



NATURE LOVERS

UNLIMITED NATURE

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. Fribourg's 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

ACROSS LAKE MURTEN WITH THE FIRST LADY



Corinne Stauffer is the first female captain of official shipping in the Three Lakes Region, who is authorised to command the largest cruise vessels. Anyone in Murten who comes to "Ville d'Yverdon" at 9.50 a.m. has a good chance of seeing how the captain docks in Winzerdorf Môtier, steers through the Broye Canal, past the BirdLife Nature Centre in La Sauge, which welcomes birdwatchers, and then sets course for Neuchâtel. Whether you take a scheduled trip, a round trip on Lake Murten, a trip on the Neuchâtel steamer or a themed trip: welcome on Board!



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

SPECTACULAR TREES



They are exceptional specimens, energising gifts of nature of inestimable value... and ambassadors of the 20 to 30 million trees in the forests of Fribourg Region. The Cantonal Office for Forests and Nature has produced a leaflet on 22 spectacular trees... and recommends an on-site visit. From the protector to the dancer, the survivor and the hydra, their very names reveal something of their history... and of ours.

ENJOY SWIMMING



The secret of happy holidays is contented children. There are nice sandy beaches on the southern shore of Lake Neuchâtel, in Portalban 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.

YOG'ALTITUDE



The first sun salutation is directed at the countryside around Les Paccots and the Lake Joncs. The new timeout "Pure Experience" is a gift to oneself.
www.yog-altitude.com

BIRD PARADISE



Visitors who are keen to observe wildlife in its natural surroundings will be in their element on Lake Neuchâtel. 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 BirdLife Nature Centre in La Sauge, near Cudrefin, offers themed tours.
www.birdlife.ch/lasauge

GOURMET CYCLE TOUR AROUND LAKE MURTEN

In the nature of Lake Murten Region, culture and cuisine vie for the attention of connoisseurs. The 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. The whole team of Attitude Oxygen offer visitors unique experiences in the Fribourg countryside. 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. An entertaining and fun experience full of surprises is guaranteed!

CANOEING



The Sarine river and the Schifflenen Lake are particularly attractive waters for paddlers. And this is how it works: Upon arrival in Freiburg, take a short stroll through the charming old town and off you go to one of the most beautiful paddle lakes in Switzerland. Here, even beginners have an unforgettable experience on the water. This is how you spend a relaxing day. www.kanuladen.ch

LES PACCOTS' RARE NATURAL LANDSCAPES

The region around Les Paccots, with its wetlands, mixed forests and plateau, offers nature lovers a wide variety of natural treasures. The mountain Lake Joncs (1,235 metres above sea level), for example, is only unimpressive at first sight. It dates back to the Ice Age, so it is around 5,000 years old and very deep. This amphibian spawning area of national importance provides a habitat for rare fauna, such as the endangered common toad and the large redeye, and plants such as the spatterdock, sundew and purple marshlock.

From Les Paccots it is also possible to reach the Niremont Massif (max. 1,500 metres above sea level) with its ancient, protected peat bogs. Visitors who accompany gamekeeper José Genoud learn to observe animals at a respectful distance and thus see more. Since Orkan Lothar began transforming the forest here, the expert has been closely observing the development in these more recent glades. Les Paccots maintains scenic footpaths, to enable a soft approach to this biodiversity.

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 World War I, 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".

BOTANY



The Botanical Gardens of the University of Fribourg present around 5,000 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 (from *May 21st 2020 to the beginning of November*, 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 Gantersch 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 their charm of everyday life. www.pnr-gp.ch, www.gantersch.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

THE SENSE



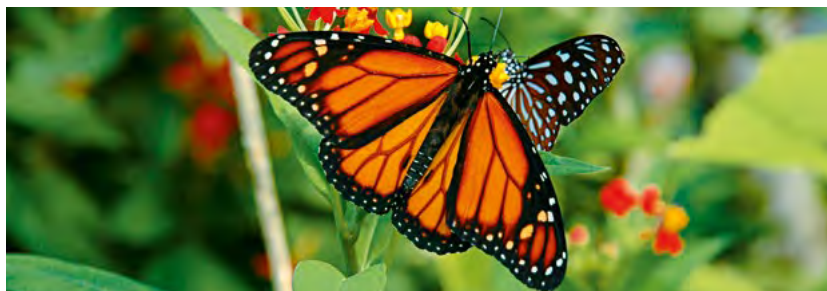
“The Sense is the most natural river in the Northern Alps”. This homage by the World Wide Fund For Nature, WWF pays tribute to the river, with its intact pastureland. The natural riparian zones with gravel and sand banks are valuable habitats for the flora and fauna of this region and are consequently in need of protection. Gantrisch Nature Park organises voluntary activities to combat invasive plants, invader plant species for example.

NOVILÉ



Novilé 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. www.novile.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

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. 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

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

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