

# CHARMEY

## ADRENALINE AND WELLNESS

The name says it all: Charmey is a charming mountain village. It offers an authentic taste of life in Fribourg's Pre-Alps with a variety of activities. The Désalpe, a traditional festival marking the descent of cattle from their summer Alpine pastures, always takes place on the last Saturday in September. Sports enthusiasts recommend a completely different highlight: the unique zip line run from the Vounetse top station (1,627 m) to the adventure park at the Rapido Sky middle station, 400 m below. Eleven zip lines up to 200 metres long provide two hours of fun, sliding against the backdrop of Fribourg's breathtaking Pre-Alps. Adrenaline-fuelled sightseeing from a different perspective! In summer, Charmey is an ideal base for a wide variety of hikes and mountain bike tours, while in winter it is a family-friendly skiing area. The "Bains de la Gruyère" promise sensory indulgence and absolute relaxation with the magical watery landscape and the uninterrupted view of the mountain scenery of La Gruyère. The Car-

thusian monastery La Valsainte, founded in 1294, is situated in Cerniat, not far from Charmey. After the French invasion, 80% of the Carthusian monastery was destroyed. The Carthusian monks began rebuilding and extending the monastery in 1863. The monks have always played a decisive role in the regional economy. They still live in the Carthusian monastery today and are frequently encountered during their weekly stroll in the mountains. If you wish to gain an insight into daily life in the monastery and the spiritual life of the Carthusians, a visit to the Valsainte room with a monastic cell in the Musée de Charmey is recommended. The museum also presents local history, traditions and local works of art from the past to the present. [www.la-gruyere.ch/charmey](http://www.la-gruyere.ch/charmey)



## RELAXATION



The “Bains de la Gruyère”: Absolute relaxation and sensory indulgence await you here. The watery landscape with heated indoor and outdoor pools features a waterfall and spectacular mountain views. In the wellness area, which is divided into a Nordic and an Oriental area, saunas, hammams and Turkish baths tempt visitors. The chocolate massage is a hit, apparently. How does it feel? Go and try it!  
[www.bainsdelagruyere.ch](http://www.bainsdelagruyere.ch)

## DID YOU KNOW?



**Chemin du Gruyère:** This is where the cheese barons set out on their journey to France in the 17<sup>th</sup> and 18<sup>th</sup> centuries in order to sell the highly sought-after Gruyère cheese. Walk in their steps from Charmey via the Jogne gorge to Broc. The trail goes past picturesque wooden bridges and through rock face galleries – a small adventure with many great photo opportunities. If your children need motivation: The path ends at the famous Maison Cailler, the Swiss Chocolate Factory in Broc!

## ALPINE HUT



**Look inside:** In the Les Invuettes or Vounetse chalets, visitors can see how Alpine dairy farmers milk their cows and make Le Gruyère d’Alpage AOP by hand. An insight into traditional daily life on the Alpine pasture in La Gruyère!

## A TRADITION



**Charmey désalpe:** For insiders, the most picturesque descent from the Alps in Switzerland! The traditional festival pays homage to the Alpine farmers and their cows and goats when they return to the valley after a busy summer in the Alps. The herdsmen wear their brezdons, the women their dzaquillons, and the animals are adorned with flowers and magnificent bells. The festivities include a market and other regional specialities. It is possible to try the delicacies here and there. It is a hit with visitors and photographers from near and far. *September 26th 2020*

## KEY DATES

- 1920 - Construction of the dam and the Lac de Montsalvens
- 2007 - Inauguration of the “Bains de la Gruyère”
- 2011 - Start-up of the new chair lift to Vounetse
- 2012 - Inauguration of the zip lines in the adventure park Charmey Aventures
- 2018 - Opening of the forge area in Charmey

## NUMBERS

- Population 2,530 inhabitants
- Language French
- Altitude (village) 900 m above sea level