

Recommendations. PLEASE:

- Respect protected zones (incl. alluvial zones);
- Respect the flood protection zones around hydroelectric dams;
- Keep away from reed beds and other natural habitats along the riverbanks and shorelines;
- Where possible, use sunscreen with a trusted ecolabel;
- Restrict your water activities to daylight hours;
- Help stop the spread of invasive aquatic species by cleaning your craft thoroughly before moving to another body of water.

Further information

www.respect-nature.ch | www.nature-loisirs.ch |
www.gruyerepaysdenhaut.ch/en/comportement-responsable-responsable | www.slrg.ch/fr/la-securite-en-eaux-libres

Any questions, please contact

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Responsible visitor behavior



Recreational water sports

With its many rivers and lakes, the Gruyère Pays-d'Enhaut Regional Nature Park is the ideal destination for recreational water sports enthusiasts. In the interests of your own safety and the protection of local wildlife and biodiversity, please follow the rules and act responsibly.

Legal restrictions

The pursuit of recreational water sports in some areas of the Park are subject to special regulations. Their location and the applicable rules are shown overleaf.

Swimming in alpine lakes

Alpine lakes are fragile ecosystems and their waters renew very slowly. Swimming in these lakes, even occasionally, can lead to bank erosion, disturb the flora and fauna, and become polluted with sunscreen and other cosmetics. To protect these exceptional ecosystems, choose an artificial lake for your swim instead.

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Author: Gruyère Pays-d'Enhaut Regional Nature Park, 2023

Sources: swisstopo; FOEN