



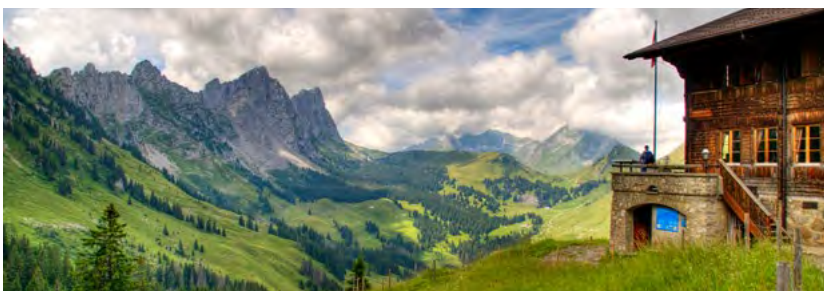
AUTUMN

OUT AND ABOUT AGAIN

Autumn in Fribourg Region has it all! Nature puts on a show and enchants us with crystal-clear light and a magnificent array of colours. Enjoy the view from Mont Vully, across vineyards shining yellow in the sun, and the deep blue Lake Murten to the snow-capped Bernese Alps. The dry reeds of the Grande Cariçaie look like a golden blanket that is about to cover Lake Neuchâtel. In fact, the water everywhere begins to shine brightly, the Schiffenen Lake near Fribourg displays thousands of 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 Molésion 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 remain open until mid- or end of October (especially during the weekends). 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.

WINES FROM VULLY



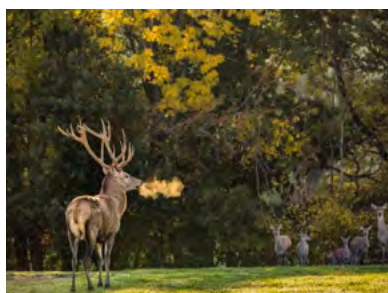
Vully is the sun-soaked shoreline for gourmets on Lake Murten. It is nice to know the origin of the Chasselas, the Traminer, the Pinot Noir and the Freiburger! The vineyard path between Môtier and Sugiez increases the anticipation of the visit to the wine cellars or rather the sense of well-being afterwards. On *September 18th, 19th and 20th 2020*, the entire population of Vully celebrates the winegrowing festival in Praz. 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 on Schwarzsee is the icing on the cake. 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

GOTTERON VALLEY



Ice-hockey fans may be interested to know that the legendary town club HC 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. Poire à Botzi 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 wild boar, hare, duck and pheasant. In the capital

of Fribourg, the restaurants la Clef 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!

LAKE GRUYÈRE APP



Lake Gruyère in augmented reality: the new Novilé app further enhances what autumn naturally offers, with its unbelievable colours, and adds value. On seven sections of the hiking trail around the lake, information boards invite visitors to scan and experience history, geology, fauna and flora and even a virtual flight over the Isle of Ogoz. Repeated visitors collect points which can be exchanged for cheese.

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 herdsmen and women in their traditional costumes. Festivities with many traditional customs take place all around Fribourg Region. Schwarzsee and Charmey: *September 26th 2020*; Semsales and Albeuve: *October 3rd 2020*.

MURTEN TRUFFLE MARKET



The truffle market, with delicious finds from the region, has become established as an autumn rendezvous. Visitors stroll through the car-free narrow streets of the old town, taste and buy specialities and swap ideas. At the gala dinner in the evening, several Murten chefs brandish their ladles. *November 21st - 22nd 2020*

TEYSACHAUX



The summit of Teysachaux near Les Paccots offers a round trip from Les Rosalys, which leads via the Chaletbeizli Incrota, Alp Tremetta and the ridge to the final ascent. The view over Lake Geneva and the Veveyse basin are never as beautiful as in the autumn light. On the way back, it is possible to stop for a bite to eat in the Le Vuipay Alpine restaurant.

TIME FOR THE BÉNICHON

In autumn, the traditions in the Fribourg Pre-Alps come into their own. The Alpine summer is over and the fruits of people's labour have been gathered. The harvest and reunion with the valley is celebrated in the households with the traditional Bénichon menu. There are increasing opportunities to enjoy this in the context of public Bénichon festivals, where guests are welcome. The meal is naturally the focal point, but the cows and goats parades adorned with flowers and the market stalls, games, music and dancing are also a must. The mountain Bénichon in Charmey (October 9th - 11th 2020) is famous, while the Bénichon in Châtel-St-Denis (October 16th - 18th 2020) is an insider tip. Details at www.benichon.org.

CONTACT

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