FRIBOURG REGION
SUISSE - SCHWEIZ - SWITZERLAND

FRIBOURG REGION

THE LEISURE ACTIVITIES AND DISCOVERIES GUIDE | WELCOMING | DELICIOUS | UNEXPECTED 2019

THE UNEXPECTED

THE NOCTURNAL ADVENTURES OF BEAVERS

EXPERIENCE

I'VE EXPERIENCED: AN EXTRAORDINARY ADVENTURE

PASSION

KEEPING WALKERS ON THE RIGHT TRACK... ALONG 1800 KM OF PATHWAYS!

www.fribourgregion.ch

IT'S DZIN!

Discover unique activities and inspiring encounters with local people. Create memories as a group or individual, for children and adults alike.
www.dzin.ch

CONTENTS

Meadows: nature's treasures 4
Aline Hayoz-Andrey accompanies amateur botanists

I've experienced: an extraordinary adventure 8
Jean-Claude Pesse perpetuates an ancestral tradition

"The philosophical sweeper" 10
Interview with Michel Simonet on the streets of Fribourg

The nocturnal adventures of beavers 14
Nature and people get along together in the Grande Cariçaie

"When I'm on a trail, I feel all the energy of the mountain inside me" 17
Les Paccots, the perfect playground for Mike Aigroz

Hiking in Fribourg Region, the joy factor! 20

Life is a beautiful walk 22
The Trans Swiss Trail, a shared long-distance project

Keeping walkers on the right track... along 1800 km of pathways! 26
The diligent professionals who maintain the waymarks

Valuable advice from Bruno Jelk 28
A leading expert on safety in the mountains

A visit to Romont that's full of surprises 32
Simone Devaud shares historic finds

Online 35
Quiz

TONE

A WALKER'S DELIGHT

Take a walk in the Fribourg Region's countryside, where thrilling discoveries and delicious delicacies await. Whether they are walking the shores of a lake, under the cover of a forest or along a mountain ridge, hikers will always find the path that's right for them. Walkers and sports lovers will be delighted by the wealth of itineraries available to them.

Amazing cultural discoveries can be made simply by wandering around the town of Fribourg or Romont, while the area's rich, varied nature is an endless source of discovery and new experiences. Get walking, get away from it all and succumb to life's sweet pleasures.

Publisher
FRIBOURG REGION

Layout
So Graphic Studio, Bulle

Editorial
Mélanie Rouiller, Susi Schildknecht

Pictures
Pascal Gertschen, André Meier/ Suisse Tourisme, Carim Jost, Mélanie Rouiller, Marc-André Marmillod, Eric Fookes, Elise Heuberger, Pierre Cuony, Stemutz, Jorgenn, Maxime Schmid, Aurélie Felli, Restaurant du Port, rawkingphoto.ch, Gruyère Escapade, outsideisfree.ch, Fabrice Savary.

Fribourg, December 2018/553'300

Printed in Switzerland
on FSC certified paper

CURIOSITY

MEADOWS: NATURE'S TREASURES

With a PhD in natural science, Aline Hayoz-Andrey shares her expertise so that the riches of our environment are accessible to all. She takes amateur botanists, or those who are simply curious, on a meticulous exploration of the plant world that prospers before our very eyes!

Aline Hayoz-Andrey studies nature in all of its forms. The specific environment, insects, plants, soil and exposure, all contribute to the biodiversity of a landscape. The hiking leader considers the area around Charmey the ideal place to share her scientific knowledge. From Lake Montsalvens (800 m) to the summit of Vounetse (1600 m), via the small valley of Les Morteys, the ecosystem is rich and varied. Moist terrain, unused areas of grass, lush meadows, and deciduous or conifer forests abound, revealing an abundance of fascinating ecological features. Aline offers botanical walks that teach you how to read the landscape. She shares her observations and knowledge to create a broader view of the complexity of a biotope. For example, creating a floral clock can highlight the interaction between flora and insects. In the undergrowth, she notes the importance of symbiosis, such as that between fungi and trees, which exchange nutrients. The condition of the fields, and the species that grow there, indicate the quality and balance of the soil. This fragile harmony will affect the cows' fodder and influence the flavour of the cheese! Aline cheerfully demonstrates how close a tie there is between the meadows and the local gastronomy. This foodie is happy to share her tips: "Plantain makes an excellent mushroomy pesto. And dried sweet woodruff flowers have a delicious vanilla flavour."

LAKE GRUYÈRE

Novi lé

Download the app and discover a new version of the Lake Gruyère trail! This fun treasure hunt takes you on an augmented reality journey that teaches you all about the region and its nature. The seven itineraries, each lasting approximately 1.5 hours, are interspersed with digital animations that allow you to collect points. You can even win vouchers and gifts into the bargain. Happy hunting!

www.fribourgregion.ch/experiences1

LA GRUYÈRE

Passeport La Gruyère

Whether you're planning a romantic weekend or a family trip, the Passeport La Gruyère makes visiting the region a piece of cake. An opportunity to discover the region through its museums, gastronomy and landscapes. Two nights from CHF 175.– per person.

www.fribourgregion.ch/experiences2

JAUN

A centuries-old tradition

For over four centuries, the Jeûne Fédéral bank holiday Monday has celebrated the arrival of sheep on the plains. After several months in the alpine pastures, the animals are sold at this traditional fair that joyfully brings the centre of Jaun to life, marking the beginning of the *désalpe* period, when animals are brought down from the mountains.

www.fribourgregion.ch/experiences3

I'VE EXPERIENCED!

EXPERIENCE

AN EXTRAORDINARY ADVENTURE

At the foot of the little valley of Les Morteys, in the Gros Mont valley between Charmey and Jaun, Jean-Claude Pesse is carrying on an age-old tradition.

We approach the 500-metre climb that awaits us with enthusiasm. Patricia, Thaïs and Laurence have also joined us for this very unusual hike. Since 2014, Jean-Claude Pesse has been working as a *barlatè*, an occupation in danger of dying out. During the summer pasturing season, he transports alpine cheese by mule. Their pack saddles in position, the animals set the pace. At the head of the train, Marco, a gentle and experienced mule, leads the way for Centaure, his counterpart. The rhythm is interspersed with rest stops imposed by the animals. "At first, you need to let them warm up and manage their load. Each one will be carrying 120 kg on its back on the way down!" says Jean-Claude, who gives them constant encouragement and draws on his subtle sensitivity to understand and motivate them. I know so little about equine creatures that when Patricia hands me Marco's lead rein, I'm surprised that I instantly feel a magical bond, a force that is perceptible through the rope, strong yet gentle. The sound of hooves on the scree gives me the sensation that we are working together, walking in unison. I feel proud to be walking alongside him!

A raindrop falls onto my hand, the sky darkens and a storm is unleashed without warning. There's no time to get out my raincoat (in any case, I've forgotten it) before we're soaked to the skin. The path becomes a stream and the mountain is showing its anger, but the atmosphere is spectacular. The thunder threatens to frighten the mules, but Jean-Claude reassures them with a soothing gesture. Lightning illuminates the front of the Cabane des Marindes. We press on and arrive at Les Morteys chalet at an altitude of 1888 metres. Centaure's coat is steaming, and I take refuge inside. A coffee with double cream later, the cheeses are packed onto wooden crates and loaded onto the animals. The descent threatens to be a slippery one, but the sun has come out.
www.dzin.ch

IT'S DZIN!

FRIBOURG

Traditional flavours

At Gérald Saudan's workshop, you can immerse yourself in the saffron and aniseed aromas of Fribourg's culinary tradition. All the secrets of Bénichon mustard and Cuchaule AOP bread production will be revealed! It only takes an hour to try your hand at this gourmet tradition. Enjoy a tasting session and then take your delicious creations home with you.
www.dzin.ch

BULLE

Discover the town of Bulle

Learn everything you need to know about the history of the buildings, the lives of historical characters, and the parks and churches of Bulle. This journey through time promises to be a truly enriching experience.
www.la-gruyere.ch/tour

MOLÉSON-SUR-GRUYÈRES

A perfect evening

On summer evenings you can enjoy a wine-tasting experience at an altitude of 2002 metres. As the sun sets, the pink sky is reflected on the surface of Lake Geneva. At the summit of the Moléson, this little corner of paradise is far removed from the hustle and bustle of the plains.
www.fribourgregion.ch/experiences5

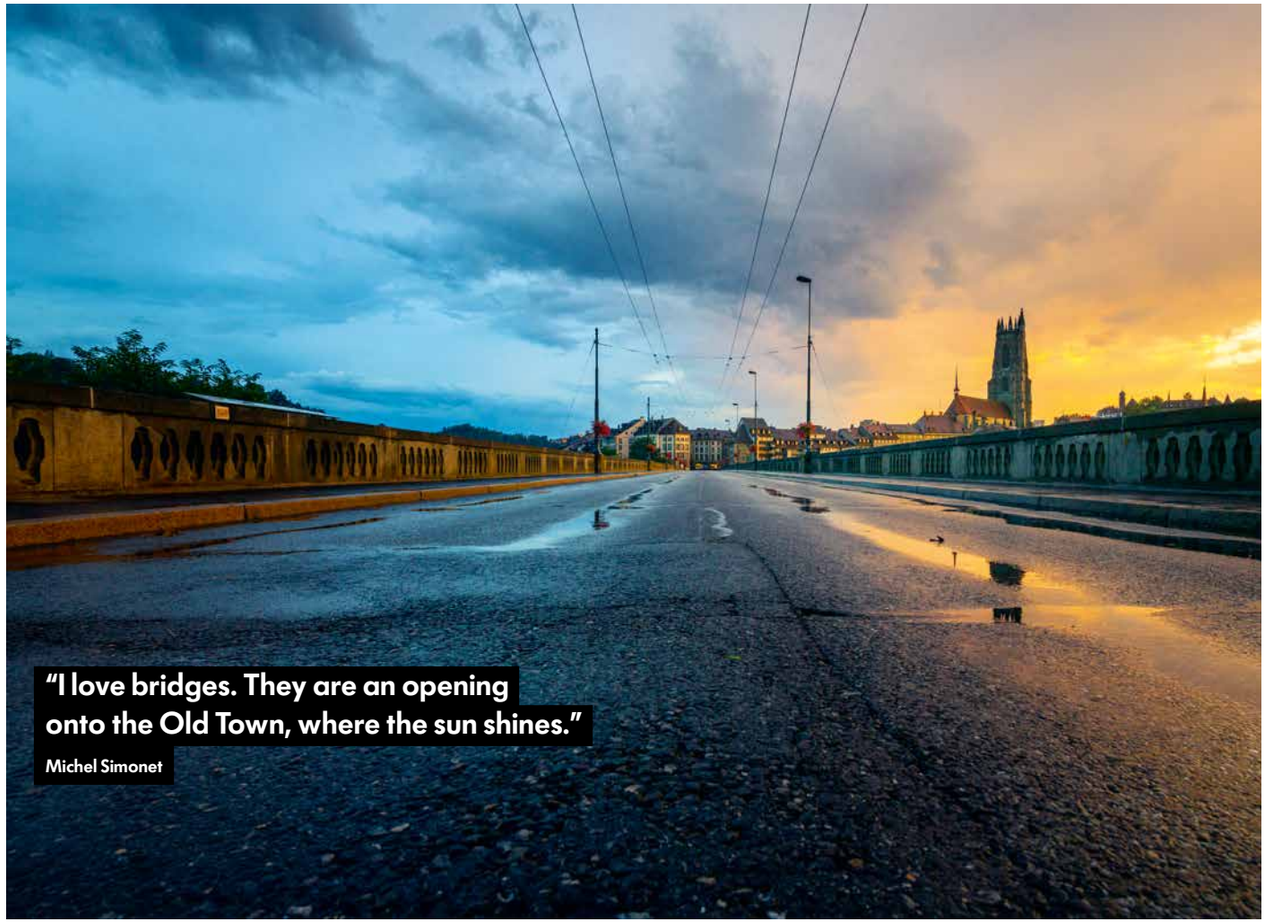
PEOPLE

"THE PHILOSOPHICAL SWEEPER"

Michel Simonet is both the oldest road sweeper in the town of Fribourg and a renowned philosophical author. Everyday encounters, religious beliefs and books like "The Little Prince" are all sources of inspiration for him. He loves his town and the usefulness of his work.

His book, "Une rose et un balai" (A Rose and a Broom) won international recognition, proof that the philosophical musings of this writer-sweeper have touched the hearts of his readers.
His gentle, humorous verse gives an insight into the delicate subtlety of Michel Simonet. After 30 years as a street cleaner, he took just a few months to complete his book: "It's my invitation for you to look at the little, everyday things in life in a new light." To him, the streets are society's central nervous system; the abandoned marks on the ground tell stories that the author understands and transposes into words and poetry. "I love the repetitive movements of my broom, pushing my cart and piling up dead leaves." This repetitive manual labour opens the doors to his inner self, forming the foundations of his spirituality. He draws his happiness from a very simple source: rejoicing in a job well done by turning back to look at the road he is sweeping. "Then comes that instant feeling of usefulness that does me so much good: a little Nirvana on earth for a voluntary outcast." (p. 113)
Having graduated from business school, he studied theology before starting a family and choosing to work as a road sweeper. The Bourg district is his kingdom, through which he roams from five in the morning onwards, pushing his cart, which is always adorned with a rose. From the municipal council, he heads for Place du Marché-aux-Poissons, which he views as the heart of Fribourg. He continues his journey towards the cathedral until he gets to the Zähringen bridge.

"I love bridges. They are an opening onto the Old Town, where the sun shines." On his return journey, he crosses the Espace Jean Tinguely-Niki de Saint Phalle and passes the Museum of Art and History, where it's not uncommon for this multilingual ambassador to come to the aid of passing tourists. The writer ends his tour at the cantonal library. Books have always been important to him. "The Little Prince", one of the first he ever read, made a deep impression on him. Its author, a young Antoine de Saint-Exupéry, spent two school years in Fribourg. He later wrote, "3000 kilometres of African coasts do not have the density of 20 square metres in Fribourg." Fribourg is certainly a major source of inspiration for artists.



FRIBOURG

Take the high road

Five gates, six towers and seven sections of ramparts make up the largest example of medieval military architecture in Switzerland. The Tour-Henri's parapet walk offers remarkable views. Learn all about the site with a guided tour of its impressive fortifications. Book on
www.fribourgregion.ch/experiences8

FRIBOURG

A journey through time

At the heart of the Old Town, the Werkhof has risen from the ashes to the delight of the entire district. It features a model of 17th century Fribourg which, at 52 m^2, is the largest model in Switzerland. Multimedia content immerses spectators in the town's history, while temporary exhibitions complete the cultural offering.
www.fribourgregion.ch/experiences6

FRIBOURG

City Break

Explore the town of Fribourg through its narrow streets and bridges. Stroll past the Loreto Chapel, go down to the Old Town by funicular, and let yourself be tempted by its wealth of culinary and cultural delights. One night from CHF 89.– per person.
www.fribourgregion.ch/experiences7

THE UNEXPECTED

THE NOCTURNAL ADVENTURES OF BEAVERS

Nature and humans live together harmoniously in the Grande Cariçaie on the banks of Lake Neuchâtel. The nature reserve is home to 800 plant species and over 10,000 animal species, including a flourishing population of beavers, who build their dams under the friendly gaze of passing hikers.

Biologist Christophe Le Nédic has a dream job in the largest lakeside marshes in Switzerland. Together with the Grande Cariçaie Association, he helps humans and nature to live together as harmoniously as possible. The task is a delicate one in this 50 km stretch of lakeside terrain, where beautiful sandy beaches alternate with conservation zones that host a rich collection of protected species. “Most of our visitors are nature lovers. Whether cycling or walking, they follow the marked pathways and make grateful use of the observation platforms we build for them.” The beavers play an active role in constructing the landscape, which provides them with the ideal living conditions in the calm waters of the lakeside reed beds. By following their tracks, and with a bit of luck and patience, you may well catch a glimpse of them.

In the bay of Yvonand, not far from Cheyres, a standup paddleboarder appears on the horizon of this idyllic location. Over a distance of 25 metres, buoys are used to separate bathers from the protected banks. This sensitive zone is home to rare birds that need peace and isolation to reproduce. It is vital that all instructions and navigation limitations are respected. "The purple heron, for example, abandons its nest if you get too close," warns biologist Christophe Le Nédic. Meanwhile, beavers are actively building their habitat. By creating the dams they need to preserve their stock of food, they can completely stem the flow of a waterway. "Beavers are obstinate," and will not stop while there is still work to be completed. Over the course of two or three nights, the largest rodents in Europe are capable of felling a 30-metre-high alder, willow or poplar tree. It is mainly the trees on the shores that fall victim to their sharp teeth. Once the trees have been felled, they feed on the tender leaves at the top. A cut trunk in the reeds and a few shavings are sure to indicate the presence of a beaver nearby. In the evening, the embankment at the mouth of the Menthue river is the ideal place to observe the comings and goings of this lovely creature. And if the beavers decline to show themselves, the magic of nightfall in the Grande Cariçaie is a joy in itself!

ESTAVAYER-LE-LAC

Local delicacies

The Chandines food market in Delley-Portalban is an Aladdin's cave of gastronomic delights. You'll find fresh fruit and vegetables for sale, as well as various gourmet specialities.

www.fribourgregion.ch/experiences9

ESTAVAYER-LE-LAC

On the hoof

Joseph Winiger invites you to join him on a walk with his lamas and donkeys. These friendly, approachable animals are made for a fun, original expedition. Setting off from the farm in Trey – a typical village of the area – you'll explore the Broye valley with its forests, rolling hills and cultivated fields. You'll then continue your stroll through the countryside until you get to Boulex pond, whose neighbouring caves are the perfect picnic spot.

www.dzin.ch

ESTAVAYER-LE-LAC

Active fun!

If you're a fan of board sports and adrenaline, why not give the 800-metre-long water ski lift a try?

www.fribourgregion.ch/experiences10

IT'S DZIN!

VITALITY

"WHEN I'M ON A TRAIL, I FEEL ALL THE ENERGY OF THE MOUNTAIN INSIDE ME"

Mike Aigroz was a professional triathlete for 22 years. He was regularly ranked among the highest achievers, particularly at *Ironman* in Hawaii and Malaysia (2011-2015) as well as the *European Championships* (2012). At the age of 41 and freer than ever, he still goes for mountain runs just like he did at the age of 10. He strides across hills and valleys, particularly enjoying the area above Les Paccots.

After a day at the office, Mike Aigroz feels the need to stretch his legs. Nature helps him to recharge his batteries. He often climbs the Dent de Lys (T4), his favourite mountain, near Teysachaux (T3). His rapid runs require an agility equalled only by the area's wild goats, and his itineraries are only recommended for experienced hikers. Since leaving his professional *Ironman* career behind him in 2016, he has always respected nature on his runs, as well as listening to his body. For a long time, competing was a constant internal struggle; today, running is pure pleasure. The trails are, of course, a quick way of getting about at high altitude, but for him they are also a philosophy, a childhood memory and the logical continuation of his sporting journey. The summits that overhang Les Paccots and the region's various pathways are the ideal playground for this exceptional man.

LES PACCOTS

Festi'Rando, walk and more!

Walking takes pride of place once a year in Les Paccots. Festi'Rando offers delicious food and fun activities that encourage discovery. While these festivities take place over two days at the end of summer, the trails are accessible for much of the year.

www.fribourgregion.ch/experiences11

LES PACCOTS

Gourmet pathways

A pleasant walk of a few kilometres is all that separates a tasting platter of regional delights from some delicious meringues with double cream. The views from these four gourmet pathways may not contain any calories, but they are still highly addictive!

www.fribourgregion.ch/experiences12

IT'S DZIN!

LES PACCOTS

A bouquet of flavours

With Valérie Veron, you can learn all about survival in the wilderness. She forages for edible plants, skilfully turning them into sweet or savoury dishes. Spend half a day in her company and you too will see seeds, flowers and herbs as the delicious gifts of nature that they are.

www.dzin.ch

HIKING IN FRIBOURG REGION, THE JOY FACTOR!

The region offers abundant experiences and walks. Whether you have a few hours or several days available, Fribourg will amaze you. From Schwarzsee to Estavayer-le-Lac, from the gentle banks of Lake Murten to the steep cliffs of the Gastlosen, you will find pleasures and new hiking ideas to be tested absolutely!

PLAN YOUR HIKE

7. **VISIT**
   www.fribourgregion.ch/hiking
2. **SELECT**
   hikes on the interactive map
3. **DOWNLOAD**
   the map as a PDF file or GPX points
4. **GET YOUR KIT READY**
   following Bruno Jelk's advice on page 28
5. **APPRECIATE**
   the marvels of nature

NEED A GUIDE?

Find all the information you need for an unforgettable walk at www.fribourgregion.ch/guides. With the help of your hiking leader and armed with some great tips and places to visit, your walk promises to be truly idyllic!

CONTEMPLATION

LIFE IS A BEAUTIFUL WALK

Mägy and Charles Pürro from Gurmels in Fribourg have been walking together for 37 years. In addition to caring for their grandchildren, they share a long-term goal: to walk the Trans Swiss Trail that crosses the Lake Murten Region.

The Trans Swiss Trail long-distance route number 2 crosses Switzerland in 32 stages, from Jura to Ticino. For Mägy and Charly Pürro, stage 7 is the home section, but one that still has surprises in store. In the past, Mägy has already had the opportunity to walk a 15-stage route together with her daughter Cindy. Step by step, adapting to everyone's pace, crossing valleys and climbing hills, tongues are loosened and key topics emerge: "A long walk is as good as a therapist".

On the panoramic terrace of Mont Vully (653 m), Mägy and Charles look towards Lake Neuchâtel and the distance they have travelled since this morning's departure from Cudrefin. They have followed the SuisseMobile path number 2, walking the length of the wetlands of the Grande Cariçaie nature reserve.

In the birch trees, reeds, willows and long grass, the area's numerous birds perform a concert of multiple voices. The couple continue their journey along the Broye canal via the BirdLife centre in La Sauge. Next, they take the forest path towards Mont Vully to explore a fortified building from the First World War. Once they have passed a rock deposited by the Rhône glacier, a faithful reproduction of the Celtic Oppidum lies before them. Over 2000 years ago, it was part of a 600-metre-long fortification.

Mägy and Charly never cease to be amazed by everything their region has to offer, taking hundreds of photographs! At the foot of the vineyards, Lake Murten sparkles a deep blue colour and on the other bank lies their final destination for the day, the medieval town of Murten. Gurmels is a short distance away, and in the background lie the magnificent snowy peaks of the Bernese Alps. At the foot of the mountains, the path crosses the idyllic vineyards of Vully. It's already time for dinner! The area is full of great restaurants, but for these walkers who regularly enjoy picnics for two, the evening meal will be a time to savour life's simple pleasures. When hiking, as in life, the magic happens when you are in the right company!

Mägy and Charles Pürro from Gurmels in Fribourg have been walking together for 37 years.

RECIPE FROM THE RESTAURANT DU PORT IN MÔTIER

PERCH FILLETS WITH MEUNIÈRE SAUCE

Ingredients (serves 4)

Perch fillets
800 g perch fillets
20 g flour
20 g cream
Salt and pepper
1/2 lemon (juice)
30 g butter
Oil

Meunière sauce
Approx. 100 g butter
Approx. 50 g parsley, finely chopped
1 lemon, quartered

Method
Marinate the perch fillets in the lemon juice, season, sprinkle with flour and mix with the cream. Brown the fillets on the skin side in hot oil, add the butter, fry for two minutes until golden, turn and wait for two more minutes.

Heat some butter in a frying pan until slightly brown, pour over the hot fillets, sprinkle with parsley and garnish with a quarter of lemon.
Bon appétit!

LAKE MURTEN REGION

Heaven for foodie cyclists!

Armed with a collection of gourmet vouchers, bike rides feel like holidays. The 28 kilometres around the lake are a treat for the eyes and the taste buds.
www.fribourgregion.ch/experiences13

LAKE MURTEN REGION

The finer things in life

Wine grower Cédric Guillod would be delighted to guide you through his estate's vineyard and wine cellar. On this visit, accompanied by a tasting session, you'll learn all about the region's terroir. Of course, the legendary Vully Tart won't fail to make an appearance!
www.dzin.ch

IT'S DZIN!

PASSION

KEEPING WALKERS ON THE RIGHT TRACK... ALONG 1800 KM OF PATHWAYS!

Pathways indicated with yellow signs, rocks adorned with three brush strokes, and a hike becomes a marked success!

Carrying out checks and maintenance of the walking trails in the region of Lessoc is a role cheerfully performed by Kristien Van der Gucht. Since answering a job advertisement by the Union fribourgeoise du Tourisme, this mountain and nature lover has been walking around with three paint pots in her backpack! In 2013, she joined the team of 30 technical employees tasked with taking care of the 1800 km of walking routes in the canton of Fribourg. Behind every excursion on the pathways of Fribourg Region lies a precise waymarking exercise. Kristien Van der Gucht crosses Les Millets, Brâ, Montbovon and Pointe de Cray, ensuring that all the signs conform to current standards. She freshens up any flaking paintwork and checks the state of the yellow signs so beloved of walkers in the area. Snowfalls sometimes cause damage, so in the springtime everything must be returned to order. She corrects the actions of the small number of walkers who, in their wisdom, have attempted to modify certain directions by force. Ideally, inspections should be carried out on every section in both directions, twice a year. "The work is very meticulous, everything is standardised, even the width and length of the paint marks on the rocks!" explains Kristien. Her job gives her great pleasure, far from the hustle and bustle of the plains. It's not uncommon for her to be invited into an Alpine chalet or to witness a remarkable scene, like the time she caught the eye of a wolf through her binoculars.

FRIBOURG

An aquatic gem

The azure waters of the Motta Lido on the banks of the river Sarine are extremely inviting. This symbolic location in Fribourg's Old Town opened in 1923. This oasis of freshness is enjoyed by athletes and pleasure-seekers alike. People of all ages are entranced by the charm of this gem of a place. Open from May to early September, it's the epitome of summer fun.

www.fribourgregion.ch/experiences14

LA GRUYÈRE

Natural tobogganing

Sliding on water with Gruyère Escapade! A canyoning trail open to beginners who love jumps and ziplines promises new adventures in the twists and turns of the river Sarine. This white-water walk becomes a game suitable for all sporting levels and is guaranteed to be an unforgettable experience.

www.dzin.ch

IT'S DZIN!

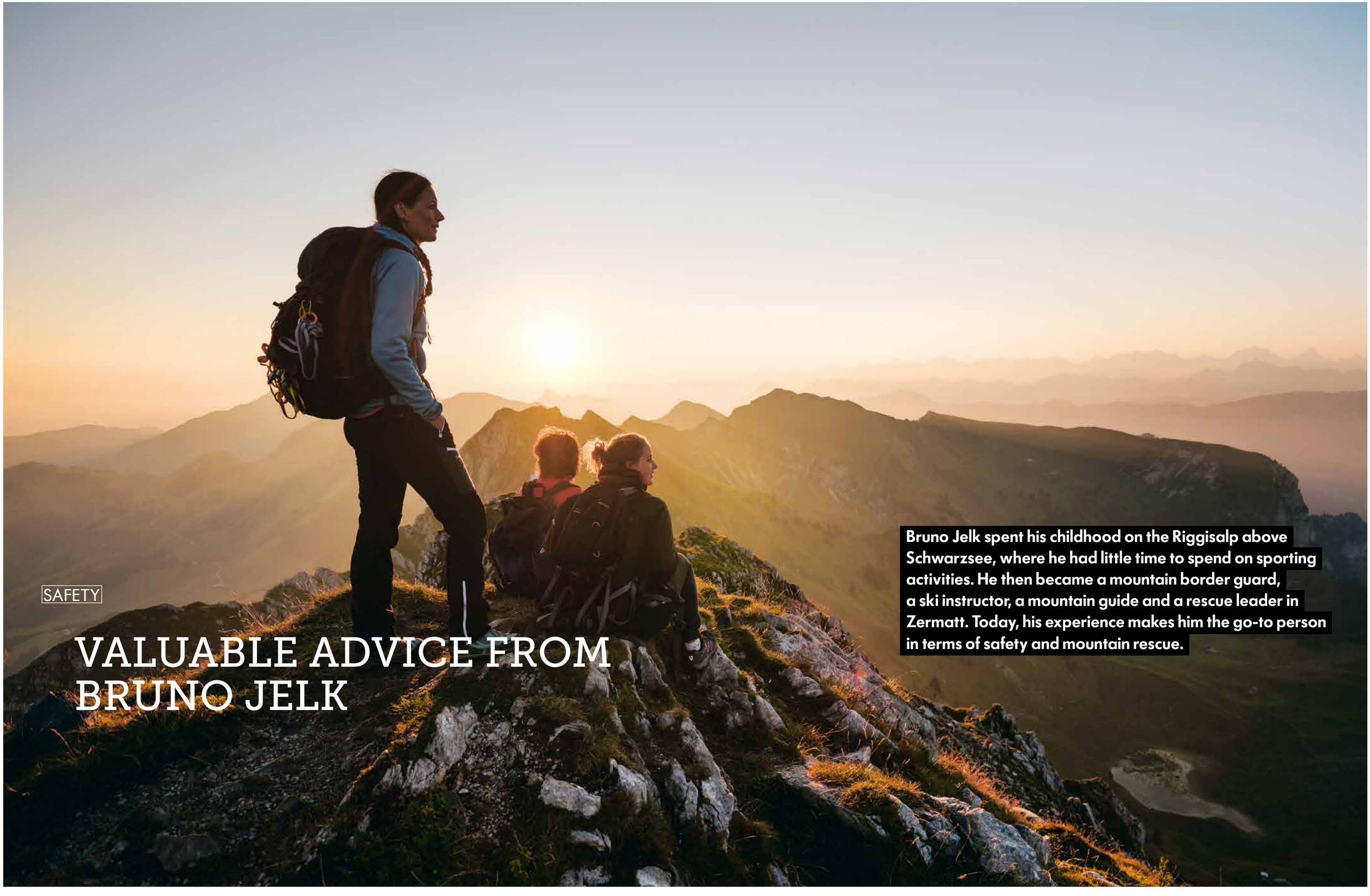
dzin

LA GRUYÈRE

Wear out those tyres!

Thanks to the hybrid lift you can reach the height of adrenaline! With its two panoramic downhill tracks, the Berra Bike Park promises stunning views of the countryside and a thrilling high-speed experience for all mountain-bike lovers!

www.fribourgregion.ch/experiences15



SAFETY

VALUABLE ADVICE FROM BRUNO JELK

Bruno Jelk spent his childhood on the Riggisalp above Schwarzsee, where he had little time to spend on sporting activities. He then became a mountain border guard, a ski instructor, a mountain guide and a rescue leader in Zermatt. Today, his experience makes him the go-to person in terms of safety and mountain rescue.

How should we plan a mountain hike in order to stay safe?
Above all, you should learn to judge the conditions you encounter for yourself. A good level of fitness, good balance and not suffering from vertigo are all essential attributes. It's vital to know the distances, the sections of steep terrain, and the technical difficulties for each participant and be able to adapt your route according to each individual's abilities.

What happens once the route has been planned?
It's important to stay abreast of the current situation. What is the weather forecast? Can the route be shortened or cancelled if the weather changes? Are there refuges or chalets? Putting your trust in the local mountain guides or the tourist information centre is always a good option. It's interesting to note that it's usually the professionals who are well informed, whereas occasional hikers are often just happy to walk. Giving your itinerary to your hosts or friends and family is an extra safety precaution that you can take. Of course, you should never set off into the mountains alone.

What should we know about equipment?
Suitable shoes and functional layered clothing are essential. Don't forget sun protection and walking poles, which take the strain off the joints. Take sufficient food and drinks, because at high altitude it's particularly important to be well hydrated. A first aid kit, any personal medications, a mobile phone with a charged battery, pre-recorded emergency telephone numbers and maps of the area are all vital.

What should we do in case of emergency?
Above all, you shouldn't take any additional risks. Dial the emergency number (112), provide the coordinates of your position and answer the operator's questions as accurately as possible. If it's not possible to raise the alarm or there are only two of you, wait for other hikers or the rescue team. It's vitally important never to attempt to continue alone on difficult terrain, leaving someone behind you! The Swiss Alpine Rescue team is very well organised, and I'm basing this statement on years of personal experience.

What are your favourite routes between here and Schwarzsee?
Around the lake there's a one-hour flat path that I think is very pleasant. For a more panoramic hike (3 hours), the chair lift takes you to the Riggisalp Alpine restaurant (1,493 m) and then you can walk to the Riggisalp. From there, you can return to Schwarzsee via Salzmatt and Hohmattli. Another longer route (5 hours) leads to the Kaiseregg (2,185 m). The view is spectacular, it's my favourite! You can see Jura, the Three-Lakes Region, the Bernese Alps and even the Matterhorn. And if you have any doubts about the route, book a guide and enjoy a wonderful, safe walk!

SCHWARZSEE

A valley filled with surprises

The Brecca valley and its idyllic landscape are the perfect compromise between a walk and a more demanding mountain hike. Setting off from Schwarzsee, the path or chair lift leads to this magnificent nature reserve with a glacial past. The route is a feast for the eyes, but also for the stomach. Various Alpine restaurants offer traditional recipes that will delight cheese and dessert lovers in particular!
www.fribourgregion.ch/experiences16

IT'S DZIN!

SCHWARZSEE

Wild flavours

Savour nature's delights and a few legends around the fire. What could be better than butter with wild herbs spread onto bread cooked on the campfire?
www.dzin.ch

SCHWARZSEE

Lakeside relaxation

All your hiking routes lead to the Hostellerie am Schwarzsee, where your well-being is paramount, from spa to dessert.
www.fribourgregion.ch/experiences17

The history of Romont is filled with anecdotes as well as a number of illustrious personalities, stories that the guide Simone Devaud, a native of Romont, tells with enthusiasm. Gripped by her tales and eager for historical details, visitors are treated to a whole host of surprises.

HERITAGE

A VISIT TO ROMONT THAT'S FULL OF SURPRISES

In the square in front of the town hall, overlooking rolling countryside through which the river Glâne weaves its way, Simone Devaud reveals one of her dreams: "I'd like to close my eyes and open them to find myself in the Middle Ages, to spend a few minutes discovering the atmosphere of the era. "During her guided tours she takes her audience on a journey through the centuries, encountering various celebrities passing through Romont. The town's strategic position between Lausanne and Fribourg, as well as its railway station inaugurated in 1862, made it a major stopover point for travellers. Victor Hugo, Paul McCartney and renowned illustrator John Howe have all passed through the capital of the Glâne region. While meandering around Romont, Simone Devaud tells anecdotes linking certain personalities to this historic 10th century town. Courbet said of Romont, a fortified town perched on top of a gentle hill, "I have never in all my life seen such a pretty promontory." Its medieval architecture silhouetted against the horizon is a truly impressive sight. From the window of his carriage, Napoleon III saw this sculptural sight, ending with the 38-metre-high Boyer Tower, and declared, "Here's a pretty phrase punctuated by a handsome exclamation mark!"

Until 1914, Romont had the largest horse market in French-speaking Switzerland, providing numerous anecdotes and adventures for Simone Devaud to tell to her guests as they walk along the ramparts. She has a twinkle in her eye when revealing the name of an illustrious personality, delighted to be able to help her beloved town to shine. She shares her precious historical finds like delicious treats and spices up her tales with joyful emotion. It's a great opportunity to learn more about history in a fun atmosphere.
The Collégiale Notre-Dame de l'Assomption church, with its flamboyant gothic style, has also welcomed a star: John Howe. Internationally known for his artistic direction of the film "The Lord of the Rings", he drew inspiration from the sculpted monsters on the stalls. Who would have thought that the fantastical world of Tolkien had such a strong link to this building? The tour allows visitors to discover Romont from an unusual point of view, with plenty of surprises in store.

ROMONT

An earthly paradise

A few minutes' drive from Romont, the village of Villarimboud conceals a paradise of greenery for nature lovers, as well as a wealth of activities for families, couples and groups of friends. Sleep in the trees, rocked by the gurgles of the river, walk barefoot through a garden, or calm your mind with the sweet scent of plants from all four corners of the globe: anything is possible in this bountiful garden. There's even a geranium that smells of chocolate!
www.fribourgregion.ch/experiences18

ROMONT

Artistic craftsmanship

Discover the magic of stained glass windows and wallpaper with a two-day package that includes the hotel, entrance to the museums and a delicious souvenir. One night from CHF 89.– per person.
www.fribourgregion.ch/experiences19

ROMONT

Tour du Sauvage

In Romont, the Tour du Sauvage is transformed into an escape room. Immersed in this highly unusual architecure, this escape game lets your imagination run wild!
www.fribourgregion.ch/experiences20

ONLINE

quiz

TOP FIVE FRIBOURG REGION

Which of the attractions below are the five most popular places in FRIBOURG REGION? Try your luck at **www.fribourgregion.ch/quiz to win a Magic Pass worth CHF 499.**

Les Bains de la Gruyère, Charmey

Fribourg Cathedral

La Maison du Gruyère, Pringy

Papiliorama, Kerzers

La Maison Cailler, Broc

Gruyères Castle

FRIBOURG REGION SECRET BENCHES

Public benches are a part of everyday culture that mark special times and places. Send us a picture of your favourite bench for a moment of reflection in FRIBOURG REGION. Use #bankgeheimnisse on Instagram and Twitter. Share your discovery on www.bankgeheimnisse.ch and inspire the whole world.

Call us

Prices shown in our magazine are indicative rates only. You can find out more on our website: **www.fribourgregion.ch**.
Not online? Don't worry! We will willingly answer all your questions on **+41 (0)26 407 70 20**.

Live beautiful stories
in the Land of Dzin !

adveo.ch ©Photo : André Meier

dzin.ch

Learn how to make your own cheese with a Dzin, or book one of the many activities on dzin.ch

The Dzin have a secret power: they make you experience intense and unforgettable emotions.

Taste, smell, listen, touch, dream... and let yourself be guided by the Dzin spirit!

FRIBOURG REGION
SUISSE - SCHWEIZ - SWITZERLAND