

at large or accompanied



## « Gruyère, Balcony of Lake Geneva, Pays-d'Enhaut et Singine »

Between Lake Geneva and Bern, discover the tourist region of **La Gruyère** in the canton of Fribourg in Switzerland and immerse yourself in its wonders: culture, nature, cheese and chocolate! Overlooking Montreux and the Vaud Riviera, the **balcony of Lake Geneva** offers a breathtaking panorama! Between lakes and mountains, a land combining tradition and modernity on the borders of the **Gruyère Pays-d'Enhaut Regional Natural Park**.

**The Grand Tour des Alpagnes is 2 cantons (Fribourg + Vaud), 4 Mountains and 5 Lakes and much more.**

*It is obviously to immerse yourself in the atmosphere of the mountain peasantry: on small alpine roads and white paths, 200 km of escape between alpine pastures and pastures in the footsteps of peasants and armaillis with the presence of herds around farms and chalets, cheese making, an activity rooted for centuries and inscribed in the heritage of Gruyère and Pays-d'Enhaut.*

*A little hunger? ... a thirsty throat? ... or just a contemplative break, welcoming chalets-refreshments welcome hikers in a typical atmosphere with local products (cheese dishes, ham with smoked bone, double-cream and meringues).*

4 regions associated to offer a variety of landscapes during an exceptional journey :

Gruyères (Pringy): Emblematic heart of the "Gruyère" destination: a hill, a castle, a medieval city and more and 400,000 visitors a year!

The Gibloux hill and the Berra massif overlooking Lake Gruyère (left and right bank).

Charmey valley: multi-activity tourist villages combining gastronomy and well-being with the Bath-Wellness of Gruyère.

The natural valley of Gros-Mont without motorized traffic: a preserved nature between the Vanils chain and that of the Gastlosen (the Swiss Dolomites).

Rougemont: village that seduces with the beauty of its architectural heritage a stone's throw from Gstaad.

Château-d'Oex: tourist village of the Pays d'Enhaut, capital of the hot air balloon.

The Wild Valley of L'Hongrin: From Allières, you have the choice: either you take the train via the tunnel under Jaman, or you climb the pass of Jaman; the 2 possibilities allow you to join the Forwards.

From Les Avants to Les Paccots: a bucolic and panoramic crossing offering an impressive view of Lake Geneva from Montreux to Geneva as well as Savoy.

Return to Gruyère by the wild valley of the Trême to the gates of Bulle (regional capital).

The itinerary proposes to travel through one of the most appreciated regions of the Pre-Alps of French-speaking Switzerland: a balance between agricultural land, forests, villages, rivers and lakes, populated by abundant fauna and flora where it is good to recharge your batteries without forgetting a rich regional and international gastronomy gourmets.

**2 "Touring" or "Sporty" formulas adapted to the skills and wishes of each.**

The "**Grand Tour des Alpagnes**" offers a good mix between safety and tranquility and will make you discover the most beautiful landscapes of Gruyère, the balcony of Lake Geneva and the Pays-d'Enhaut with nights chosen among the emblematic "spots" of the regions crossed.

#### **In brief:**

- Accommodation: Middle class hotels (+/- 3 stars) with breakfast  
"Standing" option on request
- ***Transport of luggage to the premises of the accommodation***
- Maps, GPS tracks (in freedom), Road-book, Tourist documentation

#### **By the numbers:**

3 to 4 Days of cycling / 2 to 3 Nights

170 > 200 km / approx. 4'500 m D+ / 20:00 > 25:00 hours of saddle (depending on the pace)

Difficulties: technique 2 to 3 out of 5 / physical 2 to 4 out of 5 (if electric bike or not)

#### **Summary:**

##### Formula "Touring"

Day 1:

Gruyères (Pringy) > Pont-la-Ville or Rossens via the Gibloux massif by crossing Panorama of Lake Gruyère.

Day 2:

Pont-la-Ville or Rossens > Valley of Charmey via the valleys of the Singine and the Berra massif.

Day 3:

Valley of Charmey > L'Hongrin Valley (Allières) via the Gros-Mont plateau, Rougemont and Château-d'Oex.

Day 4:

L'Hongrin Valley (Allières) > Gruyères (Pringy) via the railway tunnel under Jaman mountain > Les Paccots and the Trême valley.

##### "Sporty" formula

Day 1:

Gruyères (Pringy) > Pont-la-Ville or Rossens via the Gibloux massif by crossing Panorama of Lake Gruyère.

Day 2:

Pont-la-Ville or Rossens > Château-d'Oex or Rougemont via the valleys of the Singine, the Berra massif and the Gros-Mont plateau.

Day 3:

Château-d'Oex or Rougemont > Gruyères (Pringy) via the L'Hongrin valley, the Jaman pass > Les Paccots and the Trême valley.

*Option: Possibility to request the services of an accompanying guide.*

**Price Package : from CHF 380.- per person "at large"**

## Practical arrangements

### Red tape

Your trip is organized and coordinated by:

GruyèreEvasion

R. des Rounè 35

CH – 1661 Le Pâquier-Montbarry

Email: [info@gruyere-evasion.ch](mailto:info@gruyere-evasion.ch)

Tel. 0041 79 377 27 44 or 0041 79 722 77 36

[www.gruyere-evasion.ch](http://www.gruyere-evasion.ch)

hereinafter referred to as "Organizer"

### Home & Departure

Day 1 in Pringy (Gruyères) at 08:00

#### Restaurant of La Maison du Gruyère

Place de la Gare 3, 1663 Pringy-Gruyères FR

Tel. 0041 26 921\_84 00

NB ***Paid parking!*** (possibility to anticipate for free parking spaces)

In case of a last-minute problem, contact your Organizer:

Tel. 0041 79 377 27 44 or 004179 722 77 36 – E-mail: [info@gruyere-evasion.ch](mailto:info@gruyere-evasion.ch)

### Location & Access

Public transport :

SBB/SBB train > Romont (Station), then TPF train > Bulle > Gruyères (Station)

Car :

From the South:

Motorway A12 > Lausanne > Vevey > Bulle (exit)

From the North:

A12 motorway > Fribourg > Bulle (exit)

then bypass road H189 > Le Pâquier (exit), cantonal road > Pringy (Gruyères)

### End of stay

In the afternoon of the last stage

#### Restaurant of La Maison du Gruyère

Place de la Gare 3, 1663 Pringy-Gruyères FR

## Itinerary

**This is a pre-alpine route evolving between 680 m and 1,460 m above sea level.**

Path on several types of land:

A majority of small asphalt and/or concrete roads as well as white paths open to road traffic.

Some sections of 4 x 4 roads traveled by livestock and agricultural vehicles.

Forest tracks founded.

A certain habit of cycling and a good command of your E-Bike are advised.

**The "Touring" and "Sporty" formulas take the same route except for the possible variants and EXCEPT the Allières section > Les Avants:**

**Formula "Touring" = Train MOB (railway tunnel)**

**"Sporty" formula = Ascent the Jaman Pass**

The main difference consists of a more or less high pace and more or less important hours of saddle hence different daily distances.

## Level & Skills

### Formula "TOURING"

PHYSICAL LEVEL: 2 to 3 on a scale of 5

Sport, you like, mountain biking too and you do at least 1 weekly outing. Through this circuit, you are able to chain several outings of 40 > 50 km per day.

4 Days of cycling: Altitude difference + cumulative: 1000 to 1300 m / 5 > 6 hours of saddle / day.

TECHNICAL LEVEL: 2 to 3 on a scale of 5

In addition to asphalt/concrete roads and white paths, the route includes a few sections of unpaved 4 x 4 roads, founded forest trails and 2 or 3 short portions of uncompromising trails.

Given the relative slope of some passages (ascent / descent), it is therefore a question of mastering your machine in terms of balance, braking and piloting, especially if it is an electric bike with a significant weight!

### "SPORTY" formula

PHYSICAL LEVEL: 3 to 4 on a scale of 5

Cycling is your sport. You have good physical fitness and regular training. You are able to chain several outings and have the taste of the effort to travel 50 > 80 km per day.

3 Days of cycling: Altitude difference + cumulative: 1000 to 2000 m / 6 > 8 hours of saddle per day.

TECHNICAL LEVEL: 3 to 4 on a scale of 5

Apart from the Jaman Pass and the possible variants, the route is equivalent to that of the "Touring" formula.

## Accommodation

From the night of the 1<sup>st</sup> day to the one preceding the last day :

### "Rustic"

Simple hotels, inns, cottages, B&B or bed and breakfast: room from 2 to 4 or collective (depending on the availability and composition of your group)

Private or, sometimes, common bathroom.

Sheets and slippers of huts (Crocs) provided

### "Comfort"

3 to 4 star hotels or quality B&B, sometimes with swimming pool and / or wellness area

E-Bike: battery charge guaranteed!

### "Standing"

Hotels 4 to 5 stars, with swimming pool and / or wellness area (depending on the establishment)

E-Bike: battery charge guaranteed!

Night(s) before or after the stay :

OPTION:

Additional night(s) to book individually:

[www.la-gruyere.ch](http://www.la-gruyere.ch)

## Baggage routing

**You only carry your belongings for the day in a small backpack!**

**During your tour, 1 itinerant luggage per person follows you :**

You find your luggage every night at the stage.

This is one travel/sports bag per person not too large (60 cm maximum), the weight of which does not exceed 10 kg + 1 bag of technical equipment for the group.

*Luggage must be tagged with your LAST NAME, First Name, Address + Dates and Locations of the Accommodations.*

*Your Organizer disclaims all liability in the event of deterioration of any fragile object.*

*Every morning, luggage must be deposited at the place indicated by the host no later than 09:00!*

## Meals + Picnics

MORNING:

A hearty breakfast adapted to endurance efforts is served by the host and included in the organizer's package (days 2 > 4).

MIDDAY:

Day <sup>1</sup>: Have a picnic on you! (few opportunities to eat on the course and limited time).

Possibility to buy / order sandwiches from hosts (NOT included in the package)

OR refuel in the villages crossed (bakeries, small local shops)

OR stop at a chalet-refreshment bar or a restaurant on the course; this is often a good idea to discover the local products of a region.

You will find the information on your journey log.

EVENING:

Meals "à la carte" with the hosts (NOT included in the package)

## Hiking folder

At least 1 week before your departure but after receipt of the balance, your Organizer sends one file per group. It includes:

- Topoguide (paper maps with plots)
- Detailed descriptions of itineraries per day step by step
- Road-book with contact details of hosts, Resto-Buvettes, Cycle Shops etc.
- Tourist documentation of the region "La Gruyère"
- **GPS Tracks = GPX Files via Email (1 x per group)**

Consult your Organizer if you want additional files: + CHF 100.-/pce.

*If your registration occurs less than 10 days before departure, your journey log will be sent to the 1st accommodation. As a precaution, we will send it "by express" (type Swiss Post Express); a supplement will be requested (according to the rates in force at the time of booking).*

## Departure periods

May to October  
subject to adverse climatic conditions at altitude  
(several passages between 1200m and 1500m)

### Departure days:

May, June, September and October: Monday, Tuesday, Wednesday and Thursday  
July and August: every day

## Price

Package per person "at large" :

### Formula "Touring" 4 Days / 3 Nights

	RUSTIC	COMFORT**
For 6 Participants	CHF 450.-	CHF 550.-
For 5 Participants	CHF 480.-	CHF 580.-
For 4 Participants	CHF 520.-	CHF 620.-
For 3 Participants	CHF 580.-	CHF 680.-
For 2 Participants	CHF 700.-	CHF 800.-
For 1 Individual Participant	CHF 1'080.-	CHF 1'180.-

(\*\* 2 nights out of 3)

### "Sporty" packages 3 days / 2 nights

	RUSTIC	STANDING
For 6 Participants	CHF 380.-	CHF 530.-
For 5 Participants	CHF 410.-	CHF 560.-
For 4 Participants	CHF 440.-	CHF 590.-
For 3 Participants	CHF 500.-	CHF 650.-
For 2 Participants	CHF 620.-	CHF 770.-
For 1 Individual Participant	CHF 980.-	CHF 1'130.-

Beyond 6 people, contact your Organizer since the number of places is limited by the accommodations.

### Payment :

Deposit 30% at the time of booking (booking is confirmed after receipt of the deposit).

Balance 70% + Possible options 30 days before the start of the tour.

In case of Reservation less than 30 days before the start of the tour, the totality is to be paid at that time.

## The Price includes

- Accommodation: Option "RUSTIC" nights in rooms from 1 to 4 people (subject to availability) +/- 2 Stars
- Option "COMFORT" nights in double / single rooms in Hotels + B&B quality 3 > 4 Stars
- Option "STANDING" nights in double / single rooms in Hotels 4 > 5 Stars
- Breakfasts.
- **Luggage delivery over 3 or 4 days.**
- The complete hiking folder including Maps + GSP Tracks (GPX files).
- The coordination of the circuit with the reservations.
- A nice little surprise with each host and on arrival at the "Maison du Gruyère".
- Train ticket for the crossing of the Tunnel between Allières and Les Avants.

## The Price does not include

Materials (bicycle, equipment etc.)

Meals, picnics and drinks for lunch and dinner.

Private insurance (accident, illness, RC, repatriation, casco etc.)

Transport from home to the point of departure.

A possible transfer and / or repatriation during the tour.

Mechanical and / or medical assistance.  
Accompaniment by a guide.  
Anything not listed in "Price includes"

## Services: Variants and Options

### **Transfer and / or repatriation during the tour:**

In case of necessity due to weather conditions in particular possibility to organize a transfer and / or repatriation against a supplement paid cash during the service.

Price: CHF 3.-- per km traveled – Round trip - by the driver / vehicle performing the service  
(1 driver + 1 vehicle)

### **"Custom" version:**

Possibility to build a tailor-made project adapted to the skills and wishes of the Participants.

### **Electric bike rental (E-bike):**

To simplify your life and in particular your trip to Gruyère, it is possible to rent your machine (bike) on site from a specialized partner brand:

Price: from CHF 150.- / CHF 200.- for the stay (3 > 4 days)

To be booked in advance!

### **Night before and /or after the tour :**

Your organizer will gladly book accommodation near the place of Departure / Arrival (Pringy-Gruyères).

### **Accompaniment by a guide:**

For an accompaniment by a certified guide, ask us for a personalized offer!

NB The organizer collaborates with certified guides who know the region.

## Booking / Cancellation

Reservation:

At least 10 days before the start of the tour.

Cancellation:

At least 10 days before the start of the tour: says 30%

In case of cancellation between the day before the start and the 9<sup>th</sup> day before the start of the tour: says 50%

## Responsibilities

Each participant must be compulsorily insured privately in civil liability and against accidents, without reservation.

It is advisable to take out insurance for repatriations (especially abroad) as well as a casco "cycles".

The organizer of the tour declines all responsibility in case of accident / illness, theft, damage to others as well as for damage to the personal equipment of the participants (bicycle etc.).

*The organizer:*

**GruyèreEvasion 2022**

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## Partners

