



CROSSING  
SWITZERLAND

# || Roadbook ||

FROM HEIDI TO FREDDIE

v1 - February 2026



# TABLE OF CONTENTS

5 PROGRAMME	7 EQUIPMENT	10 BAGS	12 SECURITY	14 GPS TRACKERS	16 DNF
4 THE SWISS BACKBONE	6 NUMBER PICKUP	8 AID STATION TYPES	11 MARKING	13 ADVICE	15 TIME LIMITS
29 JOURNEY LOG	27 WHERE TO STAY IN MONTREUX	24 WHERE TO STAY IN BAD RAGAZ	21 BAD RAGAZ	19 PENALITES	17 ASSISTANCE
28 THE RACE	25 MONTREUX	23 TRANSPORT TO BAD RAGAZ	20 CANCELLATION	18 PACERS	
30-42 SECTIONS	43 FOLLOW THE RACE				

# FROM HEIDI TO FREDDIE



For this third edition, we aimed to further strengthen the event's Swiss identity by introducing a Sunday start in the Heidiland region and offering an immediate, fully alpine immersion in one of the country's most spectacular landscapes, between the Pizol massif and the UNESCO-listed Sardona area.

Despite the opportunities – including financial ones – offered by several renowned resorts, we have always been committed to maintaining a distance of around 400 km and keeping the Via Alpina as the throughline of this route crossing the Swiss Alps from east to west. A symbolic journey, from Heidi to Freddie (Mercury), whose statue welcomes runners on the shores of Lake Geneva in Montreux.

Another new feature is a more direct section starting from Adelboden, guiding runners beneath the Wildstrubel and Wildhorn towards the Vaud Alps and the final base camp in Les Diablerets. This adjustment also creates a shared final stretch of fifty kilometres with the Montreux Trail Festival routes, adding coherence and continuity to the experience.

Across seven Swiss cantons and some of the most iconic locations in the Alps, Crossing Switzerland remains above all a human adventure. We look forward to sharing these exceptional moments with you.

And since music has always been part of our identity, the race anthem, "Nothing Else Matters", will no doubt already be echoing in everyone's mind at the start in Bad Ragaz on July 19.

# THE SWISS BACKBONE



1. **BAD RAGAZ**
2. Pizolhütte
3. Alp Ramin
4. Elm Obererbs
5. **Rüti (GL)**
6. Klausenpass
7. **Altdorf**
8. Blackenalp
9. Engelberg
10. Melchsee-Frutt
11. **Meiringen**
12. Grindelwald
13. Lauterbrunnen
14. Gspaltenhornhütte
15. Kandersteg
16. **Adelboden**
17. Iffigenalp
18. Gsteig
19. **Les Diablerets**
20. Le Sépey
21. Luan
22. Col de Chaude
23. **MONTREUX**



# PROGRAMME

## FRIDAY JULY 17TH

Bad Ragaz

13:00 Shuttle from Montreux  
18:00-20:30 Race Number Pickup

## SATURDAY JULY 18TH

Bad Ragaz

10:00 shuttle from Montreux  
14:30- 18:30 Race Number Pickup  
19:00 Ceremony, Briefing and Pasta Party

## SUNDAY JULY 19TH

Bad Ragaz

07:30 Last information  
08:00 Start  
18:00 First Runner(s) in Rüti Base Camp

## MONDAY JULY 20TH

06:00 First runner(s) in Engelberg area  
06:00-20:00 : bulk of the field in Klausen-Altdorf area

## TUESDAY JULY 21ST

08:00 First runner(s) in Adelboden area  
06:00-20:00 : bulk of the field in Engelberg area

## WEDNESDAY JULY 22ND

07:00 First runner(s) in Col de Chaudé  
06:00-20:00 : bulk of the field in Jungfrau Region  
Around 14:00 : First runner(s) expected in Montreux

## THURSDAY JULY 23RD

06:00-20:00 : bulk of the field in Kandersteg Region

## FRIDAY JULY 24TH

06:00-20:00 : bulk of the field in Lenk and Saanenland Region

## SATURDAY JULY 25TH

06:00-20:00 : bulk of the field between Les Diablerets and Leysin  
18:30 Podiums on Place du Marché

## SUNDAY JULY 26TH

COMMUNE DE MONTREUX

16:00 Last Finisher(s)  
16:00 Finishers ceremony

# RACE NUMBER PICKUP



## SCHEDULE

Location	Day	Hours
Bad Ragaz	Friday, 17th July	18:00 to 20:30
Bad Ragaz	Saturday, 18th July	14:30 to 18:30

At race-bib collection, an identity document will be required and a equipment check will be carried out (all mandatory equipment must therefore be available at that time).

Exceptionally, we allow another person to collect a participant's bib, provided they comply with the same requirements.

# EQUIPMENT

## HEAT KIT

- Water reserve (min. 2 lt.)
- Sunglasses
- Sunscreen cream
- Cap or bandana



The weather at the end of July is highly unpredictable, with frequent thunder storms and major temperature changes. The organisers may activate one of the 3 weather plans and require the corresponding equipment up to 8 hours before the start.

Regardless of conditions, sunglasses, sun cream and, for longer runs, gloves are strongly recommended. Foot care, blister treatment and K-tape are not provided by the organisation, so please include them in your follower bag.

To be ready for any situation, we strongly advise all participants to arrive at the start with their full kit and place any non-mandatory items in their follower bag.

## MANDATORY STANDARD KIT

- Water reserve (minimum 1L)
- Waterproof jacket (10'000 mm/h) with hood<sup>1</sup>
- Headlamp with spare batteries
- Spare headlamp
- Cup (min. 15 cl)
- Survival blanket (1.40 m x 2 m)
- Elastic adhesive tape
- Whistle
- Food Reserve
- Long running trousers (leggings or a combination of leggings and long socks allowed)
- Long-sleeved warm clothing (arm sleeves accepted)
- Mobile phone working in Switzerland and switched on
- Identity document

## COLD KIT

- Warm jacket with a feather jacket hood
- Waterproof overpants
- Warm and waterproof gloves
- Hat



## BAD WEATHER KIT

- Waterproof jacket (10'000 mm/h) with hood
- Long-sleeved warm clothing



<sup>1</sup> The jacket must be made of a waterproof membrane (minimum recommended 10,000 Schmerber) and breathable (recommended RET less than 13). If you choose to take poles, you must have them with you throughout the race or leave them at the base camp (if any). We also recommend placing a lightweight sleeping bag in your drop bag.

# TYPES OF AID STATIONS



## AID STATION



13 standard aid stations will be spread along the course and will offer:

**Liquids:** Still and sparkling water, isotonic drinks, Coke, Coffee, Tea, cordials, Soup/Broth

**Solid:** Energy bars, cakes, salted biscuits, chocolate, bananas, oranges, dried fruit, cheese, dried meat, bread. \* : This is a base of food. Each supply point could also have other subsistence items offered.

Sports nutrition products are provided by our partner [Meltonic](#).

## SELF-SERVICE



In this year's event, two aid stations will operate in self-service mode, with minimal volunteer support : Gspaltenhornhütte + Gsteig

## BASE CAMP



There will be 6 base camps : Rüti, Altdorf, Meiringen, Lauterbrunnen, Adelboden and Les Diablerets.

In addition to the food provided at the «normal» refreshment posts, a hot meal will be available. Showers and sleeping accommodation will be provided for the runners.

At the first three Base Camps, the maximum time allowed on site is 5 hours; at the last three, it is 6 hours.



RÜTI  
ALTDORF  
MEIRINGEN



LAUTERBRUNNEN  
ADELBODEN  
LES DIABLERETS



# MelTonic®



BY MOVE&NUTRI



# DROP / PERSONAL BAGS

## PERSONAL BAG

1 personal bag can be left at the departure and will be transported to Montreux where it can be reclaimed after the race. Bags with items attached to the outside will not be transported. We recommend not placing fragile or valuable items in the bag. The organisation accepts no responsibility for items lost or damaged during transport. A label with the bib number will be given to each runner and attached to their personal bag.



## DROP BAG - 60L

At race-bib collection, each competitor will receive a drop bag containing the equipment required for safe race management. This CROSSING DROP BAG will be transported by the organisation from one Base Camp to the next. It must also include both the heat and cold kits. We strongly recommend bringing a lightweight sleeping bag.

Competitors must collect their bag upon entering each base camp and personally return it to the volunteers in charge of bag collection when leaving. When a runner withdraws, they will be able to collect their two bags in Montreux, but an additional delay is likely as we need time to transport the drop bag. Thank you for your understanding.



The bags will be finally transported to the finish in Montreux, where they can be collected upon presentation of the race number.

Bags must be collected no later than Sunday, 26 July 6 p.m. at the Market Place in Montreux. After this deadline, the bags will be stored.

# MARKING

From kilometre 31 (Alp Foo) to the exit of Adelboden at kilometre 280, the Crossing Switzerland route follows the Via Alpina, with the green No.1 signs guiding the runners. In towns and outside the Via Alpina, runners will instead follow the red Crossing Switzerland flags.

In addition to the Via Alpina No.1 signs and the "Crossing Switzerland" flags, participants will also see, at minimum along the route, yellow hiking arrows or painted markings on natural features.



The final version of the GPX track will be sent to runners one week before the race. It will also be available for download when collecting race bibs in Bad Ragaz. We ask all participants to download this route onto their smartwatch.

# SECURITY



## INDIVIDUAL INSURANCE

We strongly recommend that each participant has individual insurance to cover the costs of search and evacuation in Switzerland. Helicopter evacuation can cost up to CHF 5,000.00 and it is not uncommon for runners to be faced with such an expense due to lack of foresight. Such insurance can be taken with the insurance company of your choice. REGA for example, offers an annual subscription for 40 CHF which covers the search and rescue costs. The International Trail-Running Federation (ITRA) also offers an insurance policy that provides worldwide coverage



## ECHO SOS APP

We also ask each participant to download the Echo SOS app, which is directly connected to the Crossing Switzerland race control center.



The free Swiss Mobile app can also be very useful, as it includes the official hiking trails on which the race route is based.

# ADVICE

## ENVIRONMENT

Late July is typically a period of frequent thunderstorms in the Alps, and temperatures can shift abruptly throughout the day, especially given the significant changes in altitude along the route. Here are a few recommendations:

- Avoid stopping on exposed high points (passes, ridges, etc.).
- If you are unsure about the route, return to the last waypoint, check your position, or call the Race Control (the number is printed on your bib).
- Stay on marked paths at all times.
- Be prepared for both cold and extreme heat. Don't wait until you are shivering or overheating to take appropriate action.

## EQUIPMENT

Feel free to complement the mandatory equipment with any personal items that help you feel more comfortable. This may include blister plasters, energy gels, or even your favourite playlist... In Switzerland, music is certainly not considered doping — quite the opposite.

## FATIGUE

The base camps are designed to allow runners to sleep if needed, and we strongly advise against stopping alone on the course to rest. Always remain on the marked route. You should also maintain a pace slightly slower than your maximum ability so you can anticipate and manage difficult situations, such as sudden changes in weather conditions.



# BIBS / CHIPS / GPS TRACKERS

111

A race number will be issued with a chip. The race number will only be given to registered runners upon presentation of a photo ID. BIBS This number must be worn visibly on the chest or belly. The race number is the necessary pass for access to the refreshment areas, treatment and rest rooms, showers, bags, etc. Another number will be provided for the bags



Each runner is provided with a GPS tracker to be attached to the outside of the backpack and returned at the finish. In the event of loss or failure to return the item, the organizer will charge a fee of CHF 50.00

The tracker is handed out in "off" modus. It is the runner's responsibility to switch it on and check it's functioning before the start, following the instructions provided by the organisation.



# TIME LIMITS



**176 HOURS  
MAX.**



Time limits are set to ensure participants can finish within the overall cutoff while allowing for rest stops. To continue, runners must reach each checkpoint before its overall cutoff time. At Base Camps, the runners may rest for up to 6 hours before setting off again unless otherwise indicated.

LOCATION	KM	TIME LIMIT to leave
RÜTI	68,5	MONDAY 20/07, 09h00
ALTDORF	110	TUESDAY 21/07, 03h00
MEIRINGEN	176	WEDNESDAY 22/07, 08h00
LAUTERBRUNNEN	219	THURSDAY 23/07, 03h00
ADELBODEN	275	FRIDAY 24/07, 06h00
LES DIABLERETS	335	SATURDAY 25/07, 11h00
LUAN	362	SUNDAY 26/07, 03h00
MONTREUX	394	<b>SUNDAY 26/07, 16h00</b>

# DNF



## RACE WITHDRAWAL

Except in the case of injury, runners may only withdraw at an official checkpoint. They must inform the checkpoint staff, who will then invalidate their race bib.

If a runner has not set off again before the cutoff time, they will be declared OUT OF THE RACE. Any runner who has been withdrawn and still wishes to continue may do so only after returning their bib, and entirely under their own responsibility and autonomy.

Any runner who leaves the course without notifying the organisation will be responsible for any search costs incurred. If adverse weather forces a partial or complete race stoppage, the organisation will arrange transport for all stopped runners from the aid stations as quickly as possible.

## REPATRIATION

As part of our efforts to improve sustainability, any runner withdrawing from the race may request from Race Control a second-class public transport ticket from their withdrawal point (or the nearest train station) to Montreux. Of course, personal transport remains permitted.

# ASSISTANCE



- Assistants are required to respect the rules or the runner will be disqualified.
- The aid station manager has the authority to remove any assistant who disturbs runners or fails to follow the rules. They may also limit the number of accompanying persons if they consider that this disrupts the proper operation of the station.
- Personal assistance is tolerated only and exclusively at the refreshment posts and bases camps, in an area reserved for this purpose and at the discretion of the person in charge of the venue.
- Only one accompanying person is allowed for each runner, with a pass issued by the organisation.
- The assistant may bring a change of clothes and shoes, food and/or food supplements for the runners.
- The areas dedicated to rest, showers and medical assistance are reserved solely and exclusively for the runners; access to these areas is forbidden to accompanying persons.
- Any kind of personal assistance along the course is forbidden, under penalty of disqualification of the runner. However, 2 special «Pacer» sections will be allowed
- Assistants/chaperones are required to observe the traffic restrictions on the roads. A breach of this will result in the disqualification of the runner.
- Assistance provided outside the base camps with the use of motorhomes, cars or any other means of transport is prohibited. Runners caught receiving assistance outside the authorised points will be disqualified

# PACER

## RULES

1. Runners can have one or more pacers at a time accompany them, starting from the Base camp in Les Diablerets (approx. 58 km to the finish line in Montreux), but also starting from Luan (32 km).
2. The pacers can start at the following 2 locations :
  - Les Diablerets (Chemin du Rancy 2);
  - Luan (Rte des Agittes 16, Corbeyrier)
3. Each pacer must sign a release form at their start location, at least 30 minutes before their runner arrives. This way the organisation will know who is on the racetrack at any point in time.
4. Pacers must be human (no pets), 18-years of age or older. If a parent or legal guardian desires to have a minor (under 18) pacer, please contact the Race organisation.
5. Pacers must enter and leave each aid station with their runner and must clearly identify themselves to aid station personnel. Pacers may accept aid at the refreshment posts.
6. Pacers may assist their runner with the filling of water bottles or replenishment of supplies at aid stations but may not come into the aid station ahead of their runner, or depart after their runner, to speed up the re-fueling process.
7. Pacers may not carry water, food, flashlights, shoes, clothing, or other supplies for their runner or provide any other type of mechanical or physical assistance to their runner on the course. Mule-ing is expressly forbidden. Pacers may only carry their own supplies and food.
8. If a runner withdraws from the race, the pacer cannot continue the race.
9. Littering of any kind at any point on the Crossing Switzerland Trail is strictly prohibited.



LES DIABLERETS - MONTREUX (58 KM)



LUAN - MONTREUX (32 KM)



# PENALTIES



## DOPING CONTROL

Any competitor may be subject to doping control during the event or at the finish. In case of refusal or failure to comply, the athlete will be sanctioned in the same manner as if he or she had been found to have used doping substances.



Competitors refusing to comply with these rules may be eliminated, in particular for:

- Absence of race number
- Falsifying a number
- Taking a shortcut
- Late arrival at the start of the competition (depending on the delay);
- Failure to check in at the control posts
- Pollution or degradation of the sites crossed (cutting paths, littering)
- Refusal to be examined by the medical staff
- Non-assistance to a competitor in distress
- Missing compulsory equipment

Any person wishing to make a complaint must do so in writing to the Race Committee at the finish.

## RACE ORGANISATION

It consists of:

- The race director
- The Vice President of the organisation
- The technical manager RACE Organisation
- The heads of the posts concerned
- As well as any competent person at the discretion of the President of the Organising Committee

The jury is empowered to rule within a time limit compatible with the requirements of the race on all disputes or disqualifications arising during the event. Decisions are final.

# ENTRY CANCELLATION



Any participant may subscribe to the annulation insurance at the time of registration, provided that payment is made online by credit card. The cost of the annulation insurance is added to the registration fee in the same transaction.

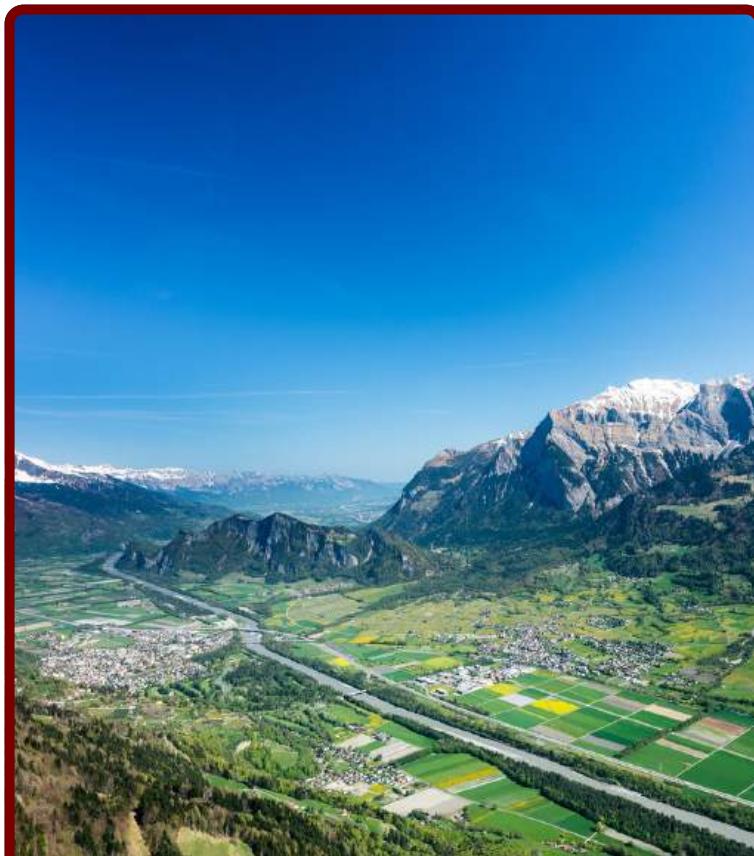
The annulation insurance allows reimbursement of the registration fee if the runner annulation request meets one of the following events:

- Accident, serious illness, or death of the runner.
- Serious illness requiring hospitalisation, or death of the runner's spouse or partner, or of a first-degree ascendant or descendant, occurring within thirty days prior to the event.
- In the event of an accident or serious illness affecting the runner, a medical certificate confirming the inability to participate must be provided. Any other reason for cancellation must be supported by an official certificate issued by the competent authority.
- In the event of a scheduled delivery for the participant or their spouse during the race. A decision may be made up to 24 hours before the concerned person's race.

All requests for information, refunds, additional details, as well as any claims must be addressed exclusively to :

Helvetica Trail Sàrl  
Rte de Pierre-Ozaire 2B  
CH-1073 Savigny  
E-mail: [info@helvetica-trail.ch](mailto:info@helvetica-trail.ch)

# BAD RAGAZ



START LOCATION : RATHAUSPLATZ | 7310 BAD RAGAZ

RACE BIB PICKUP : AM PLATZ 1 | 7310 BAD RAGAZ

CROSSING BASE CAMP : FLÄSCHERSTRASSE 10 | 7310 BAD RAGAZ



HEIDLAND



SCHLOSS RAGAZ  
Hotel | Gartenpavillon | Glamping Lodge

# TRANSPORTS TO BAD RAGAZ

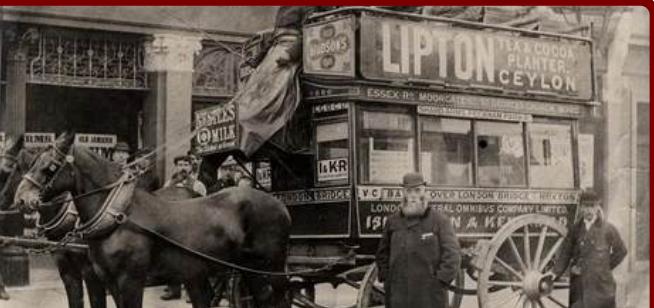
## OFFICIAL SHUTTLE

Two shuttles will be available for the runners from the free car park in Montreux (see page "Montreux") **ATTENTION : Only runners registered before July 12th, will be allowed to board the shuttles.** Go to your Dashboard (link in the confirmation mail OR your email-address + registration code) and go to the Options page and select the shuttle you want to make use of.

- Friday 17 July at 13h00
- Saturday 18 July at 10h00

## PERSONAL VEHICLE

By car, the journey from Montreux takes about 3h15 via Bern and Zürich. no return shuttle service is organised from Montreux to Bad Ragaz



## TRAIN

From Montreux, it is possible to reach Bad Ragaz in under four hours via Lausanne and Zurich. Timetables can be consulted on the [SBB website](#). Bad Ragaz train station is located about a 10-minute walk from the town centre.



# WHERE TO STAY IN Bad Ragaz

Bad Ragaz in eastern Switzerland is known for the body temperature thermal water from the Tamina spring. The traditional spa town attracts visitors with the relaxing Tamina Therme, the impressive Tamina Gorge and excursion destinations such as the Pizol and the Heidi Village.

## CROSSING BASE CAMP



For the night of Friday, July 17 and/or Saturday, July 18, we offer accommodation in 4 to 6 bed-rooms at the Crossing Base Camp, located just a 5-minute walk from the start area. For CHF 25 per night and per person, breakfast is also included. This option can be booked by lodging into your registration account.

Adresse:

Mehrzweckgebäude Allmend  
Fläscherstrasse 10  
7310 Bad Ragaz

## CAMPING

### Camping Bad Ragaz

IM HEIDLAND  
Welcome out there

Ideally located on the banks of the Rhine, the campsite is just 1 km from the town center and, in addition to traditional pitches, it also offers the possibility to rent Alpine Hut tiny houses.

For **motorhomes**, it is also possible to park at the Pizolbahnen valley station in Bad Ragaz.

## HOTELS



A 10-minute walk from the start area, Hotel Schloss Ragaz offers a 15% discount on a two-night stay.

Bad Ragaz and its surrounding region offer a wide range of accommodation options of all sizes and categories. Feel free to visit the tourist office's website for more information.

HEIDLAND



# MONTREUX



## OFFICIAL PARKING : STADE DE LA SAUSSAZ | Rte de la Saussaz 24

The car park at Montreux Stadium (Saussaz) is free of charge and will serve as the departure point for the shuttle bus to Bad Ragaz. It is located approximately **500 metres below the Montreux motorway exit (A9)**. From Montreux train station, you can take **Bus 204** to the stop "Chailly-Montreux, Saussaz", followed by a short 600-metre walk to the Saussaz Stadium car park. The same bus can bring you back to Saussaz from the "La Paix" stop, located about 100 metres from the finish line.



## FINISH LOCATION : PLACE DU MARCHÉ | Rue du Lac 117

Pickup location : personal belongings as well as your follower (drop) bag.



## REST AREA : "EAST" SCHOOL | Rue de la Gare 33

Located about 600 metres from the finish line, Montreux Main School offers facilities where you can **shower**, and **rest**. This area is freely accessible and is therefore not supervised. Bus 206 from La Paix to Rue de la Gare is also possible.





STOP  
"SAUSSAZ"

P

BUS  
204

FINISH

STOP  
"GARE"

STOP  
"LA PAIX"

TRANSPORTS  
**VMCV**  
PUBLICS

# WHERE TO STAY IN MONTREUX

## HOTELS

Thanks to the Montreux Trail Festival, Crossing Switzerland runners can benefit from preferential rates at four establishments in Montreux. You can find them at [this link](#).

You can of course also visit the Tourist Office website, as the region offers a large number of accommodation options to help you recover and get back on your feet.



## MONTREUX

Montreux unfolds a unique charm between lake and mountains. A flower-lined promenade stretches along the shores of Lake Geneva, offering sweeping views of the Alps, while the town pulses with the energy of the world-famous Montreux Jazz Festival. Just minutes away stands Chillon Castle, one of Switzerland's most iconic landmarks. The atmosphere feels almost Mediterranean, with palm trees, sunny terraces, and a vibrant cultural scene. From Montreux, a cogwheel train climbs to the Rochers-de-Naye, where a breathtaking panorama over the entire Lake Geneva basin awaits.

## CAMPING

There is no campsite in Montreux itself, but there are several within a 10-km radius.



Camping Caravaning Club  
Vaudois

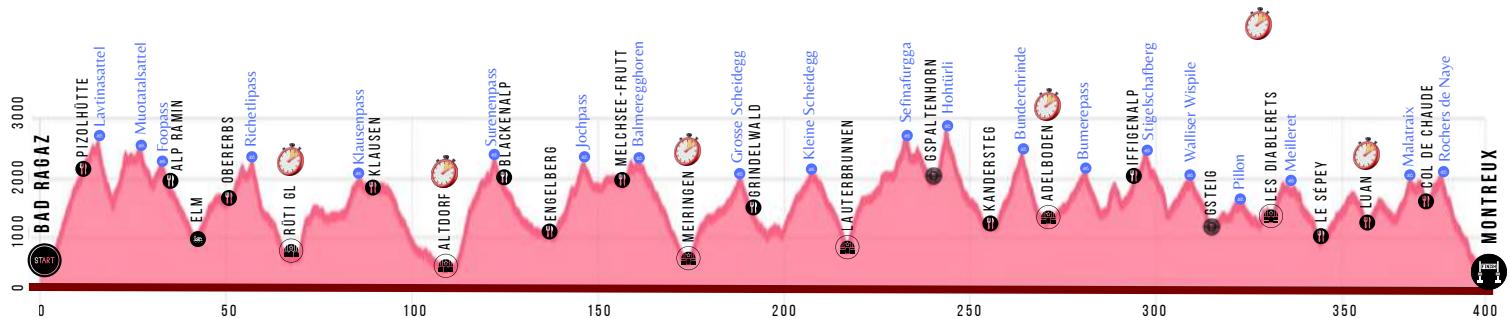


# THE RACE



# JOURNEY LOG

PDF



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# SECTION 1

68,5 KM | 5'158M+ | 5'050M-

HEIDLAND

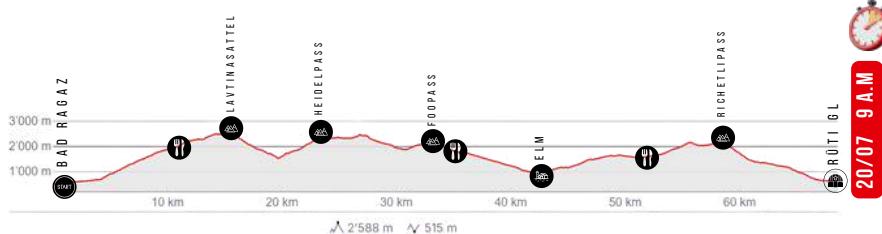
Glarnerland

BAD RAGAZ - ELM - RÜTI GL

MAP

GPX

The route begins in Bad Ragaz and follows the Tamina Gorge for 4 km before tackling an 8 km climb with nearly 1,800 meters of elevation gain up to the **Pizolhütte**. Runners then cross one of the most beautiful alpine regions, dotted with lakes and waterfalls, following Trail 73 of the UNESCO Swiss Tectonic Arena Sardona, reaching its high point at the *Lavtinasattel* (2,587 m). Shortly before the **Foopass** (2,223 m), the course finally joins the Via Alpina. After an aid station at **Alp Ramin**, the descent leads to the village of Elm, birthplace of triple Olympic ski champion Vreni Schneider. After a 3rd aid station in **Obererbs**, the route climbs over the **Richtetipass** (2,261 m) and then drops into the Linth Valley toward the first base camp in **Rüti**.



## POSTS ON SECTION 1



PIZOLHÜTTE  
12,1KM



ALPRAMIN  
34,8KM



ÖBERERBS  
52,9KM



RÜTI GL  
68,5KM



CABLECAR PIZOL  
RAILWAYS



EKIDEN  
SOLO SECTION



# THE SWISS VITAMIN TEA

NEW



[super-t.ch](http://super-t.ch) | [@supert.ch](http://supert.ch)

# SECTION 2

41,2 KM | 1'934 M+ | 2'090 M-

RÜTI GL - KLAUSENPASS - ALTDORF



After the **Rüti base camp**, you quickly enter the very heart of Switzerland's historic birthplace.. Despite the often busy pass road, the scenery is truly spectacular, stretching between the vast Urnerboden alpine meadows and the impressive peaks of the Uri Alps. Shortly after the beautiful chapel at the **Klausen Pass**, another aid station will await the runners before the very long descent leading into the land of William Tell — Switzerland's first national hero, slightly predating Roger Federer. The **Altdorf base camp** is located in the heart of the historic town. Don't hesitate to recharge your energy, because what comes next is going to be very tough.



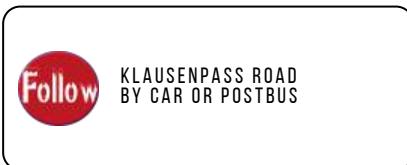
POSTS ON SECTION 2



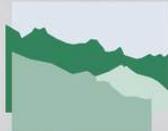
KLAUSEN  
89,2KM



ALTDORF  
109,7KM



EKIDEN  
SOLO SECTION



# KLAUSENPASS HOTEL



[www.hotel-klausenpass.ch](http://www.hotel-klausenpass.ch)

## WILLKOMMEN AUF DEM KLAUSENPASS

Irrsinnig schön liegt unser Hotel. Hoch oben, fast auf der Passhöhe, genau dort, wo die Aussicht am spektakulärsten ist. Rundherum reiht sich Gipfel an Gipfel, da sind Alpweiden, wunderbar wilde Natur.

Viele finden den Weg zu uns: auf dem Mountainbike, auf Wandlerfüßen, mit dem Auto, Rennvelo, Oldtimer. Sie alle begrüssen wir herzlich. Bei uns erwartet Sie eine liebevoll-währschafte Küche, moderne, gemütliche Zimmer und jede Menge Urner Gastfreundschaft.



# SECTION 3

29,8 KM | 1'932 M+ | 1'388 M-

## ALTDORF - BLACKENALP - ENGELBERG

This third section crosses the town of **Altdorf** before spanning the Reuss River at Attinghausen. From there, things get very serious, with nearly 1,900 meters of elevation gain packed into the 11 kilometers leading up to the **Surenen Pass** at 2,292 meters. As participants enter the half-canton of Obwalden, they are greeted by a breathtaking panorama stretching across the Schächental Alps and the Titlis. A short descent leads to the **Blackenalp** aid station, where marmots and ibex are frequent sights. The Via Alpina then continues its descent toward the **Engelberg** Monastery, before reaching another aid station in the heart of the resort nestled at the foot of the Titlis.



### POSTS ON SECTION 3



BLACKENALP  
127,1KM



ENGELBERG  
139,5KM

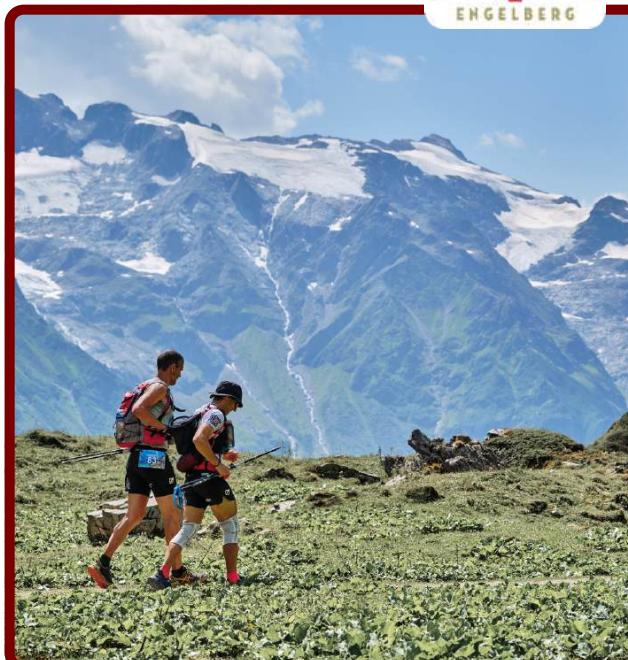


CABLECAR  
ATTINGHAUSEN-  
BRUSTI



MAP

GPX



EKIDEN  
PATROL SECTION

# SECTION 4

36,3 KM | 1'868 M+ | 2'275 M-

ENGELBERG - MELCHSEE FRUTT - MEIRINGEN

This fourth section could easily be called the “lake segment,” with four alpine lakes unfolding over roughly 13 kilometers. It begins with Trübsee, located in the half-canton of Nidwalden at the foot of the Tittis, the highest peak in Central Switzerland at 3,238 meters. The climb up to the **Jochpass** (2,028 m) then leads runners down toward Lake Engstlen. From there, the route rises again toward Tannalp and its lake of the same name. Another aid station awaits participants in **Melchsee-Frutt**, next to the fourth lake. The course then heads toward the beautiful **Balmeregg** ridges, which also mark the entry into the Canton of Bern. After Planplatten, a long descent toward the Hasliberg ski resort brings runners down to **Meiringen** and the third Life Base.



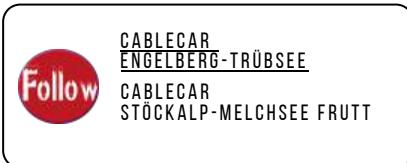
## POSTS ON SECTION 4



MELCHSEE-FRUTT  
158,4KM



MEIRINGEN  
175,8KM



EKIDEN  
SOLO SECTION

**frutt** +  
Haslital  
BERNER OBERLAND

MAP

GPX



# SECTION 5

19 KM | 1'440M+ | 819M-

## MEIRINGEN - GRINDELWALD

This fifth section marks the entry into the Jungfrau region after the **Meiringen Life Base**. Once out of town, the Via Alpina trail climbs toward the Reichenbach Falls, famous for being the place where Sherlock Holmes meets his end—at least in the imagination of his creator. The route then follows the Reichenbach River all the way to Schwarzwaldalp. The high point of this segment, at the **Grosse Scheidegg** (1,962 m.), reveals one of the most spectacular views of Crossing Switzerland, with the North Face of the Eiger rising directly ahead and accompanying runners all the way to the aid station at the Hotel Wetterhorn, just before **Grindelwald**.



### POSTS ON SECTION 5



GROSSE SCHEIDECK ROAD  
FROM MEIRINGEN TO  
ROSENLAU GORGES



— HOTEL —  
**WETTERHORN**  
GRINDELWALD

MAP

GPX



EKIDEN  
SOLO SECTION

# SECTION 6

24,5 KM | 1'344 M+ | 1'247 M-

## GRINDELWALD - LAUTERBRUNNEN

This sixth section is perhaps the most legendary, featuring the three iconic peaks — the Mönch, the Eiger, and the Jungfrau — which runners follow for many kilometers. The Crossing Switzerland route avoids the center of Grindelwald but quickly reconnects with the Via Alpina at Brandegg. Unlike the first two editions, we chose to avoid the Eiger Trail this year, as it was deemed a bit too risky at this stage of the race. A few kilometers later, runners reach the famous **Kleine Scheidegg** (2,061m.), at the foot of the Eiger's North Face — and likely not alone in this very popular spot — which marks the beginning of the descent toward the fourth Life Base in Lauterbrunnen, passing through the car-free village of Wengen.



### POSTS ON SECTION 5



LAUTERBRUNNEN  
219,3KM



TRAIN FROM  
LAUTERBRUNNEN OR  
CABLE CAR FROM  
GRINDELWALD

LAUTERBRUNNEN

STAUBBACHFALL

MAP

GPX



EKIDEN  
PATROL SECTION

# SECTION 7

55,6 KM | 4'362 M+ | 3'822 M-

ADELBODEN LENK  
KANDERSTEG

## LAUTERBRUNNEN - ADELBDODEN

MAP

GPX

Another exceptional section in the heart of the 4,000-metre giants of the Bernese Oberland. Leaving **Lauterbrunnen** and its famous waterfalls, the route climbs to Mürren, a car-free village at the foot of the Schilthorn once visited by a certain James Bond. After crossing the **Sefinafurgga** (2,611 m), runners tackle a new stretch with a “self-service” aid station at the **Gspaltenhornhütte**, followed by the “roof of Crossing” at 2,778m, the **Hohtürli**, from where the iconic **Oeschinensee** soon comes into view. Weaving through the many tourists, the course then drops down to the **Kandersteg** aid station. The next pass, the **Bunderchrinde** (2,382 m), keeps runners in magnificent, rocky scenery before a long descent—technical at first, then fast and flowing—leads to the **Adelboden** Life Base.



### POSTS ON SECTION 7



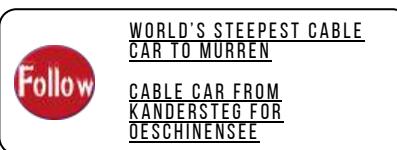
GSPALTENHORN  
HÜTTE  
238,7KM



KANDERSTEG  
258KM



ADELBODEN  
275KM



EKIDEN  
SOLO SECTION

# ADELBODEN



# SECTION 8

60,1 KM | 3'579 M+ | 3'587 M-

## ADELBODEN - LES DIABLERETS

After leaving the **Adelboden Life Base**, the 2026 route soon departs from the Via Alpina at Geilsbrüggli and will only rejoin it again at the Col de Chaude. The **Bummerepass**, at 2,056m, welcomes runners for a brand-new passage through a little-known area that leads past several alpine huts before reaching the Iffigenalp aid station. A new section then begins at the foot of the Wildhorn, climbing to **Stigelschafbergpass** at 2,380m, with glimpses along the way of the beautiful heart-shaped Iffigsee. After the pass, a somewhat technical descent awaits, followed by an easier stretch leading to Lake Lauenen. The course then climbs again above **Gsteig** to a new self-service aid point, offering a chance to refuel before tackling the ascent toward the Ormonts Valley via the **Col du Pillon**. A sixth and final Life Base awaits runners above **Les Diablerets**.



### POSTS ON SECTION 8



IFFIGENALP  
295,4KM



GSTEIG  
320KM



LES DIABLERETS  
335KM



IFFIGENALP  
LAUENENSEE  
GSTEIG  
BY CAR



MAP

GPX



EKIDEN  
SOLO SECTION

# SECTION 9

14,5 KM | 736M+ | 1'094M-

## LES DIABLERETS - LE SÉPEY

This very short 9th section allows the Ekiden teams to come together again for a shared segment. After leaving the Life Base in **Les Diablerets**, the trail climbs steeply toward the Tête du Meilleret and then up to the Perche alpine pasture. The route then offers a brief respite, passing the beautiful Lac des Chavonnes before descending toward the small village of La Forclaz. Just before reaching the **Sépey aid station**, participants also cross the historic Planches bridge.



### POSTS ON SECTION 9



LE SÉPEY  
349,5KM



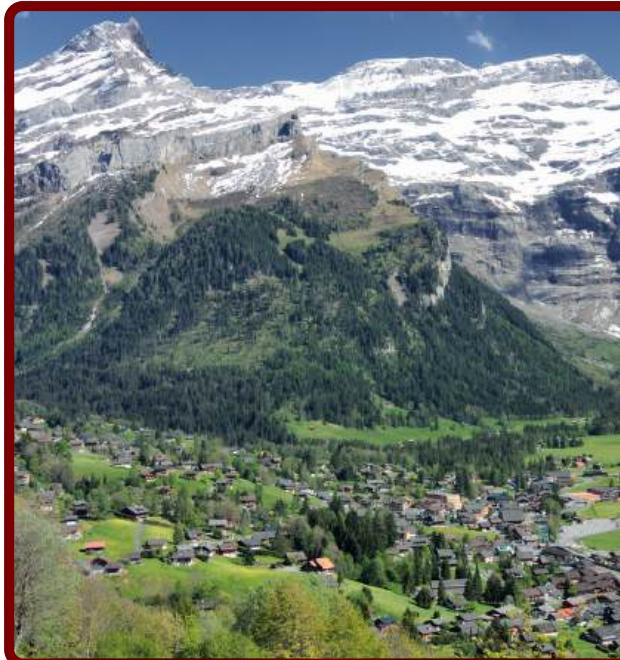
CAR TO LAC DES CHAVONNES  
AND LA FORCLAZ  
TRAIN LE SÉPEY-LES  
DIABLERETS



Les Diablerets  
La montagne à l'état pur

M A P

G P X



EKIDEN  
PATROL SECTION

# SECTION 10

36,3 KM | 2'638M+ | 3'235M-

## LE SÉPEY - MONTREUX

A little before **Le Sépey**, the Crossing Switzerland route merges with the Montreux Trail Festival courses all the way to the finish line. The course quickly climbs back up through the pastures toward the Leysin resort, which is bypassed in order to stay on the trails. After the Prafandaz alpine pasture, a descent leads to the **Luan** aid station, a hamlet of the Corbeyrier municipality — the gateway to the Lake Geneva region and some of its most spectacular viewpoints, whether from La Sarse or the **Malatraix** Ridge. After the sometimes technical descent of the Pertuis d'Aveneyre, the route reaches the **Col de Chaudé** aid station, just before the final challenge: the climb toward the **Rochers de Naye**. All that remains is to dive down toward Lake Geneva, where the finish line is watched over by the statue of Freddie Mercury. YOU'RE A FINISHER!



### POSTS ON SECTION 10



LUAN  
362KM



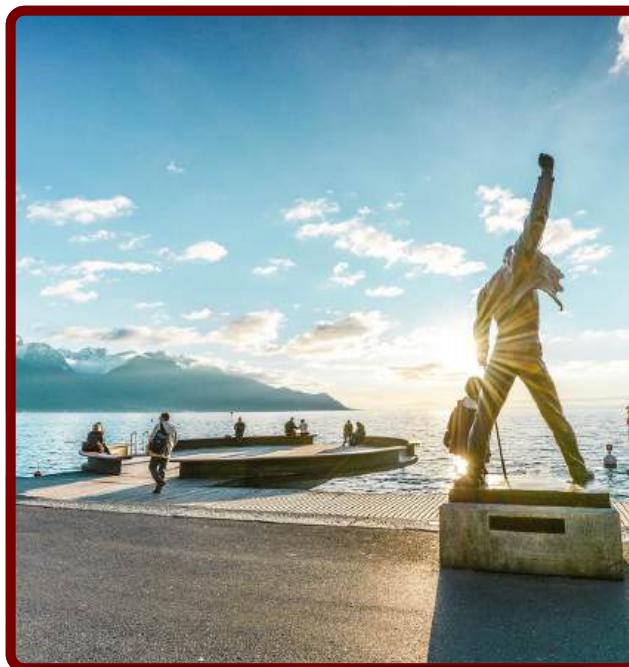
COL DE CHAUDE  
378KM



LEYSIN, LUAN, COL DE  
CHAUDE BY CAR  
[TRAIN TO ROCHERS DE  
NAYE](#)



EKIDEN  
SOLO SECTION  
FINAL KM SHARED



# FOLLOW THE RACE

## LE SÉPEY - MONTREUX

### GPS LIVE TRACKER

Thanks to our partners who specialise in live tracking, you'll be able to find out where your favourite runner is on an application that will be sent to you a few days before the race.



### LIVE TV



Each morning, a short live broadcast will be held from one of the six life bases to share the emotions of both the runners and the volunteers throughout this extraordinary adventure.

### SOCIAL NETWORKS



Social Networks News Feed Naturally, plenty of live information will be available on our main digital platforms. Stay tuned



# nothing else matters

2 0 2 6   R O A D B O O K

