



ACTIVE OUTDOORS

NATURE TRAILS

The topography enables nature to be kind to active visitors and local people in Fribourg Region. Water lovers are attracted to the idyllic Lake Murten and Lake Neuchâtel region, with its many beaches and accessible shorelines. Culture-loving hikers will find surprising ways to discover the capital Fribourg and its surroundings. And the views of the Fribourg Pre-Alps, with their austere natural beauty, delight walkers and hikers as well as cyclists and even climbers on the Via Ferrata. Hikers think they are in paradise: the

official network of hiking trails covers almost 1,800 kilometres. Themed trails even tempt non-hikers and the “Grand Tour des Vanils” guarantees several days of long-distance hiking. The network of cycling routes in Fribourg Region comprises three national, three regional and four local routes, while the new consistently signposted route around Lake Murten is popular with the public. Panorama Bike Route No. 2 offers the best of the Fribourg Pre-Alps. www.fribourgregion.ch

ENTHUSIASM IS ESSENTIAL



Botanical expertise: Aline Hayoz-Andrey is an enthusiastic hiking leader with a PhD in environmental sciences. One of her botanical hikes goes through the unspoilt landscape punctuated with white karst to Cabane Les Marindes in Vallon des Morteys. The mountain hut is situated in the Vanil Noir Nature Reserve, which is known for its botanical specialities such as Alpine betony, pyramidal orchid, Alpine flax, Alpine scabious and catmint. Aline shares her knowledge and shows you these beautiful flowers!



Molésou fixed rope routes: Via Ferrata high two! There are two very secure fixed rope routes on the Molésou. The 400 metres across “La Face” or “Le Pilier” guarantee cool Alpine climbing fun and spectacular views.

CHARMEY ADVENTURES



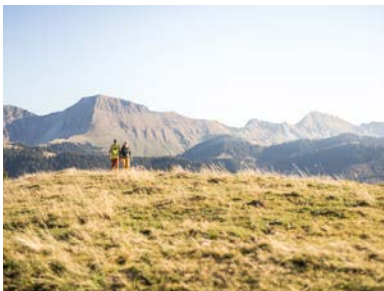
Adventure in Charmey, the name says it all. The Vounetse top station goes to the valley of the zip lines, where participants “fly” at up to 400 metres back to the middle station via eleven lines. Adrenaline-fuelled sightseeing from a different perspective! Visitors who are not so keen on this kind of kick can accompany the group on the hiking trail and try another of the precisely controlled tests of courage or skill later in the climbing park.

THE 3 LAKES ROUTE



The hearts of nature lovers leap with joy on the three hiking stages between Lake Neuchatel and Lake Murten. The animals in the Grande Cariçaie are at their most active in the early morning. Via wooden footbridges and in La Sauge Nature Conservation Centre visitors can cautiously approach the shy lakeside inhabitants. Sandy beaches invite visitors to swim, Mont Vully to the best panoramic view and Murten to a stroll through the delightful Old Town.

FESTI'RANDO



Les Paccots' festival with sensory and exciting themed hikes pays tribute to the marvellous trails across the meadows and mountains... and the pure love of hiking. *24/25 August 2019*

DOWNHILL ON LA BERRA



Bikers who love speed will find two new downhill routes on the fantastic panoramic mountain La Berra (1,719 m above sea level) from summer 2018. The slightly longer 5.4 kilometre blue trail goes from the top station of Télémixte past Le Gîte d'Allières mountain restaurant to the valley. The red, steeper route covers a distance of 3.4 kilometres directly under the cableway.

THROUGH THE LAND OF MILK AND CHEESE

The Alpine Panorama Trail No. 3 offers 30 stages from Lake Constance to Lake Geneva. The Fribourg section begins with stage 21 and promises hikers a lot of enjoyment and welcoming inns. From Lake Schwarzsee hikerstake the chairlift to the Riggisalp and roam through the spectacular primeval landscape of the Brecca Gorge and then across the flat Euschelsspass, carved out by glaciers, to Jaun. On the following day hikers roam through the heart of La Gruyère along the River Jogne and through

the mystical Gorges of the Jogne to Broc – the Maison Cailler Swiss Chocolate Factory stands along the way and Gruyères Castle also attracts visitors. On the third day, tribute is paid to Moléson the mountain with impressive views of the Fribourg Pre-Alps. Taking the cableways to the Plan-Francey middle station avoids the climb to an altitude of 700 metres. The hiking trail runs along the north-west flank of the Moléson into the Pre-Alpine region of Les Paccots. Lake Geneva soon displays its charms: goodbye Fribourg Region!

CIRCULAR BIKE PATH



This is an enjoyable tour and not about performance. Picturesque landscapes, a rich history and a wealth of cultural treasures, living traditions and culinary highlights such as the Maison Cailler chocolate factory and La Maison du Gruyère demonstration cheese-dairy – visitors experience a lot in the three days they spend cycling from Murten to Fribourg, Gruyères and back to Murten. The package trip with luggage transport makes it very easy: www.eurotrek.ch

MURTEN CYCLE-GOLF



Do you feel like cycling with fun and games? Then a round of cycling and golf around Lake Murten is for you. This is how it works: The 18 holes around the lake are easy to find on the map. If you only wish to cycle and play golf at nine holes, you can take the ship back to Vully. Bicycles are transported free of charge and can be rented at Murten train station. The map, golf clubs and balls are available at the Murten Tourist Office in the Old Town. www.murtentourismus.ch

SLOW UP



Happily cycling and inline skating on traffic-free roads! Lake Murten: *Sunday, 28 April 2019*, La Gruyère: *Sunday, 14 July 2019*. www.slowUp.ch

E-BIKES



E-bikes can be hired in Charmey, Les Paccots and Schwarzsee. There are also recommended routes: Why not explore Gruyères Castle and the town of Gruyères and its surroundings? Or use electric assistance to conquer the summit of Schwyberg with its magnificent views? Or in Les Paccots, cycle up to Le Vuipay Alpine pasture to watch the cheese maker at work.

ASCENT AND FLIGHT TO HAPPINESS!

The Fribourg Pre-Alps are a paradise for paragliders. Modern, portable paragliders provide an opportunity for new adventures between the mountain and valley. Near Les Paccots, the experienced pilot Silvain Genoud offers nature-oriented experiences with tandem flights. After a short ascent on foot, the tandem paraglider is prepared on the summit of the Corbetta (1,401 m above sea level) for a smooth take-off. And visitors can then admire Lake Geneva

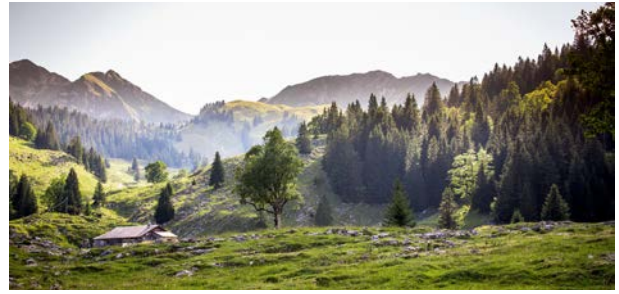
and mountains such as the Teysachaux and Dent de Lys from a bird's-eye view. Wow! Olivier Nicolet and his Yoofly team – literally – go a little bit closer to nature. The ascent to a Pre-Alpine summit, such as Les Merlas (1,907 m above sea level), where a bivouac is erected, takes up to three hours. At dusk, it's time for a fondue, followed by a night under the star-spangled sky. The highlight has yet to come – the tandem paragliding flight back to the valley.

GASTLOSEN TOUR



The iconic five-hour circular tour around the Gastlosen starts behind Jaun by taking the chair lift to the Koenigsberg (1,570 m). It takes 1.5 hours to reach the legendary “Chalet du Soldat” mountain hut (1,752 m). What a view of the spectacular crags, across Alpine pastures and the expanses of La Gruyère. After the “Wolfsort” crossing (1,921 m) hikers continue with views of the Bernese Alps in front of them.
www.jaun-bergbahnen.ch

BRECCASCHLUND



The fascinating unspoilt landscape of Bremsstrahlung was formed by glaciers. A 2.5 hour circular hike allows you to explore the area. The route starts in Schwarzsee (1,047 m) where hikers take the chair lift to the Riggisalp (1,493 m) and arrive in the middle of the mountainous area of the Bremsstrahlung Nature Reserve. At the foot of impressive limestone deposits in the middle of lush green pastures, the St. Antoni Alpine tavern invites hikers to a fondue.
www.schwarzsee.ch

ROAMING



Roam through the countryside and make delicious herb butter from the plants collected. Consume immediately with twist bread and wild and weird campfire stories.
www.dzin.ch

VIA JACOBI THROUGH FRIBOURG



The Via Jacobi passes many spiritual buildings and places in the canton. The 20 kilometres between Schwarzenburg and Fribourg are particularly interesting. Near the Sense river, passageways hewn into the rock and paved with river stones are evidence of the centuries-old history of the route. The capital Fribourg is deemed to be an important powerful place.
www.esprit-des-lieux.ch

GRAND TOUR DES VANILS

From summer 2018, experienced hikers will find eleven new signposted day-long stages under the name “Grand Tour des Vanils”, which go to the Gruyère Pays-d’Enhaut Regional Nature Park. In Fribourg patois, “vanil” means “crag” or “craggy mountain peak” and many of them line the route in the Nature Park between the famous Vanil Noir in Val-de-Charmey and the Vanil Carré in Châteaux-d’Oex (VD). The route, which covers around 157 kilometres, connects diverse Pre-Alpine landscapes and their most outstanding

natural beauties, such as the Breccaschlund, the Gastlosen, the Lake Lioson, the Pic Chaussy, the Monts Chevreuils and the Vanil de la Monse. Moreover, an active Alpine economy, restaurants and mountain huts promise interesting encounters. Even if the stages are meant to take less than six hours of hiking a day on average, good preparation is still recommended. Public transport gives hikers a great deal of flexibility.
www.grandtourvanils.ch

CHEESE-DAIRY TRAIL



The path between the Alpine cheese-dairy in Moléson-sur-Gruyères and La Maison du Gruyère in Pringy provides information and a memorable experience. The two-hour hike over meadows and through forests and affords plenty of opportunities to admire the awesome Moléson. Hikers who fancy a typical meal prepared over a log fire should continue via Reybes where they will arrive at Les Mongerons, a cosy Alpine restaurant.

DOWNHILL RUN



For kids, the young at heart or the whole family: a hike is rounded off with very cool and motivating downhill scooter runs. Whether in Jaun, from the foot of the Gastlosen-Express to the cableway valley station, from the Riggisalp high above Schwarzsee to the valley, or from the Vounetse top station via two routes down to Charmey, visitors can have the most fun coming down the mountain on a scooter. The equipment can be hired at the cableways.

TRADITION



Accompany Jean-Claude Pesse and his mules laden with Alpine cheese from the mountain pasture in the Vanil Noir Nature Reserve to the ripening cellar near Charmey! www.dzin.ch

UP ABOVE MOUNTAIN AND LAKE



During the festival Sport and Urban Art, the highline world record holder Samuel Volery “dances” upper the Place de Fête in Payerne, *11 May 2019*. Europe’s best slackliners display their breathtaking sky-high balancing ability on the summit of Moléson. Visitors can also try out the balancing act.

FROM HUT TO HUT ON GOURMET TRAILS

Eating out, literally. Visitors who put on their hiking boots in Les Paccots and follow the Panorama Gourmet Trails in the Fribourg Alps will – after four courses and four hours of hiking – look back on a positive experience at the end of the day, in terms of calories too! Near Les Paccots (1,106 m above sea level) the arrow points towards Lac des Joncs. A Terroir-Plättli, namely ham, sausage and cheese, is served as a starter. This is followed by an uphill hike, where landscapes unfold like the pages of a picture

book. At the foot of the Dent de Lys hikers soon catch sight of the mountain tavern La Saletta (1,499 m above sea level), where the second course awaits them. The Soupe de Chalet is served in a wood-fired cauldron. Only half an hour further on delicious macaronis à la crème are served in the Buvette Le Vuipay. Satiated, hikers stroll along Alpine meadow and forest paths down to the valley, where a refreshing dessert rounds off the gourmet tour. The “Gourmet Trails” must be booked in advance: www.les-paccots.ch

KAYAKING ADVENTURE



Lake Gruyère invites visitors to explore the waterway. Kayaks, pedalos and stand-up paddles can be hired in Corbières. Participants then start from Morlon Beach via the Bird Island, past the Isle of Ogoz to the Rossens dam... a Gruyère symphony in dazzling blue and green. This is also the right address for a spin in a motorboat or a treasure hunt in a kayak:

www.aventure-gruyere.ch

STAND-UP PADDLE



The Sarine is a tranquil river and the old Bern Bridge in Fribourg's lower town is the ideal starting point for a journey of discovery on an SUP. Under the expert guidance of Arlette Javet, participants set off and glide under the majestic new Poya Bridge out of the town. On Schiffenen Lake, participants head for Räsch and visit the impressive sandstone caves of the Magdalena Hermitage. There's even a picnic afterwards. www.dzin.ch

WAKEBOARD



Fly over the lake – Luca Butty shows how it's done. Wakeboards to practise on and the cable ski on Estavayer-le-Lac beach await visitors. www.alphasurf.ch

TRAIL RUNNING PARADISE



Mike Aigroz has always sprinted up the mountains: the trails are where he senses their pure energy. The outdoorsman still runs today just as he did as a ten-year-old and during the period of his greatest Ironman victories across the breathtakingly beautiful peaks and crests near Les Paccots. There are a variety of paths here for trail running-beginners and advanced.

ANGLING

Their passion for fishing have kept brothers Samuel, Jonas and Damian on the water since their childhood. They are keen to share their knowledge about pike, European perch, zander, whiting and wels and take beginners and experts on their boat to the best fishing grounds. www.dzin.ch or www.weguidefishing.ch Visitors who want to eat a trout they have caught themselves can walk from Fribourg's lower town into the wild, romantic Gottéron Valley. Jacques Bossy gives the necessary instructions about fish farming so that successful angling is guaranteed. The trout is then taken to the restaurant and prepared as desired. www.pisciculturedugotteron.ch

CONTACT

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

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