

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 85 (2019)
Heft: [4]

Artikel: Cherry trail in the Fricktal
Autor: [s.n.]
DOI: <https://doi.org/10.5169/seals-943864>

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

Download PDF: 20.04.2026

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

Cherry Trail in the Fricktal



The Chriesiwäg (cherry trail) in Gipf-Oberfrick leads through the beautiful, cherry-rich landscape of the Fricktal and conveys interesting facts about cherry growing.

During the season these may be eaten directly from the marked trees. Eleven information boards complete the family-friendly hiking route. The half-way grilling area not only invites you to take a breather, but also offers a unique view over the Fricktal. The Chriesiwäg is worth a hike in every season.

In the year 2006/2007 the association Aargauer Obstproduzenten (fruit producers) set up the cherry educational path "Fricktaler Chriesiwäg" in cooperation with the Jurapark Aargau, the municipality Gipf-Oberfrick and various sponsors. It leads through a traditional, near-natural managed high-trunk population, which provides a habitat for numerous animals. Typical inhabitants are, for example, the rare garden redstart and the sand lizard.

The Jurapark Aargau is a regional nature park of national importance. Its gentle hilly landscape of the chain of Tafeljura is located between Brugg, Laufenburg, Rheinfelden and Aarau. Nature lovers and recreation seekers will find Gaumengold, natural pearls, landscape jewels and cultural treasures in the rich, green treasury.

For example, the blossoming cherry high-stem trees in Fricktal, the view from the Wasserflue or the Schenkenbergertal flanked by

vineyards are enchanting. Further, the sparse pine forests, the rare native orchid species are a natural habitat - valuable natural pearls.

The Gaumengold of the Jurassic Park are the approximately 260 certified regional products, ranging from cherry vinegar over Pinot Noir to goat cream cheese.

Information panels on the trail include: The history of Fricktal cherries; The bees; Modern and meadow orchards; The sapling; Cherry varieties; Description of the landscape; Cherry products; Modern cherry growing; From wild cherries to wood; Pollard willows, hedges and ecology.

The start and finish is from the bridge in Gipf-Oberfrick and the track is 5.5 kilometres long. This will take about two hours depending on how many stops you plan to make sampling the delicious cherries or cooking your sausages at the half-way point.

Source: aargautourismus.ch



Fricktaler Kirschentorte

(Cherry Cake from Fricktal)

180g softened butter
180g sugar
1 tsp vanilla essence
4 eggs
100g ground hazelnuts or almonds
1 tsp cinnamon
100g dark melting chocolate
125g flour
1 tsp baking powder
350g cherries – can use fresh, canned or frozen. Chop into small pieces.

Preheat oven to 200 degrees. Grease 24cm baking tin and line with baking paper.

Whisk butter until light and slowly add sugar, vanilla essence and eggs. Mixture needs to be light and fluffy. Mix in nuts and cinnamon. Melt chocolate in microwave or basin of hot water and add. Fold in flour and baking powder and lastly cherries. Pour into baking tin and bake for 50 minutes.

Can be sprinkled with icing sugar or cut in half and filled with cream.


Source: 200 year Aagauer Kueche (kitchen) found in Aagauer newspaper.



The Swiss Café and Bakery has been operating in Milford since 1993 and specialises in all things Swiss. All our products are baked fresh daily without the use of premixes. Some of our European specialities include Berliners, Engadiner Nusstorte, Zuger Kirschtorte, Swiss fruit flan and many more! We also offer catering, special occasion cakes and party breads upon order. As well as our baking we offer cabinet food and a full cooked breakfast menu in store. Although we have a wide range of traditional products our bakers are always keen to develop new products to keep up with customer demands. We are proud to now have a **wide range of gluten free sweet and savoury items** which we endeavour to keep expanding! We are also proud to serve award winning coffee from Toasted Espresso.

Open:

Monday – Friday 7am – 4.30pm
Saturday & Sunday 7am – 2.30pm

SWISS CAFÉ & BAKERY 

5 Milford Rd, Milford, Auckland • Phone 489-9737
find us on Facebook under Swiss Café and Bakery