

CHARMEY

ADRENALINE AND WELLNESS

The name says it all: Charmey is a charming mountain village. It offers an authentic taste of life in the Fribourg Pre-Alps with a variety of activities. The Désalpe, a traditional festival marking the descent of cattle from their summer Alpine pastures, always takes place on the last Saturday in September. Sports enthusiasts recommend a completely different highlight: the unique zip line run from the Vounetz top station (1,627 m) to the adventure park at the middle station, 400 m below. Eleven zip lines up to 200 metres long provide two hours of fun, sliding against the backdrop of the breathtaking Fribourg Pre-Alps. Adrenaline-fuelled sightseeing from a different perspective!

In summer, Charmey is an ideal base for a wide variety of hikes and mountain bike tours, while in winter it is a family-friendly skiing area. The Bains de la Gruyère promise sensory indulgence and absolute relaxation

with the magical watery landscape and the uninterrupted view of the mountain scenery of La Gruyère.

The Carthusian monastery La Valsainte, founded in 1294, is situated in Cerniat, not far from Charmey. After the French invasion, 80% of the Carthusian monastery was destroyed. The Carthusian monks began rebuilding and extending the monastery in 1863. The monks have always played a decisive role in the regional economy. They still live in the Carthusian monastery today and are frequently encountered during their weekly stroll in the mountains. If you wish to gain an insight into daily life in the monastery and the spiritual life of the Carthusians, pay a visit to the Valsainte room complete with monastic cell at the Musée de Charmey. The museum also celebrates local history, traditions and works of art, both past and present. >>



TOTAL RELAXATION



Bains de la Gruyère – Absolute relaxation and sensory indulgence await you here. The watery landscape with heated indoor and outdoor pools features a waterfall and spectacular mountain views. In the wellness area, which is divided into a Nordic and an Oriental area, saunas, hammams and Turkish baths tempt visitors. The chocolate massage is a hit, apparently. Why not try it for yourself! >>

WANDERLUST



Chemin du Gruyère – This is where the cheese barons set out on their journey to France in the 17th and 18th centuries in order to sell the highly sought-after Gruyère cheese. Walk in their steps from Charmey via the Jogne gorge to Broc. The trail goes past picturesque wooden bridges and through rock face galleries – a mini adventure with lots of photo opportunities. If children need motivation to carry on, remind them that the path goes past the famous Maison Cailler, the Swiss Chocolate Factory, in Broc! (11 km, 3 hours, easy). >>

ALPINE CHEESE



Look inside – In the Les In-vuettes, Hauta-Chia or Vounetz chalets, visitors can see in summer time how Alpine dairy farmers milk their cows and make Gruyère d'Alpage AOP by hand. An insight into traditional daily life on the Alpine pasture in La Gruyère. >>

TRADITIONS



Charmey Désalpe – For insiders, this is the most picturesque descent from the Alps in Switzerland! The traditional festival pays homage to the Alpine farmers and their cows and goats when they return to the valley after a busy summer in the Alps. The herdsmen wear their brezdons, the women their dzaquillons, and the animals are adorned with flowers and magnificent bells. The festivities attract visitors from near and far and include a market where you can buy some of this Alp cheese and many more regional specialities besides. >>

KEY DATES

- 1920** Construction of the dam and the Lake Montsalvens
- 2007** Inauguration of the Bains de la Gruyère
- 2011** New chairlift opens in Vounetz
- 2012** Charmey Aventures opens its zip line attraction
- 2018** Charmey re-opens the Old Forge to the public

IN NUMBERS

- Population:** 2,587 inhabitants
- Language:** French
- Altitude:** 900 m (village),
1,627 m (Vounetz summit)