



OUTDOOR PURSUITS

NATURE TRAILS

The topography of the region of Fribourg is a gift for visitors and locals who love outdoor pursuits and nature. Aquaphiles are attracted to the idyllic Lake Murten and Lake Neuchâtel region, with its many beaches and accessible shorelines. Culture-loving hikers will find surprising ways to discover the capital Fribourg and its surroundings. And the views of the Fribourg Pre-Alps, with their austere natural beauty, delight walkers, hikers as well as cyclists and even climbers on the Via Ferrata. Hikers think they are in para-

dise: the official network of hiking trails covers a good 1,800 kilometres. Themed trails even tempt non-hikers and the 'Grand Tour des Vanils' guarantees several days of long-distance hiking. The network of cycling routes in the region of Fribourg comprises three national, nine regional and four local routes, while the signposted route around Lake Murten is popular with the public. Panorama Bike Route No. 2 is a showcase of the best that the Fribourg Pre-Alps have to offer.

FRIBOURG PRE-ALPS: A CLIMBING PARADISE



Close to heaven – The Gastlosen offers numerous climbing routes and the finest practice area. Easily accessible, but charismatic, it spellbinds climbers. Florence Nikles and Sébastien Monney belong to a small group of elite expedition team members of the Swiss Alpine Club. Florence has been climbing on the Gastlosen ever since she can remember and has never stopped. Sébastien accompanies ambitious mountaineers who wish to explore the north face, for example. Both of them play a part in awakening or sustaining the enthusiasm of many people for climbing. >>



Via Ferrata – Following on from the two popular Via Ferrata routes on the Moléson, Charmey has recently opened its own Via Ferrata for climbers of all levels. A second is set to follow. Cool Alpine climbing fun and spectacular views are guaranteed! >>

ZIP LINE VALLEY



Charmey Aventures: The clue is in the name! The Zip Line Valley adventure begins at the Vounetz top station. From there, a maximum of 15 zip lines let thrill seekers fly up to 400 metres in the air back down to the middle station. Adrenaline-fueled sightseeing with a difference! If you don't have nerves of steel, you can still take the hiking trail, and put your wits and agility to the test at the climbing park. >>

THREE-LAKES ROUTE



The hearts of nature enthusiasts leap with joy on the three hiking stages between Lake Neuchâtel and Lake Murten. The animals in the Grande Cariçaie are at their most active in the early morning. Via wooden foot bridges and in La Sauge Nature Conservation Centre visitors can cautiously approach the shy lakeside inhabitants. Sandy beaches invite visitors to swim, Mont Vully offers the best panoramic views, and Murten's Old Town is perfect for a scenic stroll. >>

GOURMET TRAILS



With starter and dessert sorted, it's time for some hiking in Les Paccots. Maybe a two-hour walk and outdoor fondue? Or a four-hour walk with four culinary stopovers along the Panorama route? >>

ALL DOWNHILL



Bikers with a need for speed can find two fantastic downhill routes on La Berra (altitude: 1,719 m) mountain, which offers amazing panoramic views. The slightly longer 5.4-kilometre-long blue trail goes from the top station of Télémixte, past the Gîte d'Allières mountain restaurant and down to the valley. The red, steeper route covers a distance of 3.4 kilometres and runs directly under the cableway. >>

THROUGH THE LAND OF MILK AND CHEESE

The Alpine Panorama Trail No. 3 offers 30 stages from Lake Constance to Lake Geneva. The Fribourg section begins with stage 21 and promises hikers a lot of enjoyment and welcoming inns. From Schwarzsee hikers take the chairlift to the Riggisalp and roam through the spectacular primeval landscape of the Brecca Valley and then across the flat Euschelpass, carved out by glaciers, to Jaun. On the following day, hikers roam through the heart of La Gruyère along the Jogne river

and through the mystical Jogne gorge to Broc, home to Maison Cailler, the Swiss Chocolate Factory, and to Gruyères Castle. On the third day, tribute is paid to the Moléson, the mountain with impressive views of the Fribourg Pre-Alps. Taking the cableways to the Plan-Francey middle station avoids the 700-metre climb. The hiking trail runs along the northwest flank of the Moléson into the Pre-Alpine region of Les Paccots. Hello, Lake Geneva! Goodbye, the region of Fribourg! >>

BIKE TOUR



Picturesque landscapes, a rich history and a wealth of cultural treasures, living traditions and culinary highlights such as Maison Cailler, the Swiss Chocolate Factory, and La Maison du Gruyère demonstration cheese dairy: visitors experience a lot in the five days they spend cycling from Murten – Fribourg – Gruyères – Romont – Murten. The package trip with luggage transport makes it very easy. >>

WAKEBOARDING



With help from an expert instructor, a wakeboard and the 800-metre-long Cable Ski lift, you too could be flying over the water at Estavayer-le-Lac. You can then progress to wakesurfing, where you ride the waves churned up by a motor boat. At this water sports paradise, you can also take sailing lessons, or hire pedalos, canoes and stand up paddles. >>

BIRD'S EYE VIEW

The Fribourg Pre-Alps are a paradise for paragliders. Modern, easy-to-carry paragliders enable new adventures between mountain and valley. In several destinations, experienced and friendly pilots offer tandem flights in harmony with nature. In the Schwarzsee-Senseland region, for example, after a hike to the Cousimbert summit or to the slopes of Gurli, the tandem paraglider is ready for a smooth take-off.

SUPER SUPS



Stand up paddling is a great way to experience the majestic Alpine scenery of Schwarzsee and the sun-drenched vineyards of Vully on Lake Murten. Or you could paddle out to the Ogoz Island on Lake Gruyère. You can hire all the kit you need at lots of outlets around the region. There is also a great SUP tour that starts in Fribourg's Old Town and follows the Sarine river to Lake Schiffenen, where you can drop off the SUP and return by train. >>

TRAIL RUNNING PARADISE



Mike Aigroz has always sprinted up the mountains: the trails are where he senses their pure energy. The outdoorsman still runs today across the beautiful peaks and crests near Les Paccots, just as he did as a 10-year-old and at the height of his Ironman successes. There are a variety of trail running paths with different levels of difficulty. If you want to follow in Mike's footsteps, stop off for a fondue at the Incrota Alpine restaurant. >>

Before long, you find yourself enjoying a breathtaking bird's eye view of the Fribourg Pre-Alps. In the region of La Gruyère, you get even closer to nature. After an ascent on foot and a small picnic on a Pre-Alpine summit, which varies depending on the weather conditions, it is time to take off. A truly immersive experience with incredible views of the natural landscape. >>

GASTLOSEN TOUR



The iconic five-hour circular tour around the Gastlosen begins at Jaun's chairlift station and continues on to the Musersbergli (1,570 m). It takes 1.5 hours to reach the legendary Chalet du Soldat Alpine hut (1,752 m). What a view of the spectacular crags, across Alpine pastures and the expanses of La Gruyère. After the 'Wolfs Ort' crossing (1,921 m), hikers continue on their way with views of the Bernese Alps in front of them. Without snow cover, it is passable until autumn. >>

BRECCA



The fascinating unspoilt landscape of the Brecca was formed by glaciers. A 2.5-hour circular hike allows you to explore the area. The route starts in Schwarzsee (1,047 m) where hikers take the chairlift to the Riggisalp (1,493 m) and arrive in the middle of the mountainous area of the Brecca Valley. Hikers can enjoy a fondue in the St. Antoni Brecca Alpine hut, at the foot of impressive limestone deposits and surrounded by lush green pastures. >>

SAC ALPINE HUT



This simple SAC Alpine hut 'Cabane des Marindes' (manned June to September), in the middle of the Vanil Noir Nature Reserve, is ideal for hikers, wildlife watchers and plant lovers. >>

URBAN GOLF THROUGH FRIBOURG



Mini-golf, but in an urban format! It is not only families who love this enjoyable way of exploring the town. The 18-hole course goes from the city centre via the cable railway (funicular) to the lower part of Fribourg's Old Town, where it crosses old wooden and stone bridges. Urban golf is included in the City Card, alongside the little train, lots of other tourist attractions and public transport. >>

GRAND TOUR DES VANILS

The 'Grand Tour des Vanils' is the perfect challenge for seasoned hikers. The 11-stage trail runs from the Gruyère Pays-d'Enhaut Regional Nature Park. In Fribourg patois, 'vanil' means 'crag' or 'jagged peak', and many of them line the route in the Nature Park between the famous Vanil Noir in Val-de-Charmey and the Vanil Carré in Châteaux-d'Oex (VD). The route, which covers around 158 kilometres, connects diverse Pre-Alpine landscapes and their outstanding natural

heritage like the Brecca Valley, the Gastlosen, Lake Lioson, Pic Chaussy, Monts Chevreuils and Vanil de la Monse. Moreover, an active Alpine economy, restaurants and Alpine huts promise interesting encounters. Even if the stages are meant to take less than six hours of hiking a day on average, good preparation is still recommended. Public transport offers hikers a great deal of flexibility. >>

CHEESE DAIRY TRAIL



The path between the Alpine cheese dairy in Moléson-sur-Gruyères and La Maison du Gruyère in Pringy provides information and a memorable experience. The two-hour hike over meadows and through forests affords plenty of opportunities to admire the awesome Moléson. Hikers who fancy a typical meal prepared over a log fire should roam via Reybes where they will arrive at Les Mongerons, a cosy Alpine restaurant. >>

MULETEER



When Jean-Claude roams the Fribourg Pre-Alps, his mules are always by his side. They convey the cheese made on the mountain dairy farms, but also deeply held values like the respect for nature and traditions. In summer, you can join them as they make their way up to the mountain. From then on, the pleasure of savouring Swiss mountain cheese will always be linked with the intense emotion of walking with mules. >>

E-MOUNTAINBIKE HIRE AND FONDUE FUN

The Fribourg Pre-Alps are home to the legendary Gruyère AOP and Vacherin Fribourgeois AOP cheeses, and provide the spectacular backdrop to the surrounding countryside, which offers the perfect terrain for e-mountainbike excursions. Les Paccots has come up with a bright idea that combines the best of both these worlds: e-bike rental and a fondue lunch. As part of the package, you receive a fondue kit with all you need to prepare and enjoy a 'moitié-moitié' fondue in the great

ALPINE HUT TOUR



Pure adventure: roaming the foothills of the Fribourg Pre-Alps for three days and spending the night in a traditional Alpine hut. Watch the sunset from the terrace, savour the cosy atmosphere before heading to bed. In the morning, greet the rising sun, observe the chamois and set out on a new hiking trail. Jaun – Châlet du Soldat – Vanil Noir Nature Reserve – Cabane des Marindes – Cabane des Bounavaux. >>

BICYCLE RACING



The Fribourg Pre-Alps are a paradise for hobby cyclists and pros alike. Châtel-St-Denis has been chosen as the time trial stage of the Tour de Romandie (28 April 2023). >> Tafers will be the departure point of the third stage of the Tour de Suisse (13 June 2023). Schwarzsee will be one of the stages of the 2025 Tour de Suisse. We can look forward to celebrations in the streets and gorgeous shots of the Sense district on TV. >>

outdoors. Choose your perfect picnic spot, assemble the rechaud, add the wine and cheese to the caque-lon, mix and cook. Before long, the aromatic scent of the cheese will mingle with the fresh Alpine air. >> The region of La Gruyère also has a great many sign-posted routes of varying levels of difficulty to choose from. >> An bike ride is a great way to experience up close the beautiful forests, pastures, shingle-roofed Alpine chalets, and traditional mountain dairy farming.

KAYAKING ADVENTURE



There is so much to explore on and around Lake Gruyère. Kayaks and stand up paddles can be hired in Corbières. Participants start from Morlon Beach via the Bird Island, past the Ogoz Island and on to the Rossens dam – a Gruyère symphony in dazzling blue and green. This is also the right address for a spin in a motorboat or a treasure hunt in a kayak. >>

(E-)MOUNTAIN BIKE FUN



The region around Les Paccots and Châtel-St-Denis is a mountain bike paradise. But Schwarzsee, La Gruyère and the Glâne district also attract their fair share of mountain bike enthusiasts. Signposted trails come with information on the level of difficulty and duration. For seasoned bikers, route no. 5 'Les Armaillis' is a must. It runs along the bottom of the imposing Dent de Lys and Teysachaux mountains. The mountain bike obstacle course in Lussy offers fun for all the family. >>

SLOWUP



Cycling and inline skating on car-free roads – fun for all the family! Lake Murten (22nd edition): *Sunday, 30 April 2023.* >> Broye: *Sunday, 23 July 2023.* >>

SENSE HEART TRAIL



The 72-kilometre-long Heart Route Circular Trail No. 299 has every chance of achieving cult status. The rolling Alpine foothills form natural river valleys with valuable pastureland, forests and hills and invite visitors to explore the area by e-bike or bicycle. The free Sense Heart Trail map can be ordered online. >>

GONE FISHING

If you want to improve your casting technique and reel in a great catch of perch, pike or fera, then Jérémie Carrel is the perfect teacher. Whether you choose a half-day course or a day trip to the best fishing grounds, Jérémie will ensure you have an experience you will never forget. >> No matter what your age, the 'La Gruyère' fish farm in Neirivue will let you try your hand at catching your own trout. The team will give you tips and all the kit you need to succeed. A local restaurant is on hand to cook your catch exactly how you want it. >>

CONTACT

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

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