

## Pre Course Information

### Lake Gruyere – Fribourg

**Course Times:** Saturday 09:00 – 17:00  
Sunday 08:00 – 16:00

**Meeting Point:** **Sat 0900:** Camping Du Lac  
(we often meet up and have a dinner together the night before at the campsite)

**End Point:** We aim to be finished on Sunday around **1600 at Camping Du Lac**

-----

### Getting to Gumefens:

#### By Public Transport:

- Train station SBB/FFS Fribourg is situated 30 min bus ride from Gumefens. Train station SBB/FFS Bulle is situated 15 minutes bus ride from Gumefens. Get off at Gumefens Lac bus stop and walk 650 metres to the campsite. (check [www.sbb.ch](http://www.sbb.ch) for your connection)

### Course Itinerary:

Day 1 – Start from Delta Camping; round Trip to Ile d'Ogoz

Day 2 – Start from Delta Camping; round Trip to Botterens

### Accommodation:

We'll be based at **Camping Du Lac** in Gumefens. There is a very nice restaurant at the campsite Buvette du Lac where we can have dinner.

L'Etrey 81 1643 Gumefens  
+41 (0) 79 695 45 22  
[lac@potentille.ch](mailto:lac@potentille.ch)

For CHF8 you can have a late check-out until 4pm on Sunday (so after we arrive from the paddle). They also have caravans for rent.

There is one hotel and a motel nearby but not a huge range of hotels around.

---

# COME AND EXPLORE



+41 (0)79 906 0551  
www.hightide.ch  
info@hightide.ch

Hotel Vignier (2 km away)  
Route de la Gruyère 123  
1644 Avry-devant-Pont  
+41 26 915 99 15  
[info@vignier.ch](mailto:info@vignier.ch)

Restoroute Motel de la Gruyère (2 km away)  
1644 Avry-devant-Pont  
+41 26 915 61 61  
reception.gruyere@autogrill.net

Please book your accommodation in good time directly with the accommodation provider.

### **Pre-requisites:**

For this tour it's good if you have tried kayaking before or have attended one of our beginner courses or safety & Rescue courses. If in doubt just give us a call or send us an email.

Each day we will be paddle around 15km, although this is well manageable for a beginner.

### **What to Bring Along:**

- Any paddling gear you may have (jacket, neoprene etc - don't worry if you don't have anything, let us know your size and we will bring you these)
- Swimming clothes
- Footwear that you can get wet (flipflops, crocs, water shoes, neoprene booties or old trainers...)
- Thermal or sports top (not cotton)
- Thin warm layer in case it's cold
- Change of clothes
- Sun protection (cream, sunglasses and hat)
  
- Packed Lunch (for Saturday) – there's a cheese shop 10 min walk from the campsite and a little Migrolino 30 min walk from the campsite. Bigger grocery stores in Bulle (10 min by car). Some small things like yoghurt and bread you can buy from the campsite but not a big selection probably better to bring along. There's a common fridge at the campsite.
- Drinks & Snacks

---

# COME AND EXPLORE

### **If Camping:**

- Tent
- Camping Mat
- Sleeping bag
- Head torch
- Ear plugs (there's no road noise but always good to have when camping just in case)

### **What we supply:**

- Sea Kayak
- Paddle
- Buoyancy Aid
- Spraydeck
- Neoprene longjohn wetsuit (in cold temperatures)
- Paddling jacket (in cold temperatures)
- Dry Bags
- All safety equipment

### **Weather**

Please note that our courses and tours run in all weather that is safe for us to paddle in. Often the weather is better than predicted and part of the charm of our sport is experiencing nature with all its faces and even on a rainy day, the views and atmosphere can be beautiful and dramatic. We pride ourselves on having top quality equipment, including Palm long john wetsuits and high end paddle jackets to ensure you're warm and happy whatever the weather. If conditions are unsafe to paddle in we will notify with as much notice as we can.

### **Insurance**

Please note that bookings are subject to our terms and conditions and cancellation policy. We recommend that you have an insurance policy to cover the course costs in case of illness or medical problems.

---

COME AND EXPLORE