



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

THROUGH THE TREASURE TROVE OF NATURE



Aline Hayoz-Andrey, a hiking leader with a PhD in environmental sciences, is keen to share her knowledge. From Lake Montsalvens (800 m) above the Vallon des Morteys to the peak of the Vounetse (1,600 m), she leads hikers across wetlands, over lush meadows and through deciduous and coniferous forests. Many factors characterise the biodiversity of a landscape; Aline knows how to demonstrate and explain the complex relationships in the different local ecosystems in an enthralling manner. What fragile harmony, what fascinating interaction!



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.

TRANSPORT



The clatter of hooves is still heard here when cheese is being transported: Jean-Claude Pesse and his mules are keeping an ancient tradition alive in Vallon des Morteys behind Charmey. Humans and animals ascend 500 metres up to the Chalet des Morteys at 1,888 m above sea level. That is where Jean-Claude loads the wooden crates with the Alpine cheese wheels onto the backs of the experienced pack animals and expertly leads them back down to the valley.

ENJOY SWIMMING



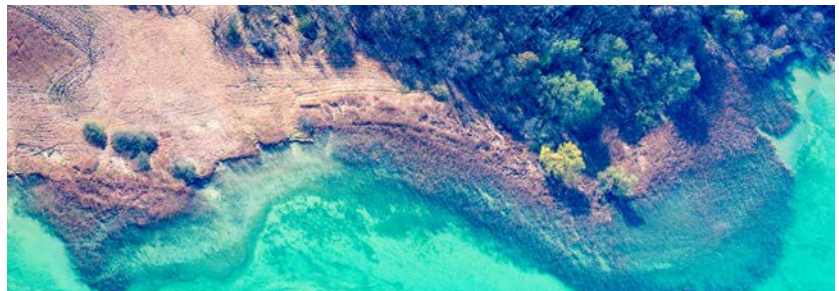
The secret of happy holidays is contented children. There are nice sandy beaches on the southern shore of Lake Neuchatel, in Gletterens for example. The municipality has created a fantastic sandy beach on the lake and made it accessible via a wooden walkway. The Nouvelle Plage in Estavayer-le-Lac is 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

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

GOURMET CYCLE TOUR AROUND LAKE MURTEN

In the Lake Murten region nature, culture and cuisine vie for the attention of connoisseurs. The newly signposted Cycle Route No. 480 Tour of Lake Murten invites cyclists to ride around the lake, combining everything beautifully. Along a 28-kilometre trail only a difference in altitude of 360 metres has to be covered, which thanks to the breathtaking views from Mont Vully (653 m above sea level), is worth every effort. 'Gourmet tour around Lake Murten' is the name of the inclusive tour

for cyclists, who would literally like to relish the regional specialities. Vouchers for a lunch or dinner with perch fillets and salad, for a glass of Vully wine or a soft drink, a piece of Nidelkuchen or Vully tart with a cup of coffee and a surprise gift are available in the tourist offices in Murten and Sugiez or online for 45 francs per person. The vouchers are accepted in many restaurants and bakeries (on the same day). www.regionmurtensee.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. www.esprit-des-lieux.ch

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

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

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

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 1st 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

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

BOTANY



The Botanical Gardens of Fribourg University present around 1,100 plant species in 20 departments. Magnificent flora in the centre of town! www.fribourgtourisme.ch

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 (18 May 2019 to the end of October, Fridays and Saturdays). www.moleson.ch

ACTIVELY EXPLORE NATURE PARKS

The Gruyère Pays d'Enhaut Regional Nature Park covers 503 km² 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 km², 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 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

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

NOVI LÉ



Novi Lé is the name of the new app for treasure hunting around Lake Gruyere. Players experience the region and its treasures on seven courses and vie for the kudos and prize.

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

CRUISES

The shipping company “Lacs de Neuchâtel et Morat LNM” offers regular connections and leisurely round trips on Lake Murten, Lake Biel and Lake Neuchatel. The Neuchatel 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
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

CONTACT

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+41 (0)26 407 70 20
media@fribourgregion.ch
www.fribourgregion.ch
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