



# WINTER

## WINTER SPORT IN FRIBOURG'S 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 competitive pricing. Many ski lifts are suitable for beginners, school classes and nocturnal group experiences, for example La Chia near Bulle or on the Gibloux near Villarod. 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 Fribourg's 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](http://www.fribourgregion.ch)

## SPORTING ACTIVITIES IN THE SNOW



**Winter sport in figures:** 160 km groomed slopes for skiers and snowboarders, 84 km classic cross-country ski trails, 18 km cool sledge runs, 176 km signposted snowshoe routes and winter hiking trails, hot spots for ice skating and curling and the Bains de la Gruyère, with three mineral water pools heated to around 34°.



**Freestyle:** Mathilde Gremaud (born 2000) is the high flyer in the freestyle skiing scene. At 18, she won the Olympic silver medal, at 19, gold at the X Games. She derives the energy and peace of mind for these successes in her place of birth, La Gruyère, where as a two-year old she stood on skis for the first time on La Berra. There, for her, "Big Air" also quite simply means fresh air and a unique world view.

## ICE PALACES



Whether it's a pirate ship, 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.schwarzsee.ch](http://www.schwarzsee.ch)

## SCHWARZSEE ON ICE



Frozen, checked and approved as a stomping ground at last! The 0.5 km<sup>2</sup> 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](http://www.schwarzsee.ch)

## NATIVITY TRAIL



During the pre-Christmas 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 5th 2020 – January 6th 2021*

## FOR EVERYONE



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](http://www.moleson.ch), [www.magicpass.ch](http://www.magicpass.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? 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 plenty of active adventures in store. [www.aoxy.ch](http://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. *January 13th - 24th 2021.* [www.murtenlichtfestival.ch](http://www.murtenlichtfestival.ch)

## MURTEN SECRET CIRCUIT



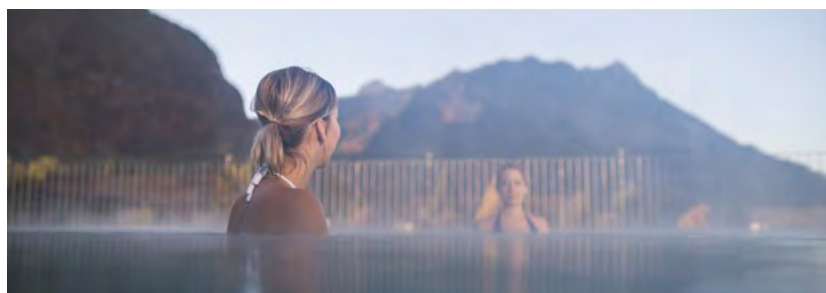
On the way to becoming the “Swiss capital of light”, Murten has even more light productions in the dark season. Between October and March, namely before and after the Murten Light Festival (12 days in January), the Secret Circuit illuminates a few additional events around the small town. Visitors walk to the light and sound productions of stories and fairy tales individually, i.e. with technological support.

## GASTLOSEN



**Grandmother’s hole:** Visitors enjoy the winter sun glistening through the natural hole in the rock face of the Gastlosen. Jaun tourism knows where and when this spectacle can be experienced.

## WELLNESS ON THE MOUNTAIN



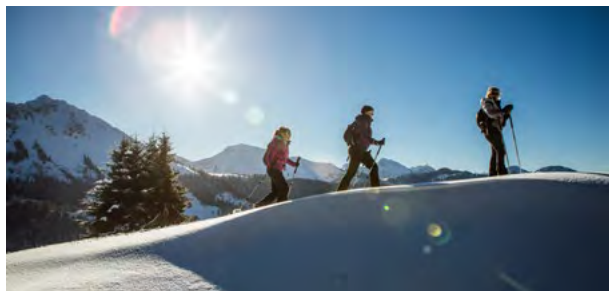
After fun in the snow and on the ice, the Bains de la Gruyère in Charmey provide sensory indulgence and absolute relaxation. The magical watery landscape (34°C) features a variety of saunas and uninterrupted views of the mountain scenery of La Gruyère. Unique regional beauty treatments, such as the chocolate body scrub, can be enjoyed. Total relaxation! [www.bainsdelagruyere.ch](http://www.bainsdelagruyere.ch)

## AUTHENTIC FRIBOURG’S SPECIALITIES

It is widely known that many alpine huts run a restaurant in Fribourg’s Pre-Alps. Many of them are only accessible by foot or in the summer...but there are, of course, places where the typical specialities are available all year round. 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 La 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, *February 7th and Saturday, February 8th 2020*, in the evening. [www.les-paccots.ch](http://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. [www.la-gruyere.ch](http://www.la-gruyere.ch)

## UPGRADE YOUR SKI DAY!



In Schwarzsee, purchasing a day pass or multi-day pass makes skiing even more fun. The cableways can be used free of charge on the day before from 3 pm onwards. Whether it's for the first few kilometres on the slopes in the evening light or a stop at the Riggisalp restaurant terrace for a hot Schoggi or mulled wine... the next day starts well – without the need to queue at the ticket window.

## EVENTS IN THE SNOW

Cross-country skiers, skaters, ski tourers, snowshoe and winter hikers will find wonderful opportunities in Fribourg's 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, February 2nd 2020*. The Brevet des Armaillis is a popular snowshoe event, which goes from Moléson-sur-Gruyères to Les Paccots in around 3.5 hours. *Sunday, January 26th 2020*. There are suggestions for tours alone or with a guide at [www.fribourgregion.ch](http://www.fribourgregion.ch)

## CONTACT

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

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