



# NATURE LOVERS

## THE NATURE MOTTO “AS WELL”

Nature in the canton of Fribourg captivates visitors with its extraordinary diversity. The landscapes of the Lake Murten region and along the southern shore of Lake Neuchâtel are delightful: idyllic shorelines with a wealth of biodiversity, sandy beaches, steep vineyards and fantastic views of the snow-covered peaks of the Swiss Alps promise an enjoyable and leisurely holiday. The centre of the region, with the capital Fribourg and the town of Romont, offers expansive landscapes, fascinating river landscapes, rolling hills and an

appearance that is characterised by agricultural and forestry use. The Fribourg Pre-Alps extend from the Sarine River and Lake Gruyère across the legendary Alps that have been cultivated for centuries, to the 2,389 m high rugged peaks or vanils, as the crags are called in Fribourg patois. Nature reserves, Pre-Alpine parks and unspoilt landscapes formed by glaciers invite visitors to take an environmentally friendly approach and make educational discoveries. [www.fribourgregion.ch](http://www.fribourgregion.ch)

## THEMED NATURE TRAILS



**To the bees and forest:** The honeybee travels 150,000 km and visits two million flowers to collect one kilogram of honey. A 3.6 kilometre-long themed trail between Courtepin and Misery-Courtion is dedicated to the honeybee. Another new circular trail is called “Wildlife, Woods, Water” and goes through the Höllbach valley near Plasselb. Information boards provide information about the forest and the challenges facing forestry, such as storm damage and bark beetles. The former forester’s lodge at the starting point can be hired as group accommodation.



**Water hiking trail:** On Lake Pérolles, a short walk from the centre of Fribourg, there is a nature reserve carved out by the Sarine River from the sandstone. Information boards explain the many bird species and varied flora.

## FRESHLY CAUGHT



Professional fisherman Pierre Schaer experiences sheer happiness when he goes out on the lake in his boat from Guévaux, in Vully. Twenty species of fish are found in Lake Murten, including the famous big catfish. Visitors who wish to purchase his delicious European perch fillets or a zander from the lake should look out for the return of his blue and white boat early in the morning or contact Pierre Schaer in advance. Tel. +41 (0)79 230 77 31 pierre.pecheur@bluewin.ch

## ENJOY SWIMMING



The secret of happy holidays is contented children. There are nice sandy beaches on the southern shore of Lake Neuchatel, in Gletterens for example. The municipality has created a fantastic sandy beach on the lake and made it accessible via a wooden walkway. The Nouvelle Plage in Estavayer-le-Lac is a sandy beach with child-oriented activities at the Alphasurf water sports centre. A cool bathing resort on Lake Murten is situated just outside Murten.

## ALPINE YOGA



Sandrine Dias takes visitors on hiking trails to the hills of La Gruyère, then to sensory perception and closer to themselves in a yoga lesson. [www.dzin.ch](http://www.dzin.ch)

## BIRD PARADISE



Visitors who are keen to observe wildlife in its natural surroundings will be in their element on Lake Neuchatel. The Grande Cariçaie with its wealth of birds can be explored via flat trails, observation platforms and huts, on foot, by bicycle and in some places, even in a wheelchair. The Bird Life Nature Centre in La Sauge, near Cudrefin, offers themed tours. [www.birdlife.ch/lasauge](http://www.birdlife.ch/lasauge)

## VISIT THE GLETTERENS LAKE SETTLEMENT

“Good throw!” The quivering spear sticks in the bale of straw and the eleven-year-old girl lowers her spear thrower contentedly. The children have made the Palaeolithic hunting equipment themselves in a workshop and are testing it on the meadow behind the mud houses covered with rushes. Our ancestors lived in the reconstructed lake settlement in Gletterens on Lake Neuchatel around 5,000 years ago. However, the guides are thoroughly modern and know exactly how to give visitors a vivid impression of the daily

life of the lake dwellers. Making a fire, producing weapons, tools and jewellery, sleeping in a leather tent or teepee... bathing in the lake before breakfast... Not only children agree: life in the marsh is much more fun than reading a dry history book. The lake settlement in Gletterens is open daily from 1 May to 31 October, from 9.00 am to 5.00 pm. Information about workshops, events and reservations at: [www.village-lacustre.ch](http://www.village-lacustre.ch)



## JAUN WATERFALL



The mystical Jaun waterfall is deemed to be a powerful place and was shrouded in mystery for a long time. The source of the water has since been discovered 15 kilometres away. It seeps away at the source and filters through the karst for ten days before it gushes out of the rock here with full force. The spray formed by the deluge of water that rushes down at 6,000 litres a second contains a lot of energy from the earth's core.

## HIKING LEADER



Hiking leader Cyrille Cantin has turned his vocation into his profession and imparts his knowledge to visitors. He offers visitors unique experiences in the Fribourg countryside with Attitude Oxygène. Flora, fauna, history, legends and, if desired, adventures as well, are experienced in new ways, perhaps discreetly or at night or.... Hiking trails definitely go further with Cyrille and his team. [www.aoxy.ch](http://www.aoxy.ch)

## WITCH'S PATH



The Tourist Office provides children with the perfect kit for the fantastic witch's path around Schwarzsee. There are surprises nevertheless!

## CANOEING



Paddlers consider the Sense to be a particularly delightful river. When the water level is right, it is possible to paddle through the Sensegraben, a romantic wooded canyon situated ten kilometres east of Fribourg. The Sarine River from Fribourg is easier, so beginners will also have a memorable experience on the water here. Participants paddle to the Schiffenen Lake. [www.siestaoppi.ch](http://www.siestaoppi.ch)

## LES PACCOTS RARE NATURAL LANDSCAPES

The mountain lake Lac des Joncs, which appears to be unremarkable at first glance, is situated above Les Paccots, at 1,235 m above sea level. It dates back to the Ice Age, so it is around 5,000 years old and very deep. The lake, which is around 100 metres long, is an amphibian spawning area of national importance. It is home to rare species of animals and plants, such as the spatterdock, the sundew and the marsh cinquefoil. With regard to animal species, the presence of the endangered common toad and the

red-eyed damselfly should be mentioned. From Les Paccots it is also possible to explore the Niremont massif with its fantastic views (max. 1,500 m above sea level) and its peat bogs, which are thousands of years old. This protected high moor landscape is home to very specific flora, such as the brown moor clover and the small lousewort. These fragile natural landscapes can be discovered on wood chip footpaths with information boards and educational aspects. [www.les-paccots.ch](http://www.les-paccots.ch)

## MONT VULLY



Mont Vully is only 653 m high, but has magnificent views. The view from its ridge extends across vineyards and the lake to the snow-covered peaks of the Bernese Alps. The Vully sandstone caves are situated on the southern slope above Môtier. During the 1<sup>st</sup> World War, the Swiss army was defeated in the sandstone caves, which are now a fascinating area to explore. Remember to bring a torch!  
[www.levully.ch](http://www.levully.ch)

## YOGA ON THE LAKE



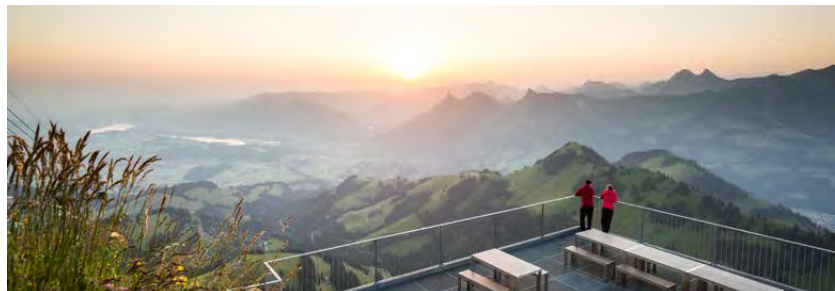
Not only the sun salutation on the stand-up paddle board converted into a swimming yoga mat will be unforgettable. Yoga teacher Iris Krattinger invites visitors to take part in yoga on Lake Murten. It is astonishing how the gentle bobbing intensifies the sitting, kneeling and standing exercises. Small muscles, breathing and mindfulness come into play and participants feel completely at one with nature on "their island". [www.dzin.ch](http://www.dzin.ch)

## BOTANY



The Botanical Gardens of Fribourg University present around 5,000 plant species in 20 departments. Magnificent flora in the centre of town!

## PANORAMIC MONT MOLÉSON



No summit with such fantastic views (2,002 m above sea level) is easier to reach. From the panoramic terrace, visitors can enjoy an unobstructed view over the Alps to Mont Blanc, across the Three-Lakes Region to Lake Geneva and the Jura. For a romantic evening, a table can be reserved for the sunset fondue (*19 May 2018 to the end of October, Fridays and Saturdays*). [www.moleson.ch](http://www.moleson.ch)

## ACTIVELY EXPLORE NATURE PARKS

The Gruyère Pays d'Enhaut Regional Nature Park covers 503 km<sup>2</sup> in the typical Pre-Alpine area between Bulle, Montreux and Gstaad. Natural landscapes, like human civilisation, create a heritage which the cantons of Fribourg and Vaud jointly wish to preserve. Lovely hiking trails, such as the cheese trails on old transport routes and the new signposted long-distance trail, the Grand Tour des Vanils, go through valleys and across hills and mountains. Hikers obtain authentic insights

into the everyday life of the Alpine shepherds and villagers. Covering 402 km<sup>2</sup>, the Gantrisch regional nature park includes the Schwarzsee tourist region. There are occasionally guided tours, excursions and workshops on nature, culture and traditional crafts, such as shingle making and baking bread. The parks are an invitation to gain a genuine insight into these culturally rich regions and the charm of everyday life here. [www.pnr-gp.ch](http://www.pnr-gp.ch) [www.gantrisch.ch](http://www.gantrisch.ch)



## BAREFOOT TRAILS



In the garden of the old mill in Villarimboud, “Le Pied Total” invites visitors to take part in a voyage of discovery. “Going barefoot heightens the senses. After a ramble in the countryside accompanied by a wealth of anecdotes, your feet feel totally liberated... and your head as well!” says Frédéric Perritaz, the architect of the barefoot trails. Visitors who wish to spend the night in a tree bivouac are also in the right place here. [www.bivouacdanslesarbres.ch](http://www.bivouacdanslesarbres.ch)

## NATURAL COSMETICS



Chantal Demierre uses only the finest natural ingredients in her pots and on the skin. The passionate natural cosmetics specialist works with 100% indigenous beeswax and 100% pure plant-based essential oils. Her workshops on lipstick and fine balm for facial and body care are a feast for the senses and soul. It is nice to take part with friends, teams or family. [www.dzin.ch](http://www.dzin.ch)

## RURAL ART



On Lake Murten, art therapist Nicole Viviane Chuard invites visitors to create their own ephemeral work with natural materials. [www.dzin.ch](http://www.dzin.ch)

## 1,001 BUTTERFLIES



A jungle trek through a tropical forest, a mangrove swamp and orchid pools. 1,001 butterflies enchant visitors with their ballet, many exotic varieties can be spotted and the adventure concludes with the nocturnal inhabitants of the jungle. Visitors can join expert Chantal Derungs for insider knowledge and help with the butterfly breeding programme. [www.papiliorama.ch](http://www.papiliorama.ch)

## CRUISES

The shipping company “Lacs de Neuchâtel et Morat LNM” offers regular connections and leisurely round trips on Lake Murten, Lake Biel and Lake Neuchâtel. The Neuchâtel steamship (vapeur), which runs to a special schedule, is particularly popular. A great deal of enjoyment is guaranteed when ships and cycling are combined: vineyards and shorelines are connected to the loveliest cycling routes, and bicycles are transported free of charge on Lake Murten and Lake Neuchâtel. [www.navig.ch](http://www.navig.ch)  
The Three Lakes shipping company also cruises on the three lakes and offers brunch and music cruises. Ships for 28, 60 and 300 persons can be chartered. [www.dreiseenschiffahrt.ch](http://www.dreiseenschiffahrt.ch)

## CONTACT

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

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