADVENTURE

Florence Nikles and Sébastien Monney never tire of the Gastlosen massif, known to some climbers as the Swiss Dolomites. The vertiginous limestone walls are perfect for anyone who loves to climb, from beginners to experienced mountaineers.







Fribourg residents Florence Nikles and Sébastien Monney have both been part of the Swiss Alpine Club's Expedition Team. The three-year course run by the SAC trains the next generation of mountaineers. The seasoned climbers who take part find it a formative and unforgettable experience. A dream that is only available to a handful of young men and women. Florence, who tried her luck in 2016, embarked on three days of selective training, including a day's indoor climbing, a test of physical

condition (cross-country skiing) and a bivouac in the snow. It was both a physical and psychological challenge, ending with climbing on an ice fall. For three years, she went on more and more field trips, ultimately finishing the course with an expedition in the Pamir mountains, in Kyrgyzstan, where she put all the skills she had learned into practice. Florence spent part of her childhood in the village of Jaun, at the foot of the Gastlosen. The landscape of the Pre-Alps gave her a taste for adventure and sporting



challenges. At the age of 16, she learned to climb the limestone walls there. Since then, her passion for climbing and mountaineering in general has grown steadily. She takes her friends on various climbs there, or just out for a walk, all year round. The region is less busy in winter and much appreciated for its peace and quiet.

For Sébastien, who is now a mountain guide, the reputation he earned with the SAC Expedition Team gave his career an early boost. "And I also learned Swiss German!", an undeniable professional advantage. With contagious enthusiasm, he accompanies amateur climbers who are keen to know the northern walls of the spot better. There are routes that are accessible for novices with some basic knowledge but also more challenging ones to satisfy seasoned climbers. International champions regularly run into each other and attempt new exploits. Its climbing areas, charm, panoramic views and ease of access are all factors in making this place a hive of activity for mountain enthusiasts. The Gastlosen massif has sparked many passions like Florence and Sébastien's, and consistently challenges rock-climbers from the local area and elsewhere.

## MOLÉSON-SUR-GRUYÈRES

### Gaining height

Brave climbers can tackle the Moléson from mid-June to the end of October, weather permitting. The via ferrata covers 1,310 m of cables and a change in altitude of 370 m, as your feet dangle over the void, or almost! There are two routes to the summit, "Le Pilier" or "La Face", both of which take 3 hours 30.

[www.fribourgregion.ch/mag11](http://www.fribourgregion.ch/mag11)

## LA GRUYÈRE

### All year round

An expedition in the mountains with Sébastien Monney is great in any season. This mountaineering specialist will take you climbing on rocks or ice, as a family or on your own. All technical equipment is provided.

[www.fribourgregion.ch/mag12](http://www.fribourgregion.ch/mag12)



## LA GRUYÈRE

### La Gruyère Passport

Whether you're planning a romantic stay or a family trip, La Gruyère Passport makes visiting the region a piece of cake. An opportunity to discover the region through its museums, gastronomy and landscapes.

[www.fribourgregion.ch/mag13](http://www.fribourgregion.ch/mag13)



GOURMET  
ESTABLISHMENTS

Flavour is firmly on the menu, whether you're in the mountains or in town! From gourmet establishments to Alpine restaurants, chefs in the region will always welcome you with a smile.

VS

ALPINE  
RESTAURANTSVULLY  
WINES

Chasselas, Pinot Noir and specialties such as Traminer and Freiburger thrive in the sunshine on Mont Vully. Taste them directly at a wine cellar or on the terrace of a local restaurant.

# LOCAL FLAVOURS

Let's eat! Enjoy fresh produce from the Lakes Region, legendary mountain dishes or culinary reinterpretations by city chefs! Fribourg Region has plenty to offer to fine food lovers, whether you're eating in a restaurant, attending one of our popular culinary events or out for a hike!

[www.fribourgregion.ch/flavours](http://www.fribourgregion.ch/flavours)

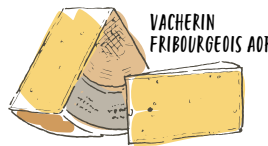
## "MOITIÉ-MOITIÉ" FONDUE

As we know it well, Vacherin Fribourgeois AOP and Le Gruyère AOP combined make the best fondue in the world!

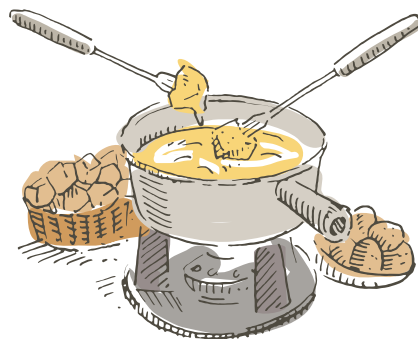


LE GRUYÈRE AOP

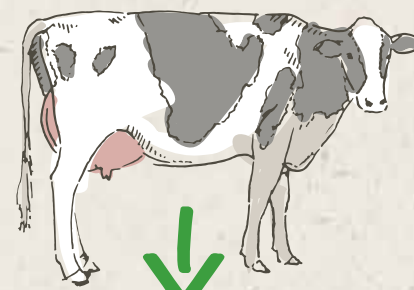
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VACHERIN  
FRIBOURGEOIS AOP

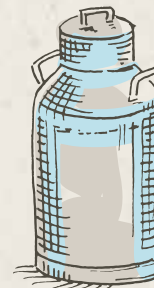
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## YUMMY CHOCOLATE...

The green pastures of Fribourg Region are well known for their diverse flora. Lovage, cornflowers and violets provide excellent fodder, which in turn produces top-quality, creamy milk. A unique ingredient that gives our chocolate its exceptional flavour.

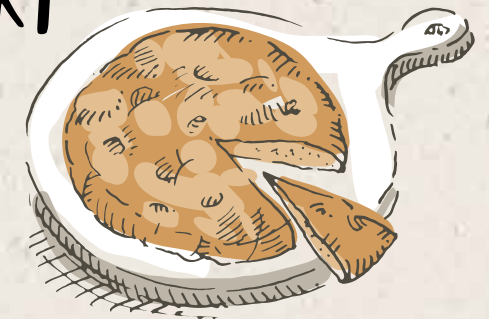


## THE FAMOUS CUCHAULE AOP...

It's not bread but it's not brioche either. Cuchaule AOP owes its inimitable flavour to the traditional recipe using saffron, which also gives it its wonderful yellow colour.



## RECIPE VULLY TART



There are as many recipes for this delicious tart as there are villages... and perhaps even more. Here's one of them – so get cooking!

Recipe for 4 tarts

**Pastry:** 1 kg flour, 1 large pinch of salt, 25 g yeast, mixed with a little warm water, 70 g melted butter, 800 ml milk, 15 g butter, 1 egg, beaten.

**Filling:** 400 g caster sugar, 150 ml double cream, 1 egg yolk, 150 g butter.

Mix the flour, salt, yeast mixture and melted butter into 1/3 of the milk, gradually add the rest of the milk (warmed) and knead until you have a light, puffy, airy dough (around 20 min.). Add the butter and egg as you knead. Grease four tart tins; divide the pastry between the tins and leave to rise (around 1 hour) in a warm room. Create a decorative finish on the edges by making holes with your fingers (or use a pastry wheel to create a lozenge pattern); brush with the cream and egg mixture; place small dots of butter in the holes (where the lozenges meet) and sprinkle the crushed sugar over the whole surface. Bake in a very hot oven (300°) for 8 to 10 minutes according to taste.

Enjoy a generous portion with a glass of Traminer from the Vully.



COME...  
AND TRAVEL  
THROUGH TIME

## A CLICK AWAY FROM THE MIDDLE AGES

The engraving by Martin Martini (1606) depicting Fribourg in detail is a marvellous piece of heritage. Cédric Clément, director of Fribourg Tourism, used it as his inspiration for a fabulous, three-dimensional, digital experience, immersing visitors in the medieval life of the Old Town of Fribourg.



**Cédric Clément, why are you dressed as engraver Martin Martini?**

Thanks to digital technologies, we have been able to geolocate the Martini Plan of 1606, i.e. we have used Martin Martini's engravings and superimposed them on modern, digital maps to create a new kind of audio guide. Anyone can download the app or borrow a tablet from the Tourist Office, wander through the streets in the Old Town and delve into the past. You'll meet the engraver and his contemporaries of the past in person, going about their daily lives. Thanks to virtual reality, we can take you on a journey through time, so you can be both here and now, but also there and then.

**Is it a modern kind of history lesson?**

No, more an invitation to step into another time, in other words, an adventure, in which we follow Marie as she looks for her husband, Hans. The characters take us to 20 important places in the town and look around them, giving us the sense of seeing through their eyes... But I won't say anymore!

**Espace 1606 is an unmissable place – what's there?**

Specialists have reconstructed our Old Town based on Martini's plan, on a scale of 1:250, in three dimensions, over 52 m². This new attraction in the old Werkhof in the Old Town is unbeatable, for both visitors and the local population.



For me, it's much more than a model: in a way, it's the DNA of our town and a gateway to another world. Six characters from the period appear on life-size screens in a short introductory video: Martin Martini himself, a Lansquenet, a patrician, a cloth merchant, a female healer and a street entertainer. Augmented reality connects their stories to the model. A visit to Espace 1606, combined with an individual audio guide, is really ideal, while the outdoor trail allows you to see the characters in their own neighbourhood.

**Are there other ways of experiencing medieval Fribourg?**

Yes, of course! We've had a lot of success with our urban golf, which

is very popular with groups and families, for over ten years now. We've now developed the City Game, which echoes the spirit of 1606, but also includes a fun competition... In the end, it all comes down to the temperament of the people taking part. The whole town becomes a giant playground.

**What are the highlights to visit?**

Fribourg is a nice town for walkers. The ramparts, for example, are open during the day, from spring to autumn. The view from the medieval fortifications and discovering the most hidden corners of the Old Town generally leave people curious and eager to know more. Thanks to the Martini plan, we're well placed to respond!



**FRIBOURG**

## Espace 1606

The Werkhof in the Old Town has risen like the phoenix from the ashes. It is now home to a 52 m² model, the largest in Switzerland, depicting Fribourg in 1606. Multimedia interactions immerse visitors in the day-to-day life of the period, while temporary exhibitions complete the cultural experience.

[www.fribourgregion.ch/mag14](http://www.fribourgregion.ch/mag14)

**FRIBOURG**

## At dusk

A knight, fairy tales and stories from several centuries ago promise an evening of mystery for a two-hour walk through the narrow streets of Fribourg up to the most beautiful viewing points. Discovering the myths and legends of the Zähringen in the soft light cast by the lanterns is a fascinating experience.

[www.fribourgregion.ch/mag15](http://www.fribourgregion.ch/mag15)



**FRIBOURG**

## A unique circular walk

Fresh new perspectives! The largest complex of fortifications in any Swiss medieval town is open to the public during the day. On a walk or during a guided tour, everyone can fully enjoy this unique heritage.

[www.fribourgregion.ch/mag16](http://www.fribourgregion.ch/mag16)





COME...  
OUT OF CURIOSITY

# ARTICHOKE WAKES UP THE WALLS!

Hélène Galera, who works with the Tourist Office in Estavayer-le-Lac, has worked with passionate determination to create a street-art trail in the heart of the medieval city. A unique achievement that sheds new light on the main town in La Broye.





### Where did the street-art idea come from?

Whenever I travel, I look carefully at what's on walls and the different styles used. Barcelona, New York, Valencia and Bali are all impressive and inspiring examples. I wanted to create something similarly offbeat in the town I love. An alternative project like this can really surprise visitors. The idea of street art is generally not well understood – most people just think of tags or graffiti. We wanted to show that street art can respect walls and create real added-value for a town. Other municipalities are also interested in the idea.

### What were the main difficulties?

To be honest, I didn't think it was feasible, but we have some very effective partners. We worked hand-in-hand with the municipal authorities to reach the necessary agreements with the Heritage Committee and the Department of Culture. We first suggested 90 locations where artists could express themselves. By the end of the discussions, there were eight

or ten. Then we had to find people who would agree to comply with the instructions for each space: no screw here, no colour there, a specific size over there, etc. We also had to persuade the owners, who had to agree without knowing exactly what the end result would be. I'm really pleased that people dared to play the game.

### How have citizens and visitors reacted in general?

Now we have property owners contacting us to offer their wall, so people clearly like it. The towns-people have taken the works on board and most of them think they enhance the town. I think we've managed to achieve a respectful balance between contemporary art and medieval architecture.

### How do you follow the trail?

It's been designed like an open-air gallery. The map can be downloaded from [www.artichokefestival.ch](http://www.artichokefestival.ch) or [www.estavayer-payerne.ch](http://www.estavayer-payerne.ch). The town's Tourist Office has produced a paper version and you can purchase a booklet to find out more

about the artists, their inspirations and their biographies. You can also book a guided tour – allow 1 hour to 1 hour 15 minutes to get round all the works.

### Could you describe the artists' works for us?

Each one is very different. Sometimes they produce their work in their own studio, while others work directly on the wall. The 788 steel origamis by Mademoiselle Maurice (France) took three long days to hang. Raquel Rodrigo's giant cross-stitches at Grand-Rue 40 were produced with four other people in her Spanish studio and took a day to install here. Visitors who follow the trail will discover there's more to street art than just painting.

## ESTAVAYER-LE-LAC

### La Grande Cariçaie

Now you can paddle a canoe along the shores of Lake Neuchâtel and admire the nature reserve's wildlife with the help of a biologist! Might you spot a red-crested pochard or see a great cormorant take off?

[www.fribourgregion.ch/mag17](http://www.fribourgregion.ch/mag17)

## ESTAVAYER-LE-LAC

### Right under the sun

Endless turquoise water! Sunbathers and water-sports enthusiasts will find beaches and grass all along the southern shore of Lake Neuchâtel, perfect for laying out their beach towels. It's all about enjoying life, from swimming to picnics to sitting on a terrace.

[www.fribourgregion.ch/mag18](http://www.fribourgregion.ch/mag18)



## CUDREFIN

### A sanctuary for birds

The BirdLife nature centre in La Sauge has an observation trail that respects wild nature. Its activities teach walkers about wildlife diversity and are accessible to people with reduced mobility. Numerous rare or threatened species of birds come here to breed or rest.

[www.fribourgregion.ch/mag19](http://www.fribourgregion.ch/mag19)





**EICHENÄTTI**  
Staatswald Galm



**OBÉLIX**  
Wallenried



**PUMMEL**  
Überstorf



**LE SURVIVANT**  
Belfaux



**LE DANSEUR**  
Noréaz



**LE DOUGLAS DU BOIS CONRAD**  
Hauterive



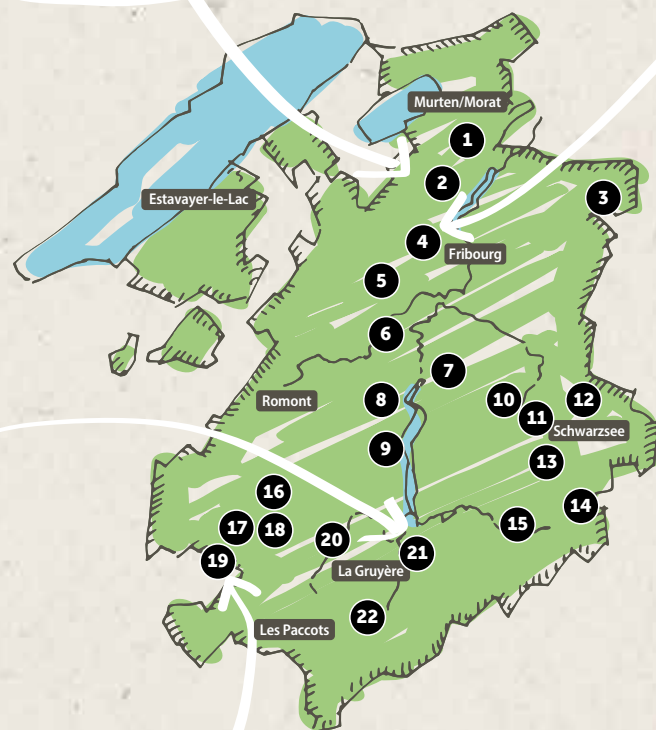
**LE PROTECTEUR**  
Treyvaux



**LE PROTÉGÉ**  
Pont-en-Ogoz



**LE BOITEUX**  
Haut-Intyamon



**LE RÉGULIER**  
Vuisternens-devant-Romont



**LE GARDIEN**  
Broc



**LE SIAMOIS**  
Gruyères



**LE TRIPLÉ**  
St-Martin



**LE VAINQUEUR**  
La Verrière



**L'HYDRE**  
St-Martin



**SÂULE**  
Jaun



**DREHLING**  
Jaun



**PRÄSIDENT**  
Schwarze



**PIONIERIN**  
Schwarze



**LE GRINGALET**  
Echarlens



**MOOSIGER**  
Schwarze



**GROSSVATER**  
Schwarze

# SPECTACULAR TREES

They were here before us and will outlive us by a long time. The 22 spectacular trees in the canton of Fribourg are a priceless asset. The different species represented by these exceptional specimens are all gifts of nature. From the Protector to the Dancer, the Survivor or the Hydra, each name evokes a little of their history, and ours.

[www.fribourgregion.ch/trees](http://www.fribourgregion.ch/trees)



TESTED FOR YOU

# GLASS AS SOFT AS HONEY

Demonstrations by the glassmaker Thomas Blank at the Swiss Museum of Stained Glass and Glass Art offer a glowing insight into glassmaking techniques. Participants have the chance to get close to the magical feeling of molten materials.

Thomas Blank is a craftsman and glassmaker with an educational bent. He was trained in Venetian techniques in the famous studios on the island of Murano and now shares some of his knowledge in demonstrations and workshops at the museum in Romont. His fascination for working with fire has not dimmed in over 20 years. The job demands endurance and perseverance but it is enormously satisfying to see his efforts rewarded when a piece is finished, after hours of hard work. The glassmaker's tools have remained almost unchanged for 500 years. The blowpipe, a long, metal rod, is plunged into the furnace to pick up the mass of molten glass. Tongs are used to stretch, twist, flatten and shape the glowing bulb. As for the block, a sort of large, wetted wooden ladle, Thomas uses it as the glassmakers of the past did, to shape the mass of crystal into a ball before blowing it. It starts with a pocket of air, blown dry, which he gradually expands to produce several sizes of glass. To remove the piece, he uses a drop of water – the difference in temperature cleanly slices off the foot that held it onto the blowpipe.

I'm going to have a try at mastering this traditional craft. The four ovens are producing lots of heat, the air is heavy and you have to move slowly and calmly. Thomas passes me the blowpipe, whose tip is covered with a ball of reddish molten glass. I sit down to roll the rod on the trestle, clumsily trying to stop the ball from falling to the ground. Using my right hand, I grab a long pair of tongs. For the first few seconds, the glass can be shaped easily but it quickly pales and hardens. I'm much too slow. While the original idea was to produce a figurative piece, I dial down my ambition in a second. The material can be reheated as often as necessary. I'm no more successful the second time and I won't be making a flower or even a recognisable shape, but the pleasure of trying out an ancient art is unforgettable!

Fancy a go? Register here:  
[www.vitromusee.ch](http://www.vitromusee.ch)





ROMONT  
Glassmaking trail

The ramparts of the town of Romont reveal some of the secrets of the vast world of glass. From production to recycling, the walk combines relaxation with some interesting insights along the way.  
[www.fribourgregion.ch/mag20](http://www.fribourgregion.ch/mag20)



ROMONT  
What they say about Romont

There are some delicious anecdotes and memorable sayings about Romont. This guided tour promises to be an unexpected delight.  
[www.fribourgregion.ch/mag21](http://www.fribourgregion.ch/mag21)

MÉZIÈRES  
Wallpaper Museum

The castle of Mézières is home to the Wallpaper Museum. Twelve restored period rooms offer the perfect setting for this collection of fine wallpapers. The oldest papers in this rare treasure-trove of decorative art dates from the end of the 18<sup>th</sup> century. The diverse range of decors makes this an unmissable place. Temporary exhibitions of contemporary and applied art are organised regularly in this timeless venue.  
[www.fribourgregion.ch/mag22](http://www.fribourgregion.ch/mag22)

To do list



Bains de la Gruyère, Charmey

Whether it's raining or the sun is shining, it's always good to visit the Bains de la Gruyère. Relax weightlessly in the warm water, then cast an eye at the panoramic views after a chocolate body treatment!



La Maison du Gruyère, Pringy

Le Gruyère AOP, the famous cheese made from raw milk, has been produced in the region for nine centuries. An interactive trail reveals the secrets of this delicious product, which you can taste at the end of your visit.



Maison Cailler, Broc

Maison Cailler is one of the most popular attractions in French-speaking Switzerland. Chocolate lovers come from all over the world to discover this temple of chocolate-making.



St-Nicholas Cathedral, Fribourg

Experience the Gothic beauty of St. Nicholas Cathedral before you climb the 365 steps to reach the top of the bell tower. The panoramic views over the city from the top are fascinating.



Papiliorama, Kerzers

The humid atmosphere of the mangrove swamp is home to 1,001 butterflies and many other exotic discoveries, while nocturnal animals are tempted out in the Nocturama. An adventure for all the family.



Gruyères Castle

The sheer eclecticism of Gruyères astonishes visitors. The choice is vast, from plunging into the mediaeval lair of the castle to trembling before the Aliens at the H.R Giger Museum or learning about Buddhist art at the Tibet Museum.

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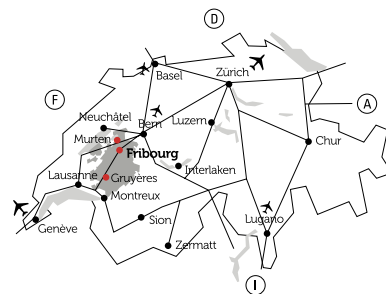


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