



WINTER

WINTER SPORTS IN THE FRIBOURG PRE-ALPS

The family-friendly ski areas in Schwarzsee, Charmey, La Berra, Jaun, Moléson-sur-Gruyères, Rathvel and Les Paccots impress visitors with their well-maintained infrastructure, popular children's ski schools and competitive pricing. Many ski lifts are suitable for beginners, school classes and nocturnal group experiences, for example La Chia near Bulle or on the Gibloux near Villarlod. Skijöring, near Pringy, promises lots of galloping good fun. The unspoilt landscapes

of the Fribourg Pre-Alps are popular with walkers, cross-country skiers and snowshoe hikers. Whether alone or with a professional guide: well signposted and easily accessible routes go through the tranquil, wintry countryside. Whether in the sunshine or by moonlight, the Fribourg region is not short of cosy Alpine taverns whose fondue and other local traditional dishes are well worth the uphill journey.

SCHWARZSEE ON ICE



Frozen, checked and approved at last! The 0.5 km² natural ice rink in the middle of spectacular mountain scenery is large enough to accommodate walkers, ice princesses, ice hockey players of all sizes and even a romantic pas de deux. There are many other outdoor rinks across the canton, including the ice rink beside the former sawmill in Charmey and the rink next door to the historic Berntor in Murten. >>

CROSS-COUNTRY SKIING



Skis are ideal for exploring and enjoying La Gruyère. Snow is virtually guaranteed on the Jaun-to-Charmey 2x10 kilometre ski run, which is also suitable for beginners. Experienced cross-country skiers can head for the more demanding high run on the Jaun Pass. Various circular runs, a fun park and magnificent views attract skiers to the Gibloux and Le Crêt. La Cuva near Les Paccots is the newest cross-country ski area. >>

SKI TOURING



The Fribourg Pre-Alps boast many great destinations for ski touring enthusiasts. A well signposted route takes you from Les Paccots up to the 1,568 m summit of Le Pralet. The reward is a sweeping view from the top across the mountains and Lake Geneva. The Vitaski routes in Charmey and Jaun are particularly popular training grounds. Certain ski runs are open for ski touring in the evenings (*Monday to Friday, days may vary depending on the resort*). >>

GEE WHIZZ!



Sledding is lots of fun. But getting to the top of the run can be hard work. Happily, the Fribourg cableways network takes the strain for you, be it in Moléson, in Jaun at the foot of the Gastlosen, in Charmey or Schwarzsee. Les Paccots offers a leisurely climb with snowshoes, followed by a well-earned break at the Le Vuipay Alpine hut and then a fast descent down on a bob. You can even enjoy a spot of sledding in Fribourg's Old Town, *from 10 to 12 February 2023*. >>

FOREST OF LIGHT



Not far from the ice palaces, you'll find adorable creatures wandering around in the forest. The magical light display 'Light in the forest' full of stunning visual effects will warm even the coldest of hearts! >>

WELLNESS – ALPINE AND URBAN



After fun in the cold, the Bains de la Gruyère in Charmey provide sensory indulgence and absolute relaxation. The magical watery landscape (34°C) features a variety of saunas and uninterrupted views of the mountain scenery. What about a hot-chocolate body massage? If you don't want to leave the city, the Urban Spa in downtown Fribourg caters to all your wellness needs, too. >>

GUIDED SNOWSHOEING TOURS

The Fribourg Pre-Alps are made for snowshoeing tours. With every step, you slow down and get closer to nature – and your inner self. The only sound you hear is the crunching of the snow and the beating of your heart. In safe hands with your professional guide, your mind is free to wander. Our snowshoeing guides know the most scenic routes through the peaceful forests and snow-covered plains around Schwarzsee and Charmey. How about a moonlight hike followed

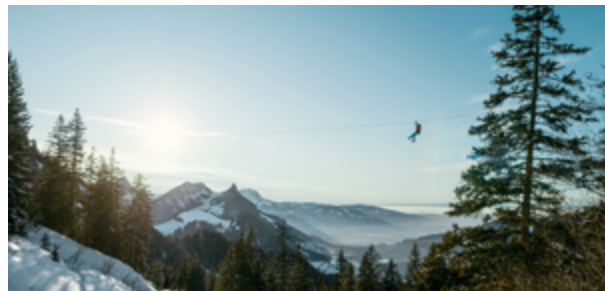
by a fondue? Or a night tour filled with legends and storytelling? Maybe a two-day tour with an overnight stay in an Alpine hut? Les Paccots is also a great place to explore the winter landscape, with the help of a guide and fitted out with 'ski hoks' – a mix of snowshoes and skis – which make the ascent easier and the descent faster. A meal of fine regional specialities rounds off the trip. >>

SNOW FUN



A snowtubing session in Charmey promises a fast and rollicking ride for adventure lovers of all ages. The starting point is the Vounetz cableway station. Pick up your tyre, put on your helmet, hold on tight... and go! The Bounè Rodzo winter fun park has loads of activities and snow-filled adventures for all the family. You can get there on a sled, skis or snowshoes. >>

HEAD FOR HEIGHTS



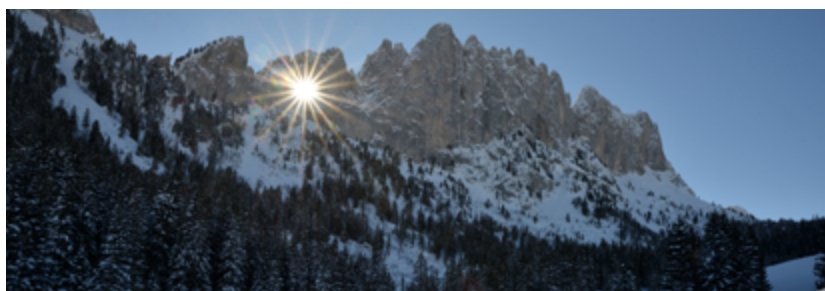
Charmey's Zip Line Valley is also open in winter. The adventure begins with a low-octane cable car trip to the top of the Vounetz, where a guide will be waiting for you. They will show you the ropes, and take you through the safety issues and the 2.5-hour tour. There are a total of 13 zip lines, some up to 300 metres long. A thrilling experience with breathtaking bird's eye views. For groups of five or more. >>

PSSSST...



The interactive 'Circuit Secret Murten Licht' experience takes visitors on an immersive, mysterious and magical trip through six rooms in Murten's Old Town. *Runs until end of May 2023.* >>

GROSSMUTTERLOCH



In winter, the Gastlosen mountain range is the site of a unique natural phenomenon. From the end of October to mid-February, the low winter sun glistens through a hole in the rock face. Legend has it that the hole was caused by the devil who angrily hurled his grandmother against the rock. Maybe it is due to the natural process of rock erosion? Either way, it is an incredible sight. >>

AUTHENTIC FRIBOURG SPECIALITIES

Fribourg's Alpine restaurants and taverns are legendary. Not just for their food and drink but for their cosy and welcoming vibe. The Buvette au Creux du Feu is a 40-minute walk or a short drive away from the village of Broc. The Julmy-Brodard family still cooks their classic regional dishes on an open wood fire. When the weather permits, the Gantrischli Alpine cheese dairy, deep in the Schwarzsee hinterland, opens on winter weekends and serves up one of the best homemade 'moitié-moitié'

fondues in the region. Local skiers, ski tourers, winter hikers and the Olympic slopestyle gold medal winner Mathilde Gremaud rave about Gîte d'Allières and its delicious traditional fare. If you want to combine fitness and outdoor feasting, then head to Les Paccots and ask for a takeaway fondue kit. A family-friendly treasure hunt takes place in the wintery landscapes of Estavayer-le-Lac and the Grande Cariçaie nature reserve, and ends with a well-deserved chocolate fondue. >>

ICE PALACES



Whether it's a pirate ship, an iceberg dotted with penguins, a grotto or an igloo, an enchanting, illuminated dream world awaits warmly dressed visitors two kilometres away from Schwarzsee. For 30 years, Karl Neuhaus pursued his passion for ice sculpting. Now, a new generation of ice artists are sprinkling their creative magic around the ice palaces and making the dark winter nights brighter. >>

SPORT IN THE SNOW



Winter sport in figures: more than 160 km groomed slopes for skiers and snowboarders, 70 km of cross-country skiing tracks, close to 20 km of cool sled runs, 240 km of signposted snowshoe routes and winter hiking trails, popular ice skating and curling venues, and the Bains de la Gruyère, with three water pools heated to around 34°C. >>

WINTER SPORTING EVENTS

Whether you are a cross-country skier, a SkiMo aficionado, a snowshoeing fan or a winter hiker, you will find what you are looking for in the Fribourg Pre-Alps. For those who love the thrill of competition, there is the Trophée des Gastlosen. Launched 30 years ago, this annual ski mountaineering race begins in Jaun or Abländschen, and attracts both amateur and professional athletes. Participant numbers are limited, so register early (2023 edition cancelled). >> The Brevet des Armaillis is a popular snowshoeing tour that starts in Moléson-sur-Gruyères and ends in Les Paccots, and takes roughly 3.5 hours to complete (no 2023 edition). You will find ski touring ideas, with and without a guide, online. >>

MURTEN LIGHT FESTIVAL



From 18 to 29 January 2023, 20 arteplages created by light artists from near and far will set the 'Stedtli' and lakeshore aglow between 6 and 9.15 pm (until 10 pm on Friday and Saturday). 'Spectaculaires' from Brittany will weave their magic right next to the Bern-tor, while the ship of 'Karl's kühne Gassenschau' will be dropping anchor on Murten's main thoroughfare. The 2024 edition will be held from 17 to 28 January. >>

MOLÉSON FOR ALL



Day trippers, sporty families and adrenaline junkies will all be equally happy on Mount Moléson. The black ski run is legendary, but skiers can have fun on the blue and red runs as well. This giant Alpine playground also offers a fun sled run, great snowshoeing tracks and winter hiking trails. >>

CONTACT

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

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