



AUTUMN

OUT AND ABOUT AGAIN

Autumn in the region of Fribourg has it all! Nature puts on a show and enchants us with crystal-clear light and a magnificent array of colours. Enjoy the view from Mont Vully, across vineyards shining yellow in the sun, and the deep blue Lake Murten to the snow-capped Bernese Alps. The dry reeds of the Grande Cariçaie look like a golden blanket that is about to cover Lake Neuchâtel. In fact, the water everywhere begins to shine brightly, Lake Schiffenen near Fribourg displays thousands of

colours and the Fribourg Pre-Alps are reflected in the Lake Schwarzsee and Lake Gruyère. On the subject of the Alps: the cows return to the valley – lucky visitors experience their Alpine descent – and people celebrate the traditional Bénichon, a homage to the delicious specialities of the region as well. The hiking and mountain bike trails between Schwarzsee, Jaun, Charmey, Gruyères, and Moléson to Les Paccots remain open, as do many mountain restaurants along the way.

MOUNTAIN HOSPITALITY



Open – Visitors can enjoy autumn in all its colourful glory in the mountains. Many Alpine restaurants remain open until mid- or late October (some only on weekends). Around the Gastlosen, for example, everything is open, from the Bärghus am Musersbergli and the Chalet du Soldat to the Chalet Grat. Visitors cannot get enough of the panoramic views from the Buvette Hauta-Chia, situated halfway between Schwarzsee and La Berra. No one needs to go hungry, even on La Berra: the Chalet de La Berra and the Gîte d'Allières are open. >>



A speciality – The iconic Bénichon menu starts with saffron-infused Cuchaule AOP, with a helping of Bénichon mustard on the side. Once a seasonal speciality, Cuchaule AOP is now available in bakeries all year round. Or you could make one yourself! >>

WINES FROM VULLY



Vully is the sun-soaked shoreline for gourmets on Lake Murten. It is nice to know the origin of the Chasselas, the Traminer, the Pinot Noir and the Freiburger! The vineyard path between Môtier and Sugiez increases the anticipation of the visit to the wine cellars or rather the sense of well-being afterwards. *On 16 and 17 September 2023*, the entire population of Vully celebrates the Grape Harvest Festival in Praz. >>

E-BIKE TRAILS



Renting an e-bike is a fantastic way to explore Charmey in the beautiful autumn light. An e-bike makes it easier to get to more remote spots like the Gîte d'Allières (La Berra), or even the top of the Vounetz. >> The 'E-bike and fondue' package from Les Paccots is the perfect mix of fitness and feasting. >> Any tour of Lake Murten should include a stop off in the 'Stedtli' to sample a slice of Nidelkuchen, in Vully for a plate of perch fillets, and in Muntelier for a glass of local wine. >>

GAME SEASON

How wonderful that the best Swiss game dishes are to be found in the region of Fribourg like roasted venison steak with a side of home-made egg spätzle, buttery cauliflower and delicious chestnuts. Poire à Botzi AOP, a Fribourg speciality, and, of course, a fine red wine from Vully are the perfect accompaniments. There are also French-inspired game dishes, such as wild boar, hare, duck and pheasant. In the capital, the restau-

GOTTÉRON VALLEY



Ice-hockey fans may be interested to know that the legendary local club HC Fribourg Gottéron originated here. Hikers leave the Old Town of Fribourg via the Bern Bridge and enter the wildly romantic ravine with the rugged, moss-covered tufa rock faces, bubbling springs and enchanting autumn flora. A magical hike, particularly in the autumn mist. >>

KAISEREGG



Some of the best panoramic views around are from the top of the Kaiseregg, Schwarzsee's iconic mountain. At the end of October, insiders head to the 2,185-metre-high summit at dawn to watch the sun rise behind the Eiger, Mönch and Jungfrau. For those who prefer a gentler ascent, the Riggisalp chairlift stays open until the end of October. On the way down, it is worth popping in to the Alp Salzmatt Alpine restaurant (open to end of September). >>

rants La Clef and La Pinte des Trois Canards are renowned for their excellent game. So too are the Bel-Air restaurant in Praz on the shores of Lake Murten, the Jura restaurant in Kerzers, the Gasthof zum Schlüssel in Ueberstorf, the Buvette des Sattels in Jaun, and the Le Gruyérien in Morlon. For other restaurant ideas, it is best to ask local epicureans. Just say the magic words 'spécialités de la chasse' (game). Bon appétit! >>

SEMAINE DU GOÛT 2023



Fribourg has been designated 2023 culinary capital of Switzerland by La Fondation pour la Promotion du Goût and thus will host the national 'Semaine du Goût' from 14 to 24 September 2023. This event will showcase seasonal products, regional specialities and sustainable cuisine. The traditional Bénichon feast will be served in downtown Fribourg. >>

ALPINE DESCENT



The 'désalpe' is the highlight of the farming year and a feast for the eyes. The animals, adorned with flowers and magnificent bells, are accompanied by the herdsmen and women in traditional costume. The event is steeped in tradition and celebrated across the region. Dates available online. >>

MURTEN TRUFFLE MARKET



The truffle market, with delicious finds from the region, has become a fixture on foodies' autumn event calendar. Visitors stroll through the narrow pedestrian streets of the Old Town, tasting, buying and chatting. In the evening, there is a gala dinner prepared by a team of local chefs. *Saturday, 18 and Sunday, 19 November 2023.* >>

TEYSACHAUX



The summit of Teysachaux near Les Paccots is a 'Vanil', the patois word for a 'jagged peak'. The challenging circular trail from Les Rosalys (T3) passes by the Incrota mountain tavern and the Tremetta mountain farm, then along a ridge path before the final ascent begins. The view over Lake Geneva and the Veveyse basin is never as beautiful as in the autumn light. On the return leg, why not stop off at the Le Vuipay Alpine restaurant? >>

BÉNICHON SEASON

In autumn, the traditions in the Fribourg Pre-Alps come into their own. The Alpine summer is over and the fruits of people's labour have been gathered. At home, local families celebrate the harvest and the return to the valley with traditional Bénichon fare. Of course, local produce and specialities take centre stage, but the colourful parade of the cows and goats festooned with floral crowns, the bustling markets, the music and the dancing are also an integral part of the Bénichon experience. One of the best-known Bénichon festivals is in Charmey. Less well-known but equally good is Bénichon in Châtel-St-Denis. Estavayer-le-Lac, Romont and Ecuwillens also host their own Bénichon. >>

CONTACT

We would be happy to help with any queries you have or offer interesting media coverage ideas.

© Fribourg Tourist Board
 +41 (0)26 407 70 20
 media@fribourg.ch
 www.fribourg.ch
 www.flickr.com/fribourg
 #fribourg @ f i n