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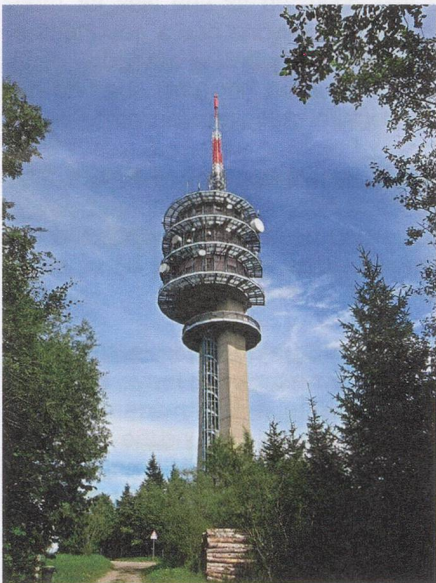
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## Fun Tips La Gruyère



### Fun Tip No. 1 Gruyère Fondue Coach

Be driven in a horse-drawn carriage and enjoy the landscapes of La Gruyère while eating a fondue. The coach will drive you through the typical villages of Pringy, Grandvillard and Estavannens. This two hour experience is available from March to November at a cost of CHF 50.00 per adult for the cheese fondue, tea, bread and one white wine bottle for every four persons. To find out more, visit [www.chevaux-gruyeres.ch/](http://www.chevaux-gruyeres.ch/).



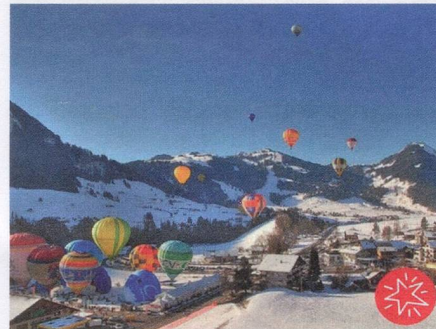
### Fun Tip No 2: Gibriloux Tower

The Gibriloux Tower is a 118-meter

high Radio and Television Tower of Swisscom on top of Mount Gibriloux at Sorens. Enjoy the public viewing terrace with panoramic views over La Gruyère region and the Georama, a permanent exhibition of the adventure of the universe, earth and life. The terrace is accessible by stairs within the Georama exhibition, relating the history from the Big Bang to today. A guided visit of 60 minutes is available in German or French, explaining also the broadcasting function of the tower. The site is accessible to children and persons in a wheelchair, for a maximum of 12 people from April to October. The tower entry is free and open to the public from April to October.

Info:

<http://www.la-gruyere.ch/en/activities-la-gruyere/exclusive/Gibriloux-Tower.html>



### Fun Tip No. 3: International Balloon Festival

Held in January, the International Hot-Air Balloon Festival in Château-d'Oex attracts aerostiers from around the globe. The picture of colourful balloons against the snow-capped Alpine peaks is unforgettable. Next year's festival takes place from 24th January to 1st February 2015. To check out the full program, which even includes a night glow show, visit [www.festivaldeballons.ch/en](http://www.festivaldeballons.ch/en).

### Fun Tip No. 4 : Les Bains de la Gruyère

Are you more into hot pools and relaxation? Then Les Bains de la Gruyère in Charmey offers you the right thing. Set against the backdrop of the breathtaking pre-alpine landscape it is the perfect place to unwind and to enjoy some pampering! Les Bains de la Gruyère have two large swimming pools, one indoor and one outdoor, boasting an array of water features such as swan-neck showers, mini whirlpools, massage nozzles and jets. Find out how to get there, and prices and offers at: [www.bainsdelagruyere.ch/index.php/en.html](http://www.bainsdelagruyere.ch/index.php/en.html).

By Alexandra Beskid-Jung

### D Bärner Visitestube

Pfr. Gottfried Strasser

Sächs Stube sy im Bärnerhus,  
E jedi darf sech zeige,  
's het jedi öppis Schöns vorus  
U Guets, o öppis eige:  
Sygs ds Aemmetal, sygs ds Oberland,  
Dr Obaraargau, ds Mittelland  
Dr Jura, ds Seeland – alli sy,  
Me möchti grad ga wohne dry.  
U doch isch bsunders usstaffiert  
Vo allne Stube eini,  
E so mit Herrlechkeite ziert,  
Wie die, isch wäger keini:  
"I muess halt, seit dr Bärnerma,  
E Stube für d Visite ha!"  
U fründlech füehrt er d Gescht bir  
Hand  
Dür d Stägen uf, i ds Oberland!

Contributed by Edith Hess

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Are you interested in the electronic version of the Helvetia ?  
Please advise Nelly Steinemann at  
[nelly.steinemann@swiss.org.nz](mailto:nelly.steinemann@swiss.org.nz)

## Chuderwälsch (Swiss Dialect)

by Tanja Latham-Zurbrügg

- |     |              |                   |
|-----|--------------|-------------------|
| 1.  | obiabi       | down              |
| 2.  | obsi         | upwards           |
| 3.  | obsi cho     | to gag / vomit    |
| 4.  | Ougäziggerli | sleep in eyes     |
| 5.  | öppä         | approximately     |
| 6.  | öppädiä      | sometimes         |
| 7.  | öpper        | someone           |
| 8.  | öppis        | something         |
| 9.  | ordäli       | carefully / quite |
| 10. | ordinär      | normal            |

## Consigli della Nonna

1. For muscle aches and strains, apply a hot towel dipped in vinegar as a compress for 20 minutes.
2. Many headaches are caused by swelling of the blood vessels. To reduce the swelling and give you some relief, inhale the steam from a bowl filled with boiling water with a cup of vinegar added.



By Ursula Nixon