



NATURE

SPOILT FOR CHOICE

Nature in the canton of Fribourg captivates visitors with its extraordinary diversity. The landscapes of the Lake Murten Region and along the southern shore of Lake Neuchâtel are delightful: idyllic shorelines with a wealth of biodiversity, sandy beaches, steep vineyards and fantastic views of the snow-covered peaks of the Swiss Alps promise an enjoyable and leisurely holiday. The centre of the region, with the capital Fribourg and the town of Romont, offers sweeping views, fascinating river landscapes, rolling hills and

an appearance that is characterised by agricultural and forestry use. The Fribourg Pre-Alps extend from the Sarine river and Lake Gruyère across the legendary Alps that have been cultivated for centuries, to the 2,389-metre-high rugged peaks or 'vanils', as the crags are called in Fribourg patois. Nature reserves, Pre-Alpine parks and unspoilt landscapes formed by glaciers invite visitors to take an environmentally friendly approach and make educational discoveries. >>

ON THE LAKE OR BY THE RIVER



Solar-powered cruises – The city of Fribourg did not always have a lake. The Lake Schiffenen was created in 1963 when the dam which shares its name was constructed. The 12-seater solar-powered boat 'd'Grandfey' is a great way to explore this scenic lake in all its glory. During the 1.5 hour cruise (1 hour round trip on Sundays), you can admire the beautiful natural scenery and learn more about the dam, the Madeleine Hermitage, the natural environment and the many bridges and castles that dot the region's landscape. The boat can also be booked for private parties. >>



City river trail – On Lake Pérolles, a short walk from the centre of the town of Fribourg, there is a nature reserve carved out from sandstone by the Sarine river. Interpretive panels provide a wealth of information about the bird species and diverse flora. >>

SPECTACULAR TREES



They are exceptional specimens, energising gifts of nature of inestimable value and ambassadors of the 20 to 30 million trees in the forests of the region of Fribourg. The Cantonal Office for Forests and Nature has produced a leaflet on over 60 spectacular trees and recommends an on-site visit. From the protector to the dancer, the survivor and the hydra, even their names give a hint about their history – and ours. >>

WATER BABIES



The secret to happy holidays is happy kids! There are lovely sandy beaches on the southern shore of Lake Neuchâtel. In Gletterens, the beach is easily accessible via a wooden walkway. As well as soft sand, the Nouvelle Plage and the Alphasurf water sports centre in Estavayer-le-Lac offers lots of kid-friendly fun. Nearby Murten also has a cool pool with direct access to the lake. Salavaux is a sure bet, too. >>

KNEIPP PATH



Equipped with seven Kneipp installations, this energising four-kilometre trail around Schwarzsee harnesses the combined restorative power of nature, movement and water. >>

NATURAL PARADISE



The Grande Cariçaie, on the shores of Lake Neuchâtel, covers eight nature reserves. Cycling paths, hiking trails as well as information posts, observation points and hides invite to a gentle approach of the nature. The Champ-Pittet and La Sauge nature centres are great starting points, but there also guided tours of the flora and fauna – even by canoe. Beaver tracks are a common sight, tree frogs provide the soundtrack to your visit. >>

GOURMET CYCLE TOUR AROUND LAKE MURTEN

In the Lake Murten Region, nature, culture and cuisine vie for the attention of connoisseurs. The signposted Cycle Route No. 480 'Tour of Lake Murten' invites cyclists to ride around the lake, combining everything beautifully. A 28-kilometre trail with a small elevation gain of 360 metres is well worth the effort because of the breathtaking views from Mont Vully (altitude: 653 m). 'Gourmet tour around Lake Murten' is the name of the inclusive tour for cyclists, who would

literally like to relish the regional specialities. Vouchers for a lunch or dinner with perch fillets and salad, for a glass of Vully wine or a soft drink, a piece of Nidelkuchen or Vully Tart with a cup of coffee and a surprise gift are available in the tourist offices in Murten and Sugiez or online for CHF 45 per person. The vouchers are accepted in many restaurants and bakeries (on the same day). >>

JAUN WATERFALL



The mystical Jaun waterfall is deemed to be a powerful place and was shrouded in mystery for a long time. The source of the water has since been discovered 15 kilometres away. It seeps away at the source and filters through the karst for 10 days before it gushes out of the rock here with full force. The spray formed by the deluge of water that rushes down at 6,000 litres a second contains a lot of energy from the earth's core. >>

CHAVANETTES WATERFALLS



Perched on a rocky promontory and nestled in the region's rolling hills, Rue is one of the smallest towns in Europe. The medieval town and castle are the starting point for the short walk to the Chavanettes waterfalls – a great place, on the banks of the Broye, for everyone to recharge their batteries. The river begins in the Fribourg Pre-Alps and flows to Lake Murten below. >>

DRAGON'S NEST



Kids will love the 'Dragonland Kaiseregg' adventure playground on the Riggisalp above Schwarzsee. Good for the body, good for the soul! >>

CANOEING IN FRIBOURG



The Sarine river and Lake Schiffenen are perfect for paddlers. And this is how it works: upon arrival in Fribourg, take a short stroll through the charming Old Town, before floating along one of the most beautiful paddle lakes in Switzerland. Here, even beginners have an unforgettable experience on the water. This is how you spend a relaxing day. >>

RARE NATURAL LANDSCAPES

The region around Les Paccots, with its wetlands, mixed forests and plateau, offers nature enthusiasts a wide variety of natural treasures. Take the Lac des Joncs (altitude: 1,235 metres). This is not just any mountain lake: it dates from the Ice Age – so it is around 5,000 years old – and is very deep. This amphibian spawning area of national importance provides a habitat for rare fauna, such as the endangered common toad and the large redeye, and plants such as the spatterdock, sundew and purple marshlock.

From Les Paccots it is also possible to reach the Niremont Massif (altitude: max. 1,500 metres) with its ancient, protected peat bogs. Visitors who accompany gamekeeper José Genoud learn to observe animals at a respectful distance and thus see more. Since Cyclone Lothar began transforming the forest here, the expert has been closely observing the development in these more recent glades. The scenic footpaths in Les Paccots allow visitors to experience the biodiversity up close and respectfully. >>

MONT VULLY



Mont Vully is only 653 m high but has magnificent views. The vista from its ridge extends across vineyards and the lake to the snow-covered peaks of the Bernese Alps. The Vully sandstone caves are situated on the southern slope above Môtier. These defensive tunnels were excavated by the Swiss army during World War I, and are now a fascinating area to explore. Remember to bring a torch! >>

BIOTOPE RESTORATION



Renaturation work has already begun on the biotope in the 'Mycologie' wetland near Romont, thanks to the local Junior Chamber International, the town of Romont and the Farzin Forestry Corporation. The team is also rebuilding the circular path and adding walkways, bridges and interpretive panels. This will allow the moor to breathe again from summer 2023, the biodiversity to return and the thirst for knowledge of young and old to be quenched. >>

BOTANY



The Botanical Gardens of the University of Fribourg have around 5,000 plant species, divided into 23 sections. Magnificent flora in the centre of town! >>

PANORAMIC VIEWS



No summit with such fantastic views (altitude: 2,002 m) is easier to reach than the Moléson. From the panoramic terrace, visitors have an unobstructed view over the Alps to Mont Blanc, across the Three-Lakes Region to Lake Geneva and the Jura. For a romantic evening, book a table for a sunset fondue, wine and tapas or a burger feast. Work up an appetite with a gentle stroll along the ridge path. >>

NATURE PARKS

The Gruyère Pays-d'Enhaut Regional Nature Park covers 503 km² of the typical Pre-Alpine landscape that extends from Bulle through to Montreux and Gstaad. Natural landscapes, like human civilisation, create a heritage which the cantons of Fribourg and Vaud jointly wish to preserve. Lovely hiking trails, such as the cheese trails on old transport routes and the signposted long-distance trail, the 'Grand Tour des Vanils', go through valleys and across hills and

mountains. Hikers obtain authentic insights into the everyday life of the Alpine shepherds and villagers. >> Covering 402 km², the Gantersch Regional Nature Park includes the Schwarzsee tourist region. There are occasionally guided tours, excursions and workshops on nature, culture and traditional crafts, such as shingle making and bread baking. The parks are an invitation to gain a genuine insight into these culturally rich regions and the charm of everyday life there. >>

BAREFOOT TRAILS



In the garden of the old mill in Villarimboud, 'Le Pied Total' invites visitors to take part in a voyage of discovery. "Going barefoot heightens the senses. After a ramble in the countryside accompanied by a wealth of anecdotes, your feet feel totally liberated... and your head as well!" says Frédéric Perritaz, the architect of the barefoot trails. Visitors who wish to spend the night in a tree bivouac are also in the right place here. >>

MOUNTAIN SWIMMING



The cool, calm and crystalline spring waters of Lake Schwarzsee have attracted swimmers since the 19th century. The wooden jetty, in front of the Gypsera restaurant, and the nearby natural beach of Staldenmotta, are a real draw for families, day trippers, sunbathers and seasoned swimmers alike. What better way to spend the day than with a walk around the mountain lake, followed by a refreshing plunge! >>

NOVILÉ



Novilé is the name of the app for treasure hunting around Lake Gruyère. Players experience the region and its treasures on seven stages and vie for the kudos and prizes. >>

1,001 BUTTERFLIES



A jungle trek through a tropical forest, a mangrove swamp and orchid pools. 1,001 butterflies enchant visitors with their ballet, many exotic varieties can be spotted and the adventure concludes with the nocturnal inhabitants of the jungle. Visitors can join expert Chantal Derungs for insider knowledge, and help with the butterfly breeding programme in the Papiliorama in Kerzers. >>

LAKE CRUISES

The Attila Boutique Boatel, operated by Reederei Vully AG, is hip, and eco-friendly too. The former freighter has been transformed into a shiny, modern floating hotel, with nine cabins, a captain's lounge and swimming platform, which takes guests on chilled-out cruises around the Three-Lakes Region. >> The shipping company 'Lacs de Neuchâtel et Morat LNM' offers regular connections and leisurely round trips on Lake Murten, Lake Neuchâtel and Lake Biel. The Neuchâtel steamship, which runs to a special schedule (vapeur), is particularly popular. Foodies can embark on a culinary themed cruise, while more sporty visitors can cycle to the winegrowing village of Praz and return by boat. >>

CONTACT

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

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