



## Introduction

Time to have fun! After the more serious chapters, it's nice to come to a more relaxed one. Indeed being close to splendid surroundings and at the same time enjoying an intense cultural life is not very common. That is the enticing quality of life the canton of Fribourg offers. For an entire day or just a few hours, you will find a wide range of activities to choose from and enjoy. Not only the gourmets and the sport fanatics, but also the kids and the museum freaks will find activities adapted to their passion. We would have liked to mention more tips in this chapter, but unfortunately we had to yet again restrict ourselves to a few main ideas. We are sure you will have a great deal of pleasure in discovering many more possibilities on your own.

- 5.1 Sport
- 5.2 Museums
- 5.3 Kids
- 5.4 Festival and culture events
- 5.5 Dining out



## 5.1 Sport

Sport facilities in Switzerland are extremely well equipped and offer you the opportunity to enjoy almost any sport in great conditions. In addition to regular indoor and field sports, the Alps offer fantastic possibilities to practice skiing, hiking, climbing or even paragliding. Fribourg not only has its mountains, but several lakes, where water sports, such as sailing, wind surfing, etc., are on the cards too. And if you are more enthusiastic about aerial sports, you will probably appreciate the proximity of the various airfields and the possibility of hang-gliding and hot air ballooning.

To come back to more common sports, you will find in – or at least close to – your municipality many different kinds of clubs, e.g. tennis, soccer, basketball, volleyball, badminton, golf, chess, etc. If you would like a list of the people in charge of the various clubs in your area, do not hesitate to contact the local administration of the town. Participating in a sport in a club is also a good way to make friends in the neighborhood.

The canton's tourism website offers a great deal of information about sporting possibilities, [www.pays-de-fribourg.ch](http://www.pays-de-fribourg.ch).

Of course we will not try to list all of the sport possibilities here, it would be far too long. In this section we just want to give you some specific information about activities you are perhaps less acquainted with. As they are usually not practiced in clubs, it is likely that not many people would be able to give you this precious information.



## Some winter sports

### **Downhill skiing**, *ski alpin, ski de piste, Skifahren*

As approximately 40% of the population ski regularly, downhill skiing could probably be named “Switzerland’s national sport”. In most resorts the ski season begins in December and ends in April. In resorts at or above 2000 meters the season lasts two months longer. Summer skiing is possible in resorts like Zermatt, Saas-Fee, Les Diablerets and Verbier.

**Insurance.** Before going skiing do not forget to carefully check your insurance coverage in case of an accident. Make sure you are well insured for both accidents and private liability. If you have foreign friends coming with you, make sure they have adequate coverage. If you are not sure, do not hesitate to call your insurance company. Special ski insurance for short periods is possible.

**Where to go.** There are plenty of ski resorts, from little ones to very famous destinations such as Zermatt, St. Moritz, Crans-Montana and Verbier. It is important to choose a resort according to the time you have available and the level of the skiing you are looking for. For beginners, or if you do not want to spend 3 hours driving for a day trip, there are many smaller resorts only half an hour away from the center of Fribourg i.e.: Charmey, Schwarzsee (Lac Noir), Moléson, Les Paccots and La Berra. In a little over an hour you can reach some medium size ski resorts such as Les Diablerets, Les Portes du Soleil (four inter-connected resorts), Nendaz, Anzère, Gstaad. There are so many ski resorts; the best way to choose is to ask your friends for recommendations or to ask at the tourist office of the area you are interested in. You can also check information on websites such as, [www.myswitzerland.com](http://www.myswitzerland.com) or directly on the websites of the ski areas.



**Accommodations.** Hotels and pensions are abundant in the ski resorts. Renting an apartment or a chalet is also a very nice way to enjoy your vacation. As some periods of the year are very busy, it is advisable to check the opportunities through tourist offices or real estate agencies before arriving at the ski resort.

**Ski rentals.** Most ski stores rent boots, poles and skis in excellent condition with good safety bindings - a good idea for beginners. Rental prices are usually highest in the ski villages, but it's a long way back to town if there is a problem. Renting for the season is also possible.

**Lift tickets.** In many resorts you can buy a limited area ski-lift pass or a half-day pass, e.g., from noon to closing, which is cheaper than buying a day pass for the whole area. Passes, *abonnements / Mehrtageskarten*, for any number of days, are cheaper than daily rates. Ask for family rates on all tickets. Children under sixteen usually get a reduced rate ticket. Children under six do not usually need a pass if they ski with an adult, except for nursery slope lifts. An ID photo is usually needed for passes for over six days.

**Swiss ski schools.** Standard techniques are taught in all Swiss ski resorts in either group or private lessons. If you wish to reserve a teacher for a specific date, you should call the tourist office or directly to the local ski school in advance.

**Weather conditions.** Most newspapers, e.g. *La Liberté*, *Freiburger Nachrichten*, give information about the weather forecast including snow conditions in local ski resorts. Websites such as, [www.meteo.ch](http://www.meteo.ch) or [www.meteoswiss.ch](http://www.meteoswiss.ch) give more comprehensive information. A special telephone line supplying a recorded up-to-date weather forecast exists: **Tel. 162**, and is available **24 hours** a day at a cost of CHF 0.50/call plus 0.50/min. To obtain information about the quality and quantity of snow, it is usually possible to consult the ski area's website.



**Avalanches.** If you follow the warning indications, avalanches do not present a danger. The potential danger is well controlled by Swiss experts. To venture off the ski trail or to pass yellow and black-checked flags, is very dangerous.

**Trails, *pistes* / *Pisten*.** Trails maps are available at ticket offices. Trails are marked on maps and on slopes with posts in 3 different colors, blue being the easiest, progressing to red, then black, the steepest and most difficult trails.

**Swiss ski guides.** If you are experienced skiers and you want to ski glaciers or off-piste powder, you can hire a Swiss ski guide. On long treks, sleeping in Alpine cabins, *cabanes* / *Berghütten* is an adventurous possibility. More information on the website, [www.4000plus.ch](http://www.4000plus.ch).

**Avoiding accidents.** Unless absolutely necessary, you should avoid coming to a complete stop in the center of the trail, *piste* / *Piste*, particularly in narrow passages or where visibility is restricted. If you fall, move to the side of the *piste* as soon as possible. If you want some tips on how to avoid ski accidents, the Swiss Commission for the Prevention of Accidents on *Ski Runs and Cross-Country Trails (SKUS)* (P.O. Box 8235, 3001 Berne), publishes a booklet in English, *Guidelines for the Safety of Skiers*.

**Skiing accidents.** If you are involved in an accident or collision you should:

1. Obtain the names and addresses, local and permanent, of all people involved and any witnesses.
2. Report the accident to the local police within 24 hours. This is essential if you wish to make a claim against an insurance policy or a third party.



3. Make notes and diagrams of the accident scene while it's still fresh in your mind.
4. Notify your insurers as soon as possible and forward on any documentation to them.

### **Cross-country skiing, *ski de fond, Langlauf***

Cross-country skiing is easy to learn and offers superb exercise. It can be enjoyed at any pace over any distance, so both the not so fit and the keen athlete take pleasure in it. Most ski resorts offer cross-country skiing, though some are better than others. Equipment can be rented, but it is not too expensive to buy. You should buy an annual vignette to use most of the cross-country trails. More information on the website, [www.skidefond.ch](http://www.skidefond.ch).

### **Other winter sports**

Telemark skiing, freestyle or slalom snowboarding, monoskiing, para-skiing, racket hiking, sledding and ski touring offer a wide range of possibilities for all tastes.

### **Some summer sports**

#### **Hiking**

The Alps are splendid, but they can also be very dangerous. You should know that 73% of all mountain accidents happen to hikers who are wandering about without proper bearings and who are under-equipped. So do not forget to wear good profiled boots, take an extra sweater and waterproof jacket (rainy and cold weather arrives fast in the mountains), and a picnic including drinks. Your mobile phone could also be very useful in case of an emergency.

The scenery is breathtaking. Hiking is not only good for your health but also for all the bonuses: flowers, mushrooms, minerals and fossils, ruins, photographs, friendly greetings along the way and a leisurely appreciation of it all. To help you make your choice, several guidebooks list itineraries, some guides even include the difficulty and the estimated time for the trip.

In the mountain regions, it is best to invest in detailed topographical maps to check the walk carefully before starting out. Then ask the local tourist office about the current dangers on your itinerary. You could potentially encounter all sorts of problems, from avalanches to logging operations or army maneuvers. If the army is having a shooting practice in the area, it will be posted in the neighboring villages under shooting notice, *Avis de Tir / Schiessanzeige* - fortunately never on Sundays. If you see a sign that says danger, *Danger / Gefahr* - forbidden, *Interdit / Verboten*, it really does mean "keep out". To avoid all these organizational worries you can also join the Swiss Alpine Club or local tourist agencies, which organize regular excursions.

To help you find your way, on many itineraries you will find yellow arrows giving the direction, distance and average walking time of specifically named walks. The times given on the posts are roughly accurate for an experienced walker.

## Biking

Biking and mountain biking has recently become quite popular in Switzerland. Many people enjoy touring on small roads. To help cyclists choose their itinerary and stay off busy roads, specialized books and maps indicating various itineraries can be found in bookstores and tourist offices. Basic maps can be ordered on the canton's tourism website, [www.pays-de-fribourg.ch](http://www.pays-de-fribourg.ch).



## Golf

If you like golf, you will be delighted to hear that there are 5 golf clubs within a 30-kilometer radius from the city of Fribourg. Usually, to be authorized to play, you need to present a membership card from a golf club (from your home country for example). As the admission conditions change quite often, it is easier to contact the club directly to get them. You will find all useful information on the site, [www.swissgolfnetwork.ch](http://www.swissgolfnetwork.ch).





## 5.2 Museums

You will find here not only renowned museums proposing prestigious exhibitions of prominent artists, but also much smaller – and sometimes very funny - museums focusing on some particular topics, e.g. the frog museum in Estavayer-le-Lac.

To give you a first overview on the various possibilities, we have decided to mention not only museums located in the canton of Fribourg but also a selection of other museums, which can easily be visited on a day trip. As it is not possible to give all information here, websites, guides and the tourist office of the region you plan to visit will give you some additional tips. As entrance hours and fees tend to change, it might be a good idea to verify this information prior to a visit.

### ◇ **Museums located in the city of Fribourg**

Please note that updated information can be found on the web site of the city of Fribourg, [www.fribourgtourism.ch](http://www.fribourgtourism.ch)

#### *The Museum of Art and History*

Rue de Morat 12, 1700 Fribourg, Tel. 026 305.51.40 Fax 026 305.51.41

[www.fr.ch/mahf](http://www.fr.ch/mahf)

Tue - Sun, 11:00am – 6:00pm; Thur, 11:00am – 8:00pm.

Closed on Mondays

*Here you will find a rich collection of art and objects of historical importance that date from Fribourg's origins to the present day.*



*The Museum of Natural History*

Ch. du Musée 6, 1700 Fribourg, Tel. 026 300.90.40

Fax 026 300.97.60, [www.fr.ch/mhn](http://www.fr.ch/mhn), [museehn@fr.ch](mailto:museehn@fr.ch)

Daily 2:00pm – 6:00pm. On mornings from Tue to Fri for schools.

Free of charge.

*Permanent exhibitions on mineralogy, history of the earth, geology, local wildlife, zoology, birds, insects, fish, reptiles, and batrachians as well as temporary exhibitions on various subjects.*

*Espace Jean Tinguely - Niki de Saint Phalle*

Rue de Morat 2, 1700 Fribourg, Tel. 026 305.51.40

Fax 026 305.51.41, [www.fr.ch/mahf/de/musee/espace.htm](http://www.fr.ch/mahf/de/musee/espace.htm)

Wed - Sun, 11:00am – 6:00pm; Thu, 11:00am – 8:00pm.

Closed on Mondays and Tuesdays.

*This former tram depot is now the Jean Tinguely - Niki de Saint Phalle Arts Complex. It was created to exhibit the work of both artists. Its magnum opus is the monumental «Alterpiece of Western Wealth and Totalitarian Mercantilism».*

*The Swiss Puppet Museum*

Derrière-les-Jardins 2, 1700 Fribourg,

Tel. 026 322.85.13, [www.marionnette.ch](http://www.marionnette.ch), [info@marionnette.ch](mailto:info@marionnette.ch)

Mon-Wed-Thu from 9:00am to 11:30pm.

Sat and Sun 2:00pm – 6:00pm, or on request.

*Puppets, lively, graceful characters made of wood and cloth, masks for acting and dancing, stages made of paper, and various accessories share the space of this small museum in the middle of Fribourg's old town. Several shows are given at the puppet theater throughout the year.*



### *Fri-Art, the Contemporary Art Centre*

Petites-Rames 22, CP 582, 1700 Fribourg, Tel. 026 323.15.34

[www.fri-art.ch](http://www.fri-art.ch), [info@fri-art.ch](mailto:info@fri-art.ch)

Tue - Fri, 2:00pm – 6:00pm; Sat - Sun, 2:00pm – 5:00pm;

Thu, 8:00pm – 10:00pm. Closed on Monday.

*Fri-Art, Fribourg's contemporary art center, has one aim: to always be ready to listen to today's artistic tendencies, to convey the meaning, and to emphasize the aesthetic options.*

### *Swiss Sewing-Machine Museum*

Grand-Rue 58, 1700 Fribourg, Tel. 026 475.24.33, Fax 026

475.24.34, Mr. Edouard Wassmer, [www.museewassmer.com](http://www.museewassmer.com)

Visits only on request.

*In the middle of the city of Fribourg, in a vault that dates from the 12th century, you'll find in this museum various household utilities from all around the world.*

### *Botanical Gardens*

Rue Albert-Gockel 3, 1700 Fribourg, Tel. 026 300.88.86 Fax 026 300.97.40

[www.unifr.ch/jardin-botanique/](http://www.unifr.ch/jardin-botanique/)

April-September, Mon - Fri, 8:00am – 6:00pm and Sat –Sun, 8:00am – 5:00pm

October-March, Mon - Fri, 8:00am – 5:00pm, Sat - Sun, 10:00am – 4:00pm.

Free of charge

*Visit the University of Fribourg's botanical gardens. You'll find about 6000 different species in this «living museum» that measures 1.5 hectares. There are three greenhouses in which you will discover tropical plants and plants from the dry regions of the world.*



◇ **Museums located in the canton of Fribourg**

**Tafers / Tavel**

*Sensler Museum*

Kirchweg 2, 1712 Tafers, Tel. 026 494.25.31

[www.senslermuseum.ch](http://www.senslermuseum.ch)

Thu – Sun, 2:00pm – 5:00pm

Closed from Monday to Wednesday.

*The ground floor of this museum shows you what housing was like in the 18th and 19th centuries, with emphasis on the furniture of the region. On the floor above, you will find a collection of votive pictures, local costumes, and objects related to the ways in which linen and straw were worked.*

**Romont**

*Musée du Vitrail*

Château de Romont, Tel. 026 652 10 95

[www.vitromusee.ch](http://www.vitromusee.ch)

Nov - March, Sat/Sun, Apr - Oct, Tue - Sun. Call for hours.

*Stained glass windows from the Middle Ages, Renaissance and Baroque periods. There are also temporary exhibits.*

**Bulle**

*Musée Gruérien*

Rue de la Condémine 25, Tel. 026 916 10 10

[www.musee-gruerien.ch](http://www.musee-gruerien.ch)

Tue - Sat 10:00 am – 12:00pm and 2:00pm – 5:00pm, Sun 2:00pm – 5:00pm

*A museum with a good collection that shows life in the Gruyère region.*



**Gruyères** (close to Bulle)

*Castle of Gruyères*

1663 Gruyères, Tel. 026 921 28 32

[www.gruyeres.ch/chateau](http://www.gruyeres.ch/chateau), [chateau@gruyeres.ch](mailto:chateau@gruyeres.ch)

Apr - Oct 9:00am – 6:00pm daily, Nov - March 10:00am - 4:30pm

*An impressive town to visit; the castle is a bonus with various items from the past including tapestries and furniture. A popular tourist destination.*

**Charmey**

*Musée du Pays et Val de Charmey*

CP 5, 1637 Charmey, Tel. 026 927 55 87

[www.musee-charmey.ch](http://www.musee-charmey.ch), [musee@charmey.ch](mailto:musee@charmey.ch)

Tuesday to Sunday 2:00pm – 6:00pm, Saturday 2:00pm – 4:00pm

*Local museum with a permanent exhibition all about life in the Pre-Alps as well as temporary exhibitions by local artists.*

**Estavayer-le-Lac**

*Regional Museum*

Rue du Musée 13, 1470 Estavayer-le-Lac, Tel. 026 663 24 48,

[www.museedesgrenouilles.ch](http://www.museedesgrenouilles.ch), [info@museedesgrenouilles.ch](mailto:info@museedesgrenouilles.ch)

Mar - Oct, Tue - Sat 9:00am -11:00am and 2:00pm – 5:00pm; Nov - Feb, Sat/Sun only 2:00pm – 5:00pm.

*This museum is perhaps best known for its collection of preserved frogs from the 19th century displayed in human activities, such as playing games.*

**Morens/Payerne**

*Clin d'Ailes – Musée de l'Aviation Militaire de Payerne*

Base aérienne, 1530 Payerne, Tel. 026 662 21 23

[www.clindailes.ch](http://www.clindailes.ch) , [info@clindailes.ch](mailto:info@clindailes.ch)

Jan – March + Oct – Nov, Tue 3:00pm – 9:00pm, Wed & Sat 1:30pm – 5:00pm; Apr – Sept, Tue – Sun 1:30pm – 5:00pm; July–August, Tue – Sat 10:00am – 5:00pm, Sun 1:30pm – 5:00pm

*Museum of the military Swiss air force*

◇ **Some main museums outside the canton of Fribourg**

**Avenches**

*Musée Romain, Vieille Tour près de l'Amphithéâtre*

Case postale, 1580 Avenches, Tel. 026 676 42 15

[www.avenches.ch/Uk/Musee/default.htm](http://www.avenches.ch/Uk/Musee/default.htm), [musee.romain@vd.ch](mailto:musee.romain@vd.ch)

Tue - Sun, Oct - Mar 2:00pm – 5:00pm, Apr - Sep 10:00am – 12:00pm and 1:00pm – 5:00pm

Guided tours available through the tourist office, Tel. 026 676 99 22.

*Remains of the Roman colony of Aventicum.*

**Martigny**

*Fondation Pierre Gianadda*

Rue du Forum 59, 1920 Martigny, Tel. 027 722 39 78

[www.gianadda.ch](http://www.gianadda.ch), [info@gianadda.ch](mailto:info@gianadda.ch)

June - Nov, 9:00am – 7:00pm and the rest of the year daily 10:00am – 6:00pm

*This museum hosts temporary exhibitions of a very high standard. It also houses some permanent collections - the Gallo-Roman*



*Museum and the Automobile Museum. The garden has some archaeological ruins and an open-air display of sculptures including works by Moore, Miro, Dubuffet and Rodin. Notes in English are available at the desk.*

## **Lausanne**

*Musée Olympique, Olympic Museum*

Quai d'Ouchy 1, Tel. 021 621 65 11, Fax. 021 621 65 12

[www.olympic.org/uk/passion/museum/index\\_uk.asp](http://www.olympic.org/uk/passion/museum/index_uk.asp)

Daily 9:00am – 6:00pm, Thu until 8:00pm. Closed Mondays, October to April.

*A really outstanding museum. Enjoyable even if you do not like sports.*

*Musée de Design et d'Arts*

Pl. de la Cathédrale 6, 1005 Lausanne, Tel. 021 315 25 39

[www.mudac.ch](http://www.mudac.ch), [info@mudac.ch](mailto:info@mudac.ch)

Tue - Sun 11:00am – 6:00pm

*Temporary exhibitions of contemporary applied art. Also a collection of glass sculptures.*

*Fondation de l'Hermitage*

Rte du Signal 2, CP 38, 1000 Lausanne Tel. 021 320 50 01,

[www.fondation-hermitage.ch](http://www.fondation-hermitage.ch), [info@fondation-hermitage.ch](mailto:info@fondation-hermitage.ch)

Tue - Sun 10:00am – 6:00pm, Thu 10:00am – 9:00pm

*Temporary, quality art exhibitions. House and grounds well worth a visit.*

**Vevey/Montreux**

*Alimentarium, Museum of Food and Culture*

Quai Perdonnet, rue du Léman 1, Vevey, Tel. 021 924 45 63

[www.alimentarium.ch](http://www.alimentarium.ch), [info@alimentarium.ch](mailto:info@alimentarium.ch)

Tue – Sun 10:00am – 6:00pm

*An interesting and modern museum that explains different aspects of nutrition from production to consumption. Full use is made of both permanent and temporary displays.*

*Audiorama, Musée National Suisse de l'Audiovisuel*

Av. de Chillon 74, Territet (Montreux), Tel. 021 963 22 33

[www.audiorama.ch](http://www.audiorama.ch), [info@audiorama.ch](mailto:info@audiorama.ch)

Tue - Sun 1:00pm – 6:00pm

*This new museum has an interesting display of the pre 20th century history of communications. It also outlines the technical strides in radio, television and telecommunications, including the Internet.*

*Castle of Chillon*

Av. de Chillon 21, Veytaux (Montreux), Tel. 021 966 89 12

[www.chillon.ch](http://www.chillon.ch), [info@chillon.ch](mailto:info@chillon.ch)

Nov - Mar 10:00am – 12:00pm and 1:30pm – 4:00pm, Apr - Jun 9:00am – 4:45pm

Jul – Aug 9:00am – 6:15pm, Wed to 9:30pm, Sep 9:00am – 5:45pm, Oct 10:00am – 4:45pm

*Furnishings, weapons, tapestries, archaeological artifacts and documents.*

*This castle is in excellent condition and receives many visitors each year.*

*Made famous by the poet Lord Byron. Allow at least two hours.*



**Geneva**

*Musée International de la Croix Rouge, International Red Cross Museum*

Av. de la Paix 17, Tel. 022 748 95 11, Fax. 022 748 95 28

[www.micr.org](http://www.micr.org)

Reservation requested: Tel. 022 748 95 06

Mon, We, Thu, Fr: 10:00am - 5:00pm

*The history of the movement is shown in a panoramic diorama. An archive system features over 7 million cards that list the names of the men and women detained in prison camps during the First World War.*

*Musée d'Art et d'Histoire*

Rue Charles-Galland 2, Tel. 022 418 26 00, Fax. 022 418 26 01

[mah@village-ge.ch](mailto:mah@village-ge.ch)

Tue - Sun 10:00am – 5:00pm

Free of charge

*Contains one of the most important collections of the history of civilization, including over 500'000 items ranging from Egyptian artifacts to paintings from the Impressionist movement.*

*Musée d'Histoire Naturelle*

Rte de Malagnou 1, Tel. 022 418 63 00, Fax. 022 418 63 01

[info@mhn@ville-ge.ch](mailto:info@mhn@ville-ge.ch)

Tue - Sun 9:30am – 5:00pm

Free of charge

*This museum has living creatures in the aquarium, vivarium and terrarium sections. It also has a dinosaur display. The geology section is good with a not-to-be missed display of luminescent minerals.*

*Musée de l'Horlogerie*

Rte de Malagnou 15, Tel. 022 418 64 71

[mhe@ville-ge.ch](mailto:mhe@ville-ge.ch)

*This museum is concerned with the technology, history and art of watch making. It also shows and explains the techniques and art of enamels.*

*Petit Palais, Museum of Modern Art*

Terrace St. Victor 2, Tel. 022 346 14 34

Mon - Fri 10:00am - 6:00pm, Sat – Sun 10:00pm – 5:00pm.

*This is a privately owned gallery of the highest quality. European art from Impressionism to Abstract art is represented, and artists on display include Cézanne, Gauguin, Signac, Dufy, Chagall and Lhote.*

**Nyon area**

*Musée National Suisse, National Museum of Switzerland*

Château de Prangins, Prangins, (near Nyon), Tel. (022) 994 88 90

[info.prangins@slm.admin.ch](mailto:info.prangins@slm.admin.ch)

Tue - Sun 11:00am – 5:00pm, CHF 5, children under 16 free.

*Museum depicting the history of Switzerland between the 18th and 19th centuries.*

**Berne area**

*Kunstmuseum*

Hodlerstrasse 12, Tel. 031 328 09 44, Fax. 031 328 09 55

Wed - Sun 10:00am – 5:00pm, Tue 10:00am – 9:00pm

*This museum houses a fine collection of 13th to 20th century paintings.*



### *The Zentrum Paul Klee*

Monument im Fruchtländ 3, Tel. 031 359 01 01

[www.zpk.org](http://www.zpk.org)

Tue - Sun 10:00am – 5:00pm, Tue 10:00am – 9:00pm

*The concept featured here outlines the criteria for the presentation of Paul Klee's works within the open architectural setting of the Zentrum Paul Klee.*

### **Basle area**

#### *Fondation Beyeler*

Baselstrasse 101, Riehen/Basel, Tel. 061 645 97 19

[www.beyeler.com/fondation/index\\_language.html](http://www.beyeler.com/fondation/index_language.html)

[foundation@beyeler.ch](mailto:foundation@beyeler.ch)

Open daily 10:00am – 6:00pm, Wed 10:00am – 9:00pm

*This beautiful modern museum was opened in 1997 and built in harmony with the environment. Here modern masters such as Cézanne, Picasso, Mondrian and Giacometti are in direct interaction with sculptures from Africa and Oceania.*

#### *Kunstmuseum*

St. Alban Graben 16, Basel, Tel. 061 206 62 62

[pressoffice@kunstmuseumbasel.ch](mailto:pressoffice@kunstmuseumbasel.ch)

Tue - Sat 10:00am – 5:00pm. The first Sunday of each month is free.

*The museum contains the largest art collection in Switzerland. The works are displayed in rotation, so the entire collection is not always available for viewing. The collection consists mainly of 15th to 16th century paintings and drawings as well as 19th to 20th century art.*



**Lucerne**

*Swiss Transport Museum, Verkehrshaus der Schweiz*

Lidostrasse 5, Tel. 041 370 44 44, Fax. 041 370 61 88

[www.verkehrshaus.ch](http://www.verkehrshaus.ch), [mail@verkehrshaus.ch](mailto:mail@verkehrshaus.ch)

Mar - Oct 9:00am – 6:00pm, Nov - Feb 10:00am – 4:00pm

*This museum has over half a million visitors per year. Apart from transport, it also has a planetarium and a gallery with the works of Hans Erni displayed. There is an hourly showing of "Swissorama". Many explanations are in English. Children and adults alike will enjoy this museum.*

**Picasso Collection**

Ann Rhyh House, Furrengasse, Tel. 041 410 35 33

10:00am – 6:00pm in the summer, Nov - Mar 11:00am – 5:00pm

*Some paintings and drawings plus nearly 200 photographs taken by David D. Duncan during the last seventeen years of Picasso's life.*

**Zurich area****Kunsthaus**

Heimplatz 1, Tel. 044 253 84 84, Fax. 044 253 84 33

[www.Kunsthaus.ch](http://www.Kunsthaus.ch), [info@kunsthaus.ch](mailto:info@kunsthaus.ch)

Tue - Thu 10:00am -9:00pm, Fri - Sun 10:00am – 5:00pm

*This museum is free on Sundays only. An important permanent collection from the 15th century to the present day includes the largest Munch collection outside Scandinavia. There are also temporary exhibits.*



**Swiss National Museum**

Museumstrasse 2, Tel. 044 218 65 11, Fax. 044 211 29 49

[www.musee-suisse.ch](http://www.musee-suisse.ch), [kanzlei@slm.admin.ch](mailto:kanzlei@slm.admin.ch)

Tue - Sun 10:00am – 5:00pm

Free of charge

*History of Swiss life and times from prehistoric times to the present day.*

**Winterthur**

*Kunstmuseum*

[www.kmw.ch](http://www.kmw.ch)

Museumstrasse 52, Tel. 052 267 51 62, Fax. 041 267 53 17

Call for opening hours.

*Swiss and foreign paintings are represented.*

**Oskar Reinhart Collection**

Haldenstrasse 95, Tel. 052 269 27 40, Fax. 052 269 27 44

[www.roemerholz.ch](http://www.roemerholz.ch), [sor@bak.admin.ch](mailto:sor@bak.admin.ch)

Tue - Sun 10:00am – 5:00pm

*A very impressive private collection endowed to Switzerland, ranging from a painting by El Greco to drawings from Picasso's Blue Period. The 19th century is well represented by painters such as Renoir and Van Gogh.*





## 5.3 Kids

It is sometimes difficult to find activities that would interest children and when you are in a foreign country it can be even harder. Therefore in this section you will find a small selection of ideas of what is out there. To get even more suggestions of the many different possibilities that Western Switzerland offers, a special guide named “Kids” (edition Deux Guérites in Lausanne) is sold in almost all bookstores. You might find their site, [www.kids.ch](http://www.kids.ch) to be very useful as well although you have to pay to access some parts.

- Usually kids really enjoy visiting magnificent old middle age **castles**. Close to Fribourg, the castle of Gruyères is a must ([www.gruyeres.ch/chateau](http://www.gruyeres.ch/chateau)). Next to Gruyères, in Pringy, you will find a demonstration museum where you can see how Gruyère cheese is made. Along the Lake of Geneva the castle of Chillon is also worth seeing ([www.chillon.ch](http://www.chillon.ch)).
- Does your child love **animals**? No problem. You will find zoos not too far from Fribourg. For example the zoo “Tierpark” in Berne ([www.tierpark-bern.ch](http://www.tierpark-bern.ch)) or the zoo in Servion ([www.zoo-servion.ch](http://www.zoo-servion.ch)) are nice little zoos. A little bit further away, the renowned zoo of Basle has about 6'000 animals of 600 different species ([www.zoobasel.ch](http://www.zoobasel.ch)).
- There are some **museums** that are particularly adapted for kids. For example, the regional museum of Estavayer-le-Lac presents a collection of preserved frogs displayed in human-like activities ([www.museedesgrenouilles.ch](http://www.museedesgrenouilles.ch)) or the Swiss Transport Museum in Lucerne ([www.verkehrshaus.ch](http://www.verkehrshaus.ch)). For older kids, the International Red Cross Museum ([www.micr.org](http://www.micr.org)), the Olympic Museum ([www.olympic.org](http://www.olympic.org)), or the Museum of Food and Culture ([www.alimentarium.ch](http://www.alimentarium.ch)) could be fun and educational.



- Activity **parks** such as the Aquapark ([www.aquaparc.ch](http://www.aquaparc.ch)), the Swiss Vapeur Parc representing a miniature railway layout ([www.swissvapeur.ch](http://www.swissvapeur.ch)), or the huge labyrinth of Evionnaz ([www.labyrinthes.ch](http://www.labyrinthes.ch)) offer activities almost all kids enjoy.
- Of course you should not miss the chance to go **hiking** in the mountains. It is also a great occasion to take one of the many small alpine **trains**. To find out more about this, please consult the guide of the narrow gauge Swiss trains, ([www.rail-info.ch](http://www.rail-info.ch)).
- During the month of July, a special day camp program for children aged 7 to 16 is organized in the city of Fribourg. This program, called “vacation passport”, “*passeport vacances*” / “*Ferienpass*” offers kids a very wide range of activities to choose from. The approximate cost for 2 weeks is CHF 25. You can obtain all information at the tourist office of the city of Fribourg, (*Avenue de la Gare 1, Tel. 026 321 31 75*).

This short selection aims to give you a few of the many choices of activities for children. To find more precise information about what is going on at a specific time, our usual advice is still valid; read the local newspaper. Regional tourism information may also give you ideas.



## 5.4 Festival and cultural events

As Fribourg is located in the center of Switzerland on the main axis, in about an hour you can easily reach all the different regions to enjoy what they have to offer. There are a wide variety of prestigious artists who regularly come to Switzerland. All styles of music and art are represented. Let us just mention some of the world-renowned festivals to give you an idea of the variety of styles: the Montreux Jazz Festival ([www.montreuxjazz.com](http://www.montreuxjazz.com)), the Gstaad Menuhin festival ([www.menuhinfestivalgstaad.com](http://www.menuhinfestivalgstaad.com)), the Nyon Paleo ([www.paleo.ch](http://www.paleo.ch)), the Béjart Ballet ([www.bejart.ch](http://www.bejart.ch)), and the Rock'Oz'Arenes ([www.rockozarenes.ch](http://www.rockozarenes.ch)). Also, due to the fact that Fribourg is located in the center of Europe - Paris is only 4 hours away by train - it will also be quite easy to attend events throughout Europe.

Deciding what to present in this guide from a long list of events is very subjective and difficult. Therefore in this section, we have decided to only mention the main events in the city of Fribourg itself. To become familiar with the exhibitions, concerts and other events, it is recommended to read the local newspaper or to ask the tourist office. Each Friday, most local newspapers edit a supplement highlighting the exhibitions, concerts and events happening during the weekend (for example, [www.laliberte.ch](http://www.laliberte.ch), [www.freiburger-nachrichten.ch](http://www.freiburger-nachrichten.ch), [www.lagruyere.ch](http://www.lagruyere.ch)). It is a very valuable source of information.

Here you will find a few tips about the main annual events in the city of Fribourg and the surrounding area (the current dates for the events can be found on the tourist office website, [www.fribourgtourism.ch](http://www.fribourgtourism.ch)).



January	Fribourg Opera
Beginning of February	Carnival
Beginning of March	International movie Festival
March / April	International Festival of guitar
Beginning of July	Modern arts Belluard Festival
Beginning of July	Festival of Sacred Music
Mid-July to End of July	International Jazz Festival
Mid-July to Mid-August	Open Air Cinéma of Fribourg
August 1 <sup>st</sup>	Swiss National Day
End of August	International Folklore Festival
Beginning of September	Medieval week
Fall (September – November)	Bénichon
1 <sup>st</sup> Sunday of October	Running Race Morat-Fribourg
1 <sup>st</sup> week-end of December	St Nicolas' parade
November – December	Advent Concerts

Two particular local events need an extra explanation:

**La Désalpe.** At the end of September, a much-appreciated celebration marks the descent of the herds from the high mountain pastures. Apart from the tribute paid to the *armaillis / Alphirten* - the Fribourg herdsmen - at the end of the grazing season, festivities include an arts and crafts market and a whole host of entertainment revolving around local folk traditions. This celebration occurs in Charmey and/or Albeuve. More information as well as the current date can be found on the site, [www.la-gruyere.ch](http://www.la-gruyere.ch).



**Bénichon.** In early autumn, farmers traditionally celebrate the end of the harvest and the return of the cows to the plains, after six months spent in the mountain pastures. During *la Bénichon / Die Kilbi (Kirchweihfest)*, local specialties can be enjoyed with family and friends, at farms or in local restaurants. In the plains, this celebration takes place in September, whereas in the mountains, it is celebrated from September to November.

### **Concerts, exhibitions**

Please check in the local newspaper.

### **Cinemas**

A complete list of current films as well as telephone numbers for the cinemas can be found in the local newspapers (e.g. [www.laliberte.ch](http://www.laliberte.ch), [www.freiburger-nachrichten.ch](http://www.freiburger-nachrichten.ch)). Look for V.O., *Version Originale / Originalversion*, for English or other original language films. Normally, the V.O. versions are shown early in the evenings, between 5:00pm and 7:00pm. Times can change from day to day.





## 5.5 Dining out

In the telephone book, all restaurants' telephones and addresses are listed under "cafés" / "Restaurants". As culinary standards are very high in Fribourg, we are pleased to say that disappointments are quite rare. Dining out in Fribourg offers a multitude of possibilities, from the traditional fondue, raclette or rösti, to world-class international cuisine. In this section, you will find a few helpful hints about local specialties as well as recommendations to set off on an exciting dining adventure. [www.bonresto.ch](http://www.bonresto.ch)

So enjoy your meal! Bon appétit! Guten Appetit !

If you want to reserve a table in French, you should say, "J'aimerais réserver une table pour \_\_ personnes à \_\_\_\_ heures ce soir, s'il vous plaît. Je m'appelle \_\_\_\_\_,". In German, you should say, "Ich möchte einen Tisch reservieren für \_\_ Personen um \_\_ Uhr heute Abend, bitte. Ich heisse \_\_\_\_\_," (I would like to reserve a table for \_\_ people at \_\_ o'clock tonight, please. My name is \_\_\_\_.) Spelling your name is advisable to avoid any misunderstandings.

At lunchtime, during the week, most restaurants offer a daily menu, *menu du jour* / *Tagesmenü*, consisting of two or three courses. Price is usually quite reasonable, between CHF 12 and CHF 22. Lunch is generally served from 12:00pm to 14:00pm, and it is almost impossible to be served later.

Many restaurants offer the choice between a casual bistro and a more formal dining room. The prices in the dining room are usually a little bit higher. (A tip to know the difference between the dining room and the bistro is that the dining room usually has tablecloths).

Most credit cards are accepted. As it is not always the case, it is wise to check in advance to avoid potentially embarrassing situations.

Tipping is not required, as service is included in the bill. However, if you received special attention or if you were pleased with the service, a small gratuity is customary.

### **Gourmet specialties**

Fresh fish from the lakes are delicacies every visitor to Switzerland wants to try. It is also something those who have lived here always order on return trips. Best known are perch fillets, *filets de perche / Eglifilets*, usually served sautéed in butter, or lightly coated in batter and deep fried, or in a white wine sauce. *Filets de fera / Felchenfilets*, are served the same way. Char, *omble – chevalier / Saibling*, is another delicious fish. Pike, *brochet / Hecht*, is another frequently found freshwater fish. Live trout, *truite / Forelle*, from the aquarium, *vivier / Frischwasser-Becken*, are ideal for cooking *au bleu / blau*, but the fish must be freshly caught.

In the summer, try *grillades au feu de bois / Grillspezialitäten*, barbecued meats. In autumn, *la chasse / Wild*, game, is featured on most menus and includes venison, *chevreuil, Reh* or *cerf / Hirsch*, served with lovely cranberry sauce, *baies d'airelles / Preiselbeeren* - rabbit, *lapin / Kaninchen* - hare, *lièvre / Hase*. In winter, try *fondue / Fondue* or *raclette / Raclette*. In the spring, be sure to try fresh asparagus, *asperges / Spargel* - dandelion salad, *salade de dents de lion / Löwenzahn-Salat*.



## Gourmet specialties of Fribourg

The culinary specialties of the Canton are linked to the products of the land. The quality and purity of their basic ingredients and the originality of their traditional recipes distinguish the specialties of Fribourg, ([www.terroir-fribourg.ch](http://www.terroir-fribourg.ch)).

Here we have separated some of the principal ones to try, into two categories:

### For those with a sweet tooth:

**“Beignet” / “Küchlein”**. Large round flaky pastries, turned up at the edges, and made from cream, eggs and sugar. Found throughout the Canton, but mainly during certain holidays.

**“Bricelet” / “Bretzeln”**. A small wafer, made with cream or butter, found in all parts of the Canton.

**“Cuchaule” / “Cuchaule”** A baker’s specialty, a type of sweet roll made with white flour, cream, butter and eggs, saffron, and well sugared. Can be found throughout the Canton.

**“Fraises, framboises – double crème de Gruyère” / “Erdbeeren, Himbeeren – Greyerzer Doppelrahm ”**. (Strawberries, Raspberries, and double cream). Freshly picked wild berries with absolutely fresh whole cream, not yet processed, thicker, richer and more of a delicacy than whipped cream. Usually served in traditional little wooden bowls. “Fraises des bois” indicates the tiny wild strawberries, which are a great delicacy.

**“Meringue” / “ Meringue”**. Beaten eggs whites, eaten best smothered in Gruyere double cream. Can be found almost anywhere in the Canton.

**“Vacherin glacé”**, is a rich festive frozen dessert torte made with ice cream, whipped cream, jams and liqueurs.

**“Vin Cuit” / “Eingedickter Birnensaft”**. (Sweet Wine Filling). Used for making pies and Moutarde de Bénichon, it is composed mostly of the juice of apples and pears that has undergone heating for many hours.

**“Moutarde de Bénichon” / “Kilbisenf”**. (Sweet Dessert Mustard). A traditional delicacy, eaten like jam. Made with flour, *vin cuit / eingedickter Birnensaft*, honey, sugar, cinnamon, white wine, water and powdered mustard. Only made once a year throughout the Canton, at the time of the local harvest celebration (Bénichon / Kibli) Traditionally appreciated with *cuchaule*.

**“Pains d’Anis” / “Anisbrötchen”**. Dry aniseed biscuits, flaky and well sugared.

**And for those who prefer salty food:**

**“Jambon et Saucisson” / “Schinken und Saucisson (Wurst)”**. (Ham and Country Sausages). Roasted or charcoal-smoked, with assorted vegetables or sauerkraut.

**“Truite à la meunière” ou “au bleu” / “Forelle Müllerinnenart oder blau”**. (Trout, the first cooked in a brown butter sauce, the second poached). Served throughout the Canton with white wine. It will be lake, brook or river trout, depending on the emplacement of the restaurant.

**Gruyère Cheese**. A cheese with a hard and brittle crust and a distinct taste depending on the sort you choose (mild, *doux / mild* – semi-strong, *mi-salé* - strongest – *salé / rezent*). Only made in the alpine areas of Gruyère, in the Fribourg Alps, and in specialized cheese factories in certain villages. The cheese going by the name of Gruyère in other countries is but distantly related to the true Gruyère.



**“Vacherin Cheese”**. A creamy, soft-crusted cheese with a strong taste. Made in the same region as Gruyère, and largely used for “fondue fribourgeoise”, but also eaten on its own. Found throughout the Canton.

**“Fondue Fribourgeoise”**. A delicious melted cheese dish, made from local Vacherin cheese and/or Gruyère, with or without garlic; eaten by dipping in pieces of bread and potatoes. It is found in specialized restaurants throughout the Canton.

### Local wines

**“Vully ”**. A white or red wine from the shores of the lake of Morat (named “Murten” in German) and award winning in good years.

### Traditional menu of BENICHON

The traditional menu of the holiday known as the “Bénichon” in September is served in most villages of the Gruyère region. Similar to the American Thanksgiving, this is the day, or in some cases days, the people show their gratitude for nature’s gifts. It closely coincides each year with the descent of the cattle from the alpine pastures to the valley farms for the winter. Here is a sample of this fabulous menu:

- *Cuchaules – Moutarde de Bénichon / Cuchaule - Kilbisenf*
- *Bouillon / Suppe (Clear Soup)*
- *Ragoût d’agneau aux raisins / Schafsvoressen mit Weinbeeren (Roasted Lamb with Raisins)*
- *Pommes purée / Kartoffelstock (Mashed Potatoes)*



- *Poires à botzi / Büschelbirnen* (Cured Pears)
- *Trésors de la borne: Jambon, saucisson, choux, haricots / Schinken, Saucisson (Wurst), Kabis (Weisskohl), Bohnen* (Treasures of the Land: Ham, Sausage, Cabbage, and Green Beans)
- *Gigot d'agneau à l'ail / Lammkeule mit Knoblauch* (Roasted Garlic Lamb)
- *Pommes purée / Kartoffelstock* (Mashed Potatoes)
- *Salades aux carottes rouges / Randensalat* (Beet root Salad)

**DESSERT:**

- *Crème au baquet – Meringues / Greyerzer Doppelrahm – Meringues* (Meringues and double cream)
- *Corbeille de fruits / Früchtekorb* (Fruit Basket)
- *Beignets, bricelets, pains d'anis (fabrication maison) / Küchlein, Bretzeln, Anisbrötchen* (Homemade pastries)

