

# Jogne Valley Charmey

**PRÉ DE L'ESSERT TRAIL**  
Snowshoe trail (SwitzerlandMobility - 268)

## Description

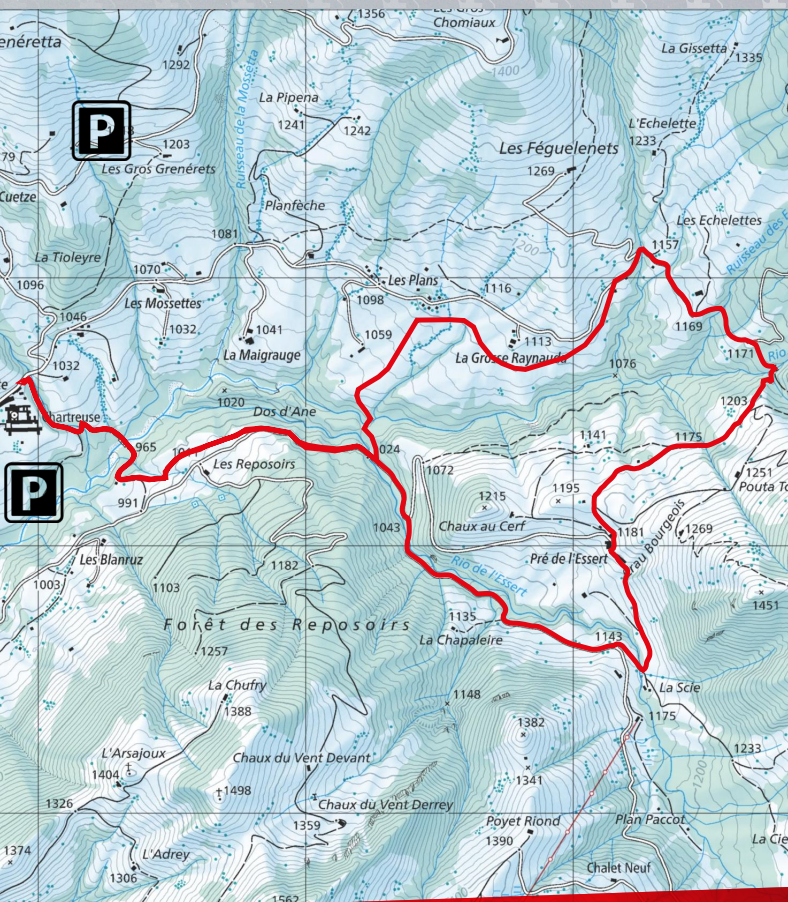
<b>DIFFICULTY</b> DIFFICULT	<b>TYPE OF ACTIVITY</b> SPORT
<b>DURATION</b> 4 HOURS	<b>LENGTH</b> 9 KM
<b>POSITIVE ALTITUDE</b> 332 M	<b>NEGATIVE ALTITUDE</b> 332 M
<b>ALTITUDE MIN.</b> 966 M	<b>ALTITUDE MAX.</b> 1200 M
<b>PARKING AND START</b> LA VALSAINTE, 1654 VAL-DE-CHARMEY CREUX-DERRIERE, 1637 VAL-DE-CHARMEY	



A circular walk, the ideal itinerary for people who enjoy peace and nature. The trail leads you through a „wild“ valley, to Les Reposoirs and the Pré de l'Essert. Interesting buildings on the way: The site of the Chartreuse de la Valsainte at the starting point and the highest farm in the canton of Fribourg.

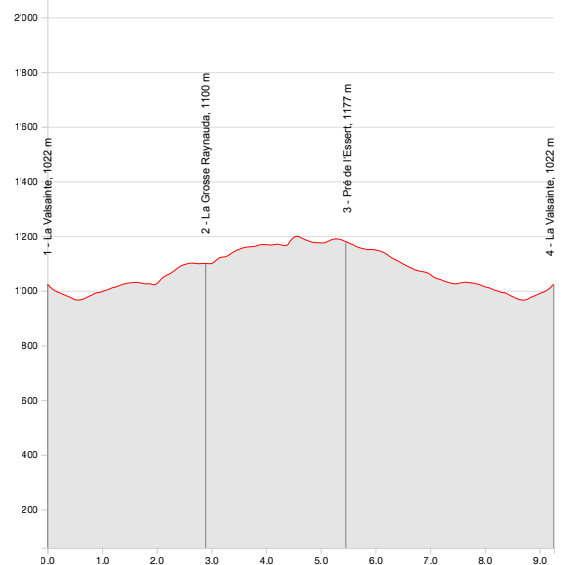
The tour begins at the Valsainte monastery. A postal bus will take you there. Founded in 1294, the Chartreuse de la Valsainte still houses monks today. Go around the monastery to join the path that goes down into the forest. The route crosses the Javro by a magnificent bridge covered in tavillons. Join Les Reposoirs by a pleasant ascent in the forest and then through a pasture, before reaching the road leading to La Scie. Turn left towards the Pré de l'Essert farm, the highest farm in the canton of Fribourg, then the chapel of the same name built in 1146 by the monks of Hauterive. Follow the trail to the forest and cross the Rio de Grattavache. After passing near La Grosse Reynauda, you go down towards Le Javro, which you will cross via a footbridge.

You will join the starting path towards Valsainte. The trail is marked in both directions with retro-reflective markings. It is possible to reach the start of the loop with the Alpine bus, at the stop La Valsainte; the route is also accessible by car.



This unprepared itinerary is marked. You take this trail at your own risk. Snowshoeing is done in the mountains, therefore, certain rules must be respected for your safety.

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



FOR QUESTIONS

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