

# Snowshoe trails in Gruyère

## Safety and recommendations

 **La Chia - La Berra - Intyamou - Jaun - Charmey**

### Conditions and preparations

- Check the weather conditions and only leave in good weather. In the mountains, the weather changes very quickly! Sun, heat, wind, rain, fog, snow, cold... so many elements to be considered.
- Be aware of the danger of avalanches: stay on the marked trails that are open.
- Never leave alone.
- Before leaving, indicate the planned itinerary and do not forget to mention your return.
- Check out the itinerary at [www.la-gruyere.ch/raquettes](http://www.la-gruyere.ch/raquettes).
- Choose an itinerary adapted to your physical and technical abilities.
- Walking times are estimated.

### Make sure you are properly equipped

- Wear sturdy, water-repellent, well-profiled boots with well-profiled soles; wearing gaiters will protect you from snow infiltration.
- With wind, the temperature may be 5°C to 10°C lower, it is better to take layers of clothing, this allows you to adapt your protection to the cold. Don't forget hat, gloves and sunglasses.
- Remember to pack something to eat and think about hot drinks.
- You also need a first aid kit, survival blanket and a mobile phone.

More information at  
[www.la-gruyere.ch/snowshoeing](http://www.la-gruyere.ch/snowshoeing)

### Be respectful of other users

- Do not damage fences and respect private property.
- Cross-country trails are reserved for cross-country skiers, please use the appropriate trails.

### On the move

- Keep an eye on the time regularly. Turn around in time, avoid overexertion.
- Stay on the marked trails and respect the safety banners.

### Useful numbers

**Weather forecast (Météo Suisse)**  
162 (CHF 0.50/call + 0.50/min.)  
from abroad +41 (0)848 800 162  
[www.meteosuisse.ch](http://www.meteosuisse.ch)

**Snow report (Pays de Fribourg)**  
+41 (0)900 573 821 (CHF 1.49/min.)

**Avalanche Bulletin (SLF Davos)**  
187 (CHF 0.50/call + 0.50/min.)  
from abroad +41 (0)848 800 187  
[www.slf.ch](http://www.slf.ch)

**Emergency numbers (free of charge)**  
Police 117  
Fire service 118  
Ambulance 144

**Gare TPF - Bulle**  
+41 (0)26 913 05 21  
Rail information CFF: [www.cff.ch](http://www.cff.ch)

FOR QUESTIONS

**La Gruyère Tourisme**  
Place des Alpes 26, 1630 Bulle  
T +41 (0)848 424 424 / [www.la-gruyere.ch/snowshoeing](http://www.la-gruyere.ch/snowshoeing)

  #lagruyere

**LA GRUYÈRE**   
UN PAYS DE CŒUR LA-GRUYÈRE.CH