

Recommendations. PLEASE:

- Respect the Park's protected areas.
- Stay on the official/marketed paths. Trampling vegetation can have a negative impact on the flora and fauna.
- Slow down if you spot a wild animal and keep your distance.
- Leave no trace – take your rubbish with you.
- Use public transport, where possible.

Trail running in focus

Avoid moving around at night, sunrise and sunset, especially if using a powerful torch/headlamp. Wildlife tend to be most active at these times. These periods also offer them rare moments of peace and quiet. Take care not to disturb them.

Moving at speed reduces the animals' reaction time, forcing them to flee more quickly. This can have a detrimental effect on their health.

Additional information

Leaflets on other outdoor activities in the Park are available at www.gruyerepaysdenhaut.ch

Enquiries:

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Responsible visitor behaviour

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Trail running

Some areas of the Gruyère Pays-d'Enhaut Regional Nature Park are more vulnerable than others. Special rules therefore apply, particularly to trail running. Please comply with the relevant rules and regulations and adapt your behaviour accordingly.

In this way, you help everyone enjoy the mountains together while preserving this beautiful natural environment.

Legislation

In some nature reserves, it is against the law to leave the marked trails. Protected zones and the relevant legal restrictions are shown on the map overleaf.

NB: You will find all officially designated routes on the swisstopo hiking maps (1:50 000) and at [SuisseMobile](http://www.suissemobile.ch).

Separate information sheets are available detailing the rules and regulations on hiking with dogs or during snow cover.

Restricted areas: Trail

- Park perimeter
- Hiking only permitted on marked paths.
Uprooting of wild plants is prohibited.
- Hiking only permitted on marked paths.
- Hiking only permitted on marked paths
(01.12 – 30.06)
- Hiking only permitted on
Switzerland Mobility paths and routes
(01.01 – 30.06)
- Geocaching is prohibited

