



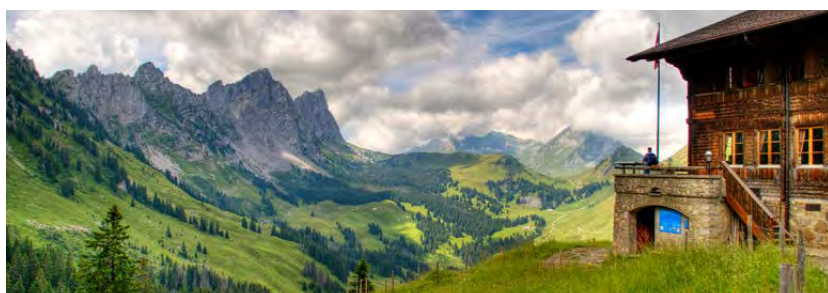
AUTUMN

OUT AND ABOUT AGAIN

Autumn in Fribourg Region has it all! Nature puts on a show once again and enchants us with crystal-clear light and a magnificent array of colours. Take the view from Mont Vully, across vineyards shining yellow in the sun, and the deep blue Lake Murten to the snow-capped Bernese Alps, for example. The dry reeds of the Grande Caricaie look like a golden blanket that is about to cover Lake Neuchâtel. In fact, the water everywhere begins shining brightly, the Schiffenen Lake near Fribourg displays thousand

colours and the Fribourg Pre-Alps are reflected in the Schwarzsee and Lake Gruyère. On the subject of the Alps: The cows return to the valley – lucky visitors experience an Alpine descent – and people celebrate the traditional Bénichon or Kilbi, a homage to the delicious specialities of Fribourg Region as well. The hiking and mountain bike trails between Schwarzsee, Jaun, Charmey, Gruyères, and Moléson to Les Paccots remain open, as do many mountain restaurants along the way. www.fribourgregion.ch

MOUNTAIN HOSPITALITY



Open: Visitors can enjoy the autumn in all its colourful glory in the mountains. Many mountain restaurants are open until the middle or end of October (many at the weekend). Around the Gastlosen, for example, everything is open from the Bärghus am Musersbergli and the Chalet du Soldat to the Chalet Grat. Visitors cannot get enough of the panorama from the Buvette Hauta-Chia, situated halfway between Schwarzsee and La Berra. No one needs to go hungry, even on La Berra: The Buvette La Berra and Le Gîte d'Allières are open.



A speciality: the Bénichon menu starts with saffron-cuchaule and Bénichon mustard. Visitors can stir the secret ingredients for a sweet, tangy mustard together with Gérald Saudan from the award-winning Saudan bakery in Fribourg. www.dzin.ch

WINES FROM VULLY



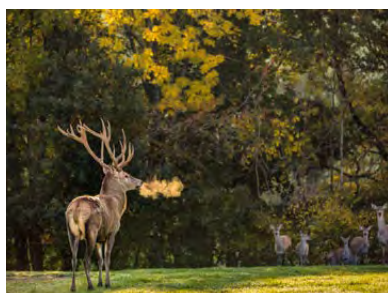
There is never a nicer time to be in the idyllic, charming wine-growing region of Vully. The foliage of the white grape varieties, such as Chasselas, Traminer, Freiburger, Pinot gris and Chardonnay, and the red Pinot noir, Gamaret and Merlot compete for the attention of onlookers. At least one wine cellar is open here every Sunday, and on *22/23 September 2018* "all" of Vully pays homage to its wines at the Grape Harvest Festival in Praz. www.vully.ch

VEGETABLE PATH



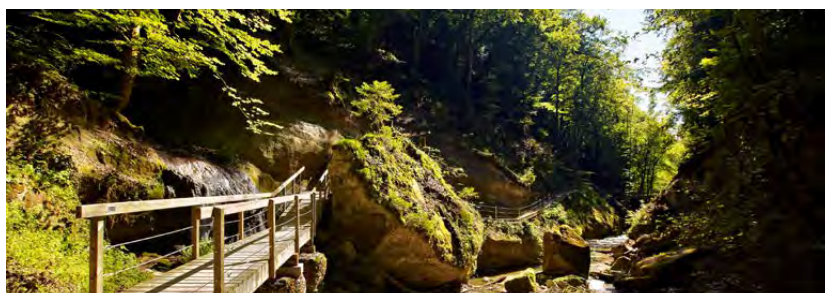
Vegetables can be experienced literally in the Lake Murten Region: two virtually traffic-free cycle paths go from Kerzers through the vegetable-growing area (25 km and 45 km paths). Vegetables from A for artichoke to O for onion thrive here until October. It is possible to visit producers along the way and eat there, if booked in advance (Gross-Glauser holding in Finsterhennen) and purchase produce in the farm shop. www.regionmurtensee.ch

DEERSTALKING



The rutting season begins at the end of September, when the harsh roaring of the stags reverberates through the forest. Guide Cyrille Cantin knows where to observe them. www.la-gruyere.ch

GOTTERON VALLEY



Ice-hockey fans may be interested to know that the legendary town club Fribourg Gottéron originated here. Hikers leave the Old Town of Fribourg via the Bern Bridge and enter the wildly romantic ravine with moss-covered tufa rugged rock faces, bubbling springs and enchanting autumn flora. A magical hike, particularly when it is misty.

AUTUMN AND GAME IS SERVED

How wonderful that the best Swiss game dishes are to be found in Fribourg Region, for example, a superbly roasted venison steak accompanied by home-made egg noodles, grandmother's buttery cauliflower and delicious chestnuts. Büschelbirne AOP, the Fribourg Region's speciality and of course, a fine red wine from Vully are suitable accompaniments. There are also French influences on the game dishes, such as sanglier (wild boar), lièvre (hare), canard (duck) and faisan (pheasant).

In the capital, the restaurants Du Théâtre, Au Sauvage and La Pinte des Trois Canards are renowned for their excellent game, on Lake Murten there are the Bel-Air restaurant in Praz and the Jura restaurant in Kerzers, and in Cerniat, the Pinte des Mossettes as well as Le Gruyérien restaurant in Morlon. Other restaurants are insider tips, so it is best to speak to local people and ask them about the "spécialités de la chasse" (game)! Bon appétit!

E-BIKE FUN



Véronique Borcard-Pury takes her cycling visitors on minor roads to the beautiful sights of La Gruyère. The route begins in Charmey and goes into the Cerniat valley, past La Valsainte Monastery. Cyclists can also enjoy the picturesque countryside in top gear thanks to the e-bikes. The legendary Macaronis de Chalet and meringues are served in the Alpine tavern. Naturally with Gruyère double cream. www.dzin.ch

ALPINE DESCENT



The Alpine descents are the highlights in the farming year and a fantastic spectacle. The animals, adorned with flowers and magnificent bells, are accompanied by the herdsman and women in their traditional costumes. Festivities with many traditional customs take place all around. *Schwarzsee 22 September 2018; Charmey 29 September 2018; Semsales and Albeuve: 06 October 2018.*

DEER



Visitors who wish to see a herd of red deer close up should visit "des Planches" deer farm in Semsales in the district of Veveyse. The rutting season is from mid-September to the beginning of November. The magnificent stags fight each other and roar to attract the attention of the approximately 60 hinds. www.suissecerfs.ch

COLOURFUL MOORLANDS



The Niremont massif (1,514 m above sea level) is surrounded by species-rich moorland habitats. A wonderful, six-kilometre circular route from Rathvel near Les Paccots is particularly delightful in autumn. And then there's the popular Cabane du Petit Oiseau, with a mini zoo and a small train. Outdoor enthusiasts can also visit the nearby mountain lake des Joncs.

GRUYÈRE TRAIL

The three-hour hike from Charmey to Gruyères is a classic trail and is never more beautiful than in autumn. Shortly after Charmey, hikers arrive at Lake Montsalvens, situated in a wildly romantic spot. What a blaze of colour! Wooden walkways and tunnels chiselled into the rock are used to cross the unspoiled Jogne gorge, limestone deposits and glacial rocks line the path. Back to civilisation in Broc, where the chocolate factory Maison Cailler attracts visitors. Alternatively, the pilgrimage chapel of Notre-Dame des Marches. The town of Gruyères, situated on a hill, is then visible from afar. La Gruyère is the ultimate spot for photo opportunities and selfies.

CONTACT

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