

CHALET LA TAUPINIÈRE

WELCOME

Now that you have arrived at Chalet La Taupinière, settled down with a drink, you can browse through the books and brochures of things to do and places to go during your stay. This booklet aims to give you a comprehensive overview of the types of activity available to help you spend less time finding out about things and more time actually doing them. We have detailed things to do, places to visit, shop and eat out, activities and general advice

We wish you a very enjoyable and happy stay in Chalet La Taupinière and Moléson. These details are correct as of 2017 but may be subject to change, particularly prices.

If you use social media please:

- 'Check in' to La Taupinière on Facebook
- Tag La Taupinière on Facebook and/or Instagram



/laTaupinièremoleson



#laTaupinièremoleson

FEEDBACK

We welcome feedback, both positive (yes please) and critical (helps us to constantly improve our home and your holiday). Please get in touch as soon as possible in order to give us the chance to rectify anything that may be wrong, or not working. Please do not leave it until your return.

HELPFUL INFORMATION

As a rule shops are open on weekdays from 8.30am to midday and from 1.30pm to 6.30 or 7pm. Some of the larger stores do not close for lunch and may be open until 9pm on Thursdays. On Saturdays shops are open generally until 4pm and closed on Sundays.

Emergency Numbers

Police	117	Fire Brigade	118	Ambulance	144
Road assistance	140	Rescue Helicopter	1414	24/7 medical assistance	026 300 2120
Information	111	Weather forecast	162	Road conditions	163

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THINGS TO DO

MOLÉSON – www.moleson.ch

There are many things to do just within the village, both in summer and winter.

Here is a list of the things we recommend:



Bob-luge/ Trotterbes/ Deval Karts

These operate daily from mid June to mid September and every weekend from mid May to mid October - or during the week for group bookings.



Bob-luge is like bobsled without the snow and ice. Your wheeled go cart is pulled up by a cable and then you descend on the half-pipe course, with control for your speed. Trotterbes are like big scooters with large wheels to



bomb down the grass upon. You use the button lift to go up. The deval karts are basically go-carts for the same hill track. Open at weekends only from April to mid-June and in October and November. Open daily from mid-June to the end of September.

Mini Golf

This is open from mid-May to end of October and there are 18 holes.

Tennis & Archery

There are three tennis courts, open from April to November. Please go the 'buvette', next to the courts, for information on tennis, mini golf and archery.

Fromagerie d'Alpage

This farm is a protected building as it was first built in 1686 and rebuilt in 1827. The farm was renovated in 1990 when it opened as a demonstration cheese-making farm. It shows a way of life that has been lived for centuries and is still prevalent in the farms all around the area. It is just up by the shop and you can watch a film, see the cheese being made in the traditional manner, in a huge cauldron over a wood fire, and buy and taste the cheese and other regional products. There is also a small restaurant serving cheese and other local specialities. The cheese is made twice a day at 10am and 14.30 in a cauldron over a wood fire. Well worth a visit. Open early-May to end of September.



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Walking

A quick word about mountain safety; the weather can change very quickly in the Alps. You can be enjoying a pleasant, sunny walk in the meadows, the cloud rolls in from nowhere, and suddenly find yourself dangling from a cliff by your teeth. Make sure you know where you are, follow the paths and tell someone where you are going, if possible. It is a good idea to take a mobile phone, water, a sweater, and something to eat like a chocolate bar or banana at the very least. A waterproof layer would be wise too. Just be cautious.

There are many walks all round the village, all of which are well signed and have approximate timings. There is a *sentier des fromageries* (cheese-makers' route) that will take you down to Gruyères, past some of the cheese making farms. There is also a botanical walk on the Vudalla opposite. This takes about four hours and there are many beautiful views and flowers to see. A trip up to the Moléson will afford many panoramic views and a good walk back to the village.

It is possible to take the lifts up and walk down. The funicular railway is open daily from June to mid October from 9am until 6pm. In July and August the lift is open until 11pm on Friday and Saturday should you wish to have dinner at either Plan Francey or in the Observatory. For more information see www.moleson.ch

Paragliding

Tandem jumps can be done at Moléson, Charmey and Grandvillard. Be sure to wear walking boots, trousers and a long sleeved top. Flights last about 25 minutes. Call 026 912 0973 for more information and reservations or call Patrice Pharisa on 079 412 7269.



Via Ferrata

Climb the face of the Moleson on a Via Ferrata (metal ladder). You can hire equipment (harness, ropes & helmets) by the funicular in the village. Open until 3pm (5pm Fri & Sat).

For more information call at the Tourist Office or see www.voie-all.ch

Pony Trekking

Lessons and treks are available from Pringy, in between Moléson and Gruyères. Call Bernard Schutz on 026 921 3130 for further information.

Rafting

There are trips for both adults and children over 10 years from May to October, which last three hours. From 70Fr. Call Gruyères Escapade on 026 921 3994 www.gruyere-escapade.ch

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Canyoning

You will see some amazing sights. The huge gorge walls are quilted with thick ferns, moss and dangly trees, like the land of the dinosaurs. The rock formations are very humbling. Call Gruyères Escapade on 026 921 3994



Bellyak



The Bellyak is a hybrid between a surfboard and a white-water kayak, and allows you to enjoy the water without having to go through a long learning period.

More stable than a kayak, a Bellyak is designed to "swim" in the waves, without restriction, without strap, without a paddle ... You lie on the stomach, so that your centre of gravity is lower and your balance is more stable. Call Gruyères Escapade on 026 921 3994 www.gruyere-escapade.ch

Aeroplane flights

Take a trip in a light aircraft over the pre-Alps and Alps from the airfield between Epagny and Broc. Call 026 921 0040 for details. www.aerodrome-gruyere.ch

FESTIVAL DESALPES – annually at the end of September

Desalpes is the best known of all the traditional mountain festivities. After more than four months of grazing in alpine pastures, cows make their way down to the lower pastures on the plain. You will see the farmers and cowherds all dressed in their traditional clothes. The cows wear enormous bells (often decades old) around their necks and brightly coloured flowers on their heads as they parade down the mountain. The larger processions include a horse and cart, carrying the cauldron and other paraphernalia, goats and other animals. Charmey has a particularly good parade, usually held on the last Saturday in September, which is well worth a visit, as there is also a food fare and lots going on. www.charmey.ch



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SKIING

The pistes here are quite limited but there is more than enough to keep you amused. There is a full range of pistes, from green to black, and some excellent off-piste, which is not hard to find. The beautiful thing about Moléson is that, if you are confident, you can drop off the edge of any run, have a good, tree-lined, James Bond-style descent, and still not get lost or have to walk anywhere. The nursery slope is at the entrance to the village. Within an hour's drive are the resorts of Verbier, Gstaad, Les Diablerets-Villars, Leysin-Les Mosses, Châteaux d'Oex, Charmey and other small villages.

Ski School

Ecole Suisse de Ski et de Snowboard de Moléson offers private or group lessons for skiing, snowboarding and snow-shoeing. Tel: 026 921 1500 or +41 79 353 25 25 www.essmoleson.ch

Ski Equipment Hire

Castella Sport, Grand Rue 17, Bulle

Tel: 026 912 7647 (Bulle) /026 921 3349 (Moléson)

Oschner Sport, rue de l'Europe 14, Le Pole Sud, Bulle

Tel: 026 913 70 53

SKI RESORT	WEB	KM/TIME FROM MOLESON	LIFTS	KM OF PISTES	HEIGHT OF TOP LIFT	COMMENTS
Moleson	moleson.ch	0	5	30	2002m	Good nursery slopes and mix of blues/red and a tough black from the summit
Charmey	charmey.ch	16km/ 18 mins	7	30	1627m	Lovely small village with enough to keep you amused for a day or two. Easy to medium runs
La Berra- La Roche	laberra.ch	24km/ 25 mins	8	25	1899m	Some good long runs through the trees. Nice easy/medium skiing
La Chia	lachia.ch	15km/ 15 mins	2	5	1300m	Only open at weekends and holidays. Small ski village but ideal for beginners
Les Paccots	les-paccots.ch	35km/ 28 mins	11	20	1500m	Small village with some nice skiing when the snow is good
Gstaad- Chateau d'Oex	gstaad.ch	32km/ 30 mins	14	250	2200m	Large, world-class resort - renowned for being the haunt of celebrities. Expensive and not very well connected pistes, but excellent skiing across the whole network. Worth it particularly if you spend a few days there and make the most of a pass.
Gstaad- Rougement- Saanen	gstaad.ch	38km/ 37 mins	21	90	2555m	
Gstaad- Zweisimmen	gstaad.ch	56km/ 50 mins	6	40	2328m	
Les Mosses	lesmosses.ch	41km/ 38 mins	12	40	1905m	South-facing slopes which are easy-moderate (blues/reds) & a few blacks that are easy too. Links by bus with Leysin.
Leysin	leysin.ch	54km/ 53 mins	14	60	2205m	Good resort and generally south facing
Les Diablerets	diablerets.ch	52km/ 50 mins	23		3000m	Very large resort – as it links with Villars and also the Glacier, shared with Gstaad. Great skiing & usually excellent snow.
Villars	villars.ch	75km/ 55 mins	27	120	2120m	Fabulous skiing & a good, extensive resort linked with Les Diablerets.
Verbier/4 Vallees	verbier.ch	105km/ 70 mins	92	410	3330m	Huge international resort with world-class skiing. Truly excellent but can have terrible queues.
Schwarzsee	schwarzsee.ch	51km/ 60 mins	7	22	2090m	Lovely small resort with some good runs.

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PLACES TO GO

GRUYÈRES

This picturesque, medieval hilltop town has many fine 15th and 17th century houses and a commanding castle. Cars must be left in the free car park at the entrance to the village. If you can avoid the tour buses, Gruyères is a great place to linger and enjoy the beautiful setting and relaxed atmosphere and the town is extremely photogenic. There are many shops selling all manner of souvenirs. www.gruyeres.ch

Chateau de Gruyeres

The castle has been guarding the area since 1000AD, and is one of the most prestigious in Switzerland. It was home to the Counts of Gruyères who held sway over the whole of the Sarine Valley from the 11th to the 16th century. Look out for the representations of the crane bird everywhere around the region (*grue* in French), the heraldic emblem of the Counts of Gruyères. There is a French-style garden with magnificent views of the mountains. Allow at least an hour just to visit the castle. It is open from 9am - 6pm from April to October, and 10am - 4.30pm, November to March. www.chateau-gruyeres.ch



The Chupia Barba Tower

This tower is to your right as you enter the village (through the bollards), up a slight hill. Here prisoners were tortured, usually by setting fire to their beards, hence the name *chupia barba* (burnt beard).



The Grain Measures

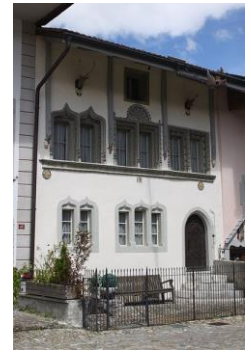
Towards the chapel in the centre of the walled village, next to Auberge de la Halle, are some grain measures with feeders on one side for the grain to pour out. This would be carefully watched by the Count who would be on the first floor of the inn, keeping an eye on sales.



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Chalamala House

This beautiful and highly decorated house, just on the left, below Le Chalet restaurant, was the home of the jester of Count Peter IV. He played the flute and pipe (chalumeau), hence his nickname. At the end of his life he was rich and certainly better off than the Count.



HR Giger Museum

This is the permanent home of works by Swiss surrealist artist HR Giger, the Academy Award-winning designer of the film Alien. It is not suitable for the faint-hearted or for children. His work is a little extreme and much of it is unconnected with Alien. Open 10am to 6pm April to October and 1pm to 5pm (closed Mondays) from November to March. www.hrgigermuseum.com

Gruyères Cheese Factory

There is a bigger, more industrial cheese factory and dairy at the bottom of the hill, next to the station. The cheese here is made daily into 35kg wheels, with each kilo taking 12 litres of milk! Forty eight wheels are made each day and 36 farmers deliver milk twice a day. The cheese is made three to four times a day, between 9am and 3pm. An audio tour (available in a number of languages) with 'Cherry' the cow takes you through the production process, and also gives three small samples of Gruyeres cheese. The factory is open daily from 9am to 6pm (7pm from June to September) and there is a useful shop for cheese (obviously), bread, milk and double cream - a must with the wood smoked meringues - also sold here! www.lamaisondugruyere.ch

BULLE

Bulle is the nearest town of any size. This is the best place to shop and there are a couple of good supermarkets in town - Migros and Co-op. Migros also has concessions in the same building such as shoe and clothing shops and there is a Pick Pay for alcohol. Co-op is slightly further north on the right hand side on the Fribourg road. There is a market on Thursday mornings next to the chateau. This is a great place to stock on wonderful fresh fruit, vegetables and breads etc. www.bulle.ch



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Musée Gruérien

Bulle has a very good museum with a good display about the area through the ages and local history, detailing culture and folk traditions, with paintings, furniture, costumes, room interiors and old photos. There are also displays of *poya* paintings - the traditional image of the procession of cows being led up to the mountains in spring. They can be seen on many chalets and farms in the region. It is open Tuesday to Saturday from 10am to 12 noon & from 2-5pm. It is open on afternoons only on Sundays & holidays. Allow 90 mins. www.musee-gruerien.ch



BROC

Nestlé Cailler Chocolate Factory

The factory is just outside Broc and is well signposted. The turning for Broc is to your right as you have passed Gruyères and heading towards Bulle. The tour is CHF12 and takes about 45 minutes which comprises of an excellent tour about the history of chocolate, then seeing parts of the factory and finishing off with the piece de resistance - the tasting! You enter a room which is laid out with trays and trays of the finest chocolates. There is also a shop which sells the products, a spacious cafe, and a play area for the youngest visitors to work off their excess energy from their 'chocolate high'. However, if you walk up to the factory shop (turn left from the main entrance and walk up the slight incline, beyond the railway lines) you can buy all the Nestle brands at cheaper prices than the supermarkets. Alternatively there is the *Atelier du Chocolat*, where you can discover the art of chocolatiers and have a cookery lesson working on refined confectionery. Reservations essential for this. Le Maison Cailler, rue Jules Bellet 7, 1636 Broc www.cailler.ch



Electrobroc



This museum is fascinating. It clearly explains the principles of hydro-electric power generation by relating it to everyday life. If you have ever been interested in what might be inside domestic appliances and how they work, Electrobroc's perspex bits and pieces will show you. You have to have at least 10 people in a group to visit. Open from March to December daily from 10am to 2pm. Free admission. It is next to the Nestlé Chocolate Factory. www.electrobroc.ch

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GRANDVILLARD

Grandvillard has some amazing water carved features. Drive towards Château D'Oex and follow the signs for Grandvillard. Once in the village follow the sign for 'Grottes'. There is also a well signed footpath informing you about the agricultural methods of the region. Allow four hours.

VANIL NOIR NATURE RESERVE

Watch ibex, chamois, marmots and birds of prey amongst the alpine flora.

VEVEY

Vevey is a very attractive town on the northern shore of Lake Geneva (Lac Léman). Numerous celebrities have lived here, including Charlie Chaplin, who spent 25 years here until his death in 1977. The hub of the



town is the Grande Place, which is a good place to park. It is very pleasant to stroll by the lake or through the old streets. Vevey is also home to Nestlé, the world's largest food company. There is a folklore market every Saturday morning in July & August.

www.vevey.ch

Musée Suisse du Jeu (Swiss Games Museum), Chateau de la Tour de Peilz

The games are arranged according to various themes - educational, strategic, simulation, skill and chance and there are many you can play as you go round. Games from various countries through the ages are featured. Open daily except Monday from 11am-5.30pm. Opening hours from November to February are 2-5pm. Tel 021 944 4050

www.museedujeu.com

Musée de l'Alimentarium (Food Museum)

Situated next to the lake, to the east of the main square, this renowned museum shows food from around the world and through the ages from a historic, ethnic and scientific point of view. The museum was founded by Nestlé. It is a very interesting place with lots to interest everybody. There is a cookery area on the ground floor with demonstrations and also exhibits the transformation of foodstuffs during the cooking process. Open from 10am til 6pm except Mondays.

Tel 021 924 4111

www.alimentarium.ch

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MONTREUX

The centrepiece of the Swiss Riviera, and just to the east of Vevey, Montreux is also situated by the lake and is famous for the international jazz and film festivals. The town's reputation grew in the 19th century as many artists, writers and musicians discovered the beautiful area. Lord Byron, Peter Shelley and Mary Shelley (who wrote *Frankenstein* by the lake) were among the first of the literary influx. The mild climate allows sub-tropical flora to flourish along the promenade
www.montreuxriviera.com

Château de Chillon

This château is the most visited historical building in Switzerland. It occupies a stunning position on a rock right on the lake. Allow a couple of hours to visit. There are excellent collections of furniture, weapons and fantastic rooms with frescoes and wall hangings. See the pillar where Francois de Bonivard was chained in a dungeon for four years in the 15th century - made famous by Lord Byron. Open April to September 9am-6pm and October and November to February from 10am to 4pm. Tel 021 966 8910



March 9.30am to 5pm and

www.chillon.ch

AVENCHES

The little town of Avenches is built on the site of the former capital of the Helvetii and of the Roman city of Aventicum. Founded by the Emperor Augustus, Aventicum had some 50,000 inhabitants and flourished throughout the 2nd Century before being destroyed in 259AD. The modern town is much smaller than the ancient city. Much of the Roman city has been excavated and there is a fantastic amphitheatre which hosts plays and operas in the summer. There is a good Roman Museum near the amphitheatre.



www.avenches.ch

Opera Festival, Avenches

The operas are held in the Roman amphitheatre, which makes for a spectacular setting, and internationally known artists often perform. www.avenches.ch

LAUSANNE

This city is the fifth largest in Switzerland and is on the shore on Lake Geneva, west of Vevey, towards Geneva. The old town has winding streets and a fine cathedral, considered to be one of the finest medieval Gothic churches in the land, built in the 12th and 13th centuries. Its most striking decoration is the acclaimed rose window from the 13th century in the south transept. Rue de

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Bourg is the main shopping street. Just west of Place St François de Flon is an intriguing area where formerly derelict warehouses have been taken over by art galleries, trendy shops and restaurants. There is a picturesque fishing harbour at Ouchy. www.lausanne-tourisme.ch

Olympic Museum, Quai D'Ouchy

Lausanne is home to the International Olympic Committee. The museum explains about the symbolism of the Olympic torch. The Olympic fire stands permanently at the entrance to the museum and reminds visitors of the spirit that inspires the Olympic Movement: Citius, Altius, Fortius (faster, higher, stronger). www.olympic.org/museum

Musée de l'Art Brut

This is a fantastic collection at 11 Ave de Bergières. Brut means raw, crude or rough and that is exactly what you get. None of the artists are properly trained and some are criminally insane or very eccentric, and most have spent at least some time in a mental institution. The work breaks all the rules and is vivid, startling or just plain strange. A potted biography, in English, is displayed alongside each work. Open Tuesday to Friday from 10-12 and 2-6pm and on Saturday and Sunday from 2-6pm. There is an entry fee. www.artbrut.ch

GENEVA

Switzerland's third largest city sits at the western end of Lake Geneva on the French border. It is a very international city and a third of the residents are non-Swiss. The United Nations European head quarters are here, as is the International Red Cross and World Health Organisation. It is a pleasant place with parks, the lake, mountain views, excellent and varied cuisine. It is also clean, efficient and safe and often has fine weather.



The main shopping area is Rue de Rhône on the south bank. The presence of so many businessmen, bankers and diplomats means prices can be high and you won't be surprised to see numerous jewellers, watchmakers, banks and furriers.

The *Jet d'Eau* is a jet of water(!) easily visible from the lake shores, forced up at 200kph to 140m high. The Botanical Gardens, near the Rue de Lausanne, have exotic plants, llamas and an aviary and entry is free. It is open daily from 7am until 7.30pm.

www.geneve.com or www.geneva.info

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International Red Cross & Red Crescent Museum, 17 Ave de la Paix

Allow 90 minutes to see the 11 chronological areas of the museum - a compelling media haul through the atrocities perpetrated by humanity in recent history. Open 10am til 5pm. Closed Tuesdays. www.redcrossmuseum.ch

Patek Philippe Museum, Rue des Vieux-Grenadiers 7

The Patek Philippe Museum is home to the prestigious creations of the Geneva-based firm of master watchmakers which was founded in 1839. Discover how a passion for timepieces has brought together an extraordinary display of watches, musical automata and portrait miniatures from the 16th to the 19th century, in addition to a library dedicated entirely to horology and its related subjects. Entry is CHF10 for adults and free for under 18s. www.patekmuseum.com

Maison Tavel, 6 Rue du Puits St Pierre

Maison Tavel, meaning Tavel House, is the oldest house in Geneva, built in the 12th century by the Maison family. In 1334, the house was reconstructed following a devastating fire. In 1963, the house was purchased by the city of Geneva and remade into the museum of history of Geneva. The house is notable for its detailed relief map of Geneva. The map is 35sq. metres and took the architect, August Magnin, 18 years to construct. The house also shows what life was like in Geneva from the 14th to the 19th century. Entry is free. Open daily 10am to 5pm. www.geneva.info/museums/maison-tavel

MURTEN/MORAT

German speakers call it Murten and French speakers call it Morat, as it is right on the geographical linguistic divide. It is a very pleasant medieval town situated on the shores of Murtensee (or Lac de Morat), 20km east of Bern. It is a lovely place to spend time wandering around the town, ramparts or by the lake. The castle dates from the 13th century and offers a view of the lake from the courtyard. There are boat tours of the lake. www.regionmurtensee.ch



FRIBOURG

Fribourg is the eponymous cantonal capital. The town is situated on a rocky spur encircled by a bend of the Sarine river, and the deeply sunken course of the river still marks the boundary between the two great ethnic and linguistic areas of Switzerland. Places on the left bank have French names and those on the right, German. The town's prosperity in the middle-ages was



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based on manufacturing and today many Gothic houses still survive in the medieval town centre. There are some lovely churches and art galleries to see. A walking tour is enlivened by several historic fountains, mostly constructed in the 16th century.

St Nicholas, the town's patron saint, has a fete day celebrated with great pomp on the first weekend in December, both in the town and across the region. There are outdoor markets, or participate in the traditional parade. www.fribourgregion.ch

ESTAVAYER-LE-LAC



This small resort on the shores of Lake Neuchâtel has a perfectly preserved medieval centre, but the real allure is its collection of 130-year-old frogs in the Regional Museum. The stuffed creatures are the work of 19th-century eccentric, François Perrier, who spent much of his leisure time killing frogs, preserving their skins, and filling them with sand. He then arranged the frogs in parodies of human situations - courting, studying, playing games, etc - and ornamented them with props! The Musee des Grenouilles is open from 10am to noon and 2 to 5pm from Tuesday to Sunday, but just at weekends (2-5pm) from November to February. www.estavayer-payerne.ch

BERN

Bern is Switzerland's capital and the name of the city is apparently in honour of the first animal killed by the founder, Duke Berchtold V of Zähringen, when hunting in the area. The animal was a bear and is still the heraldic symbol of the area and city. The compact town centre is contained within the bend of the river Aare. The city map from the tourist office details a picturesque walking tour through the old town. Most of the walk is Marktgasse and Kramgasse with their covered arcades and colourful fountains. The statues appear every 150 metres and were constructed in approximately 1545. The Ogre Fountain on Kornhausplatz, depicts the unusual subject matter of an ogre devouring small children. Nearby is the *Zeitglockentrum*, a clock tower on which revolving figures herald the chiming hour. Stand on the Kramgasse side at least four minutes before the hour on the east side to see them twirl. Originally a city gate, the clock was installed in 1530. The next fountain along shows a bear holding a shield bearing the Zähringen coat of arms - which appears on many postcards. There are a number of interesting museums in the city too - such as the Natural History Museum, the Einstein House and the Swiss Alpine Museum. www.bern.com



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Bear Pits

Just over the Aare river are the bear pits (*Bärengaben*), open daily to 6pm (4pm October to March). Bears have been at this site since 1857, although records show that as far back as 1441 the city council bought acorns to feed their ancestors. www.tierpark-bern.ch

Parliament

The *Bundeshäuser* is well worth a visit and is home to the Swiss Federal Assembly. There are free daily tours when parliament is not in session. Arrive early and reserve a place for later in the day. A multilingual guide takes you through the impressive chambers. www.parlament.ch

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EATING OUT

There are so many good restaurants all around the region that it is impossible to mention them all – or even visit them all over a course of a holiday. We have had many memorable meals and so we shall recommend the following as examples:

Restaurant le Pierre à Catillon, Moléson

Speciality cheese dishes and the *luge de Moléson* - steak that you cook yourself on a hot stone.

Tel: 026 921 1041 www.moleson.ch/en/la-pierre-a-catillon-1100-m/

Le Sommet and Plan Francey

On Friday & Saturday nights in July and August the lifts stay open until 11pm should you wish to have dinner in either of these restaurants and enjoy a mountain-top view.

A return trip on the funicular and fondue at Plan Francey is very good value. Tel: 026 921 1042

The observatory offers a similar deal with a return trip on the funicular and cable car and fondue in the restaurant. Tel: 026 921 2996 www.moleson.ch/en/le-sommet-2002-m/

Buvette du Gros-Plané

At the base of the Moleson from some of the walks, also accessed from La Chia road (from Bulle) this is a fabulous, authentic farm serving their own products (Gruyeres & Vacherin cheeses, fondue, serac, butter) in a variety of simple, traditional ways. Open from 8.30am to 23.00, closing at 20.00 on Sundays. Cash only, no card facilities. www.buvette-gros-plane.ch

Le Chalet, Gruyères

The best restaurant in Gruyères, in our opinion, thanks to its wonderful ambience. It is a lovely old wooden building, up by the castle, with a warm, cosy atmosphere. The ceiling is lined with cowbells and other cheese related paraphernalia. A great place for fondue and raclette. Credit cards are accepted. No disabled access, Book to avoid disappointment, as very popular with the locals. Tel 026 921 2154 www.gruyereshotels.ch/index.php?page=chalet

L'Auberge des Halles, Gruyères

Another great restaurant in Gruyeres, with beautiful views down the Intyamou valley. The traditional menus are well-represented & well- executed here too.

www.gruyereshotels.ch/index.php?page=auberge-de-la-halle

La Pinte des Vernes, Route du Paquier, Pringy

A lunchtime set menu is good value. Fabulous food and beautifully presented.

www.lapintedesvernes.ch

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L'Ecu, 5 Rue Saint-Denis, Bulle

The food (French cooking) is excellent, the service is quick and friendly (they always provide excellent advice for the wine). The ambience is classy but cosy. The prices are expensive, but decent for the quality (around CHF20 for a starter, CHF40 for the main dishes and CHF15 for the dessert) www.restaurant-de-lecu.ch

La Pinte des Mossettes, Cerniat

Go up the Charmey valley, past the Valsainte monastery, and it is on your right. Offering a unique culinary experience, this restaurant is entirely wholesome and natural with specialities based on wild herbs and local produce. There are only two menu choices – vegetarian and non-vegetarian but this is a gastronomic experience so allow plenty of time to indulge and enjoy. Closed on Mondays and Tuesdays from November to March. Reservations are essential. Tel: 026 927 2097 www.lapintedesmossettes.ch

CHALET LA TAUPINIÈRE

A BRIEF HISTORY OF SWITZERLAND

Taken from the Lonely Planet Guide to Switzerland

The first inhabitants of the region were a Celtic tribe, the Helvetia. The Romans appeared on the scene in 107 BC by way of the St Bernard Pass, but owing to the difficulty of the terrain their conquest of the area was never decisive. They were gradually driven back by the Germanic Altemanni tribe which settled in the 5th century. The territory was united under the Holy Roman Empire in 1032 but central control was never very tight. That was all changed by the Germanic Habsburg family, which became the most powerful dynasty in Central Europe. Habsburg expansion was spearheaded by Rudolph I, who gradually brought the squabbling nobles to heel.

Upon Rudolph's death in 1291, local leaders saw a chance to gain independence. Their pact of mutual assistance is seen as the origin of the Swiss Confederation and their struggles against the Habsburgs is idealised in the familiar legend of William Tell. Encouraged by early successes, the Swiss gradually acquired a taste for territorial expansion themselves and gained independence from the Holy Roman Emperor Maximilian I in 1499. After a number of military victories, the Swiss finally over-reached themselves when they took on a combined force of French and Venetians in 1515. Realising they could no longer compete against larger powers with better equipment, they renounced expansionist policies and declared their neutrality.

The Reformation in the 16th century caused upheaval throughout Europe. The Protestant teachings of Luther, Zwingli and Calvin spread quickly, although central Switzerland remained Catholic. While the rest of Europe was fighting it out in the Thirty Years' War, the Swiss closed ranks and kept out of trouble. At the end of the war in 1648 they were recognised in the Treaty of Westphalia as a neutral state. Nevertheless, the French Republic invaded Switzerland in 1798 and established the Helvetic Republic. The Swiss, however, did not take too kindly to such centralised control. Napoleon was finally sent packing following his defeat by the British and Prussians at Waterloo. The ensuing Congress of Vienna guaranteed Switzerland's independence and permanent neutrality in 1815.

In 1848 a new federal constitution was agreed on and it is largely still in place today. Bern was established as the capital and the federal assembly was set up to take care of national issues. Switzerland was then able to concentrate on economic and social matters. It developed industries predominantly dependent on highly skilled labour. Networks of railways and roads were built, opening up previously inaccessible Alpine regions and helping the development of tourism. The international Red Cross was founded in Geneva in 1863 and compulsory free education was introduced.

The Swiss have carefully guarded their neutrality in the 20th century. Their only WWI involvement lay in the organising of Red Cross units. In WWII, however, Switzerland played a more insidious role as an amenable money launderer for Nazi Germany. Switzerland's quiet anti-Semitism included shutting its borders to Jewish refugees and forcibly repatriating many of those who

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escaped Nazi-occupied Europe, in full knowledge of the fate which awaited them. While the rest of Europe underwent the painful process of repairing the ravages of war, Switzerland was able to expand from an already powerful commercial, financial and industrial base. Zürich developed as an international banking and insurance centre, and many international bodies, such as the World Health Organisation, based their headquarters in Geneva.

Afraid that its neutrality would be compromised, Switzerland declined to become a member of the United Nations (though it currently has 'observer' status) or NATO. It did, however, join EFTA (the European Free Trade Association). In the face of other EFTA nations applying for EU (European Union) membership, Switzerland finally made its own application in 1992.

As a prelude to full EU membership Switzerland was to join the EEA (European Economic Area), yet the government's strategy lay in ruins after citizens rejected the EEA in a referendum in December 1992. Switzerland's EU application has consequently been put on ice; in the meantime the government has been laying groundwork for closer integration with the rest of Europe. In 1998 the Swiss government agreed to pay CHF1.2bn compensation to relatives of holocaust victims whose funds were deposited in Swiss banks.

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USEFUL INFORMATION ABOUT LA TAUPINIÈRE

Water

All the valves and controls are in the cupboard at the bottom of the stairs. To heat the water you will need to switch the water heater on at the beginning of your holiday. And we would appreciate it if you would switch it off again at the end.

0 – off all the time 1 – on all the time

2 – on from 11pm to 6am daily (when electricity is cheaper). This setting should be fine for most holidays but if you run out of hot water, due to lots of consecutive showers, just switch over to 1.

Electricity

The meter box is mounted on the left-hand, external wall of the chalet. It has an aluminium door which opens with the key on the hook by the front door. Controls are in the cupboard by the stairs. The electrical system is 230V. Most bulbs are screw base and most plugs are small round two-pins. There are some adaptors which should be in the cupboard in the downstairs hall, but they do tend to get moved.

The electricity board sometimes have to reduce power or cut the voltage. This can be done so that only one floor is affected. Either the lights go out, or just gently glow. Power is restored as soon as possible and it is a very rare occurrence. The cooker circuit is usually left on.

Radiators

Please do not leave anything on top of the radiators, as it may burn and won't do the radiator any good either. Each radiator is individually controlled. In winter power is limited at lunch time (by the National Grid) and radiators will usually turn off for an hour or so - this is beyond our control. Please ensure radiators are left on their individually-marked settings upon departure.

Dustbins

The rubbish bins are at the top of the road and also on the road towards the car park. At the latter location there is also a plastic recycling facility (blue bin) and glass recycling. The Swiss are **very strict** about rubbish and it is illegal to throw away paper, glass, plastic and other recyclable materials. All rubbish must be thrown away in the correct rubbish bags which must be bought from the shops. **You (not us) will be fined (up to CHF1,000!!) if you throw rubbish away in anything else.** Full details are on the pin-board downstairs next to the bathroom. You have to pay for special bin liners to encourage you to reduce your rubbish and recycle as much as possible. **All recycling must be taken to the 'dechetterie' (recycling centre) and the nearest are in Le Paquier (just past the railway station on the left), and in Broc (just past/near the airfield). Opening times vary and are not frequent.**

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Communications

To call the UK from Switzerland is +44 or 0044 and drop the first zero of the area code.

To contact the owners:

Liz Dowding +44 (0)1794 340384 or email liz@farthingcorner.co.uk

Sarah Dowding +44 (0)1264 710375 or +44 (0)7712 836383 or email sarah@classictravelling.com

The address here is PO Box 135, Chalet Taupinière 825, Chemin du Castor 12, Moléson s/Gruyères, Fribourg 1663, Switzerland. However, only the owners have a key to the post box.

Laundry

Please ensure you strip the beds you have used of sheets, duvet covers and pillow cases (do **not** remove mattress covers and pillow protectors) and leave it all in a pile in the hallway.

Washing Machine

There is a washing machine for use during your stay. Please turn the knob to Stop/Arrete (12 o'clock position) after each wash.

Sauna

Turn the Roman numeral setting to adjust the temperature – VI is usually hot enough for most people. Then set the time, up to 2 hours. It takes about 20 minutes or so to heat to a decent temperature and the humidity is kept high by adding a little water occasionally to the coals (not the element) on the stove. Please do not leave the water in the bucket when you have finished and ensure the spoon can be left to dry out properly.

Turn the timer to '0' when you leave or before you enter for your last session as it takes a while to cool down. Please leave the door open when the sauna is off.

Parking

Please ensure you ONLY park in our driveway – AND NOWHERE ELSE. The neighbours get really upset if you park on their driveways. If you need extra parking please use the car park in the village. There should be enough room for two cars, with the second car parallel to the road. This might not work in winter due to snow. In winter please ensure your car is not on, or sticking out onto the road, as if the snowplough hits it YOU will be fined for damaging and obstructing the snow plough!

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Food Shopping

- There is a small convenience shop next to the Pierre à Cataillon at the entrance to the village
- Milk, cheese, bread and some other basics can be purchased in the Maison du Gruyeres (cheese factory) opposite Gruyeres station.
- The nearest large supermarket is Migros at Le Bar Code Centre on the main road between Gruyeres and La Tour de Treme (at the roundabout). There is an Aldi on the other side of the road. In the centre of Bulle there is another large Migros at Le Gruyere Centre, and a Co-op supermarket – both on Route de Riaz, which is the main road heading out of town to the north.

Miscellaneous

- To lock the studio door the handle must be lifted to vertical – then turn the key.
- Watch out for spitting pine logs. Please ensure that fire guard is in front of the fire at all times. Wood can be bought from the village shop, or the timber yard at the bottom of the hill.

Winter Time

- Please leave your car off the road. When the snowplough comes along early in the morning your car may be crushed or buried. To make matters worse the Commune (council) will fine you if your car damages the snowplough! So don't risk it.
- Skis may be hired from Castella Sport. There is a shop in Bulle, on the Grand Rue, as well as a small shop by the nursery slope in the village. Ski school is also run from this office. Alternatively try Ochsner Sport at the Pôle Sud mall in Bulle (details previously).

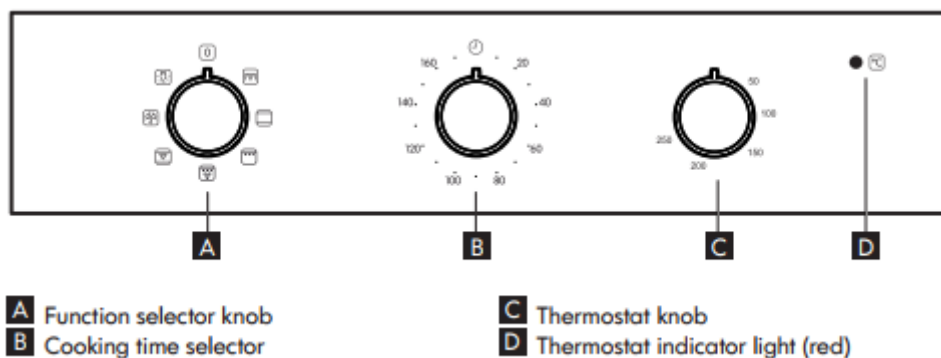
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KITCHEN

Oven

Turn the selector knob to the required function. The oven light switches on. Turn the thermostat knob clockwise to the required temperature. The red thermostat LED lights up, switching off again when the oven reaches the selected temperature. At the end of cooking, turn the knobs to '0'.

To start the timer rotate the knob 360 and then position to the requested timing. This selector can be used to set a cooking time of between 1 and 180 minutes. To set cooking time, after selecting the required cooking function, turn the knob right round in a clockwise position direction and then turn it back in the opposite direction to the desired cooking duration.



Function		Description
0	Oven off	
	Forced Air	To cook a variety of food requiring the same cooking temperature on two shelves at the same time
	Conventional (top & bottom heat)	Suitable for cooking any type of dish on one level
	Grill	To grill steak, sausages or cook vegetables au gratin or toast bread. During cooking the oven door must remain closed.
	Grilling with fan	To grill large joints of meat. The oven door must be kept closed during the cooking cycle.
	Convection bake	For baking cakes with liquid filling (sweet or savoury), on one level.
	Defrost	Speed up the thawing of food at room temperature. Place food centrally.
	Light	To switch the oven light on

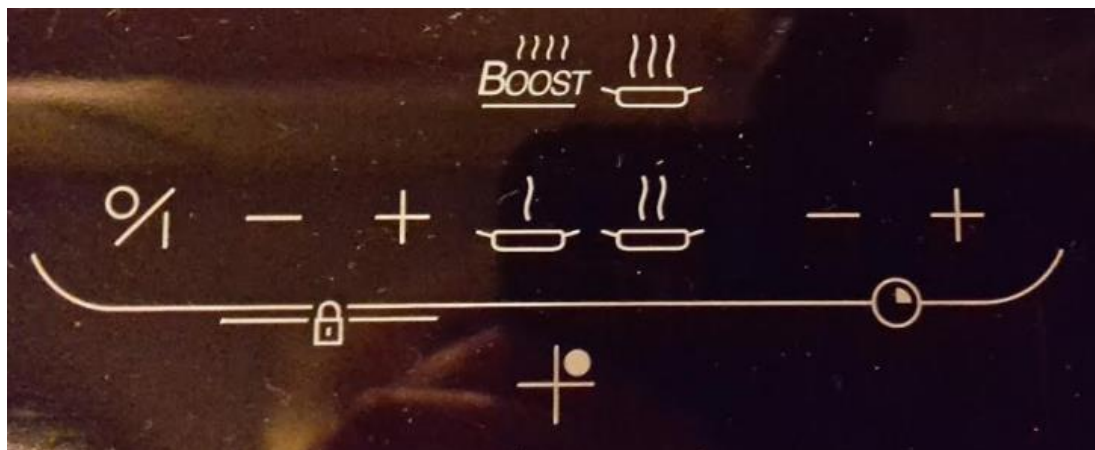
Extractor Fan

To use the extractor fan pull out. The switch to turn on both the fan and the light is on top, at the right.

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Induction Hob

This induction hob only works with specific cookware. To turn on each individual hob press the O/I button. Then press either the + or – button to adjust the power. The three pan icons and boost icon immediately put the hob on a set power for simmering, cooking or boiling. Pressing the + & - together will put a lock on the hob.



Dishwasher

To start the dishwasher (having put a dishwasher tablet in the door), close the door. Then press button 1 with three arrows (▶▶▶). Then press the choice of program (see below - 3). Then press button 2 to start (▶|)



Programme selection buttons

- | | | |
|----------|---------------------|----------------------|
| 1 | Programme selection | with indicator light |
| 2 | End of programme | with indicator light |

Programme and indicator symbols with indicator lights

- 3** Display for:
-  Daily
 -  Short/Glass
 -  Intensive
 -  Pre-rinsing
 -  Norm/Standard
- 4** Display for:
-  Salt refill indicator

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POOL GUIDELINES

The following suggestions are to make your and our lives easier. They help to keep the pool clean for all guests and keep our maintenance costs down.

- Always keep the door to the bedroom properly closed
- Wipe your feet
- Remember to take your towel in with you
- Please go to the toilet before swimming
- Do not eat or drink in the pool area
- Only open the windows if the temperature inside is over 27°C
- The pool is an even depth of 1.5 metres all over – no deep or shallow ends
- The cover rolls in clockwise
- Have a shower before swimming – and **definitely** after a sauna
- After swimming please squeegee the water into the drain in the centre of the floor and **NOT** into the pool
- Cover the pool after use, and try not to get water on top of the cover. Rolling it slowly helps
- When the sauna is not in use please keep the door open
- Turn off all the lights when you have finished!

Pool Use

The pool should be self-regulating and is fully automatic. The pool cover rolls back clockwise. Please roll the cover slowly each way. When putting the cover over the pool please ensure water does not get on top of the cover. Otherwise the de-humidifier works overtime and makes it noisier for you. If there is too much water the system will not be able to get rid of it all and it will cause condensation. For the same reason please squeegee as much water as possible from the floor into the drain, **NOT** the pool.

De-humidifier

This is the big noisy machine by the wall. It takes the moisture out of the atmosphere and ensures a pleasant environment. It also heats the air in the pool hall. Please do not touch any of the controls, but do let us know if there are no numbers showing on the screen.

Water Level

The water should be two tiles down from the top. It is topped up automatically. However, if it is lower than this then it can be topped up with the hose from the tap in the shower. If it is more than two and a half tiles down please let us know.

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Pool cleaning

We try and keep the pool as clean as possible for the enjoyment of all our guests. However, if you spill something into the pool, or it is dirty, it is actually very easy to clean. But we'd prefer it if you just let us know so we can deal with it – usually after your departure.

We have an automatic robot to clean the pool. Plug the grey box into the wall and ensure it is kept at least 3m/10ft from the edge and cannot be splashed. Plug and screw in the blue wire of the robot. Drop the robot into the pool. Press the 'on' switch on the grey box. The robot will now clean the pool and it takes about 1½ hours to complete. When finished turn the system off, unplug everything and remove the robot. Once it has drained, turn it on its side, and undo the yellow tabs. Remove the white cover. Then remove the fabric filter and wash this out. Replace and put the robot back on its rack.

Pool water

The pool water is cleaned by UV light which controls the bacteria and anything else that passes through the system. Therefore the need for chlorine is thankfully eliminated.

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AT THE END OF YOUR STAY

The chalet is cleaned by our lovely cleaner, Sylvette. However, she only has a few hours between rentals to get it ready for the next guests, so please leave it as you would wish to find it. If you have any non-perishable food then feel free to leave it for the next tenants if you wish. It is nice to at least have a cup of tea on arrival.

Check list:

- Water is set to 0 (zero) in the cupboard under the stairs
- Washing machine is off
- Please ensure you strip the beds you have used of sheets, duvet covers and pillow cases (do **not** remove mattress covers and pillow protectors) and leave it all in a pile in the hallway.
- Radiators are on their marked settings, or switched off in summer
- All the windows and external doors are closed and locked
- Please leave internal doors open (except the door between the bedroom and pool)
- Laundry room door and pool door to bedroom are closed
- Refrigerator is on and all perishable food removed
- Cooker (oven and hob) is off
- Taps are not dripping
- All lights are off, including the pool room and studio
- Pool is correctly covered
- Sauna door is open, bucket is empty and spoon dry
- Please bring any outdoor tables and chairs undercover near the chalet
- Take all your rubbish to the bins
- Check you've left nothing behind
- OK – you can now leave

**Please advise us if anything is broken
or not working, however small.**

**If you break any crockery, glasses etc, we
would appreciate it if you could buy a
replacement of similar quality/style.**

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For some shameless self-promotion – and maybe of interest...



Farthing Corner, West Tytherley, Nr Salisbury, Wiltshire, SP5 1NR, UK

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www.farthingcorner.co.uk



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