

# MOLÉSON

## LEISURE PURSUITS AND VIEWS TO THE WEST

Molésion-sur-Gruyères, a small village situated 1,100 metres above sea level, overlooks the small medieval town of Gruyères and the “Les Marches” plain. The Molésion itself is the most popular mountain for its panoramic views of Fribourg’s Pre-Alps. Its convenient funicular and cableway make it accessible to everyone. A breathtaking 360-degree panorama unfolds from the summit at 2,002 m above sea level. From Lake Geneva to the Jura and from Mont-Blanc to the peaks of the Bernese Oberland – according to a popular local saying, everyone can see their house from up here. The mountain, with its wide range of leisure activities, offers winter action in the ski area with its famous black ski slope, a four-kilometre long sledge run and lovely snowshoe trails. In summer, the “balcony of Western Switzerland” is always popular with mountaineers and day trippers alike. Tours with magnificent views, for example across the Molésion ridge past Alpine pastures to the middle station, are a hit

with hikers. Trail runners train on the steepest slopes. Mountain bikers cross the flanks of the Molésion on the national panoramic bike route towards Les Pacots and stop for a well-earned rest in one of the typical Alpine taverns. In addition to traditional activities, more contemporary sports also attract visitors to the mountain, for example two Via Ferrata routes with permanent belays, a summer toboggan run, devalkarts (which are similar to go-karts), mini-golf and a playground. On the summit of the Molésion, experts also offer introductions to night-time astronomy and visitors can embark on a fascinating journey across thousands of light years. It is impossible to get any closer to the stars! [www.la-gruyere.ch/molesion](http://www.la-gruyere.ch/molesion)



## HEAD FOR HEIGHTS



**Highline extremes and Via Ferrata:** Europe's best highliners meet on the Moléson for a weekend and display their spectacular lifestyle. The experts dance, seemingly defying gravity, and put on a cool show. Watching is free but trying it out yourself requires a good sense of balance. The two fixed rope routes, Via Ferrata de la Face and the rather easier Route Le Pilier, provide a far better foothold. Both of them lead to the peak (2,002 m) in 3.5 hours of panoramic climbing.

## CHEESE-DAIRY WALK



**An experience:** The path between the Alpine cheese-dairy in Moléson village and La Maison du Gruyère in Pringy is an entertaining and educational experience. The walk across meadows and through woods takes around two hours and offers plenty of opportunities to admire Moléson. Visitors who fancy a delicious meal en route, cooked on a wood-fired stove, will plan their walk so that it passes through Les Mongerons Alpine restaurant (open from *May to September*). It's so cosy!

## PEAK FONDUE



**Romantic:** During summer, the cableways going up to the Moléson are opened on Friday and Saturday evenings, allowing visitors to enjoy a fondue "moitié-moitié" in the restaurant on the summit, with a view of a magnificent sunset. Reservation: [www.moleson.ch](http://www.moleson.ch)

## ALPINE DAIRY & TAVERN



**Journey through time:** The shingle-covered Alpine demonstration cheese-dairy dates back to a 17<sup>th</sup> century chalet. It is a historic monument and an institution for visitors from near and far, offering the perfect way to learn about the daily life of the herdsmen in a bygone age. From May to September, the cheese-maker lifts the cheese out of the copper kettle at 10:00 am and explains their work. Visitors can then dine on the panoramic terrace or stock up on delicious specialities in the typical shop. Folklore is also available if requested. [fromagerie@moleson.ch](mailto:fromagerie@moleson.ch)

## KEY DATES

1963 - First winter season in Moléson  
2011 - Opening of the new cable car  
2014 - 50th anniversary of Moléson

## NUMBERS

**Population** 199 inhabitants (village), 2,235 inhabitants (municipality)  
**Language** French  
**Altitude** 2,002 m above sea level (summit)