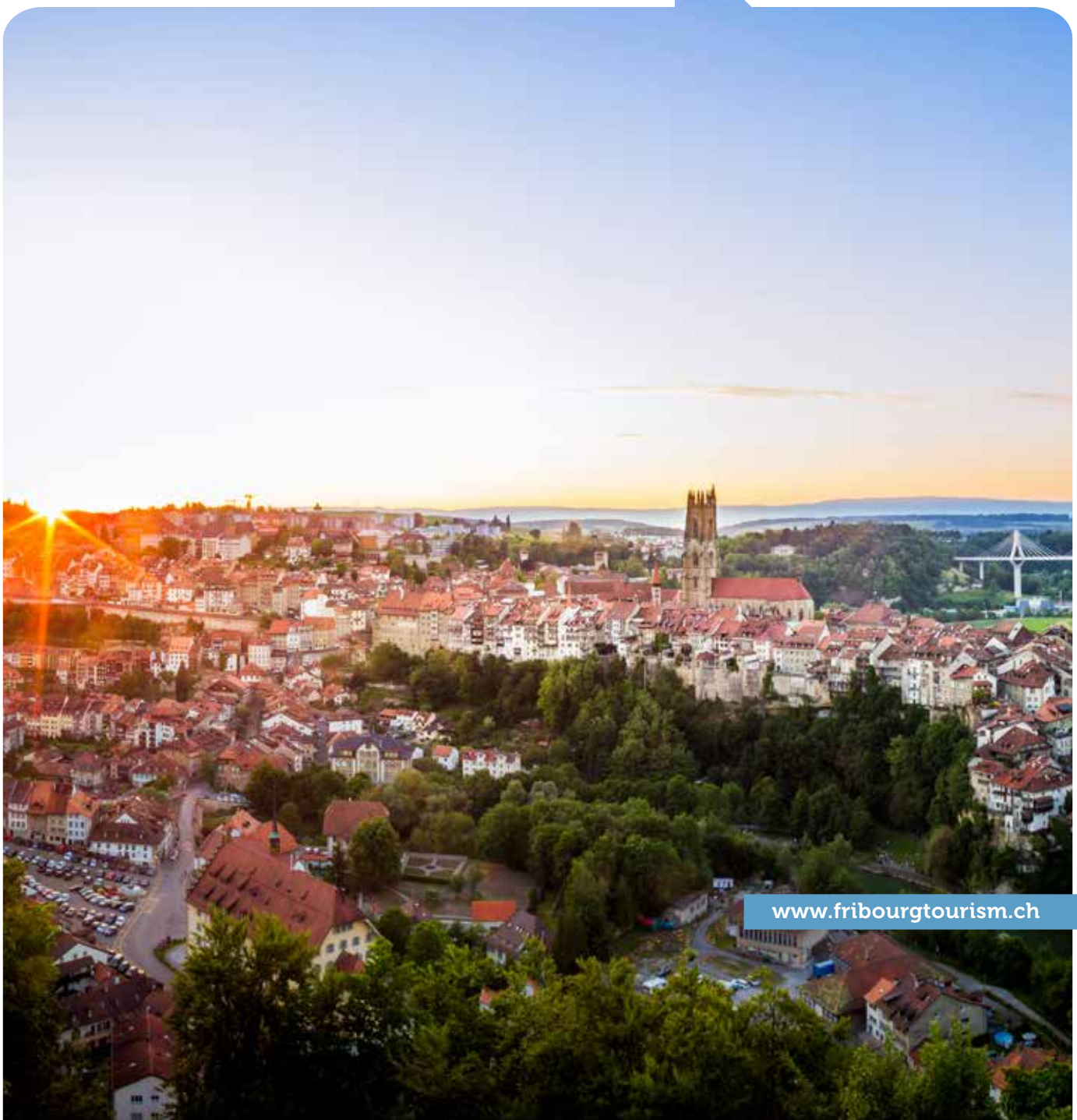
FRIBOURG / FREIBURG

BRIDGING CULTURES
在不同的文化间架起桥梁

FRIBOURG TOURISME + TOURISMUS FREIBURG



www.fribourgtourism.ch

City Card Fribourg

With the Fribourg City Card, you can enjoy access to 14 museums, visits to the historic old town, not to mention a host of activities and other visitor attractions, as well as unlimited travel within Zone 10 of the Frimobil public transport network.

乘坐我们的公共交通，14 座博物馆、历史性街区、活动区和数不胜数的 名胜古迹即可尽收眼底。

拥有弗里堡城市卡，您尽可以在弗里移动网络覆盖的所有 10 个区内自由旅行。

CITY CARD FRIBOURG

PRICE | 价格

		☼	❄
🧍	1 DAY, 日	20.-	15.-
	2 DAYS, 日	30.-	25.-
🧒	1 DAY, 日	8.-	5.-
	2 DAYS, 日	12.-	10.-
❄	WINTER, 冬季	01.11 - 31.03	

ON SALE AT THE FRIBOURG TOURIST OFFICE
弗里堡旅游销售

www.fribourg-citycard.ch

A city of contrasts
多面城市

Modern yet medieval, unassuming yet vibrant, urban yet surrounded by nature, bustling yet personable: Fribourg is full of contrasts. It is precisely these differences which give the city its unique identity and strength. Indeed, Fribourg has mastered the art of having the best of both worlds. For proof, you need look no further than the majestic bridges that span the Sarine, a river that separates Fribourg's two linguistic cultures yet unites the region.

既有现代风韵，又有中世纪遗风；既低调收敛，又激情四射；既繁华喧嚣，又颇具郊野风情；活动繁多，但人文色彩浓厚。弗里堡是一座兼有多种特质的小城。这正是弗里堡得以蜚声海内外的优势所在，恰似横跨萨林河的雄伟大桥，弗里堡将沿河两岸风格迥异的精华融为一体；萨林河隔开的是两种语言，但它却将弗里堡紧密连在一起。

FRIBOURG
TOURISME TOURISMUS
FREIBURG

Visitor information | 旅游信息

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www.fribourgtourisme.ch

Enter the world of augmented reality!

Download the free Fribourg Tourisme AR app and simply scan the images where you see this pictogram.

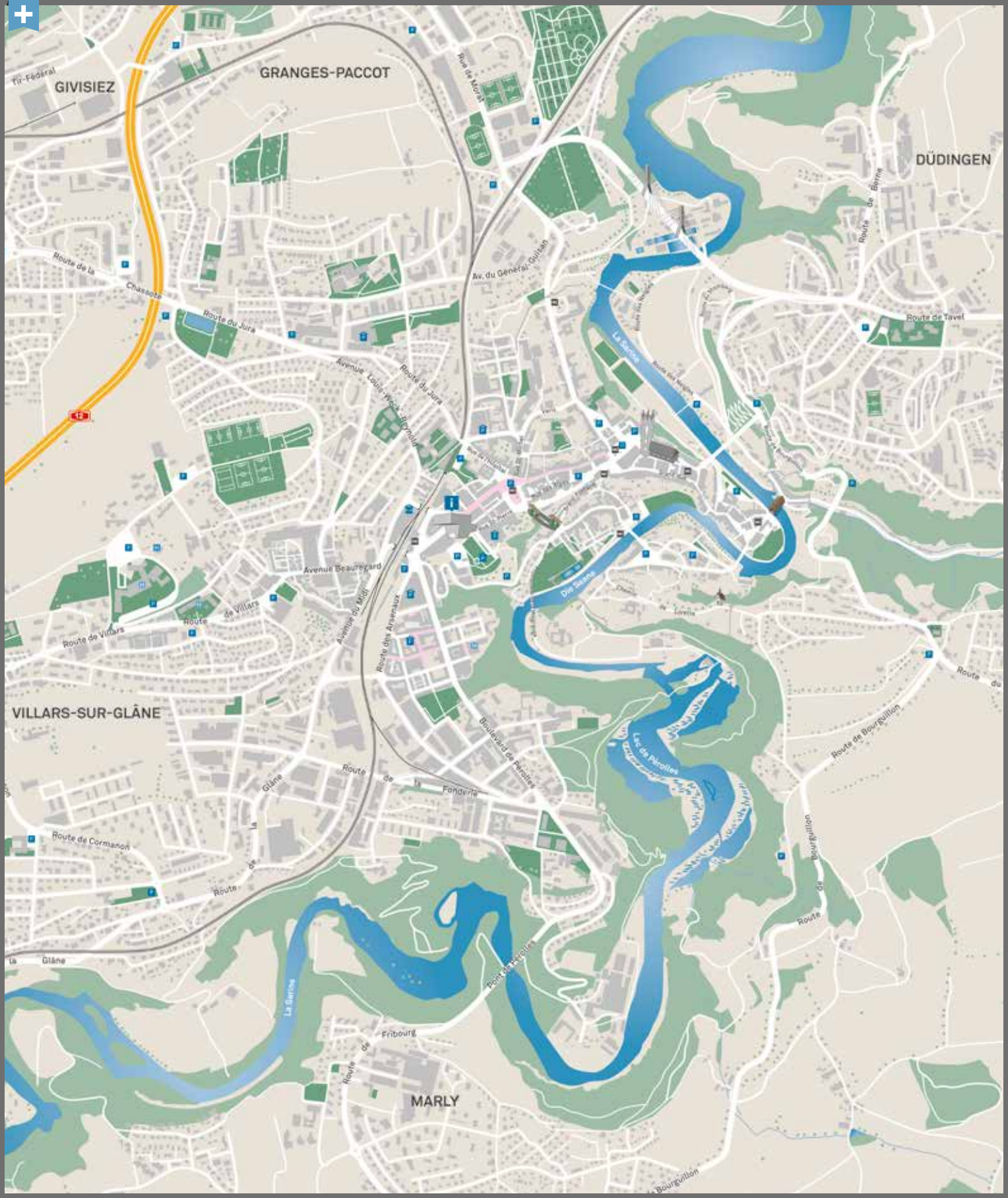
Enjoy!

体验一下增强现实技术吧！

您可以免费下载弗里堡旅游虚拟现实 (AR) 应用程序，并使用这个图标来扫描图像。

敬请尽情游览！

Download on the App Store　GET IT ON Google Play


GIVISIEZ
GRANGES-PACCOT
DÜDINGEN
VILLARS-SUR-GLÂNE
MARLY
Tir-Fédéral
Route de la Chassote
Route du Jura
Avenue Louis-Wick-Reynold
Av. du Général-Guisan
Route de Berne
Route de Tavel
La Sarine
Avenue Beauregard
Route de Villars
Avenue du Midi
Route des Arsenaux
Boulevard de Pérolles
Lac de Pérolles
Route de la Fonderie
Route de Cormanon
Route de la Glâne
Pont de Pérolles
Fribourg
Route de Bourguillon

So much to see and do
多种活动

Culture, gastronomy, sport or the great outdoors… Fribourg has something for everyone. With the wide and diverse range of activities, visitors are definitely spoilt for choice. A trip to Fribourg is anything but boring!

The city is famed for its hospitality. So, take the time to soak in the warm and welcoming atmosphere of one of Fribourg's many cafés. Once you have stayed in Fribourg, you will keep coming back, again and again.

文化、美食、体育运动亦或徒步，无论你喜欢哪种休闲方式，弗里堡都能满足你的需求，让你乘兴而来，尽兴而归。

安排好时间，驻足气氛温馨的咖啡厅品味一番，你会发现，这座小城是如此的平易近人。来此参观的游客很少不是回头客，除非他留在这里不再离开。

Fribourg à la carte
弗里堡一览

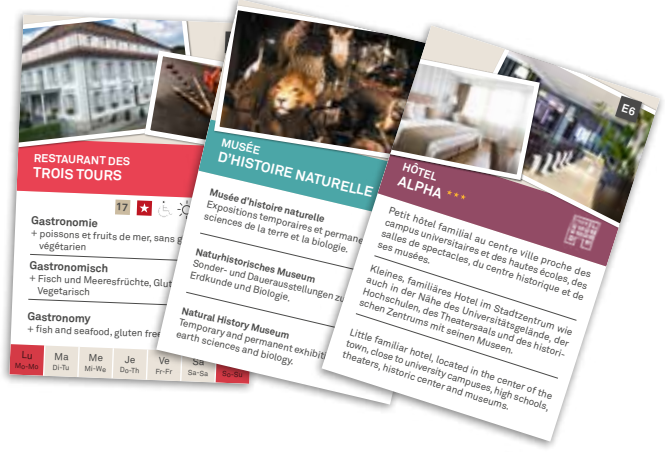
See fribourg in a new light

Fribourg lets you choose how you want to explore the city.

一探弗里堡独到之处

这一过程就好像是在打牌，你摸到一手牌，然后满怀期待地去探索这座城市的各种美景。

Available from the Fribourg Tourist Office lobby 由弗里堡旅游接待处提供



History around every corner
每一个街角都有动人的故事

As you stroll along its streets and lanes, crossing its many bridges along the way, you will discover the sights, legends and personalities that have helped make Fribourg the city it is today. With its cobblestoned alleys and the cliff-lined banks of the Sarine, a walk from downtown Fribourg to the Old Town is a journey through time and one that engages all your senses with the city.

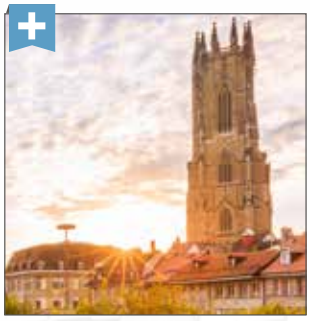
Savour the unique and welcoming atmosphere that permeates Fribourg's historic neighbourhoods. Stop for a moment and listen to the pulsating heart of the city.

沿着市区小巷蜿蜒前行，跨过桥梁，记载弗里堡传奇及特色的标志性建筑映入眼帘。漫步途中，细听萨嫩河岩间水声潺潺：信步整个市区，你的一切感官都会焕发活力。

放慢脚步，感悟满载历史文化之独特氛围；静下心来，仔细聆听弗里堡之脉搏跳动。

THE OLD TOWN
The Old Town is known as Basse-Ville by locals. It is home to many fine examples of medieval architecture and is the birthplace of the Bolze folk culture and language.

老城区
老城区毗邻下城区：你不仅可在此发现令人由衷赞叹的中世纪遗产，也能看到流行文化“Bolze”的身影。



THE CATHEDRAL
In the heart of the Bourg district stands St Nicholas Cathedral. This jewel of Gothic architecture is undoubtedly Fribourg's most famous landmark.

教堂
位于弗里堡市中心的哥特式建筑圣尼古拉教堂是弗里堡的标志性建筑。

THE FUNICULAR
This historic incline rail line has been driven by nothing more than the city's wastewater since 1899.

水力缆车
1899年起，这条历史性水力缆车一直稳步运营，它以市区排出的废水为动力，无需借助任何其他能源。

Pont de Berne
伯尔尼廊桥

Built around 1250, this is one of the oldest bridges in Switzerland. It has regularly undergone renovation work throughout its history, and is the only surviving timber covered bridge in the region.

修建于1250年左右，是瑞士最古老桥梁之一。它在漫长的岁月中，经过多次重修，是该地区仅存的木质桥梁。

A heritage city
丰富且保存良好的遗产

With its 200 medieval façades, the city of Fribourg, founded in 1157 by Duke Berthold IV of Zähringen, is considered one of the largest architectural ensembles of its kind in Europe.

Fribourg's beautifully preserved architectural heritage is accessible to all and is a remarkable and fascinating document of the city's past.

弗里堡镇是策林根的四世公爵伯特霍尔德于1157年兴建的。如今，弗里堡古镇遗留下来有200多幢哥特式建筑，被誉为欧洲规模最大的中世纪建筑群之一。这些保存良好的建筑遗产俨然是一本打开的历史典藏，人人均可上前一读究竟。

CITY WALLS
2 km of ramparts, 14 towers, 1 huge bulwark: the largest ensemble of medieval military architecture in Switzerland.

防御工事
蜿蜒2公里的堡垒、14座瞭望塔、1座城堡：瑞士最重要的中世纪军事建筑群。

RELIGIOUS HERITAGE
Convents, monasteries, chapels and churches dot Fribourg's landscape.

宗教遗产
漫步弗里堡，随处可见各具特色的修道院、礼拜堂和教堂。

BRIDGES
Fribourg has been building bridges over the Sarine river since the 12th century. The latest addition, the pont de Poya, was officially opened in 2014.

桥梁
早在8世纪开始，弗里堡萨林河上就架起了一座座桥梁。宝雅桥是最新修建的桥梁，于2014年建成开放。

Strength Fountain
力量喷泉

At the bottom of the Court-Chemin steps stands a fountain. It is adorned with an armour-clad figure, an allegory of the cardinal virtue of strength. Statues symbolising virtues like valour and allegiance can also be found on some of the city's many other fountains.

一尊身披盔甲的雕像位于Court-Chemin 阶梯起点，喻示力量。散落小城其余各地的喷泉则象征着勇气或忠诚。

Living traditions
世代相传的传统

The many fairs and festivals held throughout the year bring together the people of Fribourg and attract visitors keen to experience the region's deep-rooted, proud traditions for themselves.

Highlights include the carnaval des Bolzes and the St Nicholas parade, both of which reflect in their own distinct way the importance of celebrations and camaraderie to Fribourg. While these traditions are a vestige of times gone by, they continue to reinvent themselves, much like the city itself.

全年举办各类活动，弗里堡居民有幸接触来自世界各地的游客，分享小镇源远流长的传统。这里的狂欢节又名圣尼古拉节，是小城的标志，很多人都将这一特殊节日的热闹画面与亲朋好友共同分享。这些传统时刻提醒着我们要缅怀历史，并发扬创新，弗里堡在这一方面堪称典范。

MURTEN-FRIBOURG ROAD RACE
This race commemorates the 17 km ran by a messenger to announce the victory of the Swiss in the Battle of Murten in 1476.

穆尔藤弗里堡–(MORAT-FRIBOURG)
这一纪念性赛事总长达17公里，它时刻提醒我们不要忘记这样一段历史：1476年穆尔藤战斗取得大捷之后，一位信使跋涉了这么远的路途才将这一捷报公布给这里的百姓。

OUR BREWING TRADITION
Passionate microbrewers bring their own special twist to the traditions once upheld by Cardinal, the city's former brewery.

酿酒传统
热情的小酿酒商巧妙地将小镇古老的卡蒂诺酿造传统推陈出新。

CARNIVAL
The carnaval des Bolzes is a very popular festival that is celebrated in the streets and cellars of the Old Town.

卡蒂诺
Bolze 狂欢节是非常受欢迎的节日，节日期间各大街道以及下城区的各式建筑都张灯结彩，一派喜庆氛围。

St Nicholas
圣尼古拉

"My dear children…": these are the opening words of the city's patron saint as he greets the tens of thousands of visitors who flock to see him on the first Saturday in December.

每年十二月份的第一个星期六，弗里堡守护神圣尼古拉都会面向数以千计为其热情庆祝节日的游客如是说："我心爱的子民……"

All of Fribourg's a stage
舞台观世界

Whether theatre, film, comedy, music or choral singing, Fribourg boasts a packed events programme and is bursting with venues that attract visitors from far beyond the city's medieval walls.

Music is an enduring part of Fribourg's rich cultural fabric. Almost every week the city hosts several concerts that cater for a wide range of musical tastes – from Baroque to electronica – and in venues that are equally diverse – from intimate cellars to renowned stages.

无论是戏剧、电影、幽默艺术、音乐还是合唱，弗里堡历来不乏各种形式的文化活动，由此形成的影响力远远跨越了古镇城堡的防线。

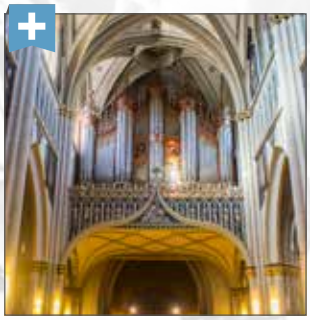
音乐尤其是当地源远流长的文化传统： 一周之内，无论是在局促逼仄的地下室内，还是在气势恢弘的舞台之上，总有从巴洛克音乐到电子音乐在内的各类音乐活动在这里举行。

FRIBOURG INTERNATIONAL FILM FESTIVAL (FIFF)
This week-long festival is a great opportunity for movie buffs and the general public to discover and enjoy film-making from around the world.

弗里堡国际电影节 (FIFF)
在长达一周的时间里，世界各地的电影将在这里上映，业界大咖及公众将热忱地对这些作品进行赏鉴评析。

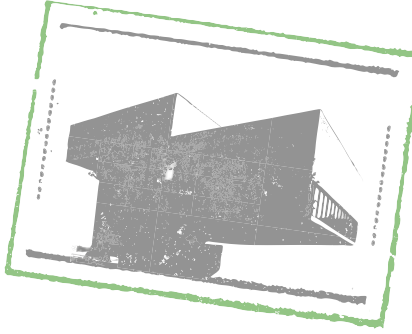
CONCERT HALLS
If you want to party into the wee small hours, then head to Fri-Son, the legendary Swiss rock club, the La Spirale jazz club, or Nouveau Monde.

音乐厅
Fri-Son ——极具神秘色彩的瑞士摇滚舞台表演大厅——螺旋剧场(La Spirale)专用于演奏爵士乐，新世界剧场(Nouveau Monde)则几乎是彻夜都安排有演出。



HISTORIC ORGANS
Fribourg is home to several famous historic organs. They include the organ built by Aloys Mooser in 1834 for St Nicholas Cathedral which would so enthral Franz Liszt.

大教堂管风琴
弗里堡拥有多个著名的管风琴，例如由Aloys Mooser于1834年在大教堂修建的管风琴曾深深吸引了弗朗茨·李斯特的注意。



Rencontres de Folklore Internationales
民间文艺国际大会 *(RFI)*

As summer draws to a close, locals flock to downtown Fribourg to soak up the sights and sounds, as folk dancers and singers from around the world take to the stage.

夏末，来自各地的传统民间文艺团体都会齐聚这座城市市中心，为当地民众奉上一道民间音乐舞蹈的视听大宴。

A city of art and culture
文艺之城

Art is part and parcel of everyday life in Fribourg: not only are there exhibitions aplenty, an array of modern outdoor sculptures adorns the city streets. In Fribourg, culture is resolutely inclusive, reflecting the modesty and sense of camaraderie that characterises the city and its people.

Cultural life in Fribourg is at turns educational, fun and unapologetically contemporary. However, sometimes, the city combines all three in events like Museum Night, in which some 20 institutions and exhibition spaces take part.

在弗里堡，艺术是日常生活的一部分，无论是在艺术展览会还是街角，具有现代特色的雕塑触目皆是。这里随处可感受到的文化氛围反映了这座小城及其居民的性格：谦逊，乐观。

它们或者轻松诙谐，或者针砭时弊，但无一不契合上述特色，“博物馆之夜”活动期间，约有二十家机构和展出场馆都参与其中。

A SHOWCASE OF ART AND ARCHITECTURE

Fribourg is home to many art museums covering many different eras. There are also lots of architectural gems to discover in and around the city centre.

艺术和美学建筑

弗里堡有若干所艺术博物馆，分别陈列不同历史阶段的艺术作品。在市中心及郊区，人们也能发现这里的建筑宝库。

WIDE VARIETY OF MUSEUMS

Model railways at Kaeserberg, the Gutenberg Museum, the Natural History Museum or a museum given over to sewing machines… Fribourg has a museum for just about every taste!

各类博物馆

Kaeserberg铁路模型博物馆、木偶博物馆、古登堡博物馆、自然历史博物馆或者缝纫机博物馆……总会有你心仪所向的。

OUTDOOR SCULPTURES

The region has had a long tradition of outdoor art that dates right back to the Middle Ages. One of the most striking open-air sculptures is the Jo Siffert Fountain by Jean Tinguely.

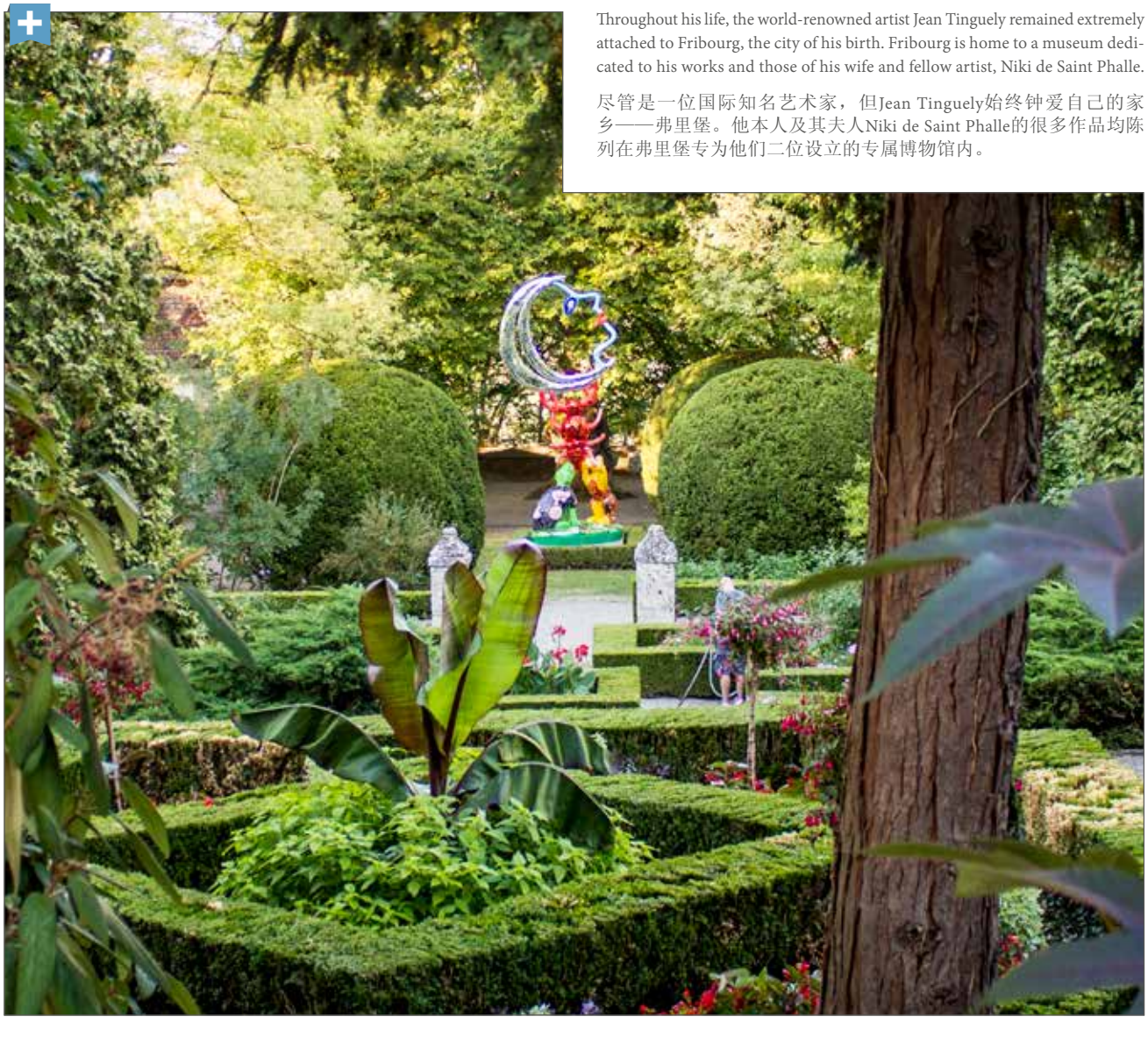
露天雕塑作品

从中世纪至今，该地区始终不乏有著名艺术作品展示在公共空间，出自Jean Tinguely之手的Jo Siffert喷泉即为极具代表性的例子。

Jean Tinguely and Niki de Saint Phalle
Jean Tinguely 和 Niki de Saint Phalle

Throughout his life, the world-renowned artist Jean Tinguely remained extremely attached to Fribourg, the city of his birth. Fribourg is home to a museum dedicated to his works and those of his wife and fellow artist, Niki de Saint Phalle.

尽管是一位国际知名艺术家，但Jean Tinguely始终钟爱自己的家乡——弗里堡。他本人及其夫人Niki de Saint Phalle的很多作品均陈列在弗里堡专为他们二位设立的专属博物馆内。



New finds, thrills and relaxation

探索新知、感受新奇、放松身心

Fribourg offers visitors an authentic experience that deserves to be lived and shared. Revel in the thrills and spills of a local sporting event, enjoy an offbeat tour of the city, take in the Fribourg skyline as you go for a paddle, scale steep steps to discover a new viewpoint or simply laze around on a café terrace: there are so many ways to get into the Fribourg spirit!

在弗里堡旅游是值得享受和分享的体验。通过这里的各类活动，你能在探索小城期间感受到当地居民真挚的情感。小城举办体育盛事时，你也跟着运动起来；感受小城令人称奇的原始景观；双足涉水，深思小城之古往今来；拾级而上，探索新的观景视野抑或在路上踱步。这些都是富有创意的各类弗里堡观光方式。

GOTTÉRON
"Ici c'est Fribourg" chant the avid fans of the Dragons, Fribourg's mythical ice hockey team.

高特伦
大爱火龙的神秘冰球球队，轻唱"这里是弗里堡"。

URBAN GOLF
The first urban golf course in Switzerland: an original and fun way to discover the city.

都市高尔夫
瑞士首个都市高尔夫球场：探索小城的一项趣味性原始活动。

LA MOTTA LIDO
Fribourg's outdoor swimming pool in the heart of the picturesque Old Town retains its Belle-Epoque charm.

LA MOTTA 户外游泳池
该小城具有历史意义的游泳池：在下城旖旎风景的映衬下，感受Belle-Epoque氛围。

Tourist train
小火车

Let the train take the strain! Enjoy a relaxing jaunt through the scenic streets of the Old Town. Onboard commentary throughout.

轻松前往旧城区风景如画的街道游览，只需搭乘小火车，按照导游引导观光。

A gourmet's paradise
美食爱好者的天堂

"Fribourg is a gourmet's paradise", this declaration comes from none other than the illustrious restaurant guide Gault&Millau. With its many fine restaurants, Fribourg is indeed the ideal destination for food lovers.

As a land of farming and steeped in tradition, Fribourg's regional produce is cherished by locals and much sought-after throughout Switzerland.

"弗里堡是美食爱好者的天堂"，戈米兰美食指南（Gault Millau）如是称。弗里堡拥有多家顶级酒店，可为不同爱好的客人提供各色美食。

这是一个有着生机勃勃的农业和传统的地区，这里的产品都是弗里堡居民的骄傲所在，它们使得弗里堡成为全瑞士人心向往的地方。

GASTRONOMY
Many restaurants in the city have won accolades from the most prestigious restaurant guides.

美食
小城的多家饭馆都被全球最知名美食指南收藏在册。

SIGNATURE SPECIALITY
Made from its two famous cheeses – Gruyère and Vacherin fribourgeois, fondue is the region's best-known speciality.

美名远扬的特产
弗里堡著名的奶酪是Gruyère 和Vacherin，干酪是弗里堡地区的特色产品。

CHOCOLAT VILLARS
The intoxicating sweet smell of chocolate, fresh off the production line, fills the Villars shop. Head to this historic sandstone building, once home to the eponymous chocolate factory, to sample these delicious treats for yourself.

维拉尔巧克力
新鲜制造的巧克力香味弥漫在维拉尔巧克力店中，欢迎来到古老砖块建起来的工厂中大快朵颐。

An authentic and lavish feast
丰盛且地道的美食大餐

Heritage Botzi pears, cuchaule (saffron-infused bread), sweet-sour Bénichon mustard, ham hock, cabbage, leg of lamb, Gruyère double cream, meringues and bricelets are all on Fribourg's traditional harvest festival menu (Bénichon).

宝兹(Botzi)梨、库乔乐(Cuchaule)、芥末、带骨火腿、卷心菜、羔羊腿、Gruyère奶油、蛋白甜饼、油炸丸子和华夫饼，以及在夏末根据Bénichon传统菜单制作的其他小吃。

Taste of the great outdoors
天人合一

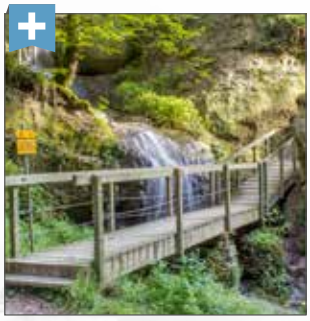
Fribourg has many different and original walks that take in the city's historical and natural attractions. You don't have to walk too far to find yourself on the shores of a tranquil lake, in the middle of a vertiginous gorge, at the top of a cliff or at the foot of a snow-covered hill.

Before long, the hustle and bustle of the city becomes a distant memory, and the highways and byways vanish… In Fribourg, the great outdoors is never far away.

各种非同寻常的徒步活动路线使徒步爱好者可以在徒步途中欣赏自然或历史风光。徒步开始不久，你就会发现自己时而身处静谧湖畔，时而行走在峡谷深处，时而仰望陡崖峭壁，时而置身积雪覆盖的丘陵脚下。不出几步，日常的喧嚣就被抛在身后，街巷消失不见，小城难寻踪影。在弗里堡，自然是由内及外的体现。

HAUTERIVE ABBEY
On the banks of the River Sarine and upstream from the city stands the oldest Cistercian monastery in Western Switzerland.

豪泰里夫(HAUTERIVE)修道院
萨林河沿岸小城上游地带，坐落着瑞士法语区最古老的西多士修道院。

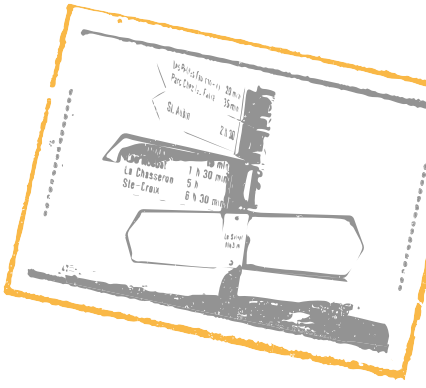


GOTTÉRON VALLEY
A stone's throw away from the timber-truss bridge lies a luxuriant valley. Beyond it is a gorge which, according to legend, is home to a dragon.

高特伦(GOTTÉRON)峡
靠近木桥，是一处草木葱茏的山谷，前行可至峡谷，传说里面潜有巨龙。

THE WAY OF ST JAMES
One stage of the Way of St James takes pilgrims and walkers through downtown Fribourg right up to the city gates and into the beautiful surrounding countryside.

圣雅各朝圣之路
圣雅各之路沿小城主路直行，朝圣者沿途可欣赏旖旎的乡村风光。



All our trails at the touch of a button
所有线路尽在指掌之间

Snukr is a mobile application that shares insider tips with visitors and allows them to pass on their experiences to others. It also proposes tailor-made walks and hikes to the region's main attractions.

通过Snukr应用，游客将发现该地区不为大众所知的秘境，还可以将这一体验与好友分享。该应用会给出穿越小城主景点区的个性化路线建议。

An eye to the future
放眼未来

Education and innovation are the forces that drive the Fribourg of today and tomorrow. Its universities are renowned across Switzerland, and have made the city an attractive hub of education, research and knowledge transfer.

The cityscape reflects the city's creative flair, with many former industrial sites imaginatively transformed into incubators of economic, technological and social innovation.

培训与创新是弗里堡当下与未来的主题。位于小城的多所国际著名大学使这里成为教育科研、授业解惑的圣地。

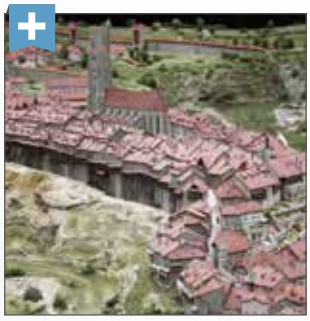
通过重修早期的商业区、实施科技和社会创新，这座小城的一枝一叶重新焕发出活力。

INNOVATION

The innovation quarter BlueFACTORY on the site of the former Cardinal brewery, and the Marly Innovation Centre (MIC) are the new symbols of the region's emerging technological prowess.

创新

创新广场BlueFACTORY位于古老卡蒂诺酿酒厂厂址，玛丽创新中心(MIC)是这一地区的新技术象征。



BLEND OF OLD AND NEW

Once the extensive renovation work is completed, the medieval Werkhof will be home to a detailed reconstruction of the city as it was in 1606.

古老与当代的紧密融合

中世纪建筑“Werkhof”已翻修一新，而且将1606年的弗里堡以激光全息及其他影幕的形式全景呈现给世人。

BUSINESS TOURISM

Alongside a number of large hotels, the region also has the Forum Fribourg, offering 15,000 m² of exhibition space that can be used to host all kinds of events.

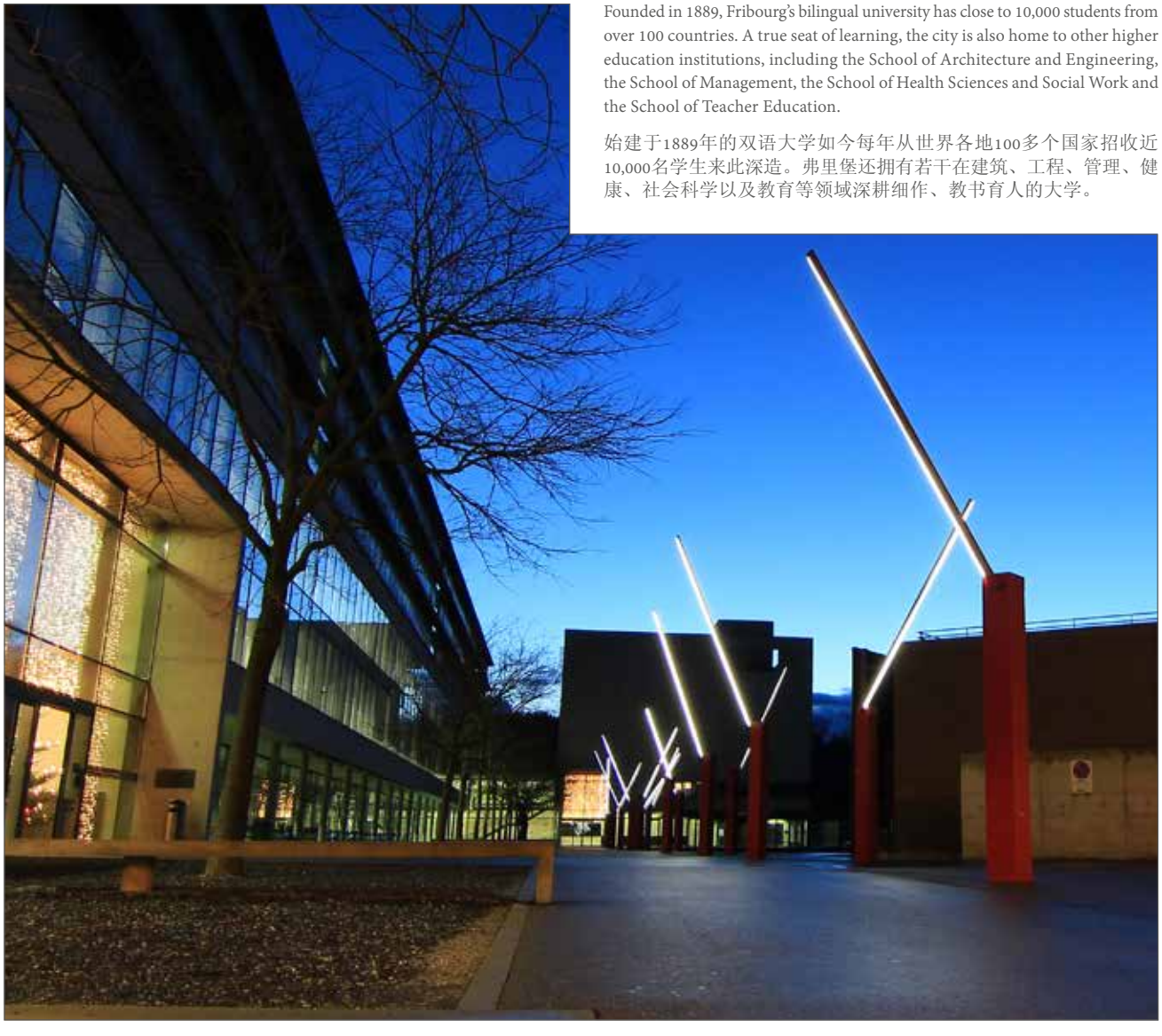
商务游

该地区有多个研讨中心，弗里堡论坛即为其一，它是一个占地面积达15,000平米的展区，可以承办各类大型集会。

Fribourg universities
弗里堡的各类大学

Founded in 1889, Fribourg's bilingual university has close to 10,000 students from over 100 countries. A true seat of learning, the city is also home to other higher education institutions, including the School of Architecture and Engineering, the School of Management, the School of Health Sciences and Social Work and the School of Teacher Education.

始建于1889年的双语大学如今每年从世界各地100多个国家招收近10,000名学生来此深造。弗里堡还拥有若干在建筑、工程、管理、健康、社会科学以及教育等领域深耕细作、教书育人的大学。



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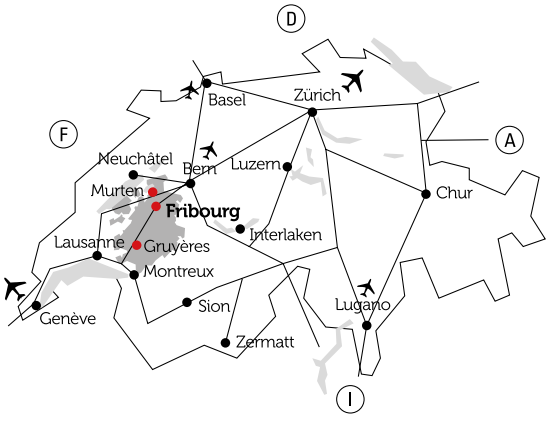

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