

# FRIBOURG REGION

PRESS KIT



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



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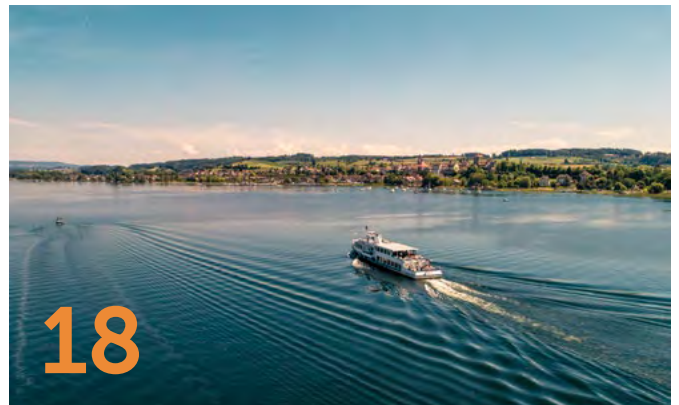
### Culinary Delights

**Bénichon, how locals celebrate their harvest thanksgiving festival**



### Culture and History

**Rich heritage, attractively straged**



### Nature Lover

**Across Lake Murten with the First Lady**



# TRADITIONS

## PRESERVING FRIBOURG'S HERITAGE

In Fribourg Region, living traditions are still primarily rooted in the daily life of the locals. 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 grüérien 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 brought to higher Alpine pastures. However, it is now understood to mean the visual representation of this important and symbolic event. Poya paintings have adorned the farmhouse façades of Fribourg's 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 costumes, 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. He welcomes visitors interested in learning more about this traditional craft.

## BEARDED MEN



The "barbus" of La Gruyère preserve the transhumant traditions... Back in those days, shaving was difficult, but wearing a smart shirt under the bredzon during festivals was a matter of honour.

## TRADITIONAL ALPINE CHALETs



Alpine chalets with wooden roofs are part of the preserved landscapes of Fribourg's Pre-Alps. Six traditional chalets are situated along the 12,4 km hiking trail from Vounetse to the village of Charmey. Good to know: the wooden roofs have a lifespan of approximately 40 years.

## 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 and Charmey on September 28th, Albeuve and Semsales on October 3rd 2020*. 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. *September 23rd 2020*

## WOODEN SPOONS



Carved wooden spoons are one of the many 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 hut!

## EIGHT-COURSE MENU



Once a year, the entire canton of Fribourg celebrates a Bénichon, the harvest thanksgiving festival that also commemorates the homecoming at the end of the summer Alpine pasture season. The Bénichon Festival in Fribourg Region will take place in Châtel-St-Denis in 2020. 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!

## ALPINE GAMES



Against a fantastic mountain backdrop and directly by the Schwarze: the Wrestling and Alpine Games Festival is steeped in folklore and a major event for locals and fans.

## 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 Le 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.



## 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, Monday June 22nd 2020*

## MURTEN RUN



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 run is now the oldest fun run in Fribourg Region. Around 13,000 runners are expected for the 87th event. *Sunday October 4th 2020*

## 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 is decorated with flowers and has many market stalls and open wine cellars. There are children's processions, marching carnival bands and fanfares, while wine and life are celebrated. *Friday, Saturday and Sunday, September 18th, 19th and 20th 2020*

## CARNIVAL OR MARDI GRAS – WILD AND FUN

The Bolz Carnival has been celebrated in Fribourg's lower town for 51 years. The tradition is upheld with colourful processions, costumes, marching carnival bands and razzmatazz in the bars and restaurants in the Old Town. The Carnival culminates in the spectacular burning of the giant Rababou. *Saturday, February 22nd to Tuesday, February 25th 2020*. 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, marching carnival bands, 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, March 7th to Monday, March 9th 2020*

## 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, December 5th 2020.* [www.st-nicolas.ch](http://www.st-nicolas.ch)

## CATHOLIC FESTIVALS



Female mourners dressed in black (in French "pleureuses") and cross-bearers march through the town of Romont, singing and praying in remembrance of Christ's suffering and crucifixion. *Good Friday, April 10th 2020.* In Fribourg, on Corpus Christi, a procession takes place after mass. It goes to lavishly adorned station altars where the congregation prays and sings. *Thursday, June 11th 2020*

## 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)

## INDULGE IN GLASS ART



The Vitromusée, the Swiss Museum of Stained Glass and Glass Art in Romont Castle, pulls out all the stops of modern communication: new attractions such as Vitromatinées or Vitrobrunches, workshops for adults and children as well as special exhibitions and exciting events draw visitors. The free tour of the museum on the first Sunday of each month lasts a good hour.

## 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, August 9th 2020*

## CONTACT

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

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# CULINARY DELIGHTS

## BENICHON, THE NON PLUS ULTRA MENU

It is not easy to avoid the tempting culinary specialties 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 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 people is as follows: Rub the fondue pot with a clove of garlic. Mix 400 g of grated Gruyère AOP and 400 g of grated Vacherin Fribourgeois AOP (insiders swear by a mixture of mature cheese and mild cheese), one 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 chunks of bread and potatoes. Bon appétit!



**Chocolate:** There are two iconic addresses for gourmets. The Maison Cailler, the Swiss Chocolate Factory 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 2020, the Bénichon Festival in Fribourg Region will take place in Châtel-St-Denis. 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 for dessert the legendary meringues with double cream. [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

The inhabitants of the canton of Fribourg love fish and there is a good reason why. Lake Murten and Lake Neuchâtel are home to 20 species of fish, including the catfish and delicious other 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. Enjoy!

## VEGETABLE GARDEN



Lake Murten is the gateway to paradise. Healthy fresh food grows in the adjacent Grosse Moos, from rhubarb and asparagus to 40 types of vegetables, beautiful pumpkins and more. From mid-April to mid-June, a producer demonstrates asparagus cultivation to visitors, who can dig up a few delicious tips themselves. Exploring the vegetable trail by bicycle is very easy, for example, from Kerzers (25 km or 45 km route).

## EVENTS



Visitors will realise on *September 18th, 19th and 20th 2020* 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 town of Fribourg on *August 28th and 29th 2020*.

## BREWER



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

## FIVE-COURSE FRIBOURG



The new food tour is called Taste My Fribourg. It kicks off with a mini cuchaule in the sophisticated Le Point Commun. Not far away, participants, enjoy a craft beer and cheese in the trendy Les Trentenaires. Then it's off to the Café du Belvédère, where a tasty syrup is accompanied by the best view of the town. A restaurant in the old town serves a set meal, Fribourg wine, dessert and coffee. [www.fribourgtourisme.ch](http://www.fribourgtourisme.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 *July 19th* and on the "Route gourmande du Vully" on *June 27th*. 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 ultimate deam job. Géraldine Maras is a prize-winning chocolate maker in the Maison Cailler, the Swiss Chocolate Factory in Broc. And this temple of sweet delights 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 Bénéichon meal starts with cuchaule AOP (saffron brioche) and Bénéichon mustard. Gérald Soudan, from the eponymous bakery, informs participants in an hour-long workshop about the styles and recipes for the sweet and tangy Bénéichon 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.

## 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



Bénéichon 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 on Saturday August 29th 2020, to award the title of "best Bénéichon mustard in the canton of Fribourg".

## LEGENDARY CAKES FROM LAKE MURTEN

Mixing up Nidelkuchen and Vully Tart is not a good idea. Nidel means cream. The Aebersold 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. [www.nidelkuchen.ch](http://www.nidelkuchen.ch) and [www.boulangerie-guillaume.ch](http://www.boulangerie-guillaume.ch)

## GOURMET RESTAURANTS



People who use the Gault&Millau Guide as a yardstick eat and drink in Des Trois Tours (18 points) run by Alain Bächler in Fribourg-Bourguillon. Culinary delights are also guaranteed in La Pinte des Mossettes in Cerniat run by Romain Paillereau, and in the new Le Pérolles run by Pierre-André Ayer (both 17 points). Le Petit Pérolles is the tip for lunch. 16 points have been awarded to F. Kondratowicz (Hôtel de Ville) and the new La Cène for the quality of their food.

## 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!

## RISING STAR



Romain Paillereau work wonders with herbs in La Pinte des Mossettes in Cerniat. He is the Gault&Millau rising star in Western Switzerland.

## DOUBLE CREAM FESTIVAL



Double cream from La Gruyère is in a very sweet class of its own... and worth its own festival in the small town of Gruyères. The tasting trail takes you from Alpine macaroni through mountain soup to cake made from "vin cuit", caramel, chocolates and meringues with fruit and double cream. To top it off, there are calorie-free old crafts, folklore and a world record bid.  
*June 13th -14th 2020*

## FONDUE ANYTIME AND ANYWHERE

Fondue is a sizzling love affair and can be enjoyed anytime and anywhere, for example 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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# 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, yet 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 11 historic fountains, which alone are worth a 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 Sarine river, 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 a 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! [www.tpf.ch](http://www.tpf.ch)

## 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 river Sarine outside Fribourg. Here you can attend the solemn in Praise of God sung service or spend a few days in quiet con-

templation. 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



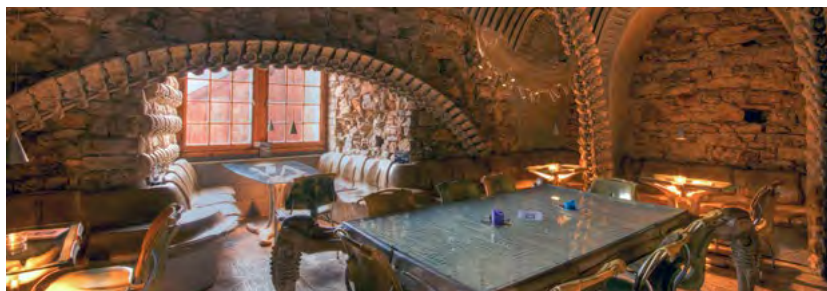
The everyday life of herdsmen in La Gruyère in a by-gone age is now part of the cultural heritage, while their traditional festive customs are kept alive. A wonderful interactive exhibition transports visitors to the crafts in the Middle Ages, relates the triumph of Gruyère cheese in Paris, allows them to enter an Alpine hut and take part in a Bénichon 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 bumps. [www.hrgigermuseum.com](http://www.hrgigermuseum.com)

## MUSEUM OF ART AND HISTORY

The Museum (MAHF) is housed in the elegant Renaissance Palais hôtel Ratzé, 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. [www.mahf.ch](http://www.mahf.ch)

## NEOLITHIC VILLAGE



Our ancestors settled in Gletterens, on the southern shore of Lake Neuchâtel, 5,000 years ago. The reconstructed lakeside 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 *May to October*. [www.village-lacustre.ch](http://www.village-lacustre.ch).

## BATTLE OF MURTEN



On June 22nd 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.

## REOPENED



It will become clear in mid-May 2020: the renovated Payerne Priory (11th century) speaks for itself and 20 stations provide visitors with an interactive experience. Marvellous!

## 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.

## ON THE TRAIL OF FRIBOURG'S CULTURAL HERITAGE

Fribourg's Old Town does not lack of charm. Visitors stroll along picturesque alleys past Gothic facades and usually end up on a beautiful square. They can admire the historic buildings and fountains there... but what was life really like here in the Middle Ages? A new themed walk enables individual visitors to immerse themselves in the Middle Ages, where they

encounter people in their daily lives at that time. The town fortifications, which are freely accessible during the day, offer new vistas and perspectives. An experience for young and old! "Fribourg at dusk" is the name of a guided tour through the Old Town. A knight and a female gossipmonger tell centuries-old stories by lantern light.



## ARTICHOKE URBAN ART



The medieval Estavayer-le-Lac has also recently shown itself to be very hip – along the new ArtiChoke Urban Art Route, in any event. Fifteen contemporary urban artworks create a trail that blends into the cultural heritage of the small town. A map is downloadable for individual exploration (approx. 1 hour). Visitors can obtain a brochure from the tourist office or book a tour. [www.artichokefestival.ch](http://www.artichokefestival.ch)

## 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. *March 20th - 28th 2020.* [www.fiff.ch](http://www.fiff.ch)

## HERITAGE



The public swimming pool Les Bains de la Motta was built in the classical style by architect Beda Hefti in 1923. Backstroke swimmers enjoy the coolest view of the Old Town.

## TIME TRAVEL TO 1606



The Werkhof in the lower town has risen like a phoenix from the ashes. Fribourg as it appeared in 1606 is displayed on 52 m<sup>2</sup> and is the largest model in Switzerland. Multimedia shows on life-size screens depict encounters with local inhabitants at that time, for example with the town chronicler Martin Martini, a peasant, natural healer, and more.

## 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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# NATURE LOVERS

## UNLIMITED NATURE

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. Fribourg's 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)

## ACROSS LAKE MURTEN WITH THE FIRST LADY



**Corinne Stauffer** is the first female captain of official shipping in the Three Lakes Region, who is authorised to command the largest cruise vessels. Anyone in Murten who comes to "Ville d'Yverdon" at 9.50 a.m. has a good chance of seeing how the captain docks in Winzerdorf Môtier, steers through the Broye Canal, past the BirdLife Nature Centre in La Sauge, which welcomes birdwatchers, and then sets course for Neuchâtel. Whether you take a scheduled trip, a round trip on Lake Murten, a trip on the Neuchâtel steamer or a themed trip: welcome on Board!



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



## SPECTACULAR TREES



They are exceptional specimens, energising gifts of nature of inestimable value... and ambassadors of the 20 to 30 million trees in the forests of Fribourg Region. The Cantonal Office for Forests and Nature has produced a leaflet on 22 spectacular trees... and recommends an on-site visit. From the protector to the dancer, the survivor and the hydra, their very names reveal something of their history... and of ours.

## ENJOY SWIMMING



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

## YOG'ALTITUDE



The first sun salutation is directed at the countryside around Les Paccots and the Lake Joncs. The new timeout "Pure Experience" is a gift to oneself.  
[www.yog-altitude.com](http://www.yog-altitude.com)

## BIRD PARADISE



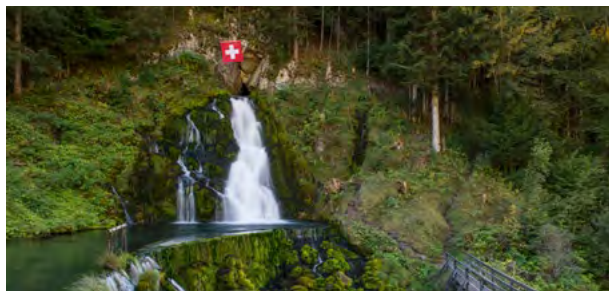
Visitors who are keen to observe wildlife in its natural surroundings will be in their element on Lake Neuchâtel. The Grande Carîgaie with its wealth of birds can be explored via flat trails, observation platforms and huts, on foot, by bicycle and in some places, even in a wheelchair. The BirdLife Nature 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 nature of Lake Murten Region, culture and cuisine vie for the attention of connoisseurs. The 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. The whole team of Attitude Oxygen offer visitors unique experiences in the Fribourg countryside. 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. An entertaining and fun experience full of surprises is guaranteed!

## CANOEING



The Sarine river and the Schifflenen Lake are particularly attractive waters for paddlers. And this is how it works: Upon arrival in Freiburg, take a short stroll through the charming old town and off you go to one of the most beautiful paddle lakes in Switzerland. Here, even beginners have an unforgettable experience on the water. This is how you spend a relaxing day. [www.kanuladen.ch](http://www.kanuladen.ch)

## LES PACCOTS' RARE NATURAL LANDSCAPES

The region around Les Paccots, with its wetlands, mixed forests and plateau, offers nature lovers a wide variety of natural treasures. The mountain Lake Joncs (1,235 metres above sea level), for example, is only unimpressive at first sight. It dates back to the Ice Age, so it is around 5,000 years old and very deep. This amphibian spawning area of national importance provides a habitat for rare fauna, such as the endangered common toad and the large redeye, and plants such as the spatterdock, sundew and purple marshlock.

From Les Paccots it is also possible to reach the Niremont Massif (max. 1,500 metres above sea level) with its ancient, protected peat bogs. Visitors who accompany gamekeeper José Genoud learn to observe animals at a respectful distance and thus see more. Since Orkan Lothar began transforming the forest here, the expert has been closely observing the development in these more recent glades. Les Paccots maintains scenic footpaths, to enable a soft approach to this biodiversity.



## 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 World War I, 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".

## BOTANY



The Botanical Gardens of the University of Fribourg present around 5,000 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 (from May 21st 2020 to the beginning of November, 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 Gantersch 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 their charm of everyday life.  
[www.pnr-gp.ch](http://www.pnr-gp.ch), [www.gantersch.ch](http://www.gantersch.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)

## THE SENSE



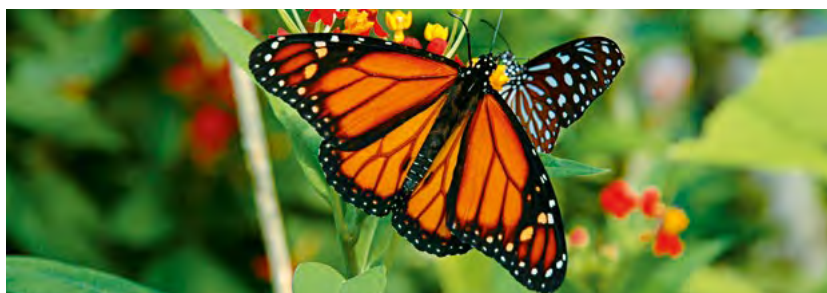
"The Sense is the most natural river in the Northern Alps". This homage by the World Wide Fund For Nature, WWF pays tribute to the river, with its intact pastureland. The natural riparian zones with gravel and sand banks are valuable habitats for the flora and fauna of this region and are consequently in need of protection. Gantrisch Nature Park organises voluntary activities to combat invasive plants, invader plant species for example.

## NOVILÉ



Novilé is the name of the new app for treasure hunting around Lake Gruyère. Players experience the region and its treasures on seven courses and vie for the kudos and prize. [www.novile.ch](http://www.novile.ch)

## 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 Neuchâtel. The Neuchâtel 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. [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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# ACTIVE OUTDOORS

## NATURE TRAILS

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

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

## GASTLOSEN CLIMBING PARADISE



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



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

## CHARMEY ADVENTURES



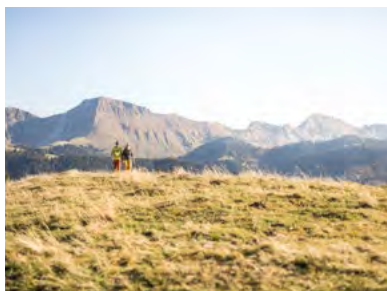
Adventure in Charmey, the name says it all. The Vounetse top station goes to the valley of the zip lines, where participants fly at up to 400 metres back to the middle station via eleven lines. Adrenaline-fuelled sightseeing from a different perspective! Visitors who are not so keen on this kind of kick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

## THE 3 LAKES ROUTE



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

## FESTI'RANDO



Les Paccots' festival with sensory and exciting themed hikes pays tribute to the marvellous trails across the meadows and mountains... and the pure love of hiking. *August 29th and 30th 2020*

## DOWNHILL ON LA BERRA



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

## THROUGH THE LAND OF MILK AND CHEESE

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

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



## CIRCULAR BIKE PATH



Picturesque landscapes, a rich history and a wealth of cultural treasures, living traditions and culinary highlights such as Maison Cailler, the Swiss Chocolate Factory and La Maison du Gruyère, demonstration cheese-dairy – visitors experience a lot in the three days they spend cycling from Murten to Fribourg, Gruyères and back to Murten. The package trip with luggage transport makes it very easy.  
[www.eurotrek.ch](http://www.eurotrek.ch)

## MURTEN CYCLE-GOLF



Do you feel like cycling with fun and games? Then a round of cycling and golf around Lake Murten is for you. This is how it works: The 18 holes around the lake are easy to find on the map. If you only wish to cycle and play golf at nine holes, you can take the ship back to Vully. The bicycles, map, golf clubs and balls are available at Rent a Bike in Murten train station.  
[www.regionmurtensee.ch](http://www.regionmurtensee.ch)

## SLOW UP



Happily cycling and inline skating on traffic-free roads! Lake Murten:  
*Sunday, April 26th 2020, La Gruyère: Sunday, July 12th 2020.*  
[www.slowup.ch](http://www.slowup.ch)

## HERZSCHLAUFE SENSE TOUR



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

## ASCENT AND FLIGHT TO HAPPINESS!

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

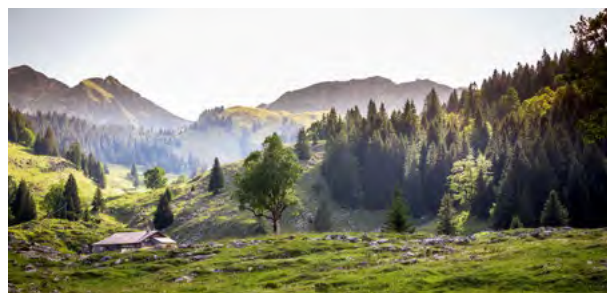
er, you can already admire the Fribourg Pre-Alps from a bird's eye view. Wow! In La Gruyère region, you take a few steps further towards nature. After an ascent on foot and a small picnic on a pre-alpine summit, which is selected depending on the weather conditions, the moment has come: take-off. Immerse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

## GASTLOSEN TOUR



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

## BRECCASCHLUND



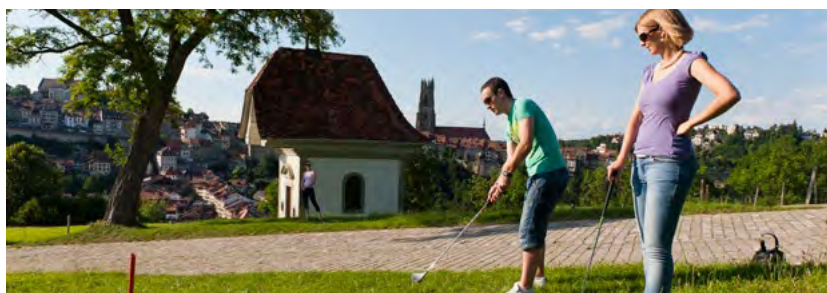
The fascinating unspoilt landscape of the Brecca was formed by glaciers. A 2.5 hour circular hike allows you to explore the area. The route starts in Schwarzsee (1,047 m) where hikers take the chair lift to the Rig-gisalp (1,493 m) and arrive in the middle of the mountainous area of the Brecca Nature Reserve. At the foot of impressive limestone deposits in the middle of lush green pastures, the St. Antoni alpine hut invites hikers to a fondue. [www.schwarzsee.ch](http://www.schwarzsee.ch)

## SAC ALPINE HUT



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

## URBAN GOLF THROUGH FRIBOURG



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

## GRAND TOUR DES VANILS

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

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



## CHEESE-DAIRY TRAIL



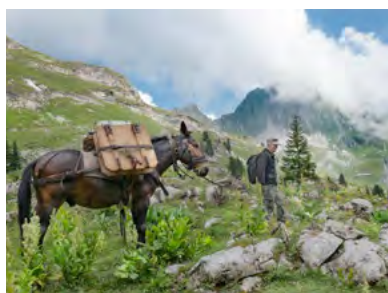
The path between the Alpine cheese-dairy in Moléson-sur-Gruyères and La Maison du Gruyère in Pringy provides information and a memorable experience. The two-hour hike over meadows and through forests affords plenty of opportunities to admire the awesome Moléson. Hikers who fancy a typical meal prepared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

## DOWNHILL RUN



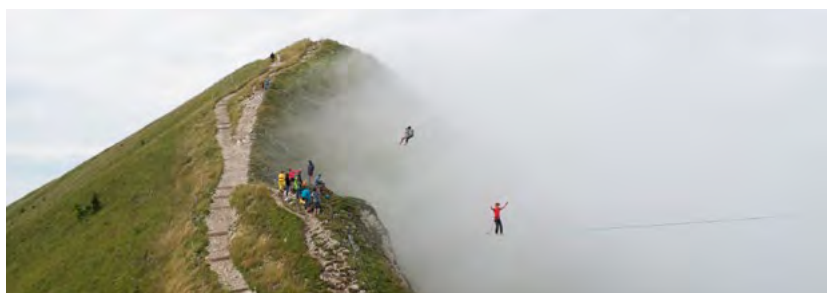
For kids, young at heart or the whole family: a hike is rounded off with very cool and motivating downhill scooter runs. Whether in Jaun, from the foot of the Gastlosen-Express to the cableway valley station, from the Riggisalp high above Schwarzsee to the valley, or from the Vounetse mid-station via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

## TRADITION



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

## HIGHLINE OVER MOLÉSON



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

## FROM HUT TO HUT ON GOURMET TRAILS

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

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

## KAYAKING ADVENTURE



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

## BY SUP TO THE HERMITAGE



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

## WAKEBOARD



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

## TRAIL RUNNING PARADISE



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

## ANGLING

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

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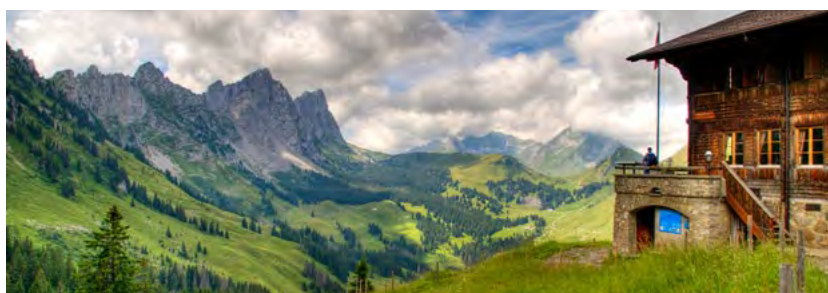
# AUTUMN

## OUT AND ABOUT AGAIN

Autumn in Fribourg Region has it all! Nature puts on a show and enchants us with crystal-clear light and a magnificent array of colours. Enjoy the view from Mont Vully, across vineyards shining yellow in the sun, and the deep blue Lake Murten to the snow-capped Bernese Alps. The dry reeds of the Grande Carîgaie look like a golden blanket that is about to cover Lake Neuchâtel. In fact, the water everywhere begins to shine brightly, the Schiffenen Lake near Fribourg displays thousands of 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 specialties 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 remain open until mid- or end of October (especially during the weekends). 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.

## 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 Noir 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 *September 18th, 19th and 20th 2020*, 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 on 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 HC 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. Poire à Botzi 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 wild boar, hare, duck and pheasant. In the capital

of Fribourg, the restaurants la Clef 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!



## LAKE GRUYÈRE APP



Lake Gruyère in augmented reality: the new Novilé app further enhances what autumn naturally offers, with its unbelievable colours, and adds value. On seven sections of the hiking trail around the lake, information boards invite visitors to scan and experience history, geology, fauna and flora and even a virtual flight over the Isle of Ogoz. Repeated visitors collect points which can be exchanged for cheese.

## 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 herdsman and women in their traditional costumes. Festivities with many traditional customs take place all around Fribourg Region. Schwarzsee and Charmey: *September 26th 2020*; Semsales and Albeuve: *October 3rd 2020*.

## MURTEN TRUFFLE MARKET



The truffle market, with delicious finds from the region, has become established as an autumn rendezvous. Visitors stroll through the car-free narrow streets of the old town, taste and buy specialities and swap ideas. At the gala dinner in the evening, several Murten chefs brandish their ladles. *November 21st - 22nd 2020*

## TEYSACHAUX



The summit of Teyssachaux near Les Paccots offers a round trip from Les Rosalys, which leads via the Chaletbeizli Incrota, Alp Tremetta and the ridge to the final ascent. The view over Lake Geneva and the Veveyse basin are never as beautiful as in the autumn light. On the way back, it is possible to stop for a bite to eat in the Le Vuipay Alpine restaurant.

## TIME FOR THE BÉNICHON

In autumn, the traditions in the Fribourg Pre-Alps come into their own. The Alpine summer is over and the fruits of people's labour have been gathered. The harvest and reunion with the valley is celebrated in the households with the traditional Bénichon menu. There are increasing opportunities to enjoy this in the context of public Bénichon festivals, where guests are welcome. The meal is naturally the focal point, but the cows and goats parades adorned with flowers and the market stalls, games, music and dancing are also a must. The mountain Bénichon in Charmey (October 9th - 11th 2020) is famous, while the Bénichon in Châtel-St-Denis (October 16th - 18th 2020) is an insider tip. Details at [www.benichon.org](http://www.benichon.org).

## CONTACT

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# 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 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 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 “Spec-taculaires” 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



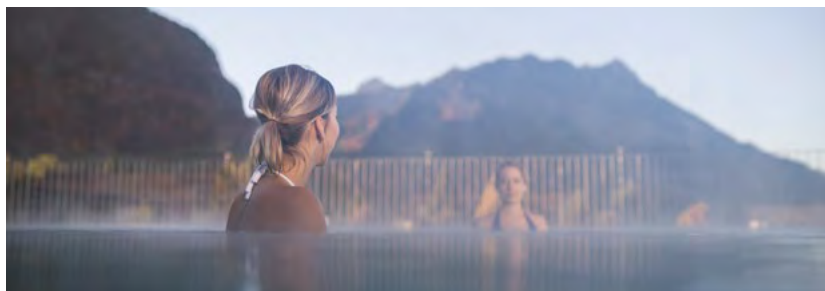
On the way to becoming the “Swiss capital of light”, Murten has even more light productions in the dark season. Between October and March, namely before and after the Murten Light Festival (12 days in January), the Secret Circuit illuminates a few additional events around the small town. Visitors walk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

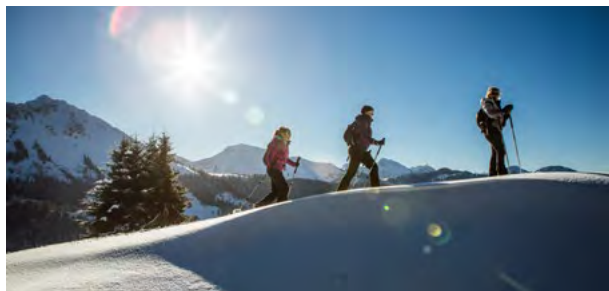
## AUTHENTIC FRIBOURG'S SPECIALITIES

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 Régali'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-Charney 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)

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