

Regional Nature Park Gruyère Pays-d'Enhaut

Brief Portrait



Parc naturel régional
Gruyère Pays-d'Enhaut



since 2009: Regional Nature Park Candidate
501 km² area
12'500 inhabitants
Cantons of Freiburg and Vaud



A park to live in and experience

The Gruyère Highlands Regional Nature Park spreads over the cantons of Vaud and Freiburg and stretches from the Vaud Riviera at Montreux to beyond Bulle and from Gstaad to beyond Gruyères. The region is characterised by an originally rural identity and a varied landscape. Centuries of human activity have left their mark on the landscape, so that besides steep cliffs, deep valleys and thick forests there are also cultivated alps and meadows. A variety of species thrive in remarkable habitats and nature reserves. Agriculture and alpine farming and the product, particularly cheese, still play an important role here. Over an area of 501 km², the park embraces fourteen municipalities in four regions: **Vallée de la Jogne** (FR) with Charmey, Cerniat, Crésuz, Châtel-sur-Montsalvens; **Vallée de l'Intyamon** (FR) with Haut-Intyamon, Bas-Intyamon, Grandvillard; **Pays-d'Enhaut** (VD) with Château-d'Œx, Rossinière, Rougemont, Ormont-Dessous (Les Mosses); **Rochers-de-Naye** (VD) with Montreux, Veytaux and Villeneuve (only the higher regions of these last three municipalities are part of the park perimeter).

In the heart of nature

Unspoiled nature can be explored in two nature reserves within the park. The

reserve of La Pierreuse lies south of Château-d'Œx, while the mountain range of the Vanil Noir lies between Charmey and Grandvillard. Both pre-alpine regions are considered to be landscapes of national significance and have a wide variety of flora and fauna. Ibexes, chamois and eagles are among the species that are at home here.

The cradle of cheese culture

The park has a rich alpine dairy and farming heritage with the famous cheese specialities of Gruyère and Vacherin, that originally were only produced on the alpine pastures. Even today there are more than 700 alpine huts in the region, many of which are still maintained by the dairies. The typical wood shingles will catch your eye, and these could well be considered as a symbol for the region and its traditions. A craftsman can often be observed shingling or an alpine dairyman making cheese during a walk through the park. On these alpine meadows you can experience history, landscape and tradition - and at the same time enjoy the regional park products.

Two walks in the park

The park offers a wealth of new experiences for families. On the Chemins du Gruyère - either on foot or

with public transport - you can follow the traces of the cheese traders that operated here in the 17th century and made the cheese famous throughout the country. The path winds its way through the valleys along river shores, over bridges and through villages. Skilful mountaineers who have a preference for beautiful views will prefer "Le Grand Tour", which is a walk in ten stages, covering a distance of over 118 km and 7300 altimeters. The overwhelming natural wealth of the park can be discovered here in all its facets and from its sensational viewpoints. It is a unique encounter with nature and with the world of the mountain dweller.

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