



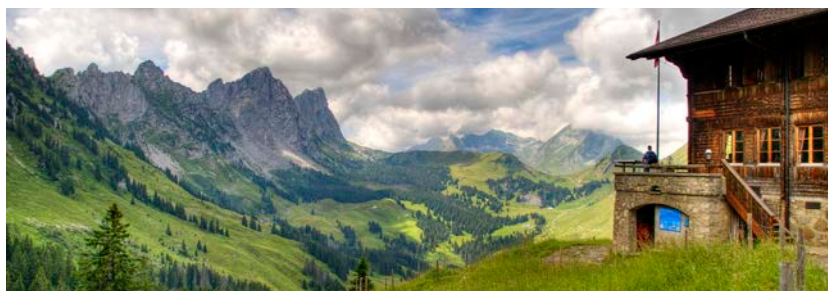
# AUTUMN

## 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](http://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 AOP 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](http://www.dzin.ch)

## WINES FROM VULLY



Vully is the sun-soaked shoreline for gourmets on Lake Murten. It is nice to know the origin of the Chasselas, the Traminer, the Pinot Noirs and the Freiburger! The vineyard path between Môtier and Sugiez increases the anticipation of the visit to the wine cellars or rather the sense of well-being afterwards. On 22/23 September 2019, the entire population of Vully celebrates the winegrowing festival in Praz. [www.vully.ch](http://www.vully.ch)

## BRECCASCHLUND



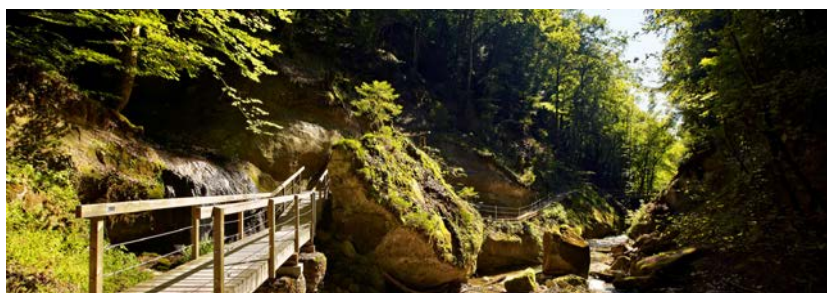
A primeval landscape carved out by glaciers with impressive limestone rock walls, gently rolling Alpine meadows and mighty sycamores in their autumn colours awaits the panorama hiker. The inns of St. Antoni, Alp Cerniets and Alp Steinige Rippa also attract visitors with irresistible cheese dishes. A four-hour hike culminates in a stop for dessert at the Alp Hubel Rippa, where the view of the Schwarzsee is the icing on the cake. [www.schwarzsee.ch](http://www.schwarzsee.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](http://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 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!



## TOUR OF THE MOLÉSON



The mountain, with its spectacular views, involves a climb of 968 metres from Moléson village. At 2,002 m refreshments can be taken in the Panorama Restaurant while enjoying the breathtaking panoramic views. Experienced mountaineers make a steep descent via Tsuatsau and Gros-Moléson, while others use the Gratweg trail or cableways.

## ALPINE DESCENT



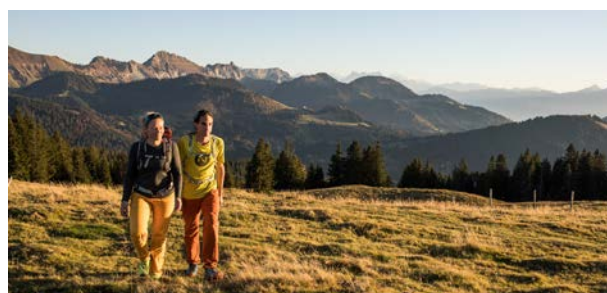
The Alpine descents are the highlights in the farming year and a fantastic spectacle. The animals, adorned with flowers and magnificent bells, are accompanied by the herdsman and women in their traditional costumes. Festivities with many traditional customs take place all around. *Schwarzsee 21 September 2019; Charmey 28 September 2019; Semsales and Albeuve: 05 October 2019.*

## 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](http://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.

## FRIBOURG ALPINE CHEESE

The Fribourg master cheesemakers are in no hurry to hand over their renowned Alpine cheese which is popular worldwide. Good things take time, and when it comes to cheese, only the best is good enough. The Gruyère d'Alpage AOP and Vacherin Fribourgeois d'Alpage AOP which the Alpine dairy farmers traditionally produce by hand under ideal conditions, are accordingly left to ripen until they taste perfect. Cheese lovers think they have gone to heaven when they take an expert tour of the hallowed halls of the ripening cellars 'Les caves d'affinage de la Tzintre' in Charmey. This is the place where the legendary Fribourg cheese starts its triumphant progress around the world! [www.charmey.ch](http://www.charmey.ch)

## CONTACT

We would be pleased to assist you with research trips and your search for interesting media topics.

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