

# CHARMEY

## ADRENALINE AND WELLNESS

The name says it all: Charmey is a charming mountain village. It offers an authentic taste of life in the Fribourg Pre-Alps with a variety of activities. The Désalpe, a traditional festival marking the descent of cattle from their summer Alpine pastures, always takes place on the last Saturday in September. With its Zipline Valley and impressive slides, Charmey is the perfect playground for thrill-seekers. Nine zipline cables, stretching up to 200 metres long, offer up to two hours of fun through a breathtaking landscape. The Toboggan trail completes the experience, adding even more adrenaline and excitement. A true breath of fresh air and a guaranteed adrenaline rush, summer and winter alike.

In summer, Charmey is an ideal base for a wide variety of hikes and mountain bike tours and the summit of Vounetz offers many exciting activities for the whole family on the theme of the Alpine pasture

season. In winter, Charmey is home to the Bounè Rodzo winter village and a family-friendly skiing area. The Bains de la Gruyère promise sensory indulgence and absolute relaxation with the magical watery landscape and the uninterrupted view of the mountain scenery of La Gruyère.

The Carthusian monastery La Valsainte, founded in 1294, is situated in Cerniat, not far from Charmey. It was destroyed, rebuilt and enlarged in the 19<sup>th</sup> century. Monks still live in the Carthusian monastery today and are frequently encountered during their weekly stroll in the mountains. If you wish to gain an insight into daily life in the monastery and the spiritual life of the Carthusians, pay a visit to the Valsainte room complete with monastic cell at the Musée de Charmey. The museum also celebrates local history, traditions and works of art, both past and present. >>



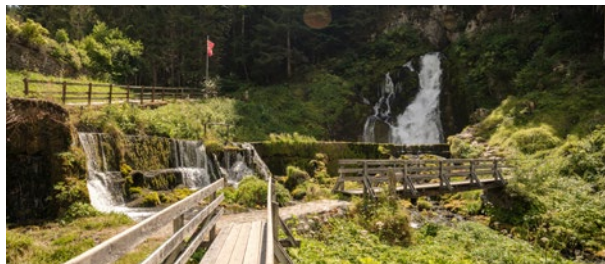


## TOTAL RELAXATION



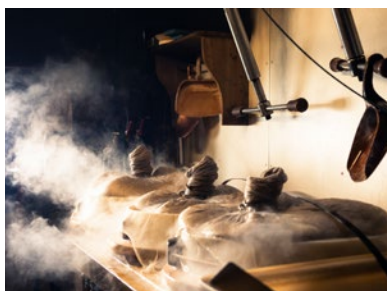
**Bains de la Gruyère** – Absolute relaxation and sensory indulgence await you here. The watery landscape with heated indoor and outdoor pools features a waterfall and spectacular mountain views. In the wellness area, which is divided into a Nordic and an Oriental area, saunas, hammams and Turkish baths tempt visitors. The chocolate massage is a hit, apparently. Why not try it for yourself! >>

## WANDERLUST



**Hiking and history** – Set off to discover a trail linking Broc to Jaun via Charmey. Between built heritage and living traditions, nearly 60 information panels line the route, telling the story of the villages and places that bring the valley to life. A walk where every step immerses you in the heart of local life. >>

## ALPINE CHEESE



**Look inside** – In the Les Invuettes, Hauta-Chia or Vounetz chalets, visitors can see in summer time how Alpine dairy farmers milk their cows and make Gruyère d'Alpage AOP by hand. An insight into traditional daily life on the Alpine pasture in La Gruyère. >>

## TRADITIONS



**Charmey Désalpe** – For many, this is the most beautiful descent from the Alps in Switzerland! The traditional festival pays homage to the Alpine farmers and their cows and goats when they return to the valley after a busy summer in the Alps. The herdsmen wear their brezdons, the women their dzaquillons, and the animals are adorned with flowers and magnificent bells. The festivities attract visitors from near and far and include three markets (Alpine cheese, regional specialities and handcrafts). >>

## KEY DATES

- 1920** Construction of the dam and the Lake Montsalvens
- 2011** New chairlift opens in Vounetz
- 2012** Charmey Aventures opens its zip line attraction
- 2018** Charmey re-opens the Old Forge to the public
- 2025** Opening of the Toboggan Trail

## IN NUMBERS

- Population:** 2,790 inhabitants
- Language:** French
- Altitude:** 900 m (village),  
1,627 m (Vounetz summit)