

Recommendations. Please:

- Respect the Park's protected areas (see map).
- Stay on the official/signposted paths, especially in forested areas (see map).
- Stay away from the forest edge and snow-free terrain.
- Avoid snowshoeing at sunrise and sunset.
- Do not leave rubbish behind.
- Keep your dog under control at all times. When in forested areas, keep your dog on a lead.

Additional information:

www.respecter-cest-protger.ch

www.nature-respect.ch

www.zones-de-tranquillite.ch

<https://gruyerepaysdenhaut.ch>

OR contact:

+41 (0)26 924 76 93 | info@gruyerepaysdenhaut.ch



Responsible visitor behaviour



Cross-country skiing and snowshoeing

Some areas of the Gruyère Pays-d'Enhaut Regional Nature Park are more vulnerable than others. Special rules are in place to protect the wildlife in these areas and their habitats. We kindly ask you to follow these rules and all other regulations, and adapt your behaviour accordingly.

Behaving responsibly lets you fully indulge your passion for winter sports while helping the wildlife survive the stressful winter months.

Legal restrictions:

Stay on the official paths or tracks when in the federal game reserves, nature reserves and wildlife quiet areas (cf. map overleaf)..

NB: You will find the official paths and tracks on the cross-country skiing and snowshoeing maps (swisstopo) and at: www.zones-de-tranquillite.ch

For rules on dog walking, click [here](#).



Restricted areas - cross-country skiing and snowshoeing

-  park perimeter
-  Starting point
-  cross country skiing trails
-  Snowshoeing trails
-  Winter sports not permitted
-  Please avoid these sensitive areas when practising winter sports
-  Winter sports are only permitted on official tracks and paths
-  Please stay on the official tracks and paths
-  Winter sports are not permitted in forested areas

