

Recommendations PLEASE:

- Admire rather than pick the wild narcissi.
- Do not walk or lie down on wild narcissus fields (the flowers are extremely delicate).
- Keep your dog on a leash and stay on the paths (wild narcissus season often coincides with a sensitive period for local wildlife).
- Respect private property signs and the residents' privacy.
- Follow the specific rules and regulations in protected areas.
- Leave no trace: take your rubbish home.

Additional information

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Narcissus hiking trails

The Gruyère Pays-d'Enhaut Regional Nature Park has a number of wild narcissus meadows. However, this wildflower, long the symbol of the Riviera vaudoise, has been in steady decline since the 1960s. This fact sheet explains the responsible behaviour we all should adopt to preserve these iconic flowers.





Rules and regulations

Wild narcissi are not a protected species, and it is therefore important that we do what we can to preserve the region's iconic flowers. We kindly request you follow the recommendations below.

Wild narcissi in bloom – when and where (see map overleaf)

- In the Park, narcissi grow primarily in the hills above Montreux, in the Intyamon valley and in the Pays-d'Enhaut.
- Flowering season is between April and June. The timing varies depending on the altitude and direct sunlight exposure
- Stay on the signposted paths wherever possible:
 - From Les Avants train station: interpretive narcissus trail and other signposted trails.
 - In the hills above Château-d'Œx: Les Choucas botanical trail and access to upland narcissus meadows.
- For wild narcissus trails in the Riviera vaudoise, use the interactive wild narcissus forecasting map (www.narcisses.com).

Wild narcissus fields and hiking trails

-  Park perimeter
-  Wild narcissus fields (moderate to thick cover)
- Trail departure points**
-  Les Avants trail
-  Les Choucas trail

