

# MOLÉSON

## LEISURE PURSUITS AND VIEWS TO THE WEST

Moléson-sur-Gruyères, a small village situated 1,100 metres above sea level, overlooks the small medieval town of Gruyères and the 'Les Marches' plain. The Moléson itself is the most popular mountain for its panoramic views of the Fribourg Pre-Alps. Its convenient funicular and cable car make it accessible to everyone. A breathtaking 360-degree panorama unfolds from the summit at 2,002 m above sea level, stretching from Lake Geneva to the Jura, and from Mont Blanc to the peaks of the Bernese Oberland. As a popular local saying goes: everyone can see their house from up here! The mountain, with its wide range of leisure activities, offers winter action in the ski area with its famous black ski slope, a four-kilometre-long sled run and lovely snowshoe trails. In summer, the 'balcony of Western Switzerland' is extremely popular with mountaineers and day trippers

alike. Tours with magnificent views, for example across the Moléson ridge past Alpine pastures to the middle station, are a hit with hikers. Trail runners train on the steepest slopes. Mountain bikers cross the flanks of the Moléson on the national panoramic bike route towards Les Paccots and stop for a well-earned rest in one of the typical Alpine taverns. In addition to traditional activities, more contemporary sports also attract visitors to the mountain, for example two Via Ferrata routes with permanent belays, a summer mountain coaster, mountain go-karts, mini-golf and a playground. On the summit of the Moléson, experts also offer introductions to night-time astronomy and visitors can embark on a fascinating journey across thousands of light years. It is impossible to get any closer to the stars. In summer, the mountain hosts concerts and an array of culinary events. >>





## AN ADRENALINE HIGH



**Up and down** – Head for heights and nerves of steel: the ascent of Mount Moléson is not for the faint-hearted. Two fixed rope routes – the Via Ferrata de la Face and the rather easier route Le Pilier – provide a far better foothold. Both of them lead to the peak (2,002 m) in 3.5 hours of panoramic climbing. >> The Fun Park has a thrilling summer mountain coaster which whizzes through the trees and meadows (under-8s must be accompanied) and a cool 500-metre-long downhill mountain cart run (min. height: 1.40 m). >>

## CHEESE DAIRY TRAIL



**An experience** – The path between the Alpine cheese-dairy in Moléson village and La Maison du Gruyère in Pringy is an entertaining and educational experience. The walk across meadows and through woods takes around two hours and offers plenty of opportunities to admire the Moléson. Visitors who fancy a delicious meal en route, cooked on a wood-fired stove, will plan their walk so that it passes through Les Mongerons Alpine restaurant (open from May to September). It's so cosy! >>

## HIGH FONDUE



**Romantic** – In summer, the cableways going up to the Moléson are opened on Friday and Saturday evenings, allowing visitors to enjoy tapas, burgers or a classic 'moitié-moitié' fondue in the mountain-top restaurant while admiring the magnificent sunset. Book ahead! >>

## ALPINE DAIRY & TAVERN



**Journey through time** – The oldest part of the shingle-covered Alpine demonstration cheese dairy dates back to the 17<sup>th</sup> century. It is a historic monument and visitors flock from near and far to discover what life was like for Alpine herdsmen in days of yore. From May to September, the cheesemaker lifts the cheese out of the copper kettle at 9.45 am and explains their work. Visitors can then dine on the panoramic terrace or stock up on delicious specialities in the farm shop. >>

## KEY DATES

- 1963** First winter season in Moléson
- 2011** New cable car opens
- 2014** 50<sup>th</sup> anniversary of Moléson

## IN NUMBERS

- Population:** 199 inhabitants (village), 2,241 inhabitants (commune)
- Language:** French
- Altitude:** 2,002 m (Moléson summit)