



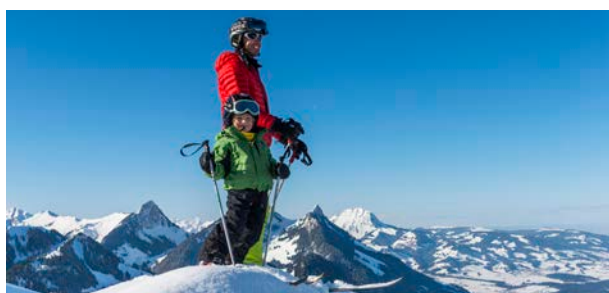
WINTER

WINTER SPORT IN THE FRIBOURG PRE-ALPS

The family-friendly ski areas in Schwarzsee, Charmey, La Berra, Jaun, Moléson-sur-Gruyères, Rathvel and Les Paccots impress visitors with their well-maintained infrastructure, popular children's ski schools and yesterday's prices. Other ski lifts that run here and there are suitable for beginners, school classes and nocturnal group experiences, for example La Chia near Bulle or on the Gibloux near Villarlod. Skijöring, near Pringy, promises action with 1 PS, while in Cerniat and Charmey sled dogs that are raring to

go look forward to fast-paced voyages of discovery. The unspoilt landscapes of the Fribourg Pre-Alps are popular with walkers, cross-country skiers and in particular, with snowshoe hikers. Whether alone or with a guide who is familiar with the area: well signposted and easily accessible routes go through the tranquil, wintry countryside. Whether in the sunshine or by moonlight: a rewarding destination with a restaurant always attracts visitors in Fribourg Region. www.fribourgregion.ch

SPORTING ACTIVITIES IN THE SNOW



Winter sport in figures: 162 km groomed slopes for skiers and snowboarders, 84 km classic cross-country ski trails, 13 km cool sledge runs, 171 km signposted snowshoe routes and winter hiking trails, hot spots for ice skating and curling and Bains de la Gruyère, with three mineral water pools heated to around 34°.



Vitaski: In the Fribourg Alps cross country skiers have access to four Vitaskiruns, in Charmey, Jaun, La Berra and Moléson. The start and finish are signposted with information boards. Cross country skiers can enjoy happiness hormones and the view even when their pulse is racing. Ideal for maximising the impact of personal training sessions, as well for testing athletic prowess with friends. www.vitaski.ch

ICE PALACES



Whether it's a pirate ship, dragon's den, penguin hill, grotto or igloo: an enchanting, illuminated fairytale world awaits warmly dressed visitors two kilometres from Schwarzsee. The keen ice artist Karl Neuhaus created enchanting forms from bare ice for 30 years, while younger people have now taken over. The winter night and place are still magical. www.eispalaeste.ch

SCHWARZSEE ON ICE



Frozen, checked and approved as a stomping ground at last! The 0.5 km² natural ice rink in the middle of spectacular mountain scenery is very romantic and has enough space for walkers, cross-country skiers, ice skaters, ice princesses, ice hockey players, children and adults, as well as fans of the traditional curling to pass freely. www.schwarzsee.ch

NATIVITY TRAIL



During the Advent season, the romantic town of Estavayer-le-Lac becomes an all-encompassing work of art. Over 60 enchanting, original and elaborate nativity scenes can be admired. A map guides visitors to the illuminated works created by shops, school classes and individuals. *December 2019 – January 2020.*

FULL MOON TOUR



Marlyse Rauber has always roamed around Schwarzsee and Gantrisch Nature Park. She guides guests on snowshoes or on foot through the winter landscapes, relates local fairytales and legends, explains this and that about the countryside and is not averse to a full moon tour. www.dzin.ch

FABULOUS SNOWSHOE TOURS

This is exactly what Cyrille Cantin likes: a small group follows him on snowshoes from Moléson-sur-Gruyères on an easy circular tour through the glistening winter night. It is quiet, participants can hear the crunch of the snow and their own heartbeat. Dark fir trees are majestically silhouetted against the snow-covered slopes. It is enchanting to move forward in a steady rhythm. When were you actually last out and about in the snow at night? Thoughts wander and childhood memories come flooding back. Afterwards,

participants sit down to a delicious Fribourg fondue in a warm chalet and listen to tales from the region. While the wind whistles around the wooden shingles, goblins, fairies and witches wake up and the black and white chamois in the old legends come to life again. What are the odds that this night will be memorable? Cyrille and his team from Attitude Oxygen have more active adventures in store. www.aoxy.ch

LIGHT FESTIVAL



Murten always appears particularly enchanting in January. The shoreline and the romantic mediaeval town glitter like a kaleidoscope. Around 30 Arteplages, a light-and-music spectacle in the German Church, unbelievable displays by the light magician “Spectaculaires” on the school façade and thousands of lanterns on the lake transform Murten into an all-encompassing work of art.

16 - 27. January 2019 www.murtenlichtfestival.ch

FOR EVERYONE



The 2,002 m peak with its panoramic views dominates La Gruyère most beautifully and assertively. Day trippers, sporty families and adrenaline junkies will all be equally happy on the wonderful recreational mountain. The black run is legendary, but skiers can have fun on the blue and red runs as well. A sledge run and optimal routes for snowshoe hikers and winter hikers complete the range of activities offered.

www.moleson.ch - www.magicpass.ch

INSIDER TIP



Magnificent mountain scenery, natural bare ice and a few cool players – curling is an experience on the frozen Schwarzsee.

www.schwarzsee.ch

WELLNESS ON THE MOUNTAIN



After fun in the snow and on the ice, Bains de la Gruyère in Charmey provides sensory indulgence and absolute relaxation. The magical watery landscape (34°C) features a variety of saunas and uninterrupted views of the mountain scenery of La Gruyère. Wellness is completely global, while the chocolate for the body treatment is guaranteed to be regional. Totally relaxed! www.bainsdelagruyere.ch

AUTHENTIC FRIBOURG SPECIALITIES

It is widely known that many Alpine chalets run a restaurant in the Fribourg Pre-Alps. Many of them are only accessible on foot or in the summer...but there are, of course, places where the typical specialities are always available. The Buvette au Creux du Feu is a 40-minute walk from the village of Broc and is also accessible by car. For once, the double enjoyment of a gourmet meal in an authentic, cosy Alpine restaurant is available to everyone. The family of Isabelle and

René Julmy-Brodard cooks on an open wood fire and serves the traditional dishes of La Gruyère. Visitors are spoilt for choice with fondue “moitié-moitié”, Vacherin fribourgeois AOP and other cheese specialities. And then there is the Soupe de Chalet, ham and much more besides. But be careful: don't forget to leave room for a dessert, for example the legendary meringues with Gruyère double cream. A reservation is essential: Tel. +41 (0)79 755 88 07.

SNOWSHOEING



The winter world of Les Paccots is ideal for snowshoe tours. Peaceful forests alternate with open meadows that have spectacular views... it is really magical on a clear winter night! The gourmet trail 'Régal'Raquettes' starts from the car park in Les Verollys and covers 3.5 km, giving participants the chance to savour a lot of regional food and drink. Friday, 15 February and Saturday, 16 February 2019, in the evening. www.les-paccots.ch

CROSS-COUNTRY SKI



Skis are ideal for exploring and enjoying La Gruyère. Snow is virtually guaranteed on the Jaun-Charmey 2 x 10 kilometre ski run, which is also suitable for beginners. Experienced cross-country skiers can head for the more demanding high run on the Jaun Pass. Various circular runs, a fun park and magnificent views attract skiers to the Gibloux and Le Crêt. La Cuva near Les Paccots is the newest cross-country ski area.

SLEDGING



Participants can take the cableway from Jaun at 1,580 m above sea level, soak up the panorama and then enjoy a magnificent six-kilometre sledge run down to the valley.

UPGRADE YOUR SKI DAY!



It is now possible to buy a day pass or a multi-day pass for even more fun. The cableways can be used free of charge on the day before, from 3.00 pm onwards. In Fribourg region, this is valid in Les Paccots, Schwarzsee and Charmey. Whether it's for a first few ski runs, an evening sledge run (in Jaun or Schwarzsee) or an enjoyable terrace stop... the next day will get off to a good start.

EVENTS IN THE SNOW

Cross-country skiers, skaters, ski tourers, snowshoe and winter hikers will find wonderful opportunities in the Fribourg Pre-Alps to practise their sport at leisure. And if a competition is planned: fit ski tourers are lured by the Gastlosen trophy from Jaun or Abländschen. It is essential to register quickly as no more than 1,200 participants are allowed. Sunday, 10 February 2019. The Brevet des Armaillis is a popular snowshoe event, which goes from Moléson-sur-Gruyères to Les Paccots in around 3.5 hours. Sunday, 27 January 2019. There are suggestions for tours alone or with a guide at www.fribourgregion.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
www.fribourgregion.ch
www.flickr.com/fribourgregion
#fribourgregion @