



# 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 Fribourg's 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 signposted route around Lake Murten is popular with the public. Panorama Bike Route No. 2 offers the best of Fribourg's Pre-Alps. [www.fribourgregion.ch](http://www.fribourgregion.ch)

## GASTLOSEN CLIMBING PARADISE

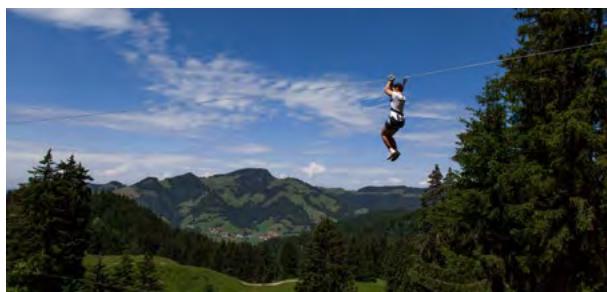


The Gastlosen offers numerous climbing routes and the finest practice area. Easily accessible, but charismatic, it spellbinds climbers. Florence Nikles and Sébastien Monney belong to a small group of elite expedition team members of the Swiss Alpine Club. Florence has been climbing on the Gastlosen ever since she can remember and has never stopped. Mountain guide Sébastien accompanies climbers who wish to explore the north face, for example. Both of them play a part in awakening or sustaining the enthusiasm of many people for climbing.



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

## CHARMEY ADVENTURES



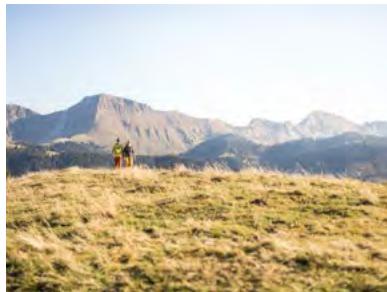
Adventure in Charmey, the name says it all. The Vounetse top station goes to the valley of the zip lines, where participants fly at up to 400 metres back to the middle station via eleven lines. Adrenaline-fuelled sightseeing from a different perspective! Visitors who are not so keen on this kind of kick 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 Neuchâtel 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. *August 29th and 30th 2020*

## DOWNHILL ON LA BERRA



Bikers who love speed find two fantastic downhill routes on the panoramic mountain La Berra (1,719 m above sea level). 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 Schwarzsee hikers take the chair lift to the Riggisalp and roam through the spectacular primeval landscape of the Brecca Valley and then across the flat Euschelspass, carved out by glaciers, to Jaun. On the following day, hikers roam through the heart of La Gruyère along the River Jougne and through the mystical Jougne gorge to

Broc – Maison Cailler, the 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 Fribourg's 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: good-bye Fribourg Region!

## CIRCULAR BIKE PATH



Picturesque landscapes, a rich history and a wealth of cultural treasures, living traditions and culinary highlights such as Maison Cailler, the Swiss 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](http://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. The bicycles, map, golf clubs and balls are available at Rent a Bike in Murten train station.  
[www.regionmurtensee.ch](http://www.regionmurtensee.ch)

## SLOW UP



Happily cycling and inline skating on traffic-free roads! Lake Murten: *Sunday, April 26th 2020*, La Gruyère: *Sunday, July 12th 2020*.

[www.slowup.ch](http://www.slowup.ch)

## HERZSCHLAUFE SENSE TOUR



This new Herzroute Circular Trail No. 299 also has every chance of achieving cult status. The rolling Alpine foothills form natural river valleys, forests and hills and invite visitors to experience them with their own muscle power and a little help from an e-bike: the circular trail in the Sense region is 70 kilometres long. A free guidebook can be ordered at [www.herzroute.ch](http://www.herzroute.ch).

## ASCENT AND FLIGHT TO HAPPINESS!

The Fribourg Pre-Alps are a paradise for paragliders. Modern, easy-to-carry paragliders enable new adventures between mountain and valley. In several destinations, experienced and friendly pilots offer close-to-nature experiences with tandem flights. In Schwarzsee, for example, after a hike to the summit Cousimbert or to the Gurli hill, the tandem paraglider is prepared for a smooth take-off. A few moments lat-

er, you can already admire the Fribourg Pre-Alps from a bird's eye view. Wow! In La Gruyère region, you take a few steps further towards nature. After an ascent on foot and a small picnic on a pre-alpine summit, which is selected depending on the weather conditions, the moment has come: take-off. Immerse yourself in incredible nature. Unique prospects are guaranteed.

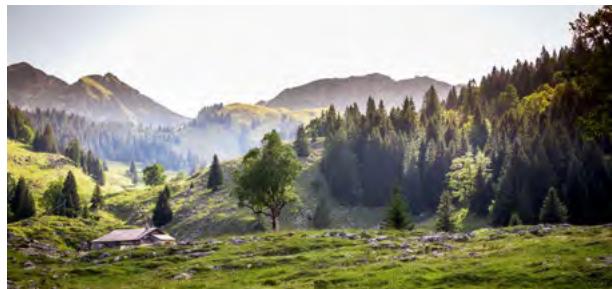
## GASTLOSEN TOUR



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](http://www.jaun-bergbahnen.ch)

## BRECCASCHLUND



The fascinating unspoilt landscape of the Brecca 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 Brecca Nature Reserve. At the foot of impressive limestone deposits in the middle of lush green pastures, the St. Antoni alpine hut invites hikers to a fondue. [www.schwarzsee.ch](http://www.schwarzsee.ch)

## SAC ALPINE HUT



**Cabane des Marindes:** This simple SAC alpine hut in the middle of the Vanil Noir Nature Reserve (manned June to September) is ideal for hikers, animal observers and plant lovers.

## URBAN GOLF THROUGH FRIBOURG



Mini-golf, but in an urban format! It is not only families who love this enjoyable way of exploring the town. The 18-hole course goes from the centre via the cable railway (funicular) in the lower town, where it crosses old wooden and stone bridges. Moreover: the City Card includes urban golf, the mini-train, many touristic sights and public transport.

[www.fribourgtourisme.ch](http://www.fribourgtourisme.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.

## 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 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, youngs 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 mid-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!

## HIGHLINE OVER MOLÉSON



Europe's best highliners meet on the Moléson for an entire weekend and display their spectacular lifestyle. The experts combine the talents of alpinists and Zen masters. This is the only way they can defy gravity and put on a cool, safe show. Watching is free, but visitors who try it require nerves of steel and an excellent sense of balance. [www.moleson.ch](http://www.moleson.ch)

## 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 Fribourg's Pre-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 Lake Joncs. A Terroir Plate, 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 alpine hut 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 alpine hut 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](http://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 start from Morlon Beach via the Bird Isle, 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](http://www.aventure-gruyere.ch)

## BY SUP TO THE HERMITAGE



The Sarine river and the Schiffenen Dam are quiet waters. Experienced stand-up paddlers can set off from Fribourg's old Bern Bridge. They then glide under the Poya Bridge out of town. On Lake Schiffenen they head for the grottos of the Magdalena Hermitage. This magical place with a religious past has also produced a geological phenomenon. The sandstone-derived soil originates from 20 million-year-old fossil sand dunes.

## WAKEBOARD



Fly over the lake – Luca Butty shows how it's done. Wakeboards to practise on and the cable ski in Estavayer-le-Lac beach await visitors. [www.alphasurf.ch](http://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 the boat to the best fishing grounds:  
[www.weguidefishing.ch](http://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](http://www.pisciculturedugotteron.ch)

## CONTACT

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

© FRIBOURG REGION  
 +41 (0)26 407 70 20  
[media@fribourgregion.ch](mailto:media@fribourgregion.ch)  
[www.fribourgregion.ch](http://www.fribourgregion.ch)  
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