

### Recommendations. PLEASE:

- Respect protected zones (alluvial zones), stay out of prohibited areas, and comply with the rules on stopping along the riverbanks and shores.
- Respect the flood protection zones around hydroelectric dams and follow the open water safety advice and tips of the Swiss Lifesaving Society.
- Keep away from reed beds and other natural habitats along the river banks and shorelines.
- 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](http://www.respect-nature.ch) | [www.nature-loisirs.ch](http://www.nature-loisirs.ch) |  
[www.gruyerepaysdenhaut.ch/en/comportement-responsable-responsable](http://www.gruyerepaysdenhaut.ch/en/comportement-responsable-responsable) | [www.slrq.ch/fr/la-securite-en-eaux-libres](http://www.slrq.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 (see map overleaf)

#### Red area: Lake Lessoc

- All watercraft prohibited (incl. canoes and paddleboards).

#### Blue areas: Lakes Hongrin, Lioson and Montsalvens, and Schwarzsee

- Motor boats prohibited.
- Kite surfing prohibited.

#### Orange area: Alluvial and quiet zone along the Sarine river

- Whitewater craft (rafting boats, kayaks, canoes, hydrospeed floats) prohibited from stopping on the riverbank.



## Restricted areas - aquatic activities

