

NARCISSI IN BLOOM



2016

Guided discovery walks

With the support of



21 March 2016

NARCISSI IN BLOOM

GUIDED DISCOVERY WALKS

PROGRAMME 2016

From 30 April to 5 June 2016, the Association for the protection and promotion of the Swiss Riviera narcissi (l'Association Narcisses Riviera) proposes a programme of guided walks during the narcissus flowering season, with the support of tourist taxes and Montreux-Vevey Tourisme. The walks offer an opportunity to appreciate the natural beauty of our region, to discover meadows of sweet-smelling narcissi, and to learn more about these emblematic flowers and why they are now endangered. Walks are proposed at different levels of difficulty, mostly following hiking trails in the regions of the Riviera, Veveyse and Gruyère.

INFORMATION, PRICES AND REGISTRATION

Montreux-Vevey Tourisme: phone +41 848 86 84 84, info@montreuxriviera.com or website www.montreuxriviera.com.

You will find **general information** about registration, how you should equip yourselves for the walks, etc. at the end of this document. Most of the walks will be guided in French, but the 8 May afternoon walk and the 28 May walk from Les Pléiades will be guided in English.

For information about the current stages of flowering of narcissi in different parts of the region: www.narcisses.com.

For further information about narcissi and to find out more about the Association for the protection and promotion of the Swiss Riviera narcissi: www.narcisses.ch.

LEVELS OF DIFFICULTY

For each walk, the level of difficulty is indicated:

 up to 250 m of ascent/descent: beginners to medium-level walkers

 up to 500 m of ascent/descent: medium-level walkers

 up to 800 m of ascent/descent: more experienced walkers on good form

The trails can become more tricky if it is wet or rainy. Please be conservative in your choice of outing, especially if you are bringing children with you.



PROGRAMME

Saturday 30 April

Circuit from Glion (half-day)



The first narcissi of the season at Glion: discovery of our emblematic flowers, their beauty and aspects of their protection. Tasting of regional specialities.

Start and finish point	Glion station
Timing	9.30 – 13.00
Price	Adults: Fr. 20.– / Children: Fr. 5.–

Sunday 1 May

Les Avants – Gorge du Chauderon – Montreux



Secrets of narcissi and the spectacular, enchanted Gorge du Chauderon. Picnic from your rucksack.

Start point	Les Avants station
Finish point	Montreux station
Timing	10.15 – 15.15
Price	Adults: Fr. 35.– / Children: Fr. 10.– Family: Fr. 70.– (2 adults & up to 2 children)

Saturday 7 May

Mont-Pèlerin circuit



Narcissus trails and discovery of the rich forest of Mont-Pèlerin. Starting with a wonderful view over Lake Geneva and the Lavaux, we climb up to Mont Chesau via meadows and woodland. Picnic from your rucksack.

Start and finish point	Station at top of Mont-Pèlerin funicular railway
Timing	9.15–15.30
Price	Adults: Fr. 35.– / Children: Fr. 10.– Family: Fr. 70.– (2 adults & up to 2 children)

Sunday 8 May

Circuit from Caux (two half-days) — *afternoon walk for English-speakers* 

Discovery of the secrets of the sweet-smelling narcissus, why these flowers are endangered, and what we can do to protect them. Panoramic views of Lake Geneva. Tasting of regional specialities.

Morning walk guided in French; afternoon walk guided in English.

Start and finish point	Caux station
Timing	9.45 – 12.15 or 12.45 – 15.15
Price	Morning or afternoon Adults: Fr. 20.– / Children: Fr. 5.–

Sunday 15 May

Allières – Albeuve  

Narcissi meadows and discovery of the Haut-Intyamon valley in Gruyère. Picnic from your rucksack.

Start point	Allières station
Finish point	Albeuve station
Timing	10.30 – 16.15
Price	Adults: Fr. 35.– / Children: Fr. 10.– Family: Fr. 70.– (2 adults & up to 2 children)

Whit Monday 16 May

Circuit from Hauts-de-Caux (two half-days) 

Two half-days of discovery: narcissi, landscape and forest. Tasting of regional specialities.

Start and finish point	Les Hauts-de-Caux car park
Timing	9.45 – 12.15 or 12.45 – 15.15
Price	Morning or afternoon Adults: Fr. 20.– / Children: Fr. 5.–

Saturday 21 May

Les Pléiades circuit 

Wide meadows of sweet-smelling narcissi ("la neige de mai") and exploration of the fascinating Tenasses marshland with its characteristic vegetation, including carnivorous plants. Picnic from your rucksack.

Start and finish point	Les Pléiades station
Timing	10.30 – 15.30
Price	Adults: Fr. 35.– / Children: Fr. 10.– Family: Fr. 70.– (2 adults & up to 2 children)

Sunday 22 May

Blonay – Belvédère – Les Avants 

A long climb from Blonay, rewarded at the belvedere with wonderful views of the lake, Savoie, the Riviera and the Lavaux vineyards. Walk down to Les Avants past several fields of narcissi. Picnic from your rucksack.

Start point	Blonay station
Finish point	Les Avants station
Timing	9.00 – 16.00
Price	Adults: Fr. 35.– / Children: Fr. 10.– Family: Fr. 70.– (2 adults & up to 2 children)

Saturday 28 May

Les Pléiades – Le Bivouac – Sonloup *(for English-speakers)* 

Scenic traverse and exploration of the secrets of various fascinating plants. From the narcissi meadows around Les Pléiades via the Ermite forest path up to a viewpoint with wide panoramas of the lake and Valais and thence to Sonloup. Picnic from your rucksack.

This walk will be guided in English.

Start point	Les Pléiades station
Finish point	Sonloup (funicular railway)
Timing	9.30 – 16.30
Price	Adults: Fr. 35.– / Children: Fr. 10.– Family: Fr. 70.– (2 adults & up to 2 children)

Saturday 28 May

Narcissi in bloom at Les Paccots

Walk organized by Les Paccots – Châtel-St-Denis Tourist Office.
Information : +41 (0) 21 948 84 56 or www.les-paccots.ch.

Sunday 29 May

Circuit from Les Avants 

Festival celebrating the 100th birthday of the Société des intérêts des Avants – two-hour walk on the theme of narcissi and the cultural heritage of the region; aperitif with the Queens of the Narcissi, exhibition visit.

Start and finish point	Les Avants station
Timing	9.30 – 11.30 Aperitif from 11.30
Price	Adults: Fr. 20.– / Children: Fr. 5.– Aperitif include

Saturday 4 June

Circuit from Sonloup/Cergniaule (two half-days) – *Die Nachmittagswanderung wird auf Deutsch geführt* 



Circuit of discovery high above Lake Geneva: fields of narcissi, typical alp chalets with shingle roofs, spring meadow flowers and magnificent views.

Morning walk guided in French; afternoon walk guided in German.

If you reserve in advance, option of relaxing over lunch at the Auberge de la Cergniaulaz (phone : +41(0)21 964 42 76). Expected time of arrival at the restaurant after the morning walk: 12.30.

Start and finish point	Station at top of Sonloup funicular railway (also possible to meet at Les Avants station at 9.05)
Timing	9.20 – 13.00 or 13.30 – 17.00
Price	Morning or afternoon Adults: Fr. 20.– / Children: Fr. 5.

Sunday 5 June

Cergniaule – Le Folly – Le Molard – Cergniaule



Full-day walk with narcissus discovery, depending on the stage of flowering, and panoramic views of the alpine foothills of the cantons of Vaud and Fribourg. Picnic from your rucksack.

Start and finish point	Cergniaule car park
Timing	09.30 – 17.00
Price	Adults: Fr. 35.– / Children: Fr. 10.– Family: Fr. 70.– (2 adults & up to 2 children)

GENERAL INFORMATION

Registration and prices

Advance registration is obligatory at Montreux-Vevey Tourisme: phone +41 848 86 84 84 or e-mail info@montreuxriviera.com, as the number of participants is limited. Once reserved, your places cannot be cancelled and are not reimbursable; your credit card will be charged with the total amount for all the places you reserve.

Participation is open to all adults according to their capabilities (see section “Levels of difficulty” at the start of this document) and to children from the age of 12 if they are used to walking. Easy walks (graded ) are also open to children from the age of 8. Dogs are not permitted.

To ensure the security and comfort of the group, each walk is limited to 15 participants.

The prices listed for each walk are payable in advance, with a special rate for families for full-day walks.

Who will guide the walks?

The walks will be guided by mountain leaders qualified with the Swiss Mountain Guides Association (ASGM).



Sarah Clark
swiss-alpine-hiking.ch



Carole Bardy
osmose-montagne.ch

The only exception is the guided walk at Les Paccots on Saturday 28 May, which is organized by and under the responsibility of the Paccots – Châtel-St-Denis Tourist Office.

Languages

Most of the walks will be guided in **French**.

For English-speakers, two walks (8 May afternoon and 28 May) will be guided in **English**, and for German-speakers, one walk (4 June afternoon) will be guided in **German**.

Equipment

You need to come equipped with good walking boots (adapted to mountain paths, with a profiled sole and ankle support), fleece/jumper, rain jacket, hat, sun protection, umbrella (depending on weather forecast), hiking poles, and rucksack with a drink and snacks. For full-day walks, bring at least one litre to drink and a picnic for midday as refreshments will not be available during the walk.

For the security of each participant and of the group, we reserve the right to refuse anyone who turns up without the necessary footwear and equipment.

Timings and itineraries

We encourage you to use public transport. The start points are often train or funicular railway stations, with timings organized to coincide with the train timetable. Each participant is responsible for turning up punctually at the start point.

The timings given for each day are approximate, calculated for an average walking pace. They include walking time, breaks (including a midday picnic break for full-day walks), presentations/discussions with the leaders, and time to discover the narcissi and the countryside.

The mountain leaders reserve the right to modify the programme in the interests of the group's security or to make the most of the narcissi in bloom on the day in question.

Responsibility and insurance

Each person participates under their own responsibility; children are accepted under the responsibility of their parents. All participants must follow the instructions of the mountain leader and inform her if they have concerns about the walk or if suffering from any illness or condition that might affect them during the day. Each participant should have appropriate accident and repatriation insurance. The Association Narcisses Riviera declines all responsibility in the case of accident.

Cancellation

The walks take place under most weather conditions. If the weather is very bad, we may decide to cancel the outing. In this case, all participants will be informed and will be free to reserve a place for another outing of their choice.

Please let Montreux-Vevey Tourisme know as soon as possible if you need to cancel your own participation, so that your place can be given to someone else. In this case, your payment will not be reimbursed.

