

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

