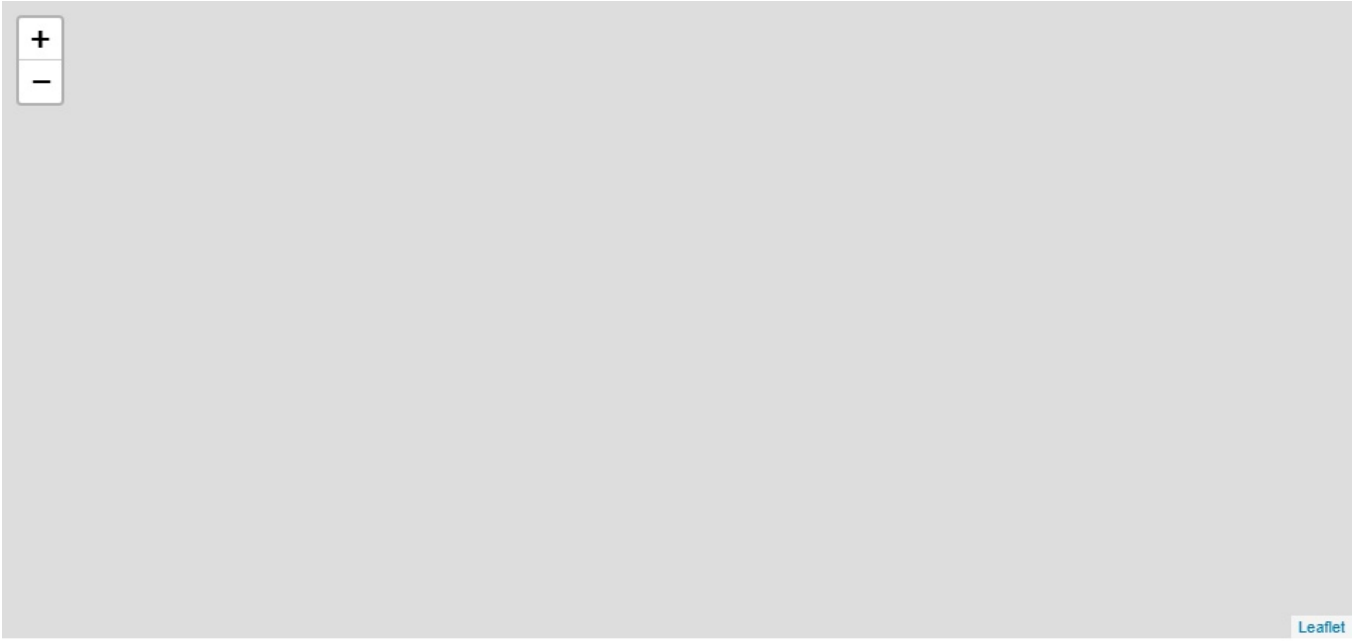


Tour of Gantrisch

Road

Distance : 85 km Elevation : 1650 m Difficulty : 3

Start point : Marly



The Gantrisch region straddles the cantons of Bern and Fribourg and is a favorite of many cyclists and hikers. The first part is quite physical, until the summit of the Gürnigel. The next part is only fun.

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By Olivier Paudex

Start from Marly

The tour starts at the gates of **Fribourg**, in the town of **Marly**. We then quickly enter the district of Singine to climb towards **Tentlingen, Giffers, Placehelb, Zollhaus**.

The Gürnigel pass

The highest point of this tour, at 1608m, the Gürnigel pass offers an exceptional view over the whole region up to the lake of Thun. The ascent is steep enough to give a hard time to even the most experienced climbers.



The Gürnigel pass

Back to Marly in express mode

The next ten kilometers are a real pleasure. The descent is very fast. The rest of the course, passing by **Riggisberg, Schwarzenburg, St-Antoine, Tafers**, is also very fast. The whole route is downhill or almost. Nevertheless, it takes a good three hours to complete the tour at an average speed of 25km/h.