

# FRIBOURG REGION

PRESS KIT



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

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# TRADITIONS

## PRESERVING FRIBOURG'S HERITAGE

In Fribourg Region, living traditions are still primarily rooted in the daily life of the inhabitants. Their value for social cohesion is recognised and awareness of cultural heritage is part of the school curriculum. Customs are also appreciated by visitors from all over the world, who often witness scenes that seem to originate from a bygone age. An inventory of the living traditions of Fribourg Region was made under the auspices of the Musée gruérien in Bulle and divided into four main groups. For visitors, the emphasis is

naturally on the centuries-old transhumant culture with its colourful Alpine ascents and descents, varied crafts and workmanship. Catholic traditions with numerous processions and the ubiquitous choral singing, as well as historic anniversaries with patriotic and military connotations, are very popular. More information is available at [www.lebendige-traditionen.ch](http://www.lebendige-traditionen.ch) [www.fribourgregion.ch](http://www.fribourgregion.ch)

## FRIBOURG CULTURE, A LIVING TRADITION



**Poya painting:** In the Fribourg patois, the syllables “po-ya” signify the Alpine ascent in early summer, when the cows and goats are driven to higher Alpine pastures. However, it is now understood to mean the visual representation of this important and symbiotic event. Poya paintings have adorned the farmhouse façades of the Fribourg Pre-Alps since the early 19th century and this art is still practised. This typical Fribourg rural art can be admired in the villages and in particular, on the Poya Themed Trail.



**May singing:** On May 1<sup>st</sup> or the day before, the children of Fribourg go from house to house, singing to announce the spring. Many, for example the Gruyère youth associations, wear traditional costume, namely the dzaquillon and bredzon on this occasion.

## MUSÉE GRUÉRIEN



The tour of the interactive Musée gruérien in Bulle is an emotional journey through time. Models, scenes, films and sound sequences, from the Hutbändeli collection, traditional costumes and old tools used by herdsmen, to the traditional farmhouse on a 1:1 scale, depict the varied cultural heritage. Tribute is, of course, paid to the most famous ambassador for the region, the cheese Le Gruyère AOP.  
[www.musee-gruerien.ch](http://www.musee-gruerien.ch)

## SHINGLE MAKER



Léon Doutaz has devoted himself completely to the traditional craft of shingle making. He is one of five men in the canton who learnt this trade from scratch. Besides strength and concentration, he needs an excellent feeling for the wood to ensure that his roof will be in a position to control the temperature of the chalet for the next 40 years. He welcomes visitors.  
[www.dzin.ch](http://www.dzin.ch)

## BEARDED MEN



The “barbus” of La Gruyère preserve the transhumant traditions... shaving was difficult, but wearing a white shirt under the bredzon during festivals was a matter of honour.

## SHINGLE MAKING IN CHARMHEY



Traditional, shingle-covered Alpine huts characterise the landscape in the Fribourg Pre-Alps. There are six particularly lovely chalets on the hiking trail between the Vounetz top station and Charmey. At the large shingle-making festival, participants hike from hut to hut, meet the advocates of this old Fribourg craft and experience shingle making locally.  
*31 August - 01 September 2019*

## ALPINE DESCENT, HIGHLIGHT OF THE YEAR

The Alpine descent is of the utmost importance for the Pre-Alpine Region. Humans and animals return to the valley after four months on the Alpine pastures. The festival pays homage to the herdsmen, who have assumed a lot of responsibility for the animals and for cheese production. Traditional Alpine descents are a feast for the eyes! The highlight is the procession of animals adorned with flowers and wearing their magnificent bells, accompanied by proud women in their dzaquillon and herdsmen in their bredzon.

There is also a sermon, market stalls, folk music and customs. It would be impossible to pack more traditions into one day: *Schwarzsee 21 September, Charmey 28 September, Albeuve and Semsales on 5 October 2019*. In Jaun, the Alpine descent of the sheep has been celebrated for over 400 years. There are over 400 animals which, upon arriving in the valley, are sorted (separated) and loaded... or sold. A large market ensures that no-one has to go home without souvenirs. *16 September 2019*

## WOODEN SPOONS



Carved wooden spoons are one of the traditions of La Gruyère. Herdsmen were making them at the end of the 17<sup>th</sup> century to ladle double cream or Soupe de Chalet in the Gruyère Chalet. As the craft evolved, elaborately carved spoons were passed down from generation to generation, like family silver. A high-quality souvenir! And even more so when it is associated with memories of delicious food in a Fribourg Alpine tavern!

## EIGHT-COURSE MENU



Once a year, the entire canton of Fribourg celebrates a Bénichon, the harvest thanksgiving festival that also celebrates the homecoming at the end of the summer Alpine pasture season. The Bénichon or Kilbi Festival in Fribourg Region will take place in Ecuwillens in 2019. This is when everyone comes home, when town and country, locals and visitors come together. Living traditions may be reinterpreted, but the eight-course Bénichon meal remains the same!

## BEST BURGER



Valérie Véron shows visitors, with a twinkle in her eye, how a tasty burger is made from the delicious specialities of the Fribourg Bénichon. [www.dzin.ch](http://www.dzin.ch)

## CHORAL SINGING



Abbé Joseph Bovet (1879 - 1951) left the canton of Fribourg an extensive musical heritage. He subsequently became the music director of St. Nicholas Cathedral and wrote around 2,000 religious and secular works. Whether they are sung in Fribourg patois, in French or German, his choral music and songs still bring people together today.

## ALPINE CHEESE OF FRIBOURG REGION

The production of cheese in Fribourg Region dates back to 1115. "Les caves d'affinage de la Tzintre" aging cellars in Charmey have existed since the 16<sup>th</sup> century. Today 10,000 cheese wheels age until their taste is perfect. The 18<sup>th</sup> century was the heyday of the Gruyère cheese industry. The Gruyère d'alpage and Vacherin fribourgeois d'alpage produced by the Fribourg Cooperative of Alpine Cheese Producers were awarded the national quality certificate AOC (Appellation d'origine contrôlée) in 2001 and 2005

respectively. In May 2013, the certificate was changed to AOP (Appellation d'origine protégée) throughout Europe. In 2017, 170 tonnes of Gruyère d'alpage AOP and 79 tonnes of Vacherin fribourgeois d'alpage AOP were produced in the canton of Fribourg. René Kolly, former cheese maker and now the President of the Cooperative of Alpine Cheese Producers, personally guides interested visitors through the Tzintre cheese cellar in Charmey. [www.dzin.ch](http://www.dzin.ch)

## SOLENNITÄT MURTEN



The festival that used to commemorate the victory against the Burgundian Duke Charles the Bold in the Battle of Murten in 1476 is now celebrated as a school festival. Uniformed cadets and girls dressed in white with flowers parade through the Old Town. The Solennität is an annual town festival with a church celebration, dancing, games and arbalest shooting. *Murten, Saturday 22 June 2019.*

## MURTEN MARATHON



A messenger brought the good news of the victory in the Battle of Murten (1476) and a Linden branch to Fribourg. The first national commemorative marathon took place in 1933, with 14 participants. The 17-kilometre Murten marathon is now the oldest fun run in Fribourg Region. Around 13,000 runners are expected for the 86th event: *Sunday 6 October 2019.*

## VULLY TART



Community-building tradition: After a night in front of the community oven, the associations in Vully sell the delicious, freshly-baked Vully tarts locally.

## PRAZ GRAPE HARVEST FESTIVAL



Even if Vully is regarded as the smallest of the Swiss wine-growing regions, winegrowers know how to celebrate their festival in style. The lovely wine-growing village of Praz, on the sunny slope of Lake Murten, is decorated with flowers and has many market stalls and open wine cellars. There are children's processions, guggen music and fanfares, while wine and life are celebrated. *Saturday/Sunday, 21/22 September 2019.*

## CARNIVAL OR MARDI GRAS – WILD AND FUN

The Bolz Carnival has been celebrated in Fribourg's lower town for 50 years. The tradition is upheld with colourful processions, costumes and guggen music and razzmatazz in the bars and restaurants in the Old Town. The Carnival culminates in the spectacular burning of the giant Rababou. *Saturday, 2 March to Tuesday, 5 March 2019.* The traditional Romont Carnival which takes place during the same weekend, is a unique experience. The crazy days and nights

are also celebrated in Murten. The "Mardi Gras Society" was established in 1950 to ensure that the Carnival adheres to the obligatory traditions. There are processions, guggen music, fancy dress balls and ditties. Since 1965, it has been customary to put on trial the "Füdlbürger" (petty bourgeois), who represents the winter, accusing him of everything that has gone wrong over the past twelve months and then burn him. *Friday, 1 March to Monday, 4 March 2019.*

## ST. NICHOLAS FRIBOURG



Students at the St. Michel College in Fribourg have been organising the St. Nicholas Festival since 1906. After a festive market, at 5.00 pm it's time for the procession of St. Nicholas on his donkey, accompanied by his helpers and torch bearers. In a critical speech interspersed with irony from the cathedral balcony, he looks back on the past year, before the festival ends with a solemn mass. *Saturday, 6 December 2019* [www.st-nicolas.ch](http://www.st-nicolas.ch)

## CATHOLIC FESTIVALS



Female mourners dressed in black (French pleureuses) and cross-bearers march through the town of Romont, singing and praying in remembrance of Christ's suffering and crucifixion. *Good Friday, 19 April 2019*. In Fribourg, on Corpus Christi, a procession takes place after mass. It goes to lavishly adorned station altars where the congregation prays and sings. *Sunday, 9 June 2019*

## CHARACTER



The influence of professional artist Hubert Audriaz on the cultural life of Fribourg is like no other, particularly in the lower town, where the Bolz language is still spoken occasionally. [www.fribourgtourisme.ch](http://www.fribourgtourisme.ch)

## THE FINEST GLASS ART



Romont Castle houses the Swiss Museum of Stained Glass and Glass Art. A wonderful setting for old treasures and modern exhibitions! With a glassware market, a wide variety of demonstrations and workshops, the Vitrofestival Romont pays tribute to this fascinating material and its finest facets. *27/28 April 2019* [www.vitrofestival.ch](http://www.vitrofestival.ch)

## FISH BROTHERHOOD

In Estavayer-le-Lac fishermen, journeymen, pastors and honourable brothers maintain their solidarity and brotherly love in the Honourable Fish Brotherhood Association, according to specific codes. This tradition originates from 1658. The Fish Brotherhood was revived in 1956 following the discovery of the flag. It depicts Saint Nicholas, patron saint of fishermen, and Laurentius, patron saint of the parish, side by side. The solemn ceremony to admit new brothers takes place on the Sunday on which the ships and fishing tackle are blessed on the place du port of Estavayer after mass. *Sunday, 11 August 2019*.

## CONTACT

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

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+41 (0)26 407 70 20  
[media@fribourgregion.ch](mailto:media@fribourgregion.ch)  
[www.fribourgregion.ch](http://www.fribourgregion.ch)  
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# CULINARY DELIGHTS

## BENICHON, THE NON PLUS ULTRA MENU

It is not easy to avoid the tempting culinary specialities in this area. They are intertwined with the rural traditions that still exist today. The citizens of Fribourg attach great importance to serving their regional products in a manner that enhances their aesthetic appeal. The undisputed crowning glory is the large Bénichon or Kilbi meal, which gives thanks for the harvest and celebrates the reunion with the family after the Alpine season. Apart from small variations, the traditional sequence of dishes has not changed since 1852:

Cuchaule AOP (saffron brioche), Bénichon mustard; butter bouillon, boiled beef; lamb ragout with raisins, mashed potatoes, poire à Botzi AOP; smoked farmer's ham, saucisson, cabbage, beans, leg of lamb, mashed potatoes, beetroot salad; cream in a wooden vessel and meringues, fruit, small cakes, puff pastry tarts, biscuits with sugar crystals, pretzels and anise biscuits. The wholesome Bénichon family meal can be tried in numerous restaurants from August onwards. [www.fribourgregion.ch](http://www.fribourgregion.ch)

## SPECIALITIES TO DIE FOR



**Fondue "moitié-moitié".** The winning recipe for four persons is as follows: Rub the fondue pot with a clove of garlic. Mix 400 g of grated Gruyère AOP and Vacherin fribourgeois AOP (insiders swear by a mixture of mature cheese and mild cheese), 1 teaspoon cornflour and 3 dl white wine. Slowly bring to the boil whilst stirring continuously. Continue stirring gently until the cheese is silky smooth. Season to taste with a touch of pepper and serve immediately with bread. Bon appétit!



**Chocolate.** There are two iconic addresses for gourmets. The chocolate factory Maison Cailler in Broc, the most frequented tourist attraction in Western Switzerland. And in Fribourg, it is tempting to stop at Chocolat Villars for a sweet treat.



## THE KING OF FONDUE



Raoul Colliard is internationally renowned as an authority on fondue. The place of pilgrimage for cheese lovers is his easily accessible alpine tavern La Saletta, above Les Paccots, at 1,499 m above sea level. He has amassed innumerable tales since spending the busy Alpine summers up here as a child. Raoul likes to present them to his guests together with the regional specialities. Fortunately only delight stays, they have zero calories!

## BÉNICHON MENU



Once a year the entire canton of Fribourg celebrates Bénichon, the harvest thanksgiving festival that also celebrates the homecoming after the Alpine season. In 2019, the Bénichon or Kilbi Festival in the Fribourg Region will take place in Ecuwillens. This is when everyone comes home, when town and country, locals and visitors come together. Living traditions reinterpreted, the eight-course Bénichon menu remains unchanged!

## FONDUE TRAIN



Travel through La Gruyère in the historic fondue train, with a delicious cheese fondue „moitié-moitié” in front of you and then the legendary meringues with double cream. Amazing! [www.tpf.ch](http://www.tpf.ch)

## A DAY ON THE ALPINE PASTURES



Gruyère AOP and Vacherin Fribourgeois AOP never taste better than in their place of origin. A day on the Alpine pastures – and the taste of cheese will conjure up the most pleasant lifelong memories. In an Alpine hut above Charmey, visitors can participate in the working day of an Alpine farming family, from milking the cows and making cheese in the traditional manner, to tasting.

## FRESH FISH

Instead of the hash browns divide between French-speaking and German-speaking Switzerland, there is a fish divide. The inhabitants of Western Switzerland love fish, and in this sense Fribourg is perfectly aligned with French-speaking Switzerland. Lake Murten and Lake Neuchâtel are home to 20 species of fish, including the wels and delicious edible fish such as European perch, zander, whitefish and brown trout. Some professional fishermen take guests on the boat with them, for example Claude and

Cyrille Delley on Lake Neuchâtel and Pierre Schaer on Lake Murten. Lake fish are very popular. For example, the restaurants Du Port or Le Rive Sud in Estavayer-le-Lac, the Bel-Air in Praz, the Du Port in Môtier, as well as the Eintracht restaurant in Murten and gourmet restaurants in Fribourg, offer excellent fish dishes. Children in particular believe that the fish they catch themselves taste best. Petri Heil provides the fish from her trout farm in the Gotteron Gorge, and the Buvette right next door takes charge of preparing it. Bon appétit!

## WINE GROWER



Oenologist Marylène Bovard-Chervet is a 5<sup>th</sup> generation manager of the wines from the family-run estate Château de Praz in Vully. Expertly tended by her husband Louis Bovard, the well-protected grapes thrive on the sunny slope between Lake Murten and Mont Vully, with its fantastic views. Their joint aim is to produce top-quality, single varietal wines with a typical vintage character. Tastings on Fridays and Saturdays by appointment.

## EVENTS



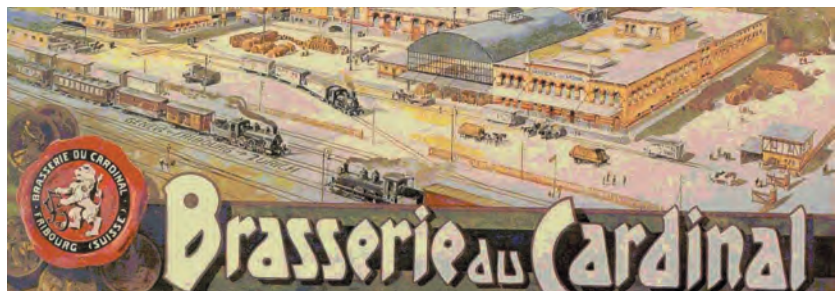
Visitors will realise on *21/22 September 2019* that Vully, the smallest wine-growing region in Switzerland, knows how to celebrate its Grape Harvest Festival in style. The festival takes place in the old centre of the village of Praz, which is served by shuttle buses, scheduled boats from Murten and the loveliest hiking and cycle paths. Fans of craft beers can visit the Handcraft Beer Festival: its foamy head will settle in the capital Fribourg on *30/31 August 2019*.

## BREWER



There are small breweries in the Fribourg Region that specialise in craft brewing. They open their doors for tastings, guided tours and brewing courses.

## BEER TOUR THROUGH FRIBOURG



Janique Pastore expresses her passion for the historic and cultural heritage of Fribourg in her themed tours of the town. She leads the “History of Beer” tour into hidden corners of the 18<sup>th</sup> century, from the legendary era of the Cardinal Brewery to contemporary microbreweries. The journey of discovery naturally also includes tasting a few beers. [www.dzin.ch](http://www.dzin.ch)

## ENJOY VULLY WINES LOCALLY

With 152 hectares of vineyards, Vully on Lake Murten is the smallest of the large Swiss wine-growing regions. Chasselas (41%) and Pinot noir (28%), in addition to Gamaret, Merlot, Pinot gris and Chardonnay as well as Freiburger (Freisamer) and Traminer (Gewürztraminer) are grown. The wineries have enacted the “Vully Charter” to enhance the status of these two specialities. The wines are best

enjoyed in Vully: at least one wine cellar is open every Sunday *from April to October*, and all of them over the Whitsun weekend. Gourmets can set off on a “Balade gourmande” on *21 July* and on the “Route gourmande du Vully” on *29 June*. Visitors can enjoy walking on the vineyard path between Sugiez and Môtier all year round.

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

## CHOCOLATE MAKER



She has the choccy job that other people can only dream about. Géraldine Maras is a prize-winning chocolate maker in the Maison Cailler, the Swiss Chocolate Factory in Broc. And this temple of sweet treats offers a workshop in which visitors produce wonderful treats themselves. Géraldine gives her tips for joyous creations made from chocolate and secret ingredients to chocolate lovers from all over the world to take home with them.

## BAKING WORKSHOP



The legendary Bénichon meal starts with cuchaule AOP and Bénichon mustard. Gérald Saudan, from the eponymous bakery, informs participants in a workshop lasting about one hour about the styles and recipes for the sweet and tangy Bénichon mustard and the aromatic buttery saffron brioche. A wonderful happy hour with friends and an opportunity to become better acquainted with the traditional Fribourg cuisine. [www.dzin.ch](http://www.dzin.ch)

## THE DESSERT



Meringues with Gruyère double cream: One is light, sugary and fragile, the other is soft and creamy and melts in your mouth.

## MUSTARD COMPETITION



Bénichon mustard may be best described as a sweet and tangy spicy preserve. The recipe requires concentrated pear juice (vin cuit), mustard flour, sugar and spices such as anise, cinnamon and cloves, as well as a pinch... But psst, that is a secret. A major competition takes place in Estavayer-le-Lac at the end of August, to award the title of "best Bénichon mustard in the canton of Fribourg".

## LEGENDARY CAKES FROM LAKE MURTEN

Mixing up Nidelkuchen and Vully Tart is a sure recipe for disaster. Nidel means cream. The Abersold bakery has been producing the Murtner Nidelkuchen for three generations. They know exactly how to place five different layers of cream on the yeast dough to ensure that this unique creamy treat that tastes of caramel is a success. The Vully Tart has a

larger lobby, namely the wine growers in Vully. They consider the tarts to be an ideal accompaniment to wine. They serve the freshly baked tarts with an aperitif, as a savoury snack, with bacon or almonds or in the original version... and with caramelised sugar in the handmade "love wells". Visitors can buy Vully Tart at the Guillaume bakery in Sugiez and other places.

## GOURMET RESTAURANTS



Gourmets read the Gault Millaut restaurant guide like a Bible. In the canton of Fribourg visitors can brandish a wooden spoon in the restaurant Des Trois Tours in Fribourg-Bourguillon managed by Alain Bächler with 18 G&M points, while La Pinte des Mossettes in Cerniat, Au Sauvage and the Hôtel de Ville in Fribourg each have 16 G&M points, as does the Käserei in Murten now. In Fribourg, trendsetters also frequent the Café de la Fonderie and Le Cintra.

## BÉNICHON RESTAURANTS



Visitors are likely to be able to order the Bénéichon meal in the restaurant between August and November. The meal, which was originally served in a family setting, is available in the Café du Gothard in Fribourg or in the Hôtel de Ville in Bulle, for example. Farming families occasionally convert their farms into temporary taverns. A good address is the Ferme des Planchettes run by Marie-Jeanne Brönnimann in Onnens near Fribourg. A reservation is essential!

## INSIDER TIP



La Pinte des Mossettes in Cerniat: even if the monks in the nearby Carthusian monastery remain silent, the herbal magic of chef Romain Paillereau will soon be on everyone's lips.

## HERB FESTIVAL



La Gruyère is a veritable treasure trove of herbs. This is why a festival is dedicated to the medicinal, subtly scented and palatable plants. A market brings together artisans and many local suppliers of herbal products. There are talks, botanical walks and workshops. Vuadens near Bulle, 1/2 June 2019.

## FONDUE ANYTIME AND ANYWHERE

Fondue is a sizzling love affair and can be enjoyed anytime and anywhere. Also in the beach bar "La Dérive", by the cable ski in Estavayer-le-Lac. In Murten, the ultimate address is called "Freiburger Falle". The sunset fondue on the summit of the Moléson or in the Alpine tavern "Le Vuipay" in Les Paccots is the ultimate culinary pleasure. In Cerniat, the Gros Chaumiaux Alpine cheese-dairy attracts visitors, and in Schwarzsee Raemy's goat farm offers a fondue made from goat's cheese. Fondue is served during a horse-drawn carriage ride or a round trip on Lake Murten. In Fribourg, the Café de l'Ange serves a fondue pot divided into three sections. The Café du Gothard, steeped in tradition, is also a sure bet.

## CONTACT

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

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 +41 (0)26 407 70 20  
[media@fribourgregion.ch](mailto:media@fribourgregion.ch)  
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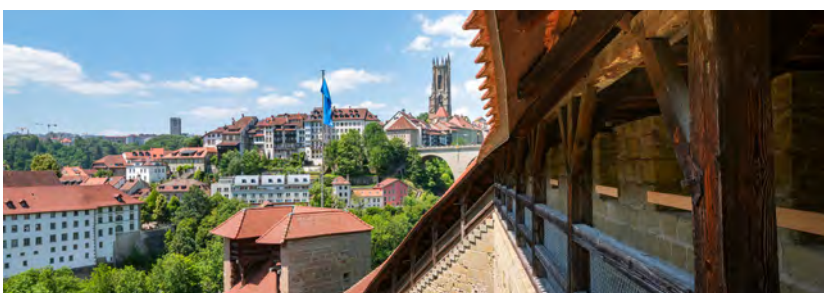
# CULTURE AND HISTORY

## RICH HERITAGE, ATTRACTIVELY STAGED

Fribourg Region has a rich cultural heritage and the inhabitants take care of it with love and pride. The narrow lanes of the medieval towns of Fribourg, Gruyères, Romont, Murten and Estavayer-le-Lac are picturesque, but full of life. Fortifications, churches and monasteries – many of them on the Way of St. James – castles and manor houses attract visitors with fascinating cultural activities. The capital, Fribourg, enchants visitors with its magnificent Gothic architecture, first and foremost St. Nicholas Cathedral,

as well as entire streets – over 200 in total – of 15<sup>th</sup> century Gothic façades. Then there are the 14 bridges and 12 historic fountains, which alone are worth the visit. La Gruyère is also a cultural region: its everyday farming and festival culture are traditions that are still practised today in some cases. They are presented in the Musée Gruérien in Bulle. All of this and a profound openness give rise to contemporary and unusual customs, as well as a great deal of culture. [www.fribourgregion.ch](http://www.fribourgregion.ch)

## FRIBOURG, AN EASILY ACCESSIBLE MEDIEVAL TOWN



**Town fortifications:** The medieval fortifications are accessible during the day from spring until autumn. Five gates, six towers, seven sections of walls, a large rampart: the most significant heritage of medieval military architecture in Switzerland is open to visitors. Exploring the impressive fortifications with a guide and historian is a good way to learn about the history of the town, built in the meander of the River Sarine, and discover the best vantage points. Book at [www.fribourgtourisme.ch](http://www.fribourgtourisme.ch)



**St. Nicholas Cathedral:** The town's landmark, whose construction began in 1283, depicts a bas relief of the Last Judgement on the main door, has magnificent glass windows, wonderful old organs and the 74-metre high observation tower.

## FUNICULAR



The Fribourg “funi” is part of the public transport system and is listed in the inventory of national cultural assets. It started running between the town centre and the lower town in 1899 and is the only remaining water ballast-powered funicular railway in Switzerland. The ballast drive is economical and never runs out, even if it is not completely odourless: municipal waste water!

## VISIT TO THE CASTLE



Ideal models for painters of fairytale castles: surrounded by the impressive Fribourg Pre-Alps, Gruyères Castle, the former seat of the Count of Gruyère, overlooks the mediaeval town from the top of the hill. A tour takes visitors through eight centuries of history and culture. The beautiful Chenaux Castle in Estavayer-le-Lac, which has overlooked Lake Neuchâtel since the 15th century, is also well worth seeing.

## GLASS ART



Romont Castle houses the Swiss Museum of Stained Glass and Glass Art. A centuries-old fascination!  
[www.vitromusee.ch](http://www.vitromusee.ch)

## BRIDGES AND FOUNTAINS



With over 200 Gothic façades, the Old Town of Fribourg is one of the largest townscapes of mediaeval Europe. Twelve historic fountains with allegorical and biblical figures supported by columns, such as the Jo Siffert Fountain by Jean Tinguely, are worth a visit. And last but not least, the appearance of the town is characterised by 14 unique bridges.

## AWARD-WINNING SACRED LANDSCAPE

The Sarine basin, with its numerous monasteries, churches and chapels, was awarded the title ‘Landscape of the Year 2018’ by the Swiss Foundation for Landscape Protection. Many of the sacred buildings in the region, which has been ‘strongly influenced by religion’, are open to visitors. The Hauterive Abbey, a Cistercian monastery built around 1138, enjoys a picturesque location in a loop of the Sarine River outside Fribourg. Here you can attend the solemn in Praise of God sung service or spend a few days in quiet

contemplation. Peace and quiet can also be found with the hospitable Cistercian nuns in the Fille-Dieu Abbey in Romont or the guesthouse of the Magere Au Abbey in Fribourg’s Old Town. Competent guides are on hand to share their extensive knowledge of the numerous abbeys, public churches and chapels, which have an eventful history and the most exquisite ecclesiastical art. An overview of the sacred heritage can be found at [www.esprit-des-lieux.ch](http://www.esprit-des-lieux.ch)

## ART AND LOVE



The “Espace Jean Tinguely – Niki de Saint Phalle” is dedicated to Fribourg’s most famous partners in art and married couple. It is a fascinating exhibition in the former tram depot in the town of Fribourg. Tinguely’s meta-mechanical devices appear to be timeless and ready to go and the “Nanas”, voluptuous female figures by Niki de Saint Phalle are also clearly non-conformist. Creativity, elaborately implemented!  
[www.mahf.ch](http://www.mahf.ch)

## MUSÉE GRUÉRIEN



The everyday life of herdsmen in La Gruyère in a bygone age is now part of the cultural heritage, while their traditional festive customs are kept alive. A wonderful interactive exhibition transports visitors to the crafts in the Middle Ages, relates the triumph of Gruyère cheese in Paris, allows them to enter an Alpine hut and take part in a Bénichon-Kilbi festival. The museum in Bulle is well worth a visit.  
[www.musee-gruerien.ch](http://www.musee-gruerien.ch)

## FROG MUSEUM



Estavayer-le-Lac has the most quirky museum in the region: 108 stuffed frogs in satirical scenes from everyday life in the 19<sup>th</sup> century. It’s always popular with children!  
[www.museedesgrenouilles.ch](http://www.museedesgrenouilles.ch)

## HR GIGER MUSEUM AND BAR



The Château St-Germain in the mediaeval town of Gruyères houses a futuristic treasure, the Museum of the Swiss artist HR Giger. In 1980, he won an Oscar for the best visual effects in the film “Alien”. His sculptures, pictures and stage designs still fascinate visitors today. The HR Giger Bar opposite also gives visitors an impression of his work, as well as goose pimples. [www.hrgigermuseum.com](http://www.hrgigermuseum.com)

## MUSEUM OF ART AND HISTORY

The Museum (MAHF) is housed in the elegant Renaissance Palais Ratzehof, a 19<sup>th</sup> century arsenal and slaughterhouse. Equipped with an audio guide, visitors learn about the history of the town and its art from the Middle Ages to the present day. The collection of sculptures is deemed to be one of the most important in Switzerland. Stained glass painting and goldsmithing are additional focal points, the presentation of the history of the guilds and trades is interesting, as is the art of warfare. The mediaeval

and baroque stone sculptures in the basement of the former slaughterhouse are simply wonderful. Against the backdrop of archaic tufa blocks and the 13<sup>th</sup> century town wall, the original monumental sculptural group of the twelve apostles from Fribourg Cathedral quite rightly captures the attention of visitors. The series of 16<sup>th</sup> century town fountains – invariably with a religious sign – is also magnificent.

## LAKE VILLAGE



Our ancestors settled in Gletterens, on the southern shore of Lake Neuchatel, 5,000 years ago. The reconstructed lake village is a typical Neolithic settlement. Guides provide information about the everyday life of the lake dwellers in and around the mud houses thatched with rushes. There are workshops, for example making a fire, producing weapons, tools and jewellery, events and overnight stays. [www.village-lacustre.ch](http://www.village-lacustre.ch).

## BATTLE OF MURTEN



On 22 June 1476, the Swiss Confederates annihilated the Burgundian army, led by the Burgundian Duke Charles the Bold, with a surprise attack. Murten commemorates this victorious battle every year, for example during the "Solennität", the Historic Murten Shoot and the Murten race. The Murten Museum depicts the battle in a multimedia show, while information boards on the accessible town walls provide comments about the original sites.

## PIONEER



Father Girard was a visionary 19<sup>th</sup> century teacher who advocated education for everyone. The cultural town of Fribourg has dedicated a themed trail to him. [www.unifr.ch](http://www.unifr.ch)

## AVENTICUM / OPPIDUM VULLY



While in the Lake Murten region, history buffs can visit Avenches (VD) and Aventicum, the capital of Roman Helvetia. The forum's thermal baths, the theatre, the amphitheatre (115 x 87 m) and the Roman Museum, in particular, are worth a visit. The faithful reconstruction of the Celtic oppidum on Mont Vully, formerly part of a 600 m long fortification, is also impressive.

## SUCCESS STORY OF LE GRUYÈRE AOP

The production of cheese in La Gruyère dates back to 1115. Mediaeval records provide evidence of sales to France and Italy. At the end of the 16<sup>th</sup> century, cheese was regularly exported to Lyon. The major upswing occurred after 1620 and the 17<sup>th</sup> and 18<sup>th</sup> centuries were accordingly characterised by the increasing prosperity of the citizens and patricians of Fribourg. In 1762, the word "Gruyère", referring to the origin of the cheese, was added to the official dictionary of the French language, the "Dictionnaire de l'Académie

Française". In 2001, Gruyère was awarded the controlled designation of origin (AOC) for the entire world and in 2011, the protected designation of origin (AOP) for the whole of Europe. In 2017, Le Gruyère AOP became the leader in Swiss cheese exports; until then, Emmentaler had been the most popular Swiss cheese sold abroad. Visitors can learn more about this success story in the Musée Gruérien in Bulle, while the demonstration cheese-dairy, La Maison du Gruyère, is also interesting. [www.gruyere.com](http://www.gruyere.com)



## A LOT OF PLAYS



For theatregoers, it is worth looking at the programme for the entire canton. The Equilibre Theatre in Fribourg is impressive, not only for its distinctive architecture. Espace Nuithonie in Villars-sur-Glâne also stages a wide range of events, including comedy (with some bilingual shows), rock, opera, dance and lots of plays. The plays produced by the Ebullition Cultural Centre in Bulle and the Kellertheater Murten also include some gems.

## FILM FESTIVAL



The Fribourg International Film Festival is a highlight in the cultural calendar. The feature-length films and short films shown in the international competitions encourage dialogue between cultures. Cinematic boundaries are moreover explored far away from commercial exploitation and a wide range of events are organised. The festival is an important date for the film industry and cinema lovers. *15 – 23 March 2019.* [www.fiff.ch](http://www.fiff.ch)

## ABBÉ BOVET



The composer and priest Joseph Bovet (1879-1951) had a decisive influence on the choral music of Fribourg with his many compositions, first and foremost the song “Le vieux chalet”, translated into 16 languages.

## GUSTAV ACADEMY 2019



With his Academy, Pascal Vonlanthen, alias Gustav, will once again in 2019 sponsor 20 talented musicians under the age of 26 from Fribourg, Bern, Neuchatel, Vaud and Valais. They will receive free professional coaching, courses, and opportunities to record and perform in venues from London to Fribourg, where the final show will take place in the Fri-Son music club in October 2019. [www.gustavacademy.ch](http://www.gustavacademy.ch)

## A REGION OF SINGING

Choral music is a very lively tradition in Fribourg. Around 7,200 singers are organised into 234 religious and secular groups. The choral associations also developed outside the religious milieu, occasionally also as a backlash against it. Abbé Joseph Bovet (1879-1951) succeeded in uniting all the voices. His melodies and texts are engraved on the hearts and memories of the citizens of Fribourg. A monument is dedicated to him in the Schützenmatte park in Fribourg. The Cantorama or “House of Fribourg Choral Music” in Jaun looks after this rich historic and cultural heritage, with concerts and collections. [www.cantorama.ch](http://www.cantorama.ch)

## CONTACT

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

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 +41 (0)26 407 70 20  
[media@fribourgregion.ch](mailto:media@fribourgregion.ch)  
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# NATURE LOVERS

## THE NATURE MOTTO "AS WELL"

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. The Fribourg 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](http://www.fribourgregion.ch)

## THROUGH THE TREASURE TROVE OF NATURE



Aline Hayoz-Andrey, a hiking leader with a PhD in environmental sciences, is keen to share her knowledge. From Lake Montsalvens (800 m) above the Vallon des Morteys to the peak of the Vounetse (1,600 m), she leads hikers across wetlands, over lush meadows and through deciduous and coniferous forests. Many factors characterise the biodiversity of a landscape; Aline knows how to demonstrate and explain the complex relationships in the different local ecosystems in an enthralling manner. What fragile harmony, what fascinating interaction!



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

## TRANSPORT



The clatter of hooves is still heard here when cheese is being transported: Jean-Claude Pesse and his mules are keeping an ancient tradition alive in Vallon des Morteys behind Charmey. Humans and animals ascend 500 metres up to the Chalet des Morteys at 1,888 m above sea level. That is where Jean-Claude loads the wooden crates with the Alpine cheese wheels onto the backs of the experienced pack animals and expertly leads them back down to the valley.

## ENJOY SWIMMING



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

## ALPINE YOGA



Sandrine Dias takes visitors on hiking trails to the hills of La Gruyère, then to sensory perception and closer to themselves in a yoga lesson. [www.dzin.ch](http://www.dzin.ch)

## BIRD PARADISE



Visitors who are keen to observe wildlife in its natural surroundings will be in their element on Lake Neuchatel. 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 Bird Life Nature Centre in La Sauge, near Cudrefin, offers themed tours. [www.birdlife.ch/lasauge](http://www.birdlife.ch/lasauge)

## GOURMET CYCLE TOUR AROUND LAKE MURTEN

In the Lake Murten region nature, culture and cuisine vie for the attention of connoisseurs. The newly 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](http://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](http://www.esprit-des-lieux.ch)

## HIKING LEADER



Hiking leader Cyrille Cantin has turned his vocation into his profession and imparts his knowledge to visitors. He offers visitors unique experiences in the Fribourg countryside with Attitude Oxygène. 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](http://www.aoxy.ch)

## WITCH'S PATH



The Tourist Office provides children with the perfect kit for the fantastic witch's path around Schwarzsee. There are surprises nevertheless!

## CANOEING



Paddlers consider the Sense to be a particularly delightful river. When the water level is right, it is possible to paddle through the Sensegraben, a romantic wooded canyon situated ten kilometres east of Fribourg. The Sarine River from Fribourg is easier, so beginners will also have a memorable experience on the water here. Participants paddle to the Schiffenen Lake. [www.siestaoppi.ch](http://www.siestaoppi.ch)

## LES PACCOTS RARE NATURAL LANDSCAPES

The mountain lake Lac des Joncs, which appears to be unremarkable at first glance, is situated above Les Paccots, at 1,235 m above sea level. It dates back to the Ice Age, so it is around 5,000 years old and very deep. The lake, which is around 100 metres long, is an amphibian spawning area of national importance. It is home to rare species of animals and plants, such as the spatterdock, the sundew and the marsh cinquefoil. With regard to animal species, the presence of the endangered common toad and the

red-eyed damselfly should be mentioned. From Les Paccots it is also possible to explore the Niremont massif with its fantastic views (max. 1,500 m above sea level) and its peat bogs, which are thousands of years old. This protected high moor landscape is home to very specific flora, such as the brown moor clover and the small lousewort. These fragile natural landscapes can be discovered on wood chip footpaths with information boards and educational aspects. [www.les-paccots.ch](http://www.les-paccots.ch)

## 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 the 1<sup>st</sup> World War, 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](http://www.levully.ch)

## YOGA ON THE LAKE



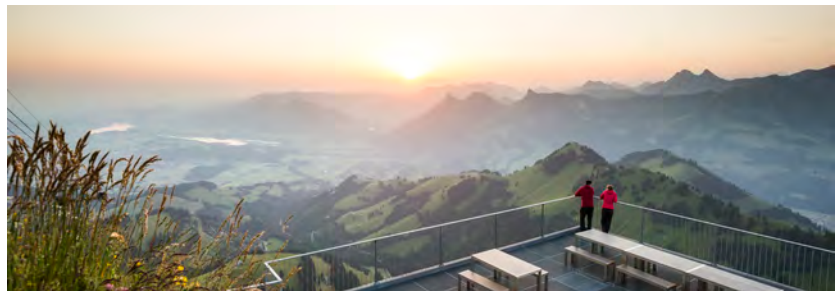
Not only the sun salutation on the stand-up paddle board converted into a swimming yoga mat will be unforgettable. Yoga teacher Iris Krattinger invites visitors to take part in yoga on Lake Murten. It is astonishing how the gentle bobbing intensifies the sitting, kneeling and standing exercises. Small muscles, breathing and mindfulness come into play and participants feel completely at one with nature on "their island". [www.dzin.ch](http://www.dzin.ch)

## BOTANY



The Botanical Gardens of Fribourg University present around 1,100 plant species in 20 departments. Magnificent flora in the centre of town! [www.fribourgtourisme.ch](http://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 (18 May 2019 to the end of October, Fridays and Saturdays). [www.moleson.ch](http://www.moleson.ch)

## ACTIVELY EXPLORE NATURE PARKS

The Gruyère Pays d'Enhaut Regional Nature Park covers 503 km<sup>2</sup> 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 km<sup>2</sup>, the Gantrisch 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 the charm of everyday life here. [www.pnr-gp.ch](http://www.pnr-gp.ch) [www.gantrisch.ch](http://www.gantrisch.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](http://www.bivouacdanslesarbres.ch)

## NATURAL COSMETICS



Chantal Demierre uses only the finest natural ingredients in her pots and on the skin. The passionate natural cosmetics specialist works with 100% indigenous beeswax and 100% pure plant-based essential oils. Her workshops on lipstick and fine balm for facial and body care are a feast for the senses and soul. It is nice to take part with friends, teams or family. [www.dzin.ch](http://www.dzin.ch)

## NOVI LÉ



Novi Lé 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.

## 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](http://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 Neuchatel. The Neuchatel 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, and bicycles are transported free of charge on Lake Murten and Lake Neuchâtel. [www.navig.ch](http://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](http://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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[media@fribourgregion.ch](mailto:media@fribourgregion.ch)  
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# ACTIVE OUTDOORS

## NATURE TRAILS

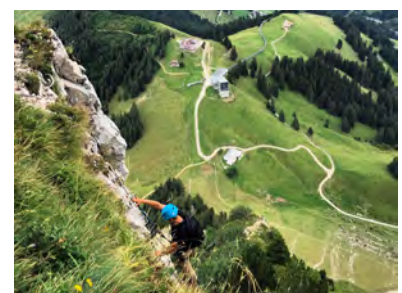
The topography enables nature to be kind to active visitors and local people in Fribourg Region. Water lovers are attracted to the idyllic Lake Murten and Lake Neuchâtel region, with its many beaches and accessible shorelines. Culture-loving hikers will find surprising ways to discover the capital Fribourg 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](http://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](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. 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](http://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](http://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

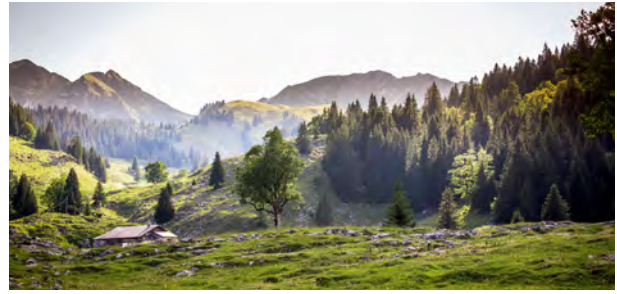
and mountains such as the Teysachaux and Dent de Lys from a bird's-eye view. Wow! Olivier Nicolet and his Yoofly team – literally – go a little bit closer to nature. The ascent to a Pre-Alpine summit, such as Les Merlas (1,907 m above sea level), where a bivouac is erected, takes up to three hours. At 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](http://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](http://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](http://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](http://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](http://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](http://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](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 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](http://www.aventure-gruyere.ch)

## STAND-UP PADDLE



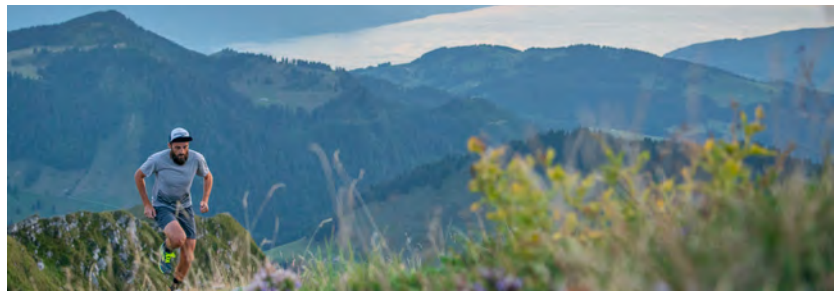
The Sarine is a tranquil river and the old Bern Bridge in Fribourg's lower town is the ideal starting point for a journey of discovery on an SUP. Under the expert guidance of Arlette Javet, participants set off and glide under the majestic new Poya Bridge out of the town. On Schiffenen Lake, participants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

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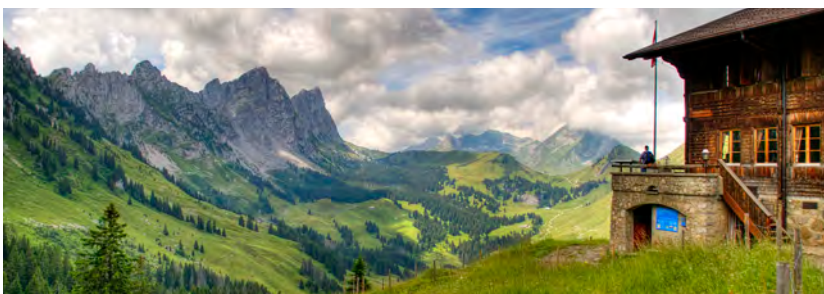
# AUTUMN

## OUT AND ABOUT AGAIN

Autumn in Fribourg Region has it all! Nature puts on a show once again and enchants us with crystal-clear light and a magnificent array of colours. Take the view from Mont Vully, across vineyards shining yellow in the sun, and the deep blue Lake Murten to the snow-capped Bernese Alps, for example. The dry reeds of the Grande Cariçaie look like a golden blanket that is about to cover Lake Neuchâtel. In fact, the water everywhere begins shining brightly, the Schiffenen Lake near Fribourg displays thousand

colours and the Fribourg Pre-Alps are reflected in the Schwarzsee and Lake Gruyère. On the subject of the Alps: The cows return to the valley – lucky visitors experience an Alpine descent – and people celebrate the traditional Bénichon or Kilbi, a homage to the delicious specialities of Fribourg Region as well. The hiking and mountain bike trails between Schwarzsee, Jaun, Charmey, Gruyères, and Moléson to Les Paccots remain open, as do many mountain restaurants along the way. [www.fribourgregion.ch](http://www.fribourgregion.ch)

## MOUNTAIN HOSPITALITY



**Open:** Visitors can enjoy the autumn in all its colourful glory in the mountains. Many mountain restaurants are open until the middle or end of October (many at the weekend). Around the Gastlosen, for example, everything is open from the Bärghus am Musersbergli and the Chalet du Soldat to the Chalet Grat. Visitors cannot get enough of the panorama from the Buvette Hauta-Chia, situated halfway between Schwarzsee and La Berra. No one needs to go hungry, even on La Berra: The Buvette La Berra and Le Gîte d'Allières are open.



**A speciality:** the Bénichon menu starts with saffron-cuchaule AOP and Bénichon mustard. Visitors can stir the secret ingredients for a sweet, tangy mustard together with Gérald Saudan from the award-winning Saudan bakery in Fribourg. [www.dzin.ch](http://www.dzin.ch)

## WINES FROM VULLY



Vully is the sun-soaked shoreline for gourmets on Lake Murten. It is nice to know the origin of the Chasselas, the Traminer, the Pinot Noirs and the Freiburger! The vineyard path between Môtier and Sugiez increases the anticipation of the visit to the wine cellars or rather the sense of well-being afterwards. On 22/23 September 2019, the entire population of Vully celebrates the winegrowing festival in Praz. [www.vully.ch](http://www.vully.ch)

## BRECCASCHLUND



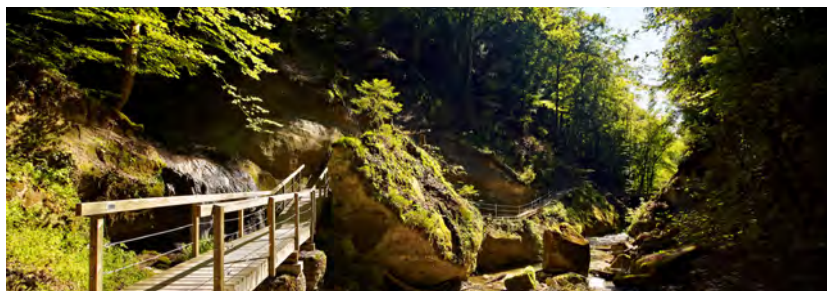
A primeval landscape carved out by glaciers with impressive limestone rock walls, gently rolling Alpine meadows and mighty sycamores in their autumn colours awaits the panorama hiker. The inns of St. Antoni, Alp Cerniets and Alp Steinige Rippa also attract visitors with irresistible cheese dishes. A four-hour hike culminates in a stop for dessert at the Alp Hubel Rippa, where the view of the Schwarzsee is the icing on the cake. [www.schwarzsee.ch](http://www.schwarzsee.ch)

## DEERSTALKING



The rutting season begins at the end of September, when the harsh roaring of the stags reverberates through the forest. Guide Cyrille Cantin knows where to observe them. [www.la-gruyere.ch](http://www.la-gruyere.ch)

## GOTTERON VALLEY



Ice-hockey fans may be interested to know that the legendary town club Fribourg Gottéron originated here. Hikers leave the Old Town of Fribourg via the Bern Bridge and enter the wildly romantic ravine with moss-covered tufa rugged rock faces, bubbling springs and enchanting autumn flora. A magical hike, particularly when it is misty.

## AUTUMN AND GAME IS SERVED

How wonderful that the best Swiss game dishes are to be found in Fribourg Region, for example, a superbly roasted venison steak accompanied by home-made egg noodles, grandmother's buttery cauliflower and delicious chestnuts. Büschelbirne AOP, the Fribourg Region's speciality and of course, a fine red wine from Vully are suitable accompaniments. There are also French influences on the game dishes, such as sanglier (wild boar), lièvre (hare), canard (duck) and faisan (pheasant).

In the capital, the restaurants Au Sauvage and La Pinte des Trois Canards are renowned for their excellent game, on Lake Murten there are the Bel-Air restaurant in Praz and the Jura restaurant in Kerzers, and in Cerniat, the Pinte des Mossettes as well as Le Gruyérien restaurant in Morlon. Other restaurants are insider tips, so it is best to speak to local people and ask them about the "spécialités de la chasse" (game)! Bon appétit!

## TOUR OF THE MOLÉSON



The mountain, with its spectacular views, involves a climb of 968 metres from Moléson village. At 2,002 m refreshments can be taken in the Panorama Restaurant while enjoying the breathtaking panoramic views. Experienced mountaineers make a steep descent via Tsuatsau and Gros-Moléson, while others use the Gratweg trail or cableways.

## DEER



Visitors who wish to see a herd of red deer close up should visit “des Planches” deer farm in Semsales in the district of Veveysse. The rutting season is from mid-September to the beginning of November. The magnificent stags fight each other and roar to attract the attention of the approximately 60 hinds.  
[www.suissecerfs.ch](http://www.suissecerfs.ch)

## FRIBOURG ALPINE CHEESE

The Fribourg master cheesemakers are in no hurry to hand over their renowned Alpine cheese which is popular worldwide. Good things take time, and when it comes to cheese, only the best is good enough. The Gruyère d’Alpage AOP and Vacherin Fribourgeois d’Alpage AOP which the Alpine dairy farmers traditionally produce by hand under ideal conditions, are accordingly left to ripen until they taste perfect. Cheese lovers think they have gone to heaven when they take an expert tour of the hallowed halls of the ripening cellars ‘Les caves d’affinage de la Tzintre’ in Charmey. This is the place where the legendary Fribourg cheese starts its triumphant progress around the world! [www.charmey.ch](http://www.charmey.ch)

## ALPINE DESCENT



The Alpine descents are the highlights in the farming year and a fantastic spectacle. The animals, adorned with flowers and magnificent bells, are accompanied by the herdsmen and women in their traditional costumes. Festivities with many traditional customs take place all around. *Schwarzsee 21 September 2019; Charmey 28 September 2019; Semsales and Albeuve: 05 October 2019.*

## COLOURFUL MOORLANDS



The Niremont massif (1,514 m above sea level) is surrounded by species-rich moorland habitats. A wonderful, six-kilometre circular route from Rathvel near Les Paccots is particularly delightful in autumn. And then there’s the popular Cabane du Petit Oiseau, with a mini zoo and a small train. Outdoor enthusiasts can also visit the nearby mountain lake des Joncs.

## CONTACT

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[media@fribourgregion.ch](mailto:media@fribourgregion.ch)  
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# 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](http://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](http://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](http://www.eispalaeste.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 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](http://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](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.

16 - 27. January 2019 [www.murtenlichtfestival.ch](http://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](http://www.moleson.ch) - [www.magicpass.ch](http://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](http://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](http://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](http://www.les-paccots.ch)

## CROSS-COUNTRY SKI



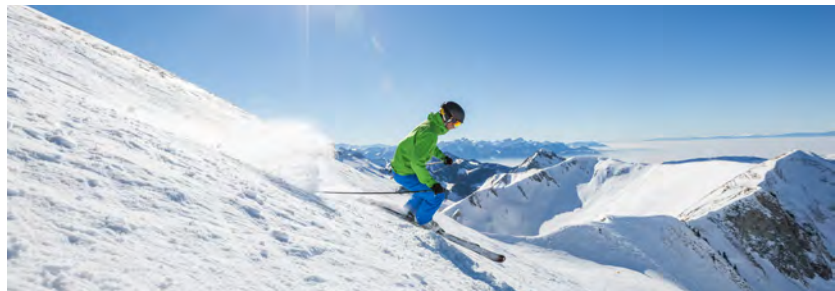
Skis are ideal for exploring and enjoying La Gruyère. Snow is virtually guaranteed on the Jaun-Charmey 2 x 10 kilometre ski run, which is also suitable for beginners. Experienced cross-country skiers can head for the more demanding high run on the Jaun Pass. Various circular runs, a fun park and magnificent 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.

## 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](http://www.fribourgregion.ch)

## CONTACT

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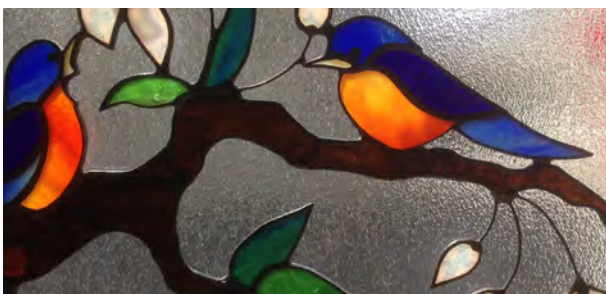
## PEOPLE SHARING THEIR PASSION AND KNOWLEDGE

Encounters are at the heart of every journey. The platform [dzin.ch](http://dzin.ch) presents interesting people in the Fribourg Region (people who in Fribourg patois). This is where local suppliers and visitors with common interests come together. The platform brings local people who are passionate about their profession or hobby, together with visitors who are looking for authenticity and an exchange of ideas. In 2017, [dzin.ch](http://dzin.ch) was awarded the coveted Swiss tourism prize "Milestone" for achieving this aim. Hosts are individuals

or small entrepreneurs, craftspeople such as potters or stained glass artists, as well as professional people such as the shingle maker, brewer, fisherman, cheese maker, chocolate maker, pharmacist or photographer to specialists who provide an insight into their passion and take visitors (individually or in groups) on a fascinating journey to discover nature, their particular field or lifestyle.

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

## EXPERIENCES IN AN ORIGINAL SETTING



**Creativity:** Magali Kocher is an art historian and a stained glass artist. In the Vitromusée, the Swiss Museum of Stained Glass and Glass Art in Romont, the Swiss heartland of stained glass and glass art, she invites visitors to an introduction and demonstration of the Tiffany technique. Children and adults then create their very own work from metal, glass and light. A very personal souvenir!



**Yoga:** With Sandrine Dias, participants walk to a yoga lesson outdoors, for example on an Alpine pasture or on the shore of Lake Gruyère... in any event to a moment of harmony. Body and soul are revitalised, a smile lights up faces and the sun salutes back. Participants who book a yoga morning with brunch internalise the culinary delights of La Gruyère as well.

## CHOCOLATE



For Sonja Hänni, chocolate is simply synonymous with passion. In Bösingen, the confectioner shares her expertise with gourmets from all over the world. She knows that the aromatic treat makes people happy. And certainly when she prepares it herself, pours a nice big bar from the mixture and adds a colourful decoration as desired.

## HARLEY DAVIDSON



Tour comfortably through Fribourg Region on the pillion of a Harley Davidson Electra Glide or Road King: Jean-Loup Grandjean and his team can take up to four people at a time on this fantastic experience. The round trip from Bulle, for example, goes across the mountain passes Col des Mosses and Col du Pillon, and returns via Gstaad and the Jaun Pass. Leisurely breaks make the wonderful experience perfect.

## OBSERVE NATURE



Marlyse Rauber is a hiking leader and loves nature. She invites visitors to a sensory hike in the idyllic Pre-Alpine region of Schwarzsee: What's tickling your nose in the forest? What does the small herb warmed by the sun taste like? What are the dark fir trees whispering? On the way she talks about culture and regional customs.

## WILD PLANTS



Valérie Véron loves the origin of all good, edible things. She knows the regional wild plants and how to prepare them as sweet or savoury delicacies. Half a day outside and then cooking with her suffices and participants will always recognise the leaves, blossoms and herbs as nutritious and delicious gifts of nature. [www.dzin.ch](http://www.dzin.ch)

## SHINGLE MAKER

For Léon Doutaz, keeping the traditional craft of shingle making alive in Fribourg Region, is a matter that is close to his heart. In winter, he makes the 42 cm long shingles by hand from spruce wood, in his workshop in Pringy. He likes to introduce visitors to the secrets of this craft, starting with the choice of tree to expertly splitting the wood with the shingle cutter. In summer, the roofs and façades of the Alpine chalets get their traditional timber cladding. Léon Doutaz nails on the shingles one by one. Visitors who wish to see him at work must first head towards the hiking trail. The shingle maker will explain to visitors where to find the actual spot when they book.

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# SPIRITUAL SPACES

## POSITIVE PLACES WITH SPIRITUAL ENERGY

Fribourg Region is blessed with a great Christian tradition, a rich architectural and religious heritage and beneficial powerful places in the countryside. A visit to these places is always a positive experience as it combines personal sentiment, spirituality, culture and nature. As the sites with spiritual energy in the entire Fribourg Region are summarised on a platform, they are easily accessible. The website contains information about churches and chapels, inspirational places, museums, themed trails and monastery

accommodation. Events, activities and works related to the theme, as well as a list of monastery shops, supplement this inspirational source. In addition to the architectural and artistic aspects of sacred buildings, it is often the tales and regional legends that make a visit so fascinating. This also applies to the energising and relaxing places in the countryside. [www.esprit-des-lieux.ch](http://www.esprit-des-lieux.ch)

## MORE THAN JUST TOURIST VISITS



**St. Nicholas Cathedral:** Work began on the Cathedral of the diocese of Lausanne, Geneva and Fribourg in 1283. Constructed in the Gothic style, the building has a baroque interior. A bas-relief of the Last Judgement adorns the main door. Wonderful windows, for example “The Night of Good Friday” and “Easter Morning” by Alfred Manessier and an art nouveau ensemble by Józef Mehoffer, the choir stalls, altars, groups of sculptures and historic organs make this consecrated place so impressive. Go to mass, an organ concert or the observation tower!



**Experiences:** A personal tour guide makes a difference: A stonemason conducts guided tours of the Cathedral, a glass workshop in the Swiss Museum of Stained Glass and Glass Art in Romont, and the Magdalena Hermitage is approached on a stand-up paddle. [www.dzin.ch](http://www.dzin.ch)

## INSPIRATIONAL NATURE



There are powerful forces in nature. Several waterfalls in Fribourg Region are considered to be powerful, for example in Jaun, Estavannens and Grandvillard. Visitors can experience the wonderful trees on the tree trail starting from Saint Martin. According to legend, the monk's footprint near Schwarzsee tells how the region was delivered from the snakes. And the marriage stone in Estavayer-le-Lac brings good fortune to marriage and fertility.

## ACCOMMODATION



La Fille-Dieu Cistercian monastery in Romont has a tradition of hospitality. Visitors can find spiritual guidance or simply peace of mind here. Tranquillity can also be found in the Hauterive Monastery in Posieux. La-Part Dieu, a former Carthusian Monastery in La Gruyère, offers restful accommodation that is steeped in history. Other monasteries are open to the public and sell their own products.

## CHAPEL



The manager of the small winter sports area had a chapel built from logs in Rathvel in memory of his brother. A historic gem!

## THE OLDEST CHURCH



Notre-Dame's Church dates back to the beginning of the 13<sup>th</sup> century and is thus the oldest church in the town of Fribourg. In addition to its elegant 18<sup>th</sup> century interior, it contains a unique Neapolitan nativity scene. It depicts the birth of Christ, surrounded by worldly life with merchants, shepherds and courtesans.  
[www.basilique-fribourg.ch](http://www.basilique-fribourg.ch)

## TRAILSIN SEARCH OF MEANING

Themed trails combine spiritual discoveries with the joy of hiking. The Way of St. James has been the ultimate pilgrimage experience since the Middle Ages. There are so many monasteries, churches and chapels on the route between Fribourg and Romont that it is best to take two days for this hike. Beautiful glass artworks await hikers on the stained glass trail that starts in Romont. The Galmeline Trail from Murten is recommended with children who can play among centuries-old oak trees, go barefoot and chat on the phone with a tree trunk. The philosopher René Conus, nicknamed "The Wise", gave the small town of Rue a set of stations of the cross.

## 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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