

ROADBOOK



20-28 JULY 2024



RUNNERS
AND **SUPPORT GUIDE** v3.0





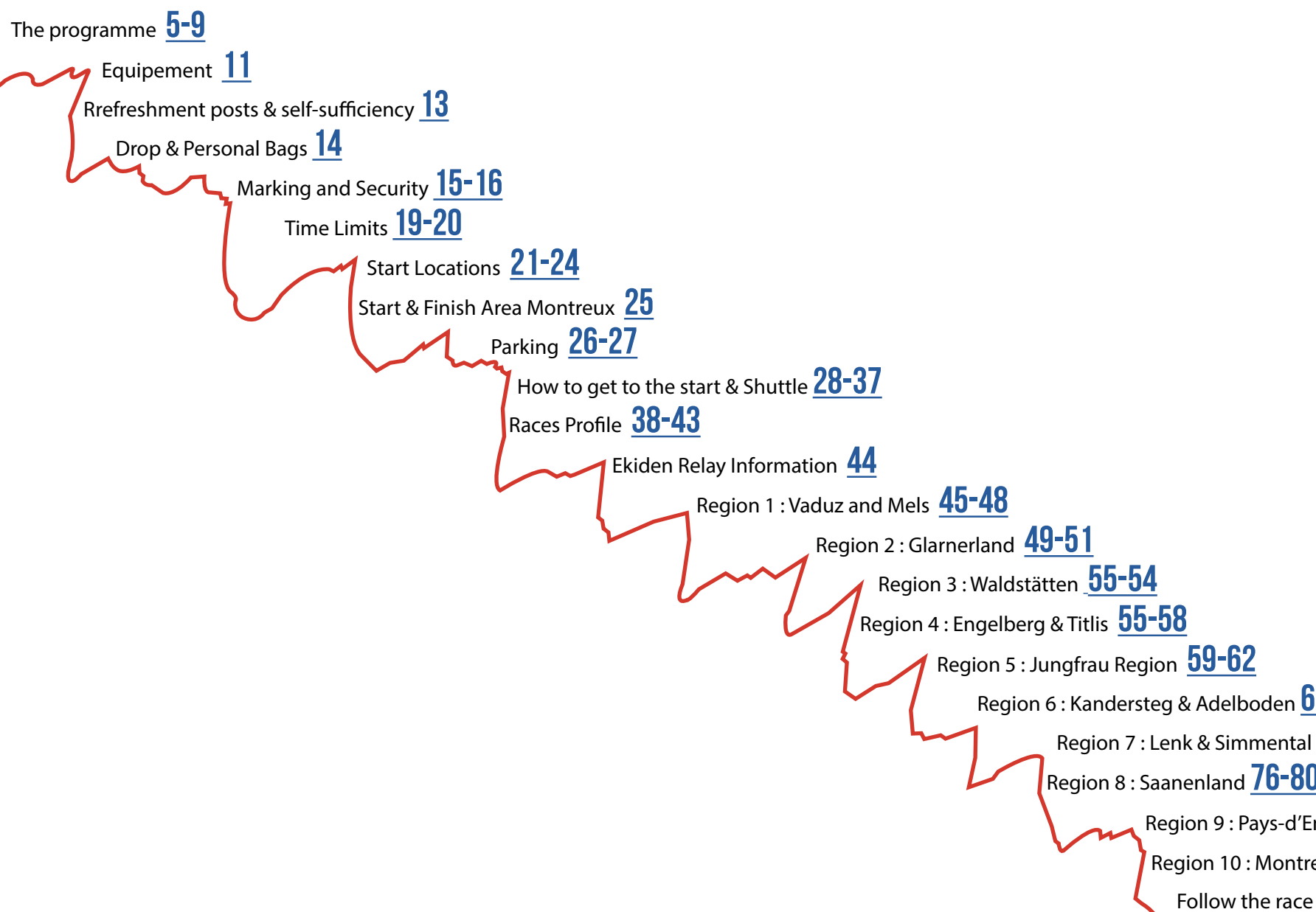
MONTREUX RIVIERA[®]
pure inspiration



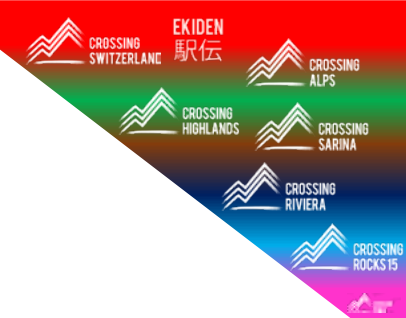
BC
BODYCROSS



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MONTREUX TRAIL FESTIVAL / CROSSING SWITZERLAND

8

This will undoubtedly be the number that rhymes with this 8th edition of the Montreux Trail Festival, which for the occasion will take place over 8 days and 8 cantons and will offer 8 routes starting from **Vaduz, Lauterbrunnen, Lenk, Saanen** and of course **Montreux**.

Why all these changes ?

As a non-profit, non-professional and therefore independent association, we like to think that trail-running is all about **DISCOVERY** ! A bit like a music festival that inspires us, a programme must be creative and not offer the same elements year after year. At least that's our philosophy. And when the program includes the Eiger, Lake Oeschinen and the Gastlosen, not forgetting the fantastic panoramas of Montreux, a little bird tells us you're in for a treat So, are you ready to get a taste of our new races ?

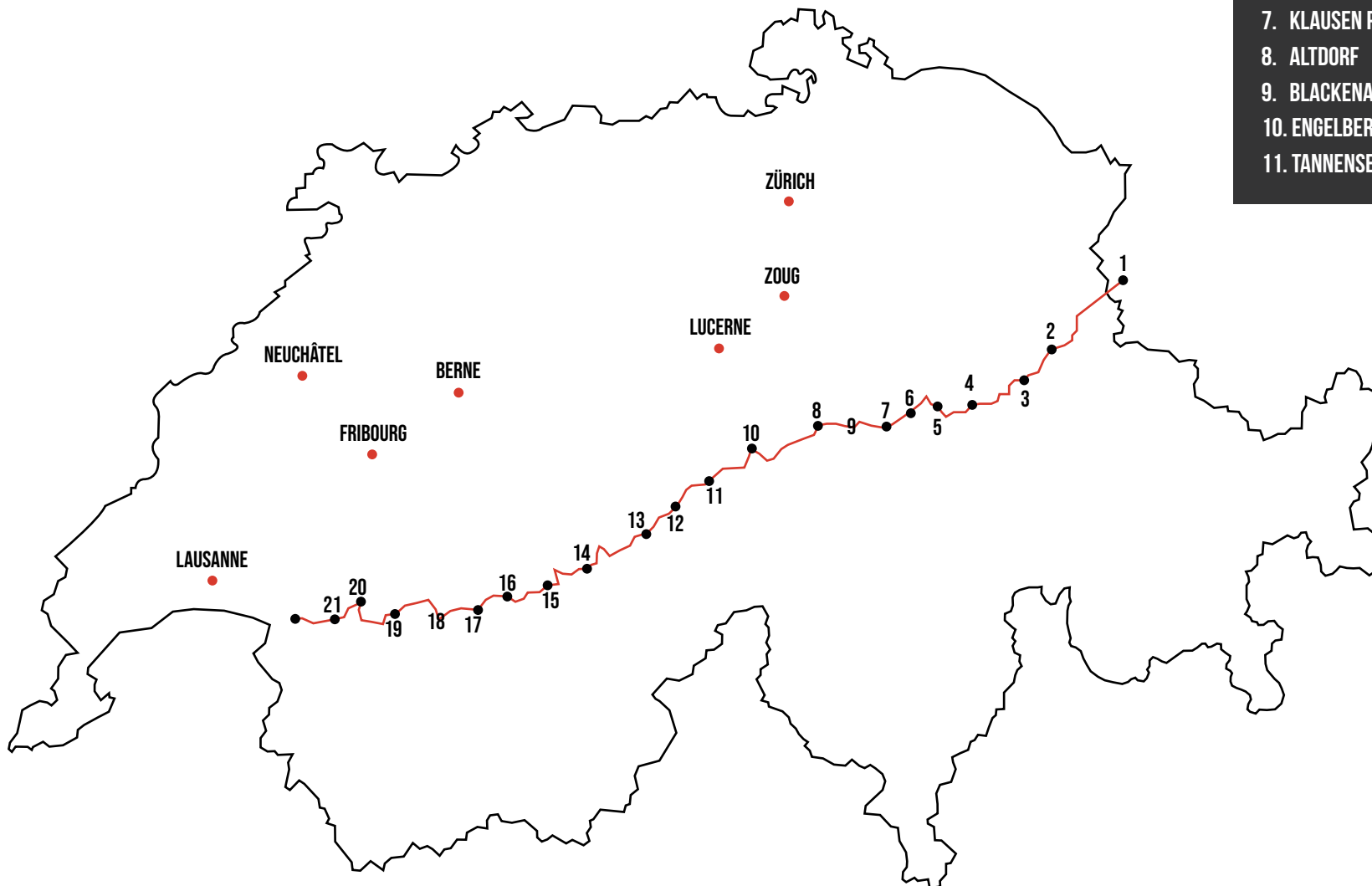
So, what's on the menu this year?

There will be 8 routes to suit all levels, from the more adventurous Crossing Switzerland and its «monstrous» 390km to the very bouncy Crossing Rocks over 8 and 15km for a festive evening on the shores of Lake Geneva.

THE CHALLENGE

 CROSSING SWITZERLAND	VADUZ-MONTREUX 390KM AND 25'000M+
 CROSSING SWITZERLAND	VADUZ-MONTREUX 390KM IN RELAY
 CROSSING ALPS	LAUTERBRUNNEN-MONTREUX 170KM AND 10'000M+
 CROSSING HIGHLANDS	LENK-MONTREUX 112KM AND 5'400M+
 CROSSING SARINA	SAANEN-MONTREUX 75KM AND 3'8000M+
 CROSSING RIVIERA	AROUND MONTREUX 32KM AND 2'100M+
 CROSSING FAMILY	ADULT-CHILD RELAY RACE OVER CROSSING RIVIERA
 CROSSING ROCKS	AROUND MONTREUX IN MUSIC 8 OR 15 KM

THE SWISS BACKBONE



- | | |
|-----------------------|-------------------|
| 1. VADUZ | 12. MEIRINGEN |
| 2. MELS | 13. GRINDELWALD |
| 3. WEISSTANNEN | 14. LAUTERBRUNNEN |
| 4. ELM-ÄMPÄCHLI | 15. BUNDALP |
| 5. LINTHAL | 16. KANDERSTEG |
| 6. GLATTALP | 17. ADELBODEN |
| 7. KLAUSEN PASS | 18. LENK |
| 8. ALTDORF | 19. TURBACH |
| 9. BLACKENALP | 20. ROUGEMONT |
| 10. ENGELBERG-TRÜBSEE | 21. ROSSINIÈRE |
| 11. TANNENSEE | 20. COL DE CHAUDE |

PROGRAMME

20
JULY



Montreux (Saussaz parking)
Departure shuttle bus to Vaduz : 9h

Vaduz
Bib distribution and control mandatory items: 14h - 18h

Pre-race briefing : 18h

Start Crossing Switzerland + Ekiden : 22h

22
JULY



Klausenpass : Last runner approx. at 11h00
Altdorf : Last runner approx. at 16h00
Blackenalp : Last runner approx. at 23h30

Tannensee : First runner approx. at 01h00

Meiringen : First runner approx. at 04h00

Grindelwald : First runner approx. at 09h00

Lauterbrunnen : First runner approx. at 14h00

Bundalp : First runner approx. at 19h30

Kandersteg : First runner approx. at 22h00

19
JULY



Montreux (Saussaz parking)
Departure shuttle bus to Vaduz : 12h

Vaduz
Bib distribution and control mandatory items:
18h - 20h

21
JULY



MELS : Runners until approx. 00h30

WEISSTANNEN : First runners approx. at 01h30
WEISSTANNEN : Last runner approx. at 06h00

ELM-ÄMPÄCHLI : First runners approx. at 05h00
ELM-ÄMPÄCHLI: Last runner approx. at 12h00

LINTHAL: First runner approx. at 07h30
LINTHAL: Last runner approx. at 19h00

KLAUSENPASS : First runner approx. at 13h00

ALTDORF: First runner approx. at 15h30

BLACKENALP : First runner approx. at 19h00

ENGELBERG: First runner approx. at 21h00

23
JULY

Engelberg : Last runner approx. at 04h00
Tannensee : Last runner approx. at 16h00
Meiringen : Last runner approx. at 21h00

Adelboden : First runner approx. at 1h00

Lenk : First runner approx. at 4h00

Turbach : First runner approx. at 07h00

Rougemont : First runner approx. at 10h00

Rossinière : First runner approx. at 13h30

First arrivals in Montreux in the late evening



26
JULY

Adelboden : Last runner approx. at 09h00

Lenk : Last runner approx. at 16h00

The bulk of the pack is between Lenk and Col de Chaude



Bib withdrawal for Crossing Alps in Lauterbrunnen (07h00 to 09h00)

Lauterbrunnen : Start Crossing Alps at 10h00



Bib withdrawal for Crossing Highlands in Lenk (17h00 - 19h00)



Bib withdrawal for Crossing Sarina in Saanen (17h00 - 20h00)

24
JULY

Grindelwald : Last runner approx. at 11h00

Lauterbrunnen : Last runner approx. at 21h00

The bulk of the pack is between Lauterbrunnen and Adelboden



25
JULY

Griesalp : Last runner approx. at 13h00

Kandersteg : Last runner approx. at 20h00

The bulk of the pack is between Kandersteg and Saanen



Bib withdrawal for Crossing Alps in Lauterbrunnen (17h00 - 20h00)

27
JULY



Rougemont : Last runner approx. at 10h00

Rossinière : Last runner approx. at 22h00

The bulk of the pack is between Rossinière and Montreux

First arrivals of Crossing Alps in Montreux from 8h00

Bib withdrawal for Crossing Highlands in Lenk (04h00 to 05h30)

Lenk : Start Crossing Highlands at 06h00

First arrivals of Crossing Highlands in Montreux from 18h00

Bib withdrawal for Crossing Sarina in Saanen (06h30 to 08h30)

Saanen : Start Crossing Sarina at 09h00

First arrivals of Crossing Sarina in Montreux from 16h00

Bib withdrawal for Crossing Rocks, Crossing Riviera/Family in Montreux (17h00 to 19h30)

Montreux : Start Crossing Rocks at 19h30

28
JULY



Montreux : Start Crossing Family at 08h45

Montreux : Start Crossing Riviera at 09h00

First arrivals of Crossing Riviera in Montreux from 12h00

14h00 Time limit for Crossing Switzerland, Crossing Alps and Crossing Highlands

Finishers ceremony from 14h00 + Podiums

WITHDRAWAL OF RACE NUMBERS

RACE	LOCATION	DAY	TIME
 CROSSING SWITZERLAND	VADUZ	FR 19/07	17h00 - 20h00
		SA 20/07	12h00 - 18h00
 CROSSING SWITZERLAND	VADUZ	FR 19/07	17h00 - 20h00
		SA 20/07	12h00 - 18h00
 CROSSING ALPS	LAUTERBRUNNEN	TH 25/07	17h00 - 20h00
		FR 26/07	07h00 - 09h00
 CROSSING HIGHLANDS	LENK	FR 26/07	17h00 - 20h00
		SA 27/07	04h00 - 05h30
 CROSSING SARINA	SAANEN	FR 26/07	17h00 - 20h00
		SA 27/07	06h30 - 08h30
 CROSSING RIVIERA	MONTREUX-CLARENS	SA 27/07	16h30 - 19h00
		SU 28/07	06h30 - 08h30
 CROSSING FAMILY	MONTREUX-CLARENS	SA 27/07	16h30 - 19h00
		SU 28/07	06h30 - 08h30
 CROSSING ROCKS <i>Freddie's Night</i>	MONTREUX-CLARENS	SA 27/07	16h30 - 19h00
 CROSSING KIDS	MONTREUX-CLARENS	SA 27/07	16h30 - 19h00
		SU 28/07	08h00 - 09h30



RULES, REGULATIONS

**& PRACTICAL
INFORMATION**

MANDATORY EQUIPMENT

BASIC KIT

ITEM	CROSSING SWITZERLAND	CROSSING SWITZERLAND	CROSSING ALPS	CROSSING HIGHLANDS	CROSSING SARINA	CROSSING RIVIERA	CROSSING ROCKS
Water reserve (minimum 1L)	✓	✓	✓	✓	✓		
Water reserve (minimum 0,5L)						✓	✓
Waterproof jacket (10'000 mm/h) with hood ¹	✓	✓	✓	✓	✓		
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-legged running trousers or tights (corsets + leggings accepted)	✓	✓	✓	✓	✓		
Long-sleeved warm clothing (cuffs accepted)	✓	✓	✓	✓	✓		
Mobile phone working in Switzerland and switched on	✓	✓	✓	✓	✓	✓	✓
Identity document	✓	✓	✓	✓	✓	✓	✓

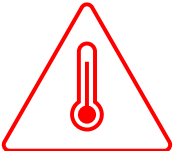


¹ The jacket must be made of a waterproof membrane (minimum recommended 10,000 Schmerber) and breathable (recommended RET less than 13).
If you choose to take poles, you must have them with you throughout the race or leave them at the base camp **(if any)**.



MANDATORY EQUIPMENT

WEATHER KIT

The weather at the end of July is very unpredictable, with frequent thunderstorms and significant changes in temperature. The organisers reserve the right to activate one of the 3 weather plans below and to require the associated equipment up to 8 hours before the start.

HEATWAVE KIT	COLD KIT	BAD WEATHER KIT
		
<ul style="list-style-type: none"> - Water reserve (min. 2 lt.) - Sunglasses - Sunscreen cream - Cap or bandana 	<ul style="list-style-type: none"> - warm jacket with a feather jacket hood - A waterproof overpants - Warm and waterproof gloves - Hat 	<ul style="list-style-type: none"> - Waterproof jacket (10'000 mm/h) with hood for all races - Long-sleeved warm clothing for all races

Whatever the weather, items such as sunglasses and sun cream, as well as gloves for longer runs, are highly recommended.

Foot care and blisters + K-tape are not provided by the organization. Please include this in your following bag.

In order to be prepared for any eventuality, we strongly advise all participants to arrive at the start with all their kit and to leave any kits that are not compulsory in their follower bag.

If you choose to take poles, you must have them with you throughout the race or leave them at the base camp (if any).



REFRESHMENT POSTS & SELF-SUFFICIENCY

Access to the aid stations will only be possible for runners presenting their race number.

Base Camps

There will be 5 base camps : **Linthal, Engelberg, Lauterbrunnen, Lenk** and **Rougemont**. 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.

For Crossing Alps and Crossing Highlands, the Base Camp is located in **Rougemont (+ Lenk for ALPS)**



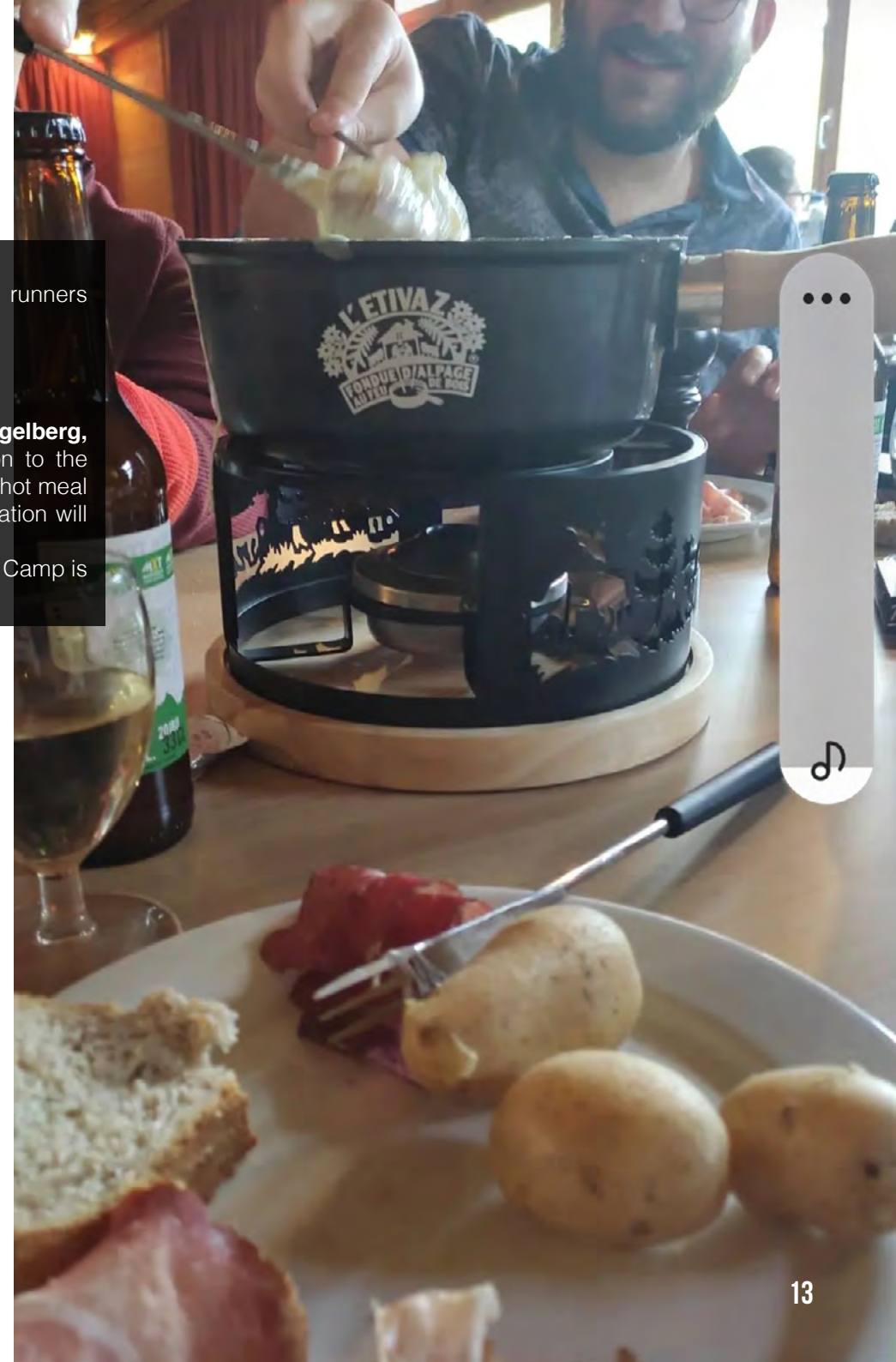
REFRESHMENTS

Standard refreshment posts will include the following base items*:

Liquids: Still and sparkling water, isotonic drinks, Coke, Coffee, Tea, Syrup, 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.



DROP & PERSONNAL BAGS

At the time of the distribution of the race numbers, each competitor will receive a 60L bag with the material necessary for the safe management of the race. This **CROSSING DROP BAG** will be transported by the organisation **from one base to the other**. It must also contain the heat and cold kits. We strongly advise to bring a **sleeping bag**. The competitor is obliged to collect his bag at the entrance of the base camp and to return it personally to the volunteers collecting the bags at the exit.

If the runner abandons the race, the bag will be transported to the finish in Montreux where it can be collected **on presentation of the race number**. The bags must be collected at the latest on **Sunday 28 July at 3 pm** at the Clarens Sport Center (salle omnisports du Pierrier). After this date, the bags will be «archived».

A **personal bag** can be left at the departure and will be transported to Montreux where it can be reclaimed after the race. This is possible for all races.

Bags with **items tied to the outside will not be carried**. It is recommended not to put fragile or valuable items in the bag. The organisation **takes no responsibility** for items **lost** or **damaged** during transport.

MAXIMUM ONE PERSONAL BAG
not provided by the organisation



MONTREUX

1 CROSSING DROP BAG FOR CROSSING SWITZERLAND

provided by the organisation



LINTHAL



ENGELBERG



LAUTERBRUNNEN



LENK



ROUGEMONT

1 CROSSING DROP BAG FOR CROSSING ALPS AND HIGHLANDS

provided by the organisation



LENK



ROUGEMONT



MARKING AND ORIENTATION



Approximately 80% of the Crossing Switzerland route follows the **Swiss-Hiking route no. 1**, the «Via Alpina». In this case, our «Red Crossing Flag» will be limited and the runners will follow the official «Green Number 1» signs as presented below. On top of it, for Crossing Switzerland, the GPX track is mandatory on smart watches.

1. The «Red Crossing Flag» - this is the official marking of all races



From Lauterbrunnen and around Montreux, the «Red Crossing Flag» (marking type nr 1) will be the default model

3. Confirmation marks - where there are no yellow or red-white signs, you will find marks on the ground or on trees to remind you that you are not lost for the night.



2. «Green Number 1» - no doubt you are on the Via Alpina here



4. Classic hiking sign - sometimes the number 1 is not added but in this case you have no alternative. No doubt your are on the right track.



SECURITY

Application Echo SoS

We ask each participant to download the EchoSoS application which will link you to the PC Course (the race headquarter).

Individual Insurance

We strongly recommend that each participant has individual insurance to cover the costs of search and evacuation in Switzerland. Helicopter repatriation 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.



Application Swiss Maps

We also ask participants to download the «swisstopo» map application, which will allow you to find your way in case of doubt.



ADVICE

Although they may seem obvious, it is important to remember some rules of behaviour on such an adventure:

Environment

The end of July is obviously a time for thunderstorms in the Alps, and it is not uncommon for temperatures to change abruptly during the day, especially with the significant differences in altitude that are proposed. Here are a few recommendations:

- Do not stop on high points (pass crossing, ridge...)
- If you have any doubts about your route, go back to the last waypoint, check your position or call the race headquarters (number printed on the start number)
- Stay on the paths
- Anticipate both cold and extreme heat. Don't wait until you are shivering or overheated to take the necessary measures.

Equipment

Don't hesitate to supplement the compulsory equipment with additional personal equipment that will allow you to be more serene. This can include blister plasters, energy gels or your favourite playlist... in Switzerland, music is not considered as doping, on the contrary.

Fatigue

The base camps are designed to allow runners to sleep if necessary and we recommend that you avoid isolating yourself on the course to rest. Always stay on the course. You should also be able to run at a slightly slower pace than you are able to in order to anticipate a difficult situation, such as a sudden change in weather conditions.

BIBS / CHIPS / GPS TRACKERS

BIBS

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.

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.

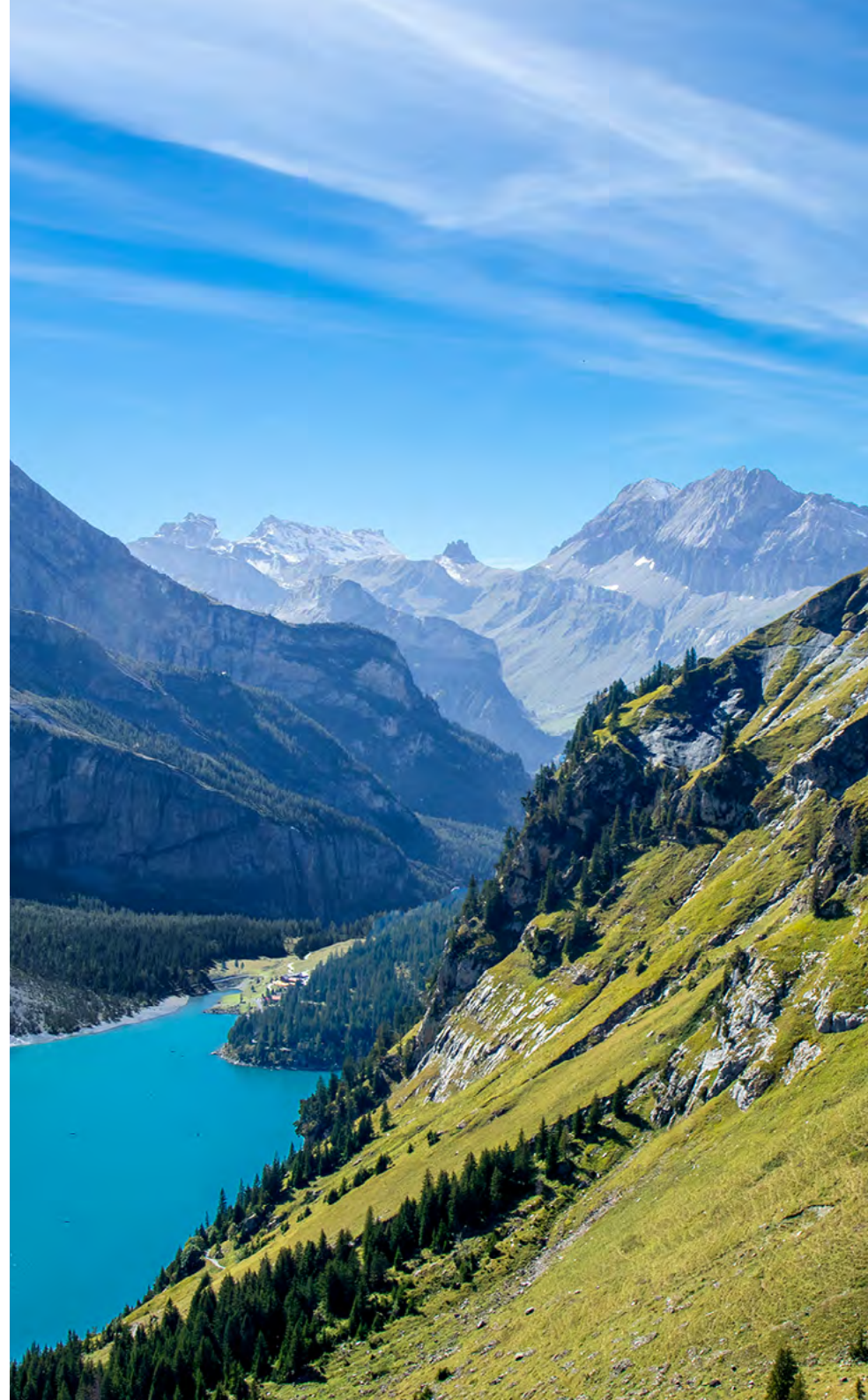
Another number will be provided for the bags.

GPS TRACKERS

For Crossing Switzerland only

Each runner is provided with a GPS tracker to be **attached to the outside of the backpack** and returned at the finish. A deposit of CHF 50.00 is required. It will not be refunded if the tracker is not returned. **Only a CHF 50.00 banknote is accepted or payments via the TWINT application.**

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



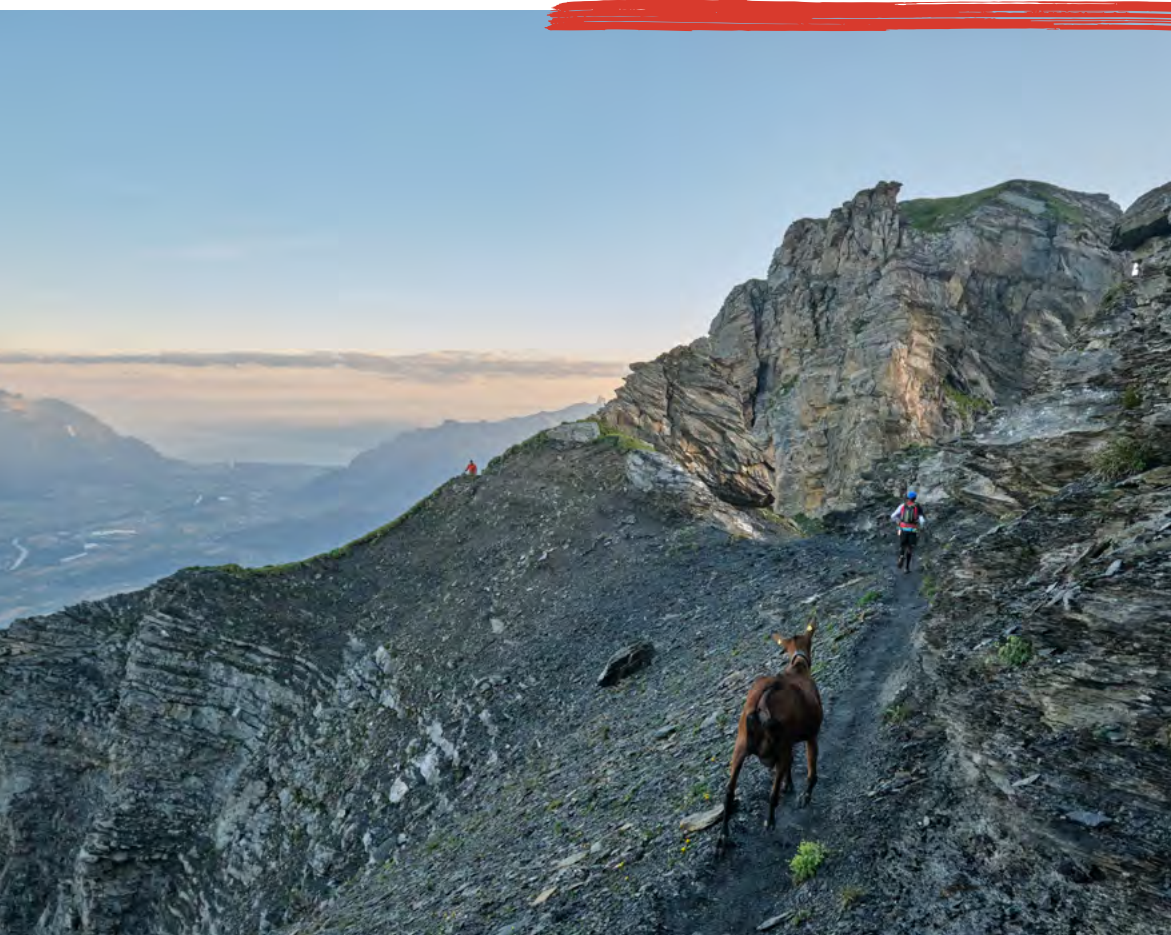
TIME LIMITS



184H MAX.

The time limits are calculated to allow participants to reach the finish within the maximum time limit, while making sufficient stops (rest, meal, etc.). To be allowed to continue the race, the competitor must enter the checkpoint before the set time limit. They will then have up to 6 hours (maximum) to rest and set off again.

Any competitor who has been excluded from the race and who wishes to continue the race can only do so after having returned his or her number, under his or her own responsibility and in complete autonomy.



ABANDONMENT / REPATRIATION

Except in the case of injury, a rider must not abandon the race other than at a checkpoint. In this case, the runner must **inform the person in charge of the checkpoint**, who will permanently invalidate his race number. The organisation being particularly sensitive to the aspect of sustainability, the runner will then receive on his mobile phone a public transport ticket allowing him to reach Montreux. Once the runner has withdrawn, it is of course possible to choose a personal repatriation.

Any person who has left the race before finishing it and without notifying the organisation will have to assume the possible search costs generated by his disappearance.

In the event of unfavourable weather conditions justifying the partial or total stopping of the race, the organisation will ensure the repatriation of the stopped runners as soon as possible, from the refreshment posts.

PLACE	KM	TIME LIMIT to arrive	TIME LIMIT to leave
LINTHAL	74	SUN 21/07 19H00	MON 22/07 01H00
ENGELBERG-TRÜBSEE	163	TUE 23/07 04H00	TUE 23/07 10H00
Meiringen	191	TUE 23/07 21H00	WED 24/07 03H00
LAUTERBRUNNEN	238	WED 24/07 21H00	THU 25/07 03H00
Kandersteg	275	THU 25/07 20H00	FRI 26/07 02H00
LENK	307	FRI 26/07 16H00	FRI 27/07 22H00
ROUGEMONT	338	SAT 27/07 10H00	SAT 27/07 16H00
Rossinière	352	SAT 27/07 22H00	SAT 27/07 22H30

TIME LIMITS



52H MAX.

PLACE	KM	TIME LIMIT to arrive	TIME LIMIT to leave
START: LAUTERBRUNNEN - FRIDAY 26/07, 10H00			
Kandersteg	37	FR 26/07 19H30	FR 26/07 20H00
LENK	69	SA 27/07 04H00	SA 27/07, 06H00
ROUGEMONT	123	SA 27/07, 21H00	SA 27/07, 23H00
Rossinière	137		SU 28/07, 03H00
Finish	170	SU 28/07, 14H00	



32H MAX.

PLACE	KM	TIME LIMIT to arrive	TIME LIMIT to leave
START: LENK - SATURDAY 27/07, 06H00			
Saanen	38	-	SA 27/07, 13H30
ROUGEMONT	64	SA 27/07, 21H00	SA 27/07, 23H00
Rossinière	79	-	SU 28/07, 03H00
Finish	112	SU 28/07, 14H00	-



24H MAX.

PLACE	KM	TIME LIMIT to arrive	TIME LIMIT to leave
START: SAANEN - SATURDAY 27/07, 09H00			
Grubenberg	13	-	SA 27/07, 13H00
ROUGEMONT	28	-	SA 27/07, 17H30
Rossinière	42	-	SA 28/07, 22H00
Finish	75	SU 28/07, 09H00	-

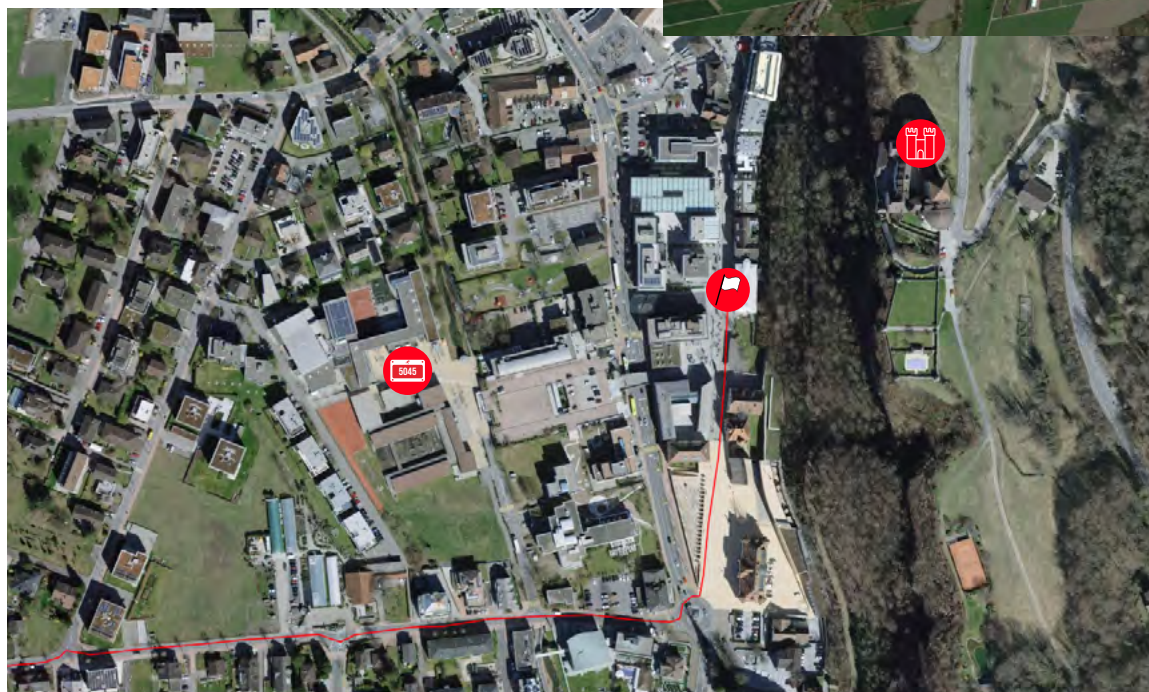


PLACE	KM	TIME LIMIT to arrive	TIME LIMIT to leave
START: MONTREUX - SUNDAY 28/07, 09H00			
Jaman Station	15	-	SU 28/07, 13H30
Finish	31	SU 28/07, 17H00	-



deadline for arrival : 12 am

START VADUZ



TRAIN STATION DE SCHAAN-VADUZ | 9494 SCHAAN | LIECHTENSTEIN

🚩 START LOCATION : LIECHTENSTEIN CENTER | STÄDTLE 39 | 9490 VADUZ

📄 BIBS / RESTING AREA : VADUZER-SAALE | GIESSENSTRASSE 7 | 9490 VADUZ

🏰 VADUZ CASTLE | BERGSTRASSE 2 | 9490 VADUZ | LIECHTENSTEIN

🏟️ RHEINPARK STADIUM | LETTSTRASSE 74 | VADUZ

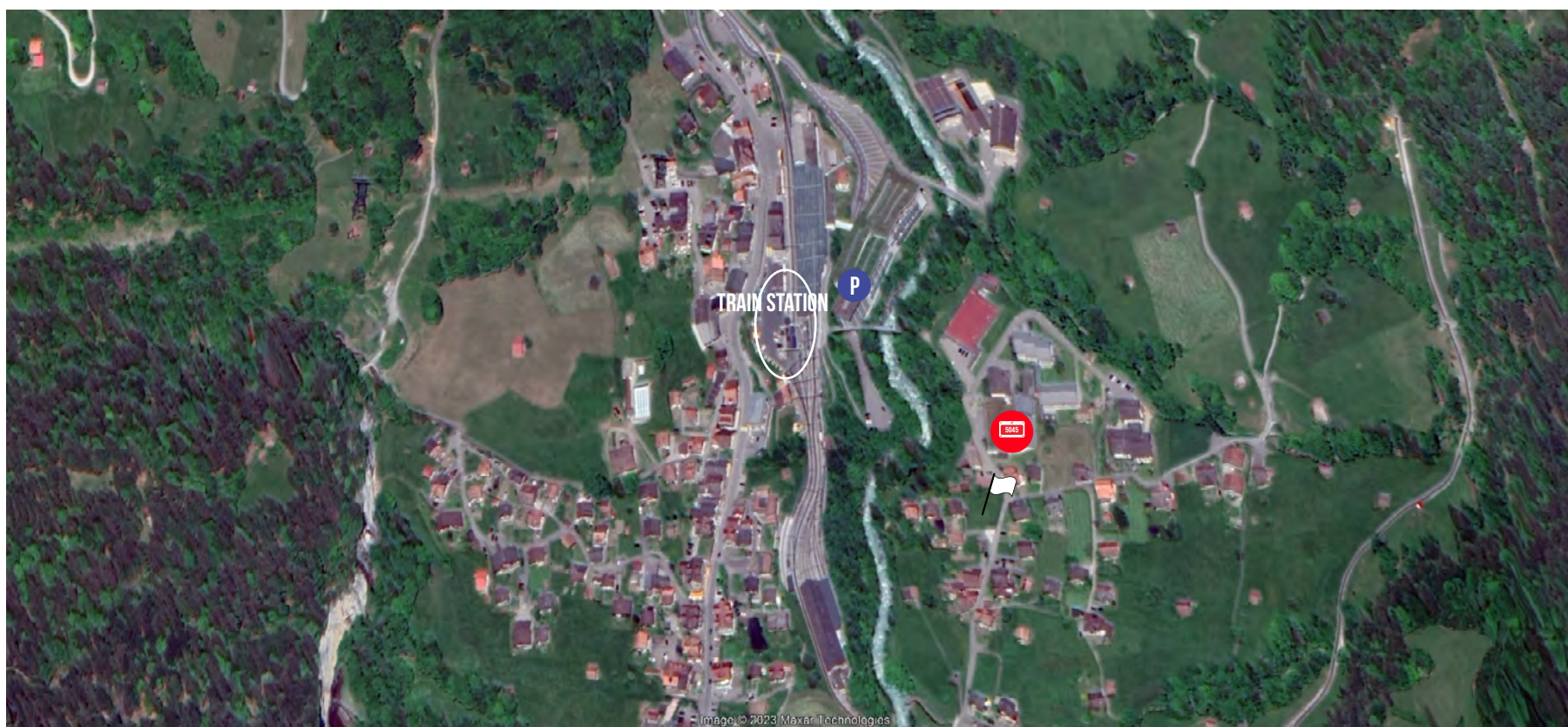
START

LAUTERBRUNNEN

 START LOCATION : SCHOOL | BEIM BRÜGLI | 3822 LAUTERBRUNNEN

 BIBS / RESTING AREA : SCHOOL | HOHSTEG 145B | 3822 LAUTERBRUNNEN

 PARKING | GÜTLI | 3822 LAUTERBRUNNEN



START

LENK

 START LOCATION : KUSPO | SIMMENDAMM 9 | 3775 LENK

 BIBS / RESTING AREA : KUSPO | SIMMENDAMM 9 | 3775 LENK

 PARKING (LONG-TERM): OBERRIEDSTRASSE 27 | 3775 LENK (METSCH)



START

SAANEN

 START LOCATION : DORFSTRASSE 58 | 3792 SAANEN

 BIBS / RESTING AREA : SCHOOL | SCHÜTZENBODEN | 3792 SAANEN

 PARKING | DORFSTRASSE 54 | 3792 SAANEN



ARRIVAL ZONE, MONTREUX

Participants arriving in Montreux will have the possibility to rest and shower at the Sport Center located about 100 meters from the finish.

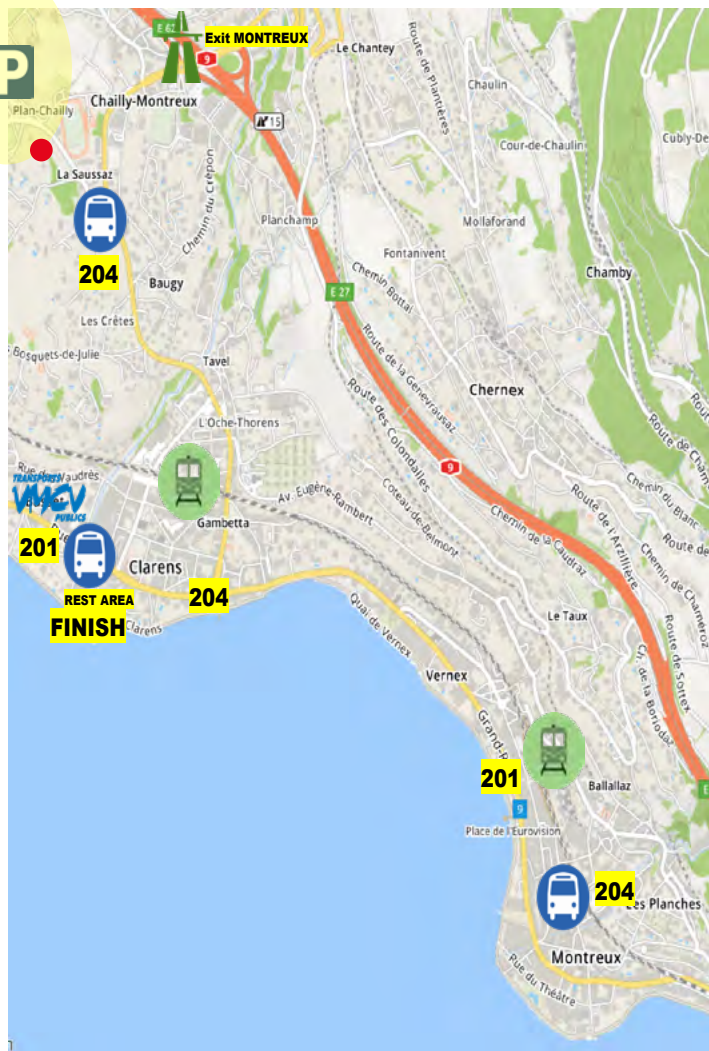
On top of ALL arrivals, the starts of Crossing Riviera, Crossing Family, Crossing Rocks 15, Crossing Rocks 8 and Crossing Kids will take place in Clarens Beach.

The arrival of all races is on the shores of Lake Geneva on Clarens Beach around 1.5km west of Montreux Center. You will be welcomed by our volunteers who will be able to give you all the necessary information. You will be able to rest about 100m from the finish line at the Sport Center (Salle Omnisport du Pierrier). The SBB station is a few minutes' walk away and public transport (VMCV) or the organisation's shuttle bus can take you back to your car if you have left it at our free car park (see chapter about parking).



ARRIVALS | RUE DU LAC 117 | 1815 MONTREUX

PARKING



MONTREUX (CHAILLY)

The car park in Montreux Stadium (Saussaz) is free of charge and will be the departure point for the shuttle bus to Vaduz.

It is located approximately 500 metres below the Montreux Highway exit (A9).

From the train station in Montreux you can use Bus 204 to stop «Chailly-Montreux, Saussaz» and then a short walk of 200m. to the car park at the Saussaz stadium

VADUZ

The parking of the Vaduz stadium is free during the weekend and costs only CHF 20.00 for one week. We recommend this car park (stadium) for anybody that want to leave the car in Vaduz during the event. If you want to park for a few hours, the city centre of Vaduz also has a large number of supervised car parks. These are only a few minutes walk from the start of the race. Please note that there is no shuttle bus service from Montreux back to Vaduz after the race.



● PARKING | RTE DE LA SAUSSAZ 24 | 1816 MONTREUX

● PARKING | LETTSTRASSE 74 | VADUZ

PARKING



● PARKING | TRONCHENAZ 22 | VILLENEUVE

VILLENEUVE

The car park in Villeneuve is free of charge and will be the departure point for the shuttle bus to Lauterbrunnen (CROSSING ALPS), Lenk (CROSSING HIGHLANDS) and Saanen (CROSSING SARINA). It is located near the Villeneuve A9 Highway Exit at Route de la Tronchenaz 22 in Villeneuve.

For Crossing Sarina, please note that the shuttle on Saturday morning will only start from the Montreux train station. The participants can use the bus (201) from Villeneuve to get to the station.

Also, the train station in Villeneuve is located around 15 minutes walk from the shuttle/parking location.



HOW TO GET TO THE START **IN VADUZ**

1) Two free shuttles will be available for the runners from the free car park in Villeneuve (10 min. in car from the finish in Montreux)

ATTENTION : Only runners registered [HERE](#) will be allowed to board the shuttles.

Friday 19 July at 12h00

Saturday 20 July at 09h00

2) By train to Sargans and then by bus to Vaduz (about 30 minutes with bus line 12). Between Sargans and Zürich, for example, it takes about 1 hour without changing trains.

www.cff.ch

<https://liemobil.li/de>

3) By car, the journey from Montreux takes about 3h15 via Bern and Zürich. As mentioned above, long-term parking is available in Vaduz. no return shuttle service is organised from Montreux to Vaduz.

When you finish in Montreux, it will be possible to return to the car park using the VMCV public transport line (bus no. 204 «*Clarens dépôt VMCV*» to «*Montreux Saussaz*»); your race number will serve as your ticket. Please note that the buses do not run between 0:30 and 5:30. During this time, we ask you to wait in the rest area located at the Clarens Sport Center. However, an organisation bus may be available at irregular times during this period (please check with our team).



● **BUS DIRECTION VADUZ | ROUTE DE LA SAUSSAZ 24 | 1816 MONTREUX**

HOW TO GET TO THE START **IN LAUTERBRUNNEN**



1) The shuttles will be available for the runners from the free car park in Villeneuve (10 min. in car from the finish in Montreux)

ATTENTION : Only runners registered [HERE](#) will be allowed to board the shuttles.

Friday 26 July at 06h00

2) By train, the Montreux - Lauterbrunnen journey takes either Bern via Lausanne (just over 3 hours) or the Lötschberg Tunnel (around 2 hours 45 minutes). In both cases, there are several connections.

www.cff.ch

3) By car, the journey from Montreux takes about 2h00 via Bern. You can park your car for 2 or 3 days (or more) at the Lauterbrunnen station car park. For 3 days, the charge is CHF 44.-

When you finish in Montreux, it will be possible to return to the car park using the VMCV public transport line (bus no. 201 «*Clarens dépôt VMCV*» to «*Montreux Escaliers de la Gare*» and «*Noville, Les Saviez*»); ; your race number will serve as your ticket. Please note that the buses do not run between 0:30 and 5:30. During this time, we ask you to wait in the rest area located at the Clarens Sport Center. However, an organisation bus may be available at irregular times during this period (please check with our team).



● **BUS DIRECTION LAUTERBRUNNEN | TRONCHENAZ 22 | VILLENEUVE**

● **PARKING | GÜTLI | LAUTERBRUNNEN**

HOW TO GET TO THE START IN LENK



1) The shuttles will be available for the runners from the free car park in Villeneuve (10 min. in car from the finish in Montreux)

ATTENTION : Only runners registered [HERE](#) will be allowed to board the shuttles.

Friday 26 July at 17H45

2) The MOB line, which runs between Montreux and the Bernese Oberland, takes you to Lenk via Zweisimmen (with a change of train) in around 2,5 hours.

www.cff.ch

3) By car, the journey from Montreux takes about 1h45 via Bulle and Jaunpass. There are several car parks available in the centre of Lenk, the largest of which is on Oberriedstrasse next to the tennis court.

When you finish in Montreux, it will be possible to return to the car park using the VMCV public transport line (bus no. 201 «*Clarens dépôt VMCV*» to «*Montreux Escaliers de la Gare*» and «*Noville, Les Saviez*»); ; your race number will serve as your ticket. Please note that the buses do not run between 0:30 and 5:30. During this time, we ask you to wait in the rest area located at the Clarens Sport Center. However, an organisation bus may be available at irregular times during this period (please check with our team).



● **BUS DIRECTION LENK | TRONCHENAZ 22 | VILLENEUVE**



● **PARKING (SHORT-TERM) | OBERRIEDSTRASSE | LENK**

HOW TO GET TO THE START IN SAANEN



EINWOHNERGEMEINDE
SAANEN



1) The shuttles will be available for the runners from both the Villeneuve free parking (see previous section) or Montreux Main train Station

ATTENTION : Only runners registered [HERE](#) will be allowed to board the shuttles.

Friday 26 July at 18H00 in Montreux Train Station (17H45 in Villeneuve)

Saturday 27 July at 05H38 (only in Montreux Train Station)

Saturday 27 July at 06H38 (only in Montreux Train Station)

2) The MOB line, which runs between Montreux and the Bernese Oberland, takes you to Saanen in around 1,5 hours.

www.cff.ch

3) By car, the journey from Montreux takes about 1h15 via Aigle and Château-d'Oex. Le Parkhaus Saanen (sousterrain) offre un stationnement situé directement au lieu de départ de la course.

When you finish in Montreux, it will be possible to return to the car park using the VMCV public transport line (bus no. 201 «Clarens dépôt VMCV» to «Montreux Escaliers de la Gare» and «Noville, Les Saviez»); your race number will serve as your ticket. Please note that the buses do not run between 0:30 and 5:30. During this time, we ask you to wait in the rest area located at the Clarens Sport Center. However, an organisation bus may be available at irregular times during this period (please check with our team).



● **BUS DIRECTION SAANEN | AV. DES ALPES 74 | MONTREUX (MAIN STATION)**



● **PARKING | DORFSTRASSE 6 | SAANEN**

ASSISTANCE DURING THE RACE

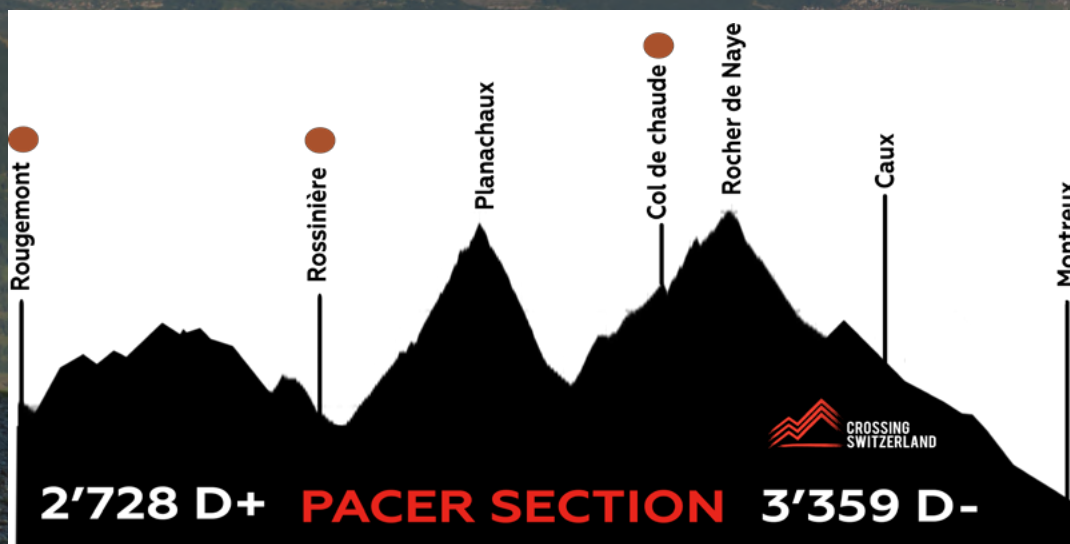
- Assistants are required to respect the rules or **the runner will be disqualified**.
- The person in charge of the refreshment post has the right to remove assistants who disturb the riders involved in the race or who do not respect the rules.
- Personal assistance is tolerated only and exclusively 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 riders; 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, a special «Pacer» section between Rougemont and the finish line in Montreux will be allowed for Crossing Switzerland only. (See chapter «Pacer» for more details)
- Assistants/chaperones are required to observe the traffic restrictions on the roads. A breach of this will result in the disqualification of the competitor.
- Assistance provided outside the base camps with the use of motorhomes, cars or any other means of transport is prohibited. Riders caught receiving assistance outside the authorised points will be disqualified.
- Professional assistance (team, professional coach) and medical or paramedical assistance are strictly forbidden.

PACER RULES

1. Runners can have one or more pacers at a time accompany them, starting from the Base camp in Rougemont (approx. 51 km) to the finish line in Montreux, but also start from Rossinière (36 km) and Col de Chaude (19 km).
2. The pacers can start at the following 3 points: Rougemont, Rossinière or Col de Chaude. **Accessible via the MOB railway line starting in Montreux.**
3. Each pacer must sign a release form at their start location (Rougemont, Rosinière, or Col de Chaude), at least 30 minutes before their runner arrives. This way the organisation will know who are 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. Pacers have to be human (no pets).
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.



MOB
 COMPAGNIE DU CHEMIN DE FER
 MONTREUX OBERLAND BERNOIS

PENALTIES

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

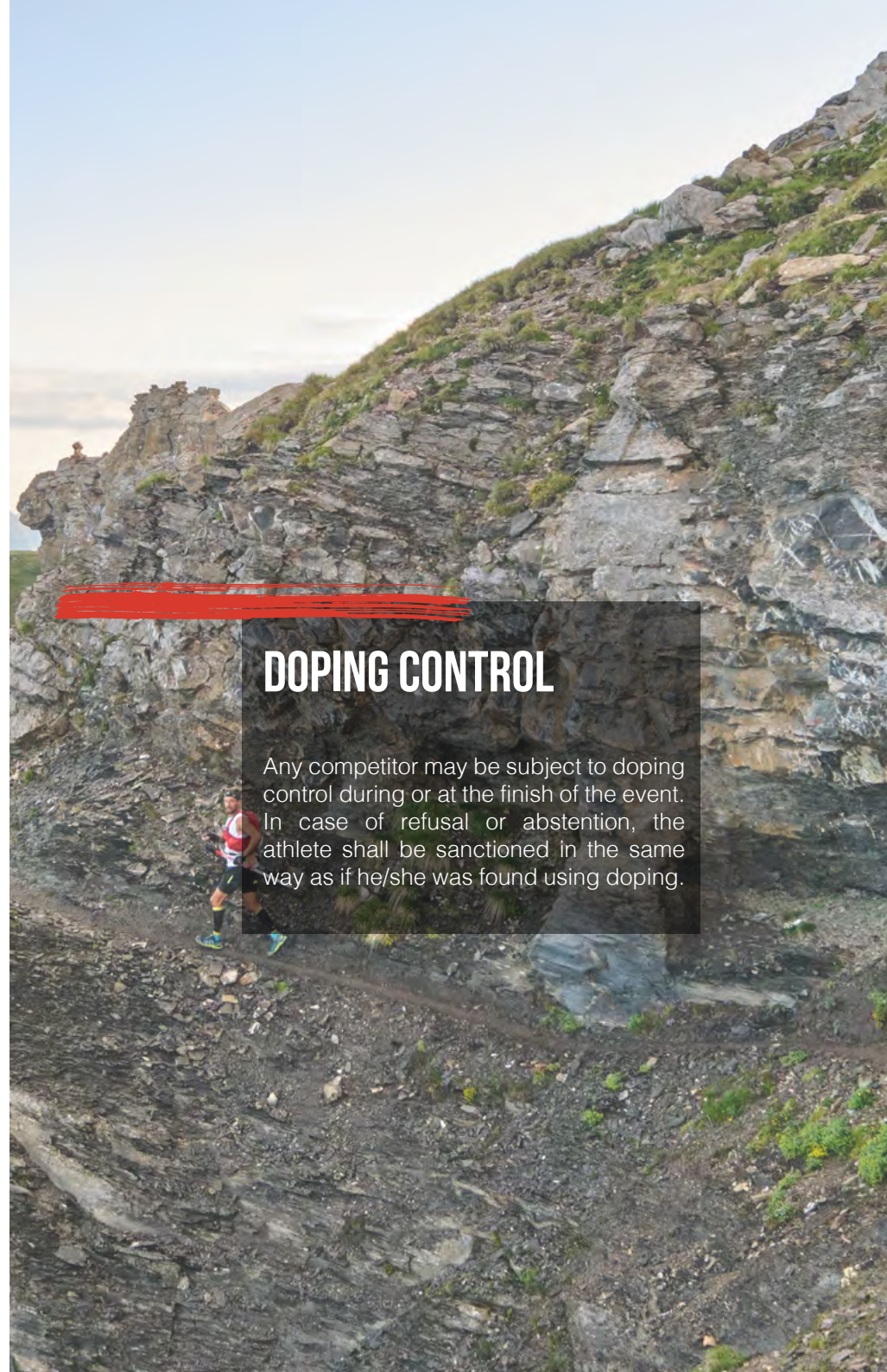
Any person wishing to make a complaint must do so in writing to the Race Committee at the finish.

It consists of:

- The race director
- The Vice President of the organisation
- The technical manager
- 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.

RACE PANEL



DOPING CONTROL

Any competitor may be subject to doping control during or at the finish of the event. In case of refusal or abstention, the athlete shall be sanctioned in the same way as if he/she was found using doping.

INSCRIPTION ANNULATION

Any person may, at the time of registration, subscribe to the cancellation guarantee, provided that payment is made by credit card via the Internet, the amount being added to the registration fee on the same payment. The purpose of the guarantee is to allow the reimbursement of the fees incurred for the registration to one of the two races in the case where a runner asks to cancel his registration due to one of the following events:

- An accident, serious illness or the death of the runner himself
- Serious illness requiring hospitalisation or death of the rider's spouse or common-law partner, ascendants or descendants within the first degree, within thirty days prior to the event. In the event of an accident or serious illness of the runner, a medical certificate must be provided attesting to the contraindication to participate in the race. Any other reason for cancellation must be justified by a certificate issued by the competent authority
- Pregnancy of the registered runner, or the birth of a child within 30 days before or after the race

All requests for refunds must be received, together with the medical certificate, within 10 days of the event. Requests will be processed within 3 months of the event

Requests for reimbursement should be sent to:

*Association Dénivelé Positif
Rte de Pierre-Ozaire 2B
CH-1073 Savigny
SUISSE*

If a runner is not able to participate, he/she is allowed to transfer his/her number to a person of his/her choice (modification possible until July 10th 2024, after this date no more modifications will be accepted).



If the regulations for sporting events prevent the race from being held in 2024, all entries will be postponed to 2025 without additional charge. If the regulations on leaving one's country of residence and/or entering Switzerland result in the inability to be present at the start of the race, the entry may also be postponed to the next edition

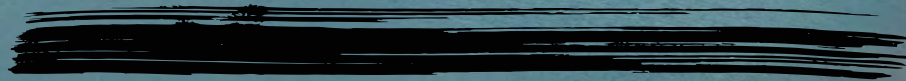


TRANSPORTS
VMCV
PUBLICS

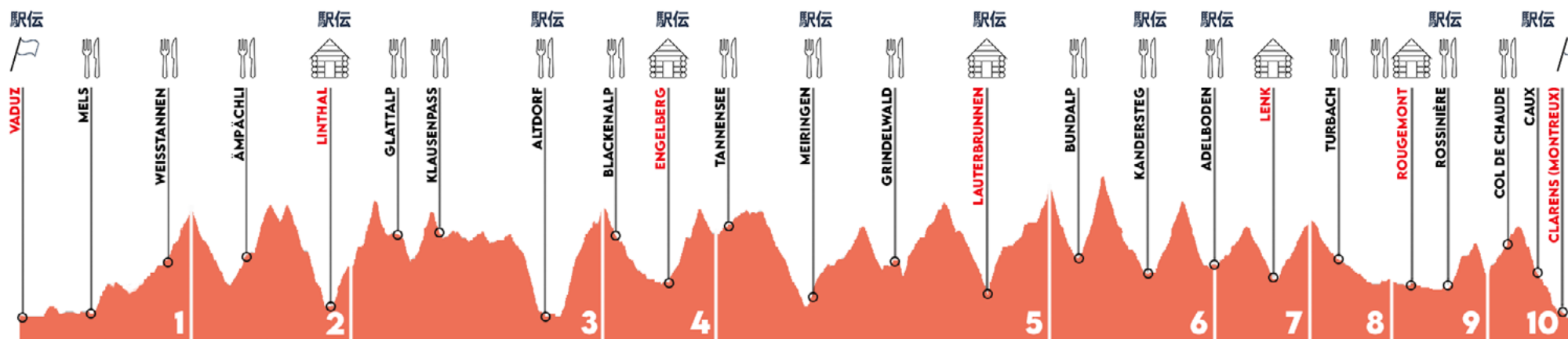


@vmcv.moments

THE RACE



RACE PROFILE



BASE CAMP



MAIN REFRESHMENT POST

馬伝 EKIDEN RELAY POINT

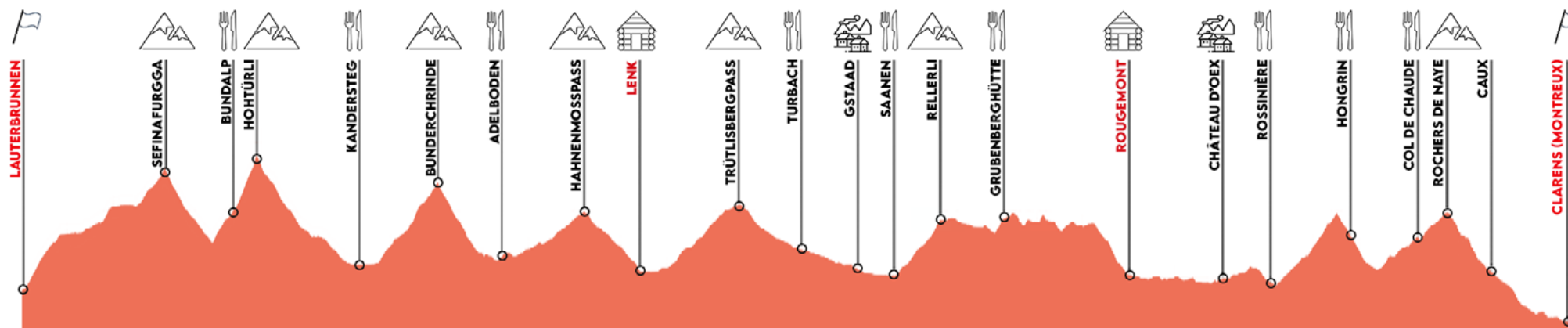


START / FINISH

JOURNEY LOG

Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
VADUZ	Start	460 m.	0	0	0	0	0	0	
MELS	Aid Station	492 m.	17,9	488	456	17,9	488	456	Stage 1 (solo)
WEISSTANNEN	Aid Station	1376 m.	36,7	1812	896	18,8	1324	440	
Foopass	Pass	2216 m.	42,6	2690	934	5,9	878	38	
Elm	Village	976 m.	52,1	2708	2192	9,5	18	1258	
ÄMPÄCHLI	Aid Station	1485 m.	55,9	3248	2223	3,8	540	31	
Richetlipass	Pass	2252 m.	67,1	4275	2483	11,2	1027	260	
LINTHAL	Base Camp	656 m.	77,1	4299	4103	10	24	1620	
Bärentritt	Pass	1833 m.	86,2	5527	4154	9,1	1228	51	Stage 2 (solo)
Furggele	Pass	2398 m.	88,3	6092	4154	2,1	565	0	
GLATTALP	Aid Station	1872 m.	94	6142	4730	5,7	50	576	
Balmer Grättli	Pass	2217 m.	103,9	7089	5332	9,9	947	602	
KLAUSEN	Aid Station	1833 m.	105,6	7089	5716	1,7	0	384	
ALTDORF	Aid Station	465 m.	127,1	7648	7643	21,5	559	1927	
Surenenpass	Pass	2286 m.	141,6	9575	7749	14,5	1927	106	Stage 3 (patrol)
BLACKENALP	Aid Station	1774 m.	144,7	9575	8261	3,1	0	512	
ENGELBERG-TRÜBSEE	Base Camp	1779 m.	163	10426	9107	18,3	851	846	
Jochpass	Pass	2210 m.	165,9	10873	9123	2,9	447	16	Stage 4 (solo)
TANNENSEE	Aid Station	1983 m.	172,9	11067	9544	7	194	421	
Balmeregghoren	Pass	2231 m.	177,3	11360	9589	4,4	293	45	
Planplatten	Pass	2230 m.	180,5	11519	9749	3,2	159	160	
MEIRINGEN	Aid Station	610 m.	191,9	11554	11404	11,4	35	1655	
Grosse Scheidegg	Pass	1958 m.	206,9	13020	11522	15	1466	118	
GRINDELWALD	Aid Station	1387 m.	214,9	13288	12361	8	268	839	Stage 5 (solo)
Eigergletscher	Pass	2330 m.	227,5	14726	12856	12,6	1438	495	
LAUTERBRUNNEN	Base Camp	799 m.	238,1	14767	14428	10,6	41	1572	
Sefinafurrga	Pass	2595 m.	254,1	16665	14530	16	1898	102	Stage 6 (solo)
Obere Dürreberg	Alp	2000 m.	256,4	16665	15125	2,3	0	595	
BUNDALP	Aid Station	1843 m.	261	17016	15633	4,6	351	508	
KANDERSTEG	Aid Station	1175 m.	275,5	18004	17289	14,5	988	1656	
Bunderchrinde	Pass	2372 m.	284,9	19216	17304	9,4	1212	15	
ADELBODEN	Aid Station	1329 m.	292,3	19334	18465	7,4	118	1161	
Hahnenmosspass	Pass	1944 m.	301	20033	18549	8,7	699	84	Stage 7 (Patrol)
LENK	Base Camp	1064 m.	307,4	20056	19452	6,4	23	903	
Trütlibergpass	Pass	2034 m.	317	21061	19487	9,6	1005	35	
TURBACH	Aid Station	1549 m.	321,5	21075	19986	4,5	14	499	
ROUGEMONT	Base Camp	1005 m.	338,2	21253	20708	16,7	178	722	
ROSSINIÈRE	Aid Station	925 m.	353,1	21707	21242	14,9	454	534	
Solomont	Pass	1602 m.	362	22650	21508	8,9	943	266	Stage 9 (solo)
CHAUDE	Aid Station	1578 m.	370,5	23247	22129	8,5	597	621	
Rochers de Naye	Pass	1971 m.	373,6	23691	22180	3,1	444	51	Stage 10 (Patrol)
Haut-de-Caux	Village	1155 m.	380,6	23736	23041	7	45	861	
Montreux-Clarens	Finish	374 m.	391	23855	23941	10,4	119	900	

RACE PROFILE



BASE CAMP



MAIN REFRESHMENT POST

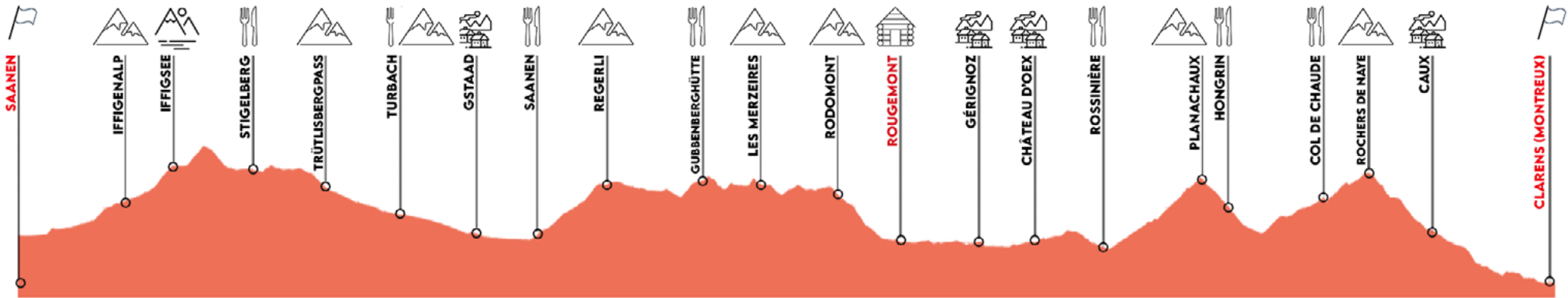


PASS



START / FINISH

RACE PROFILE



BASE CAMP



MAIN REFRESHMENT POST



START / FINISH

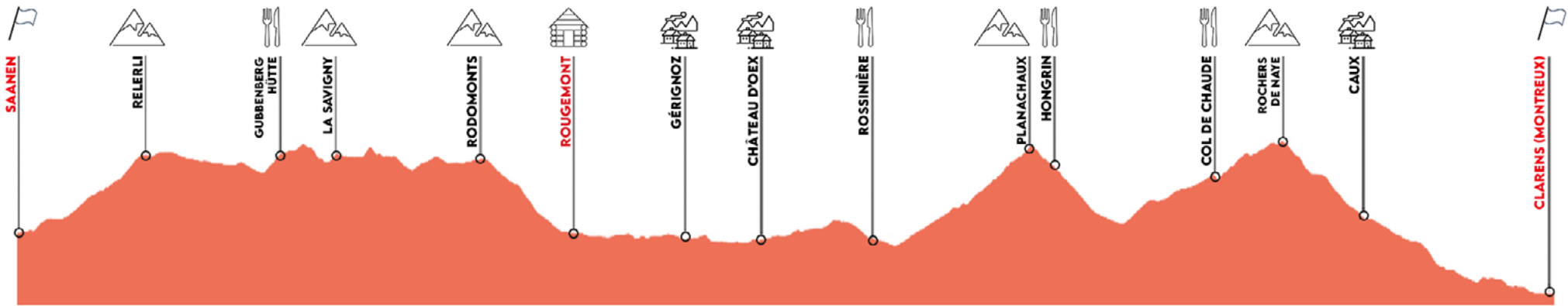


PASS



OTHER LOCATION

RACE PROFILE



BASE CAMP



MAIN REFRESHMENT POST



START / FINISH

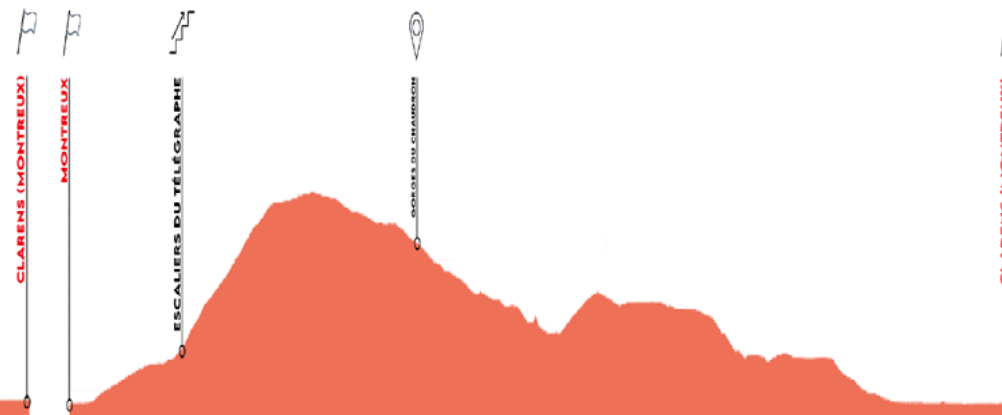
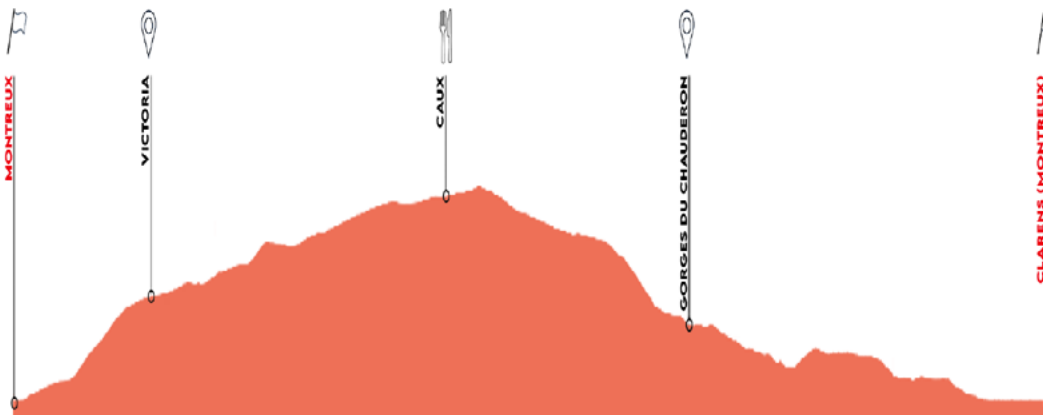
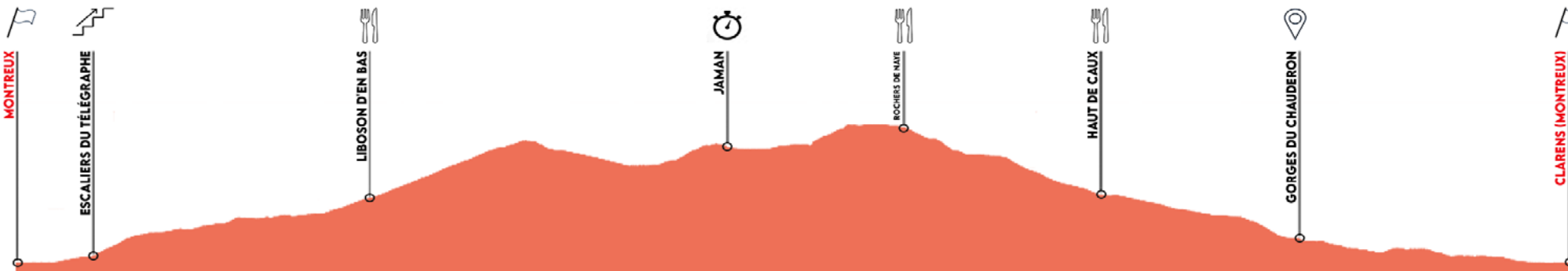


PASS



OTHER LOCATION

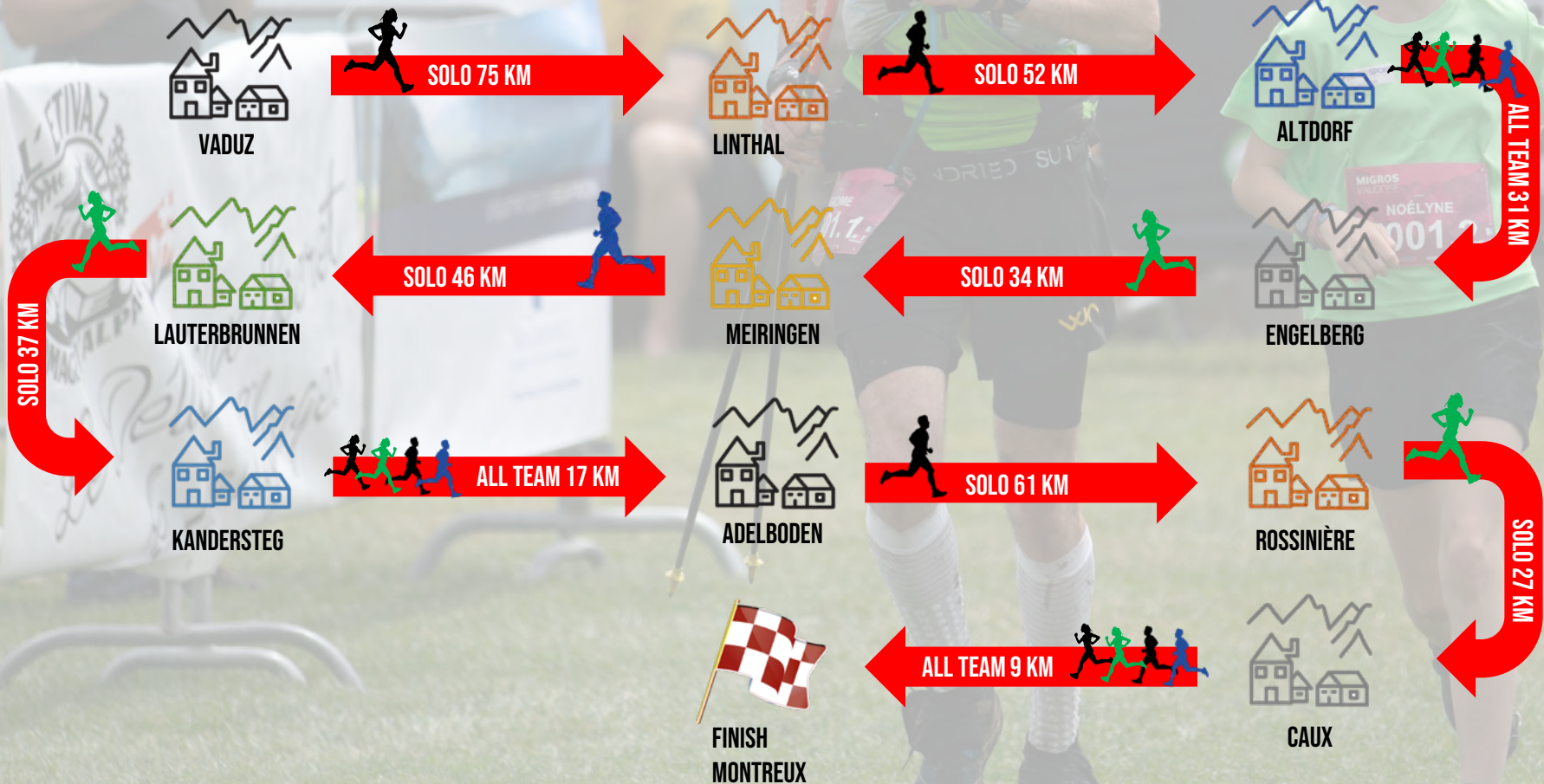
RACE PROFILE



EKIDEN / RELAY

The Ekiden is a relay race of Japanese origin, created in 1917. Here are some of the rules governing this team format :

- 3, 4 or 5 runners per team
- 7 solo sections and 3 in patrol (entire team)
- between each stage, a 1-hour neutralisation for the entire team has to be considered
- the choice of runner is communicated to the race marshal at the start of the relay.
- the whole team will run together for the first kilometre from Vaduz until they cross the Swiss border.
- transport between stages is the responsibility of the teams, with the exception of patrol stages where one of the ekiden members may receive a transport package to collect the team vehicle (Engelberg to Altdorf and Adelboden to Kandersteg)



LIECHTENSTEIN & MELS

SECTION 1

SUMMARY OF THE SECTION

The start at the foot of the castle of the princely family of Liechtenstein will mark the beginning of a 390 km adventure. The runners will quickly leave the small principality by crossing the Rhine after less than 2 kilometres. A relatively

easy section will lead the peloton to the castle of Sargans. Shortly afterwards, in Mels and a first aid station, the serious stuff will start in the direction of the Weisstannen valley before reaching the first foothills of Foopass, place of the second short stop.

VADUZ

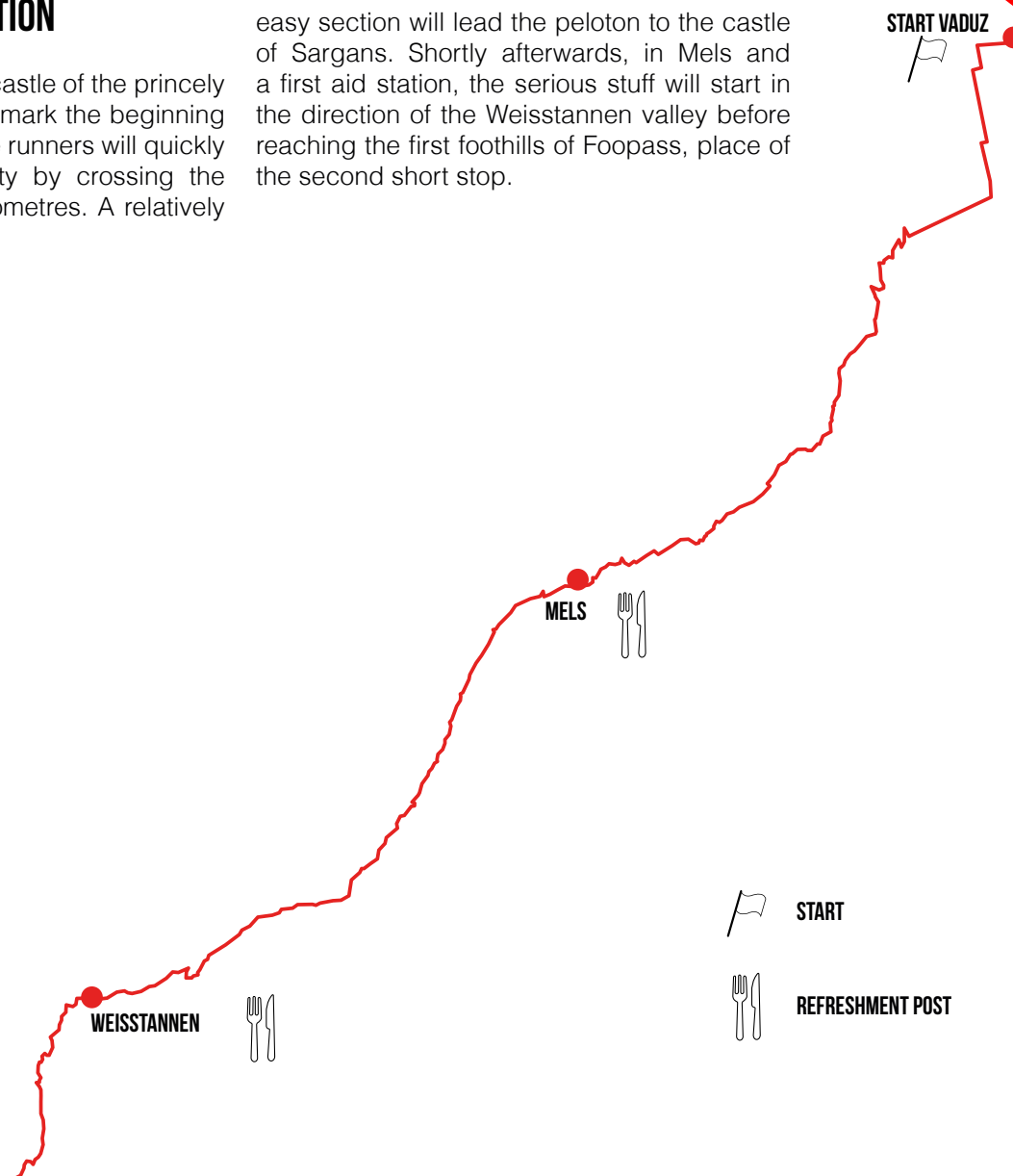
Vaduz, the capital of one of the smallest states in the world (160 km²), surrounded by the Rhine and the mountains, will host the main start of Crossing Switzerland in the heart of the city. The runners will quickly leave the principality by crossing the Rhine on the old wooden bridge.

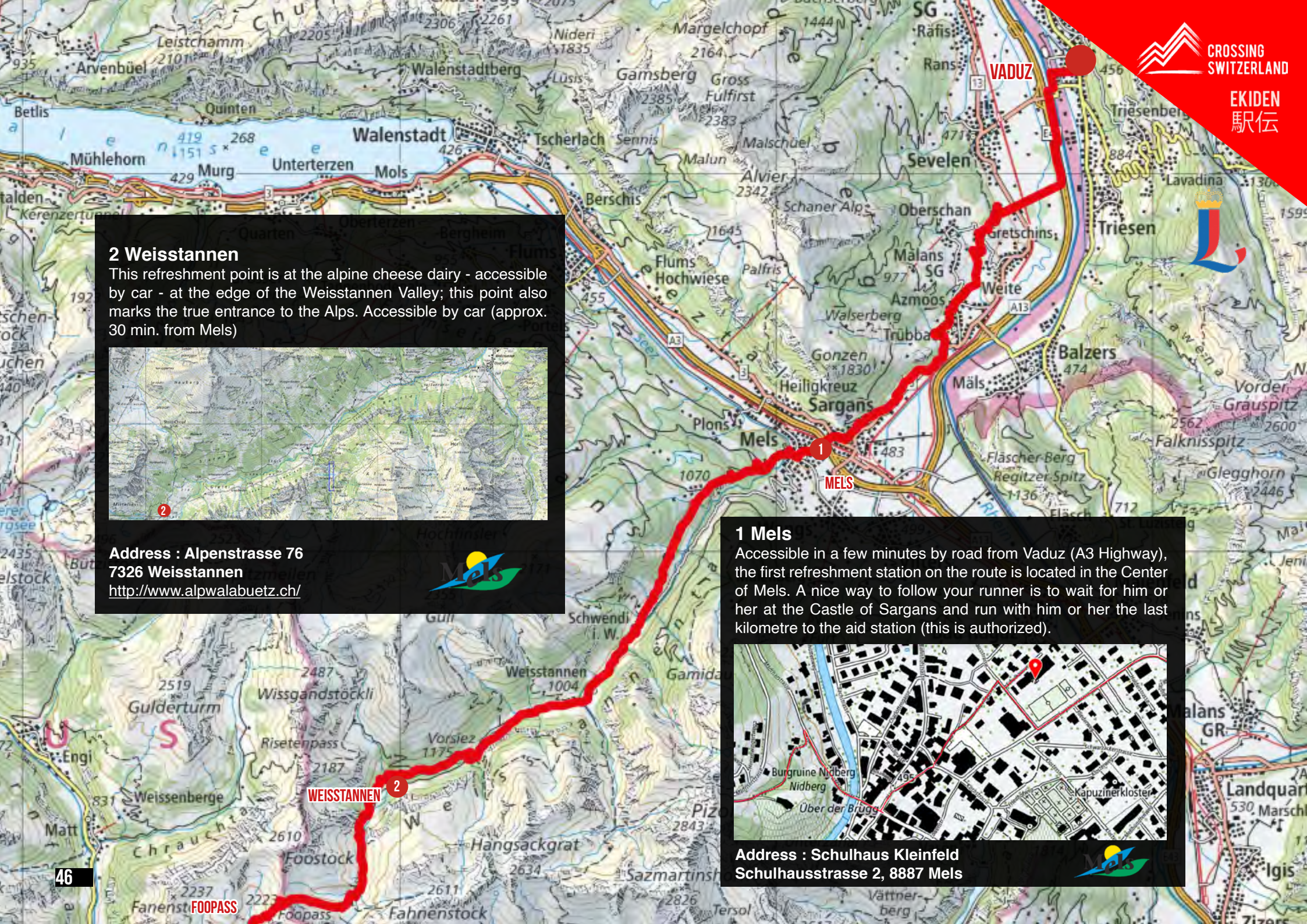
MELS

Mels is practically linked to its medieval neighbour Sargans and represents a hub of communication, an economic and cultural centre of the region. It is the gateway to the Alps in the heart of the Rhine Valley, opposite the Principality of Liechtenstein. The riders will cross the city before entering the real heart of the matter on the first alpine trails.

WEISSTANNEN

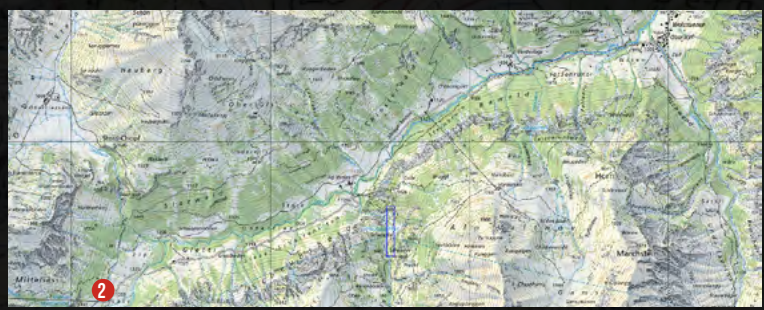
A narrow mountain road winds its way through the high pine forest into the quiet and secluded Weisstannen valley. Here, there is no hustle and bustle, no pass-through traffic, but idyllic nature in abundance, the roaring Seez, alpine meadows and a paradise for hiking and trail running.





2 Weisstannen

This refreshment point is at the alpine cheese dairy - accessible by car - at the edge of the Weisstannen Valley; this point also marks the true entrance to the Alps. Accessible by car (approx. 30 min. from Mels)

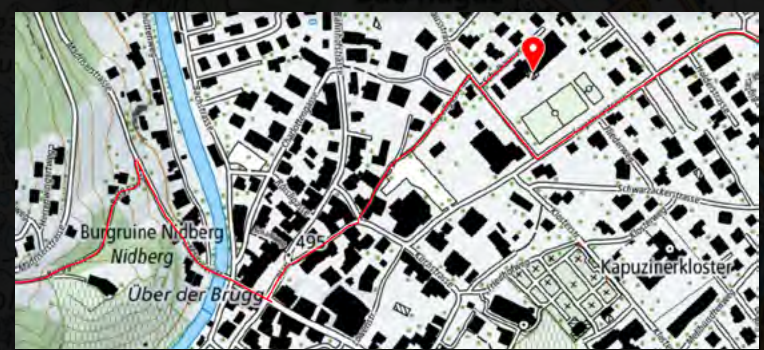


Address : Alpenstrasse 76
7326 Weisstannen
<http://www.alpwalabuetz.ch/>



1 Mels

Accessible in a few minutes by road from Vaduz (A3 Highway), the first refreshment station on the route is located in the Center of Mels. A nice way to follow your runner is to wait for him or her at the Castle of Sargans and run with him or her the last kilometre to the aid station (this is authorized).



Address : Schulhaus Kleinfeld
Schulhausstrasse 2, 8887 Mels



VADUZ



The capital of the Principality of Liechtenstein is located on the eastern bank of the Rhine at the foot of the impressive Drei-Schwestern massif (The Three Sisters).

Cycling, mountain biking and hiking trails connect Vaduz with its neighbouring municipalities as well as with Austria and Switzerland. The lively little town, dominated by the famous Vaduz Castle, the seat of the princely family, offers a wide range of restaurants and shops, all within a short distance. Gastronomy, art and culture as well as, of course, numerous shopping possibilities are to be discovered in the centre of Vaduz. From a sporting point of view, the nearby recreation areas, a forest discovery trail or cycling and walking tours will fulfil every wish.

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Hôtels:

www.tourismus.li/hotels

Restaurants:

www.erlebevaduz.li/gastronomie-1/essen-und-trinken

Tourism office :

Lichtenstein Center with personal advice for guests and shop with local products. Open daily from 9 am to 5 pm at Städtle 32 in Vaduz.

Activities:

Hiking - Liechtenstein has the most extensive network of hiking trails in Europe. In summer and autumn, hiking is one of the favourite hobbies of Liechtensteiners, but visitors to our country also enjoy the network of over 400 kilometres of paths.

www.tourismus.li/wanderbar

Mountain biking, bicycle touring - various routes in the lowlands and mountains await all guests. The highest objectives are at an altitude of 2100 metres. The valley region offers cyclists idyllic routes throughout the country.

www.tourismus.li/bike

Summer experience - climbing in a garden, fishing, swimming, golf or paragliding. There is certainly something for Liechtensteiners and visitors alike. The Principality of Liechtenstein offers a multitude of possibilities for excursions and experiences.

www.tourismus.li/sommer

Princely moments - Our tips for discovering the Principality of Vaduz in different ways: Visit the art museum with the Hilti Art Foundation and the SchatzKammer, a glimpse behind the castle walls at the Fürstenkino, a ride on the CityTrain and finally, wine tasting at the Fürstliche Hofkellerei.

www.tourismus.li/fuerstlichemomente



© Christoph Schoech / Liechtenstein Marketing

TABLE OF PASSAGES FROM START TO BASE CAMP 1

Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
VADUZ	Start	460 m.	0	0	0	0	0	0	Stage 1 (solo)
Gretschins	Village	612 m.	7,8	219	67	7,8	219	67	
Azmoos	Village	484 m.	10	229	205	2,2	10	138	
Sargans	Village	532 m.	16,5	479	407	6,5	250	202	
MELS	Aid Station	492 m.	17,9	488	456	1,4	9	49	
WEISSTANNEN	Aid Station	1376 m.	36,7	1812	896	18,8	1324	440	
Foopass	Pass	2216 m.	42,6	2690	934	5,9	878	38	
Elm	Village	976 m.	52,1	2708	2192	9,5	18	1258	
ÄMPÄCHLI	Aid Station	1485 m.	55,9	3248	2223	3,8	540	31	
Richetlipass	Pass	2252 m.	67,1	4275	2483	11,2	1027	260	
LINTHAL	Base Camp	656 m.	77,1	4299	4103	10	24	1620	

GLARNERLAND

SECTION 2

SUMMARY OF THE SECTION

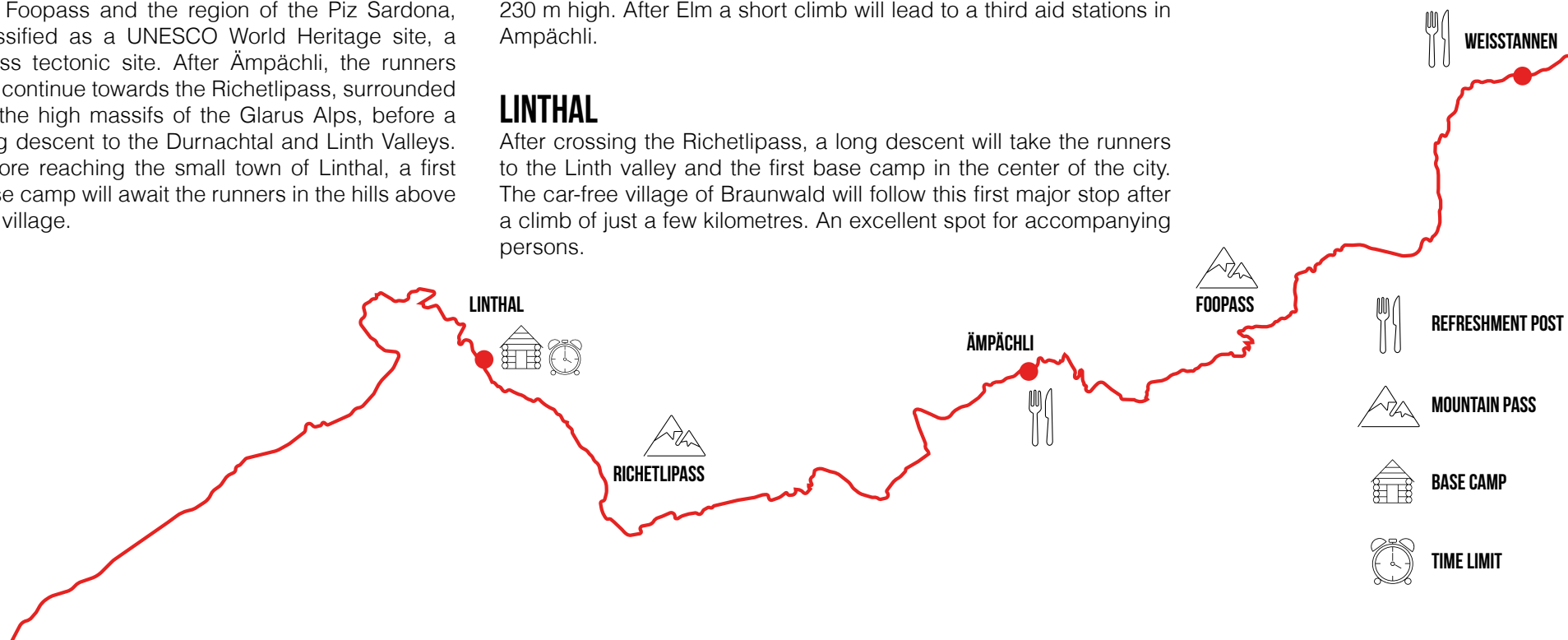
This second section will introduce you to the beautiful but little known Glarus Alps. In particular, a first incursion at more than 2'000 meters at the Foopass and the region of the Piz Sardona, classified as a UNESCO World Heritage site, a Swiss tectonic site. After Ämpächli, the runners will continue towards the Richetlipass, surrounded by the high massifs of the Glarus Alps, before a long descent to the Durnachtal and Linth Valleys. Before reaching the small town of Linthal, a first base camp will await the runners in the hills above the village.

ELM - ÄMPÄCHLI

After 50 kilometres, the village of Elm is nestled at the bottom of the Sernf valley, which the runners will reach after the descent of the Foopass, the first pass at 2'223 metres. This very wild section will offer several views on beautiful waterfalls, notably the Isengrindfall, 230 m high. After Elm a short climb will lead to a third aid stations in Ampächli.

LINTHAL

After crossing the Richetlipass, a long descent will take the runners to the Linth valley and the first base camp in the center of the city. The car-free village of Braunwald will follow this first major stop after a climb of just a few kilometres. An excellent spot for accompanying persons.

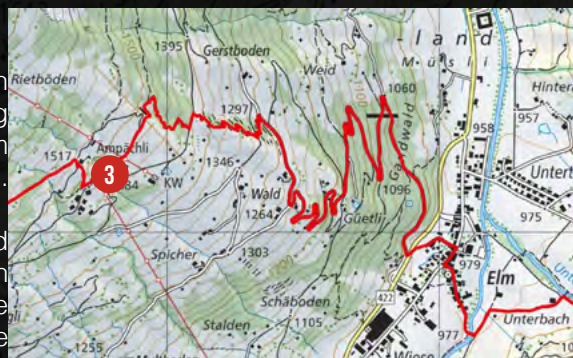


3 Elm / Ämpächli

Located at the end of the Sernf Valley, visitors can reach the village via the A3 motorway and drive along the Walenstadt Lake into the Glarus region. From Weisstannen, it takes about 1.15 hours by car to reach Elm.

Around the church there are many beautiful listed buildings. The village, with its imposing wooden buildings, has been awarded a Council of Europe prize and the Wakker Prize. It is also the birthplace of the most successful Swiss Olympic skier, Vreni Schneider.

The refreshment station is 500 metres higher up at Ampächli, in the mountain restaurant. This can be reached during the day by cable car from Elm.



Address : **Bergrestaurant Ämpächli**



4 Linthal

The first base camp is in Linthal, on the banks of the River Linth, which rises in the municipality. Alternatively you can also take the opportunity to meet your runner in the Braunwald resort.

The car-free summer and winter resort is situated on a sunny plateau in the Glarus hinterland and is accessible by funicular from Linthal (7 min.). The panoramic view is dominated to the south by the glacier of Mount Tödi, the highest peak in the Glarus Alps.



Address : **Schulhausstrasse 8b, 8783 Linthal**

Glarnerland

TABLE OF PASSAGES FROM BASE CAMP 1 TO BASE CAMP 2

Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
LINTHAL	Base Camp	656 m.	77,1	4299	4103	0	0	0	Stage 2 (solo)
Braunwald	Village	1189 m.	81	4844	4115	3,9	545	12	
Bärentritt	Pass	1833 m.	86,2	5527	4154	5,2	683	39	
Furggele	Pass	2398 m.	88,3	6092	4154	2,1	565	0	
GLATTALP	Aid Station	1872 m.	94	6142	4730	5,7	50	576	
Balmer Grätli	Pass	2217 m.	103,9	7089	5332	9,9	947	602	
KLAUSEN	Aid Station	1833 m.	105,6	7089	5716	1,7	0	384	
Spiringen	Village	957 m.	117,5	7306	6809	11,9	217	1093	
Bürglen	Village	568 m.	123,9	7473	7365	6,4	167	556	
ALTDORF	Aid Station	465 m.	127,1	7648	7643	3,2	175	278	
Attinghausen	Village	460 m.	130,6	7682	7682	3,5	34	39	Stage 3 (patrol)
Brüsti	Village	1528 m.	135,6	8750	7682	5	1068	0	
Surenenpass	Pass	2286 m.	141,6	9575	7749	6	825	67	
BLACKENALP	Aid Station	1774 m.	144,7	9575	8261	3,1	0	512	
Engelberg	Village	1003 m.	157,8	9628	9085	13,1	53	824	
ENGELBERG-TRÜBSEE	Base Camp	1779 m.	163	10426	9107	5,2	798	22	

WALDSTÄTTEN

SECTION 3

SUMMARY OF THE SECTION

Shortly after Braunwald, the runners will enter in the Waldstätten Region Schwyz and Uri, home of William Tell and the heart of the birth of Switzerland. First, the runners will visit the coldest place in Switzerland with -52° in 1991, Glattalp. Fortunately, it was winter... Then, the beautiful

Klausen Pass will accompany the participants to the capital of the canton, only a few steps away from the magnificent Lake Lucerne, which can be admired by ... the companions. And, shall we already tell you about the 1'800 meters of positive difference in altitude that will follow the 5th refreshment post in Altdorf to the Surenenpass?

GLATTALP

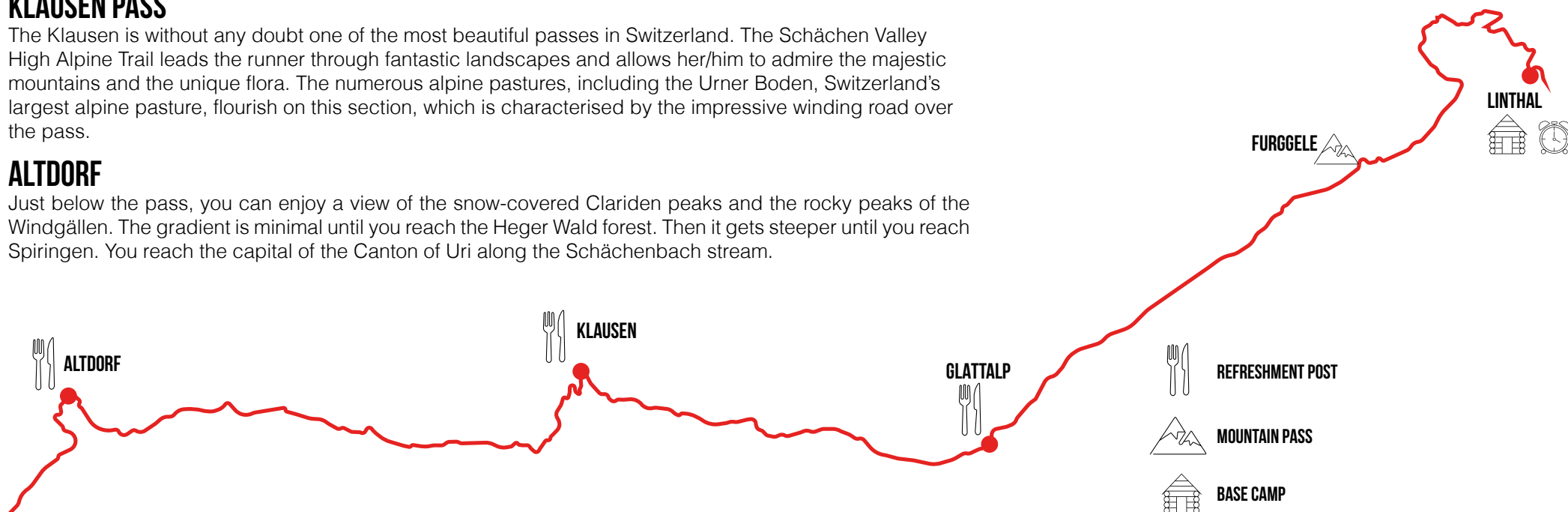
After Braunwald, the runner will head to the Glattalp lake in the canton of Schwyz via the Furggele pass. A light refreshment will await after the lake before the ascent of the Balmer Grätli.

KLAUSEN PASS

The Klausen is without any doubt one of the most beautiful passes in Switzerland. The Schächen Valley High Alpine Trail leads the runner through fantastic landscapes and allows her/him to admire the majestic mountains and the unique flora. The numerous alpine pastures, including the Urner Boden, Switzerland's largest alpine pasture, flourish on this section, which is characterised by the impressive winding road over the pass.

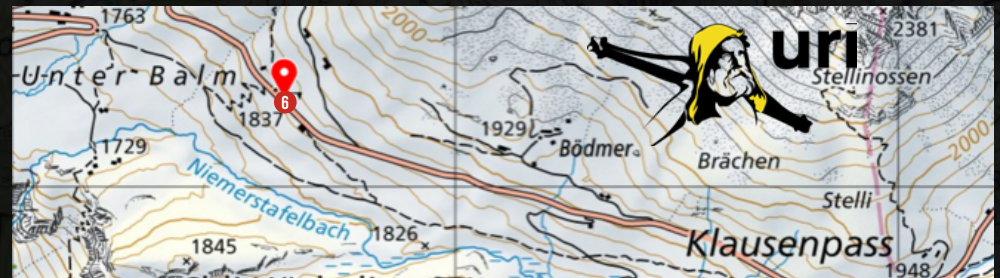
ALTDORF

Just below the pass, you can enjoy a view of the snow-covered Clariden peaks and the rocky peaks of the Windgällen. The gradient is minimal until you reach the Heger Wald forest. Then it gets steeper until you reach Spiringen. You reach the capital of the Canton of Uri along the Schächenbach stream.



6 Klausen

Probably the easiest section to follow as the Crossing Switzerland trail closely follows the pass road that starts in Linthal where you will probably have left your vehicle.



Adress: Hotel Klausenpass - Klausenstrasse 91, 6465 Unterschächen

5 Glattalp

Getting to Glattalp is a bit of a hassle, but a cable car from Tröli (Muotatal) will take you to the summit in 30 minutes. You can also stop off at Stoos, with the steepest funicular in the world and probably the most spectacular view in the country.

Address : Berggasthaus Glattalp
<https://glattalp.ch/en/inns/>

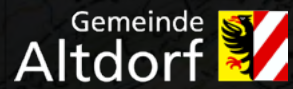


7 Altdorf

Located at the end of the Klausen Pass, Altdorf, the capital of the canton of Uri, is famous for its statue of the Swiss hero par excellence (no, we're not talking about Roger Federer...), William Tell, whose legend says that he was born in Bürglen, a village that the runners have passed just before arriving in Altdorf. Here we are in the heart of the so-called «primitive Switzerland» («Urschweiz»), that of the Waldstätten who founded Switzerland in 1291. A little history doesn't hurt to stretch the legs.



Address : Winkel – Marktgasse, 6460 Altdorf



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TITLIS

SECTION 4

SUMMARY OF THE SECTION

Arriving at the Surenen pass at an altitude of 2,292 metres, the runners will head for the Backenalp mountain pasture before descending towards Engelberg and then climbing 700D+ to the Trübsee and its translucent waters for a 2nd base camp at

the foot of the Titlis.

After a well-deserved rest, the climb will take the survivors to the Jochpass. And if you enjoyed the first Trübsee lake, you'll be pleased with the Engtlensee section and the next refreshment point at Tannensee in the canton of Obwalden.

BLACKENALP

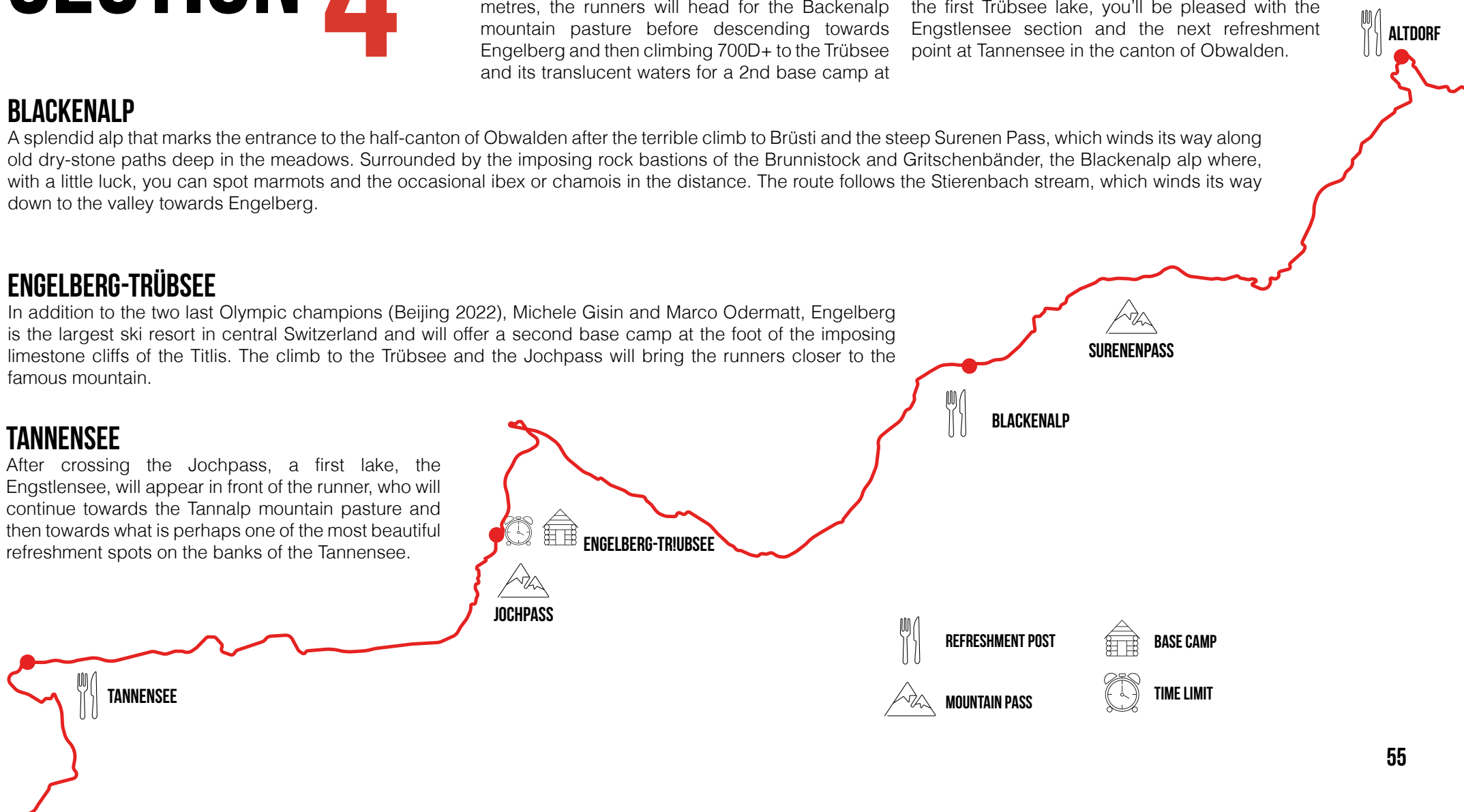
A splendid alp that marks the entrance to the half-canton of Obwalden after the terrible climb to Brüsti and the steep Surenen Pass, which winds its way along old dry-stone paths deep in the meadows. Surrounded by the imposing rock bastions of the Brunnistock and Gritschenbänder, the Blackenalp alp where, with a little luck, you can spot marmots and the occasional ibex or chamois in the distance. The route follows the Stierenbach stream, which winds its way down to the valley towards Engelberg.

ENGELBERG-TRÜBSEE

In addition to the two last Olympic champions (Beijing 2022), Michele Gisin and Marco Odermatt, Engelberg is the largest ski resort in central Switzerland and will offer a second base camp at the foot of the imposing limestone cliffs of the Titlis. The climb to the Trübsee and the Jochpass will bring the runners closer to the famous mountain.

TANNENSEE

After crossing the Jochpass, a first lake, the Engtlensee, will appear in front of the runner, who will continue towards the Tannalp mountain pasture and then towards what is perhaps one of the most beautiful refreshment spots on the banks of the Tannensee.



ALTDORF





SURENENPASS

BLACKENALP

ENGELBERG-TRÜBSEE

JOCHPASS

TANNENSEE

-  REFRESHMENT POST
-  MOUNTAIN PASS
-  BASE CAMP
-  TIME LIMIT

9 Engelberg :

Easily accessible from Altdorf in about forty minutes, which will allow you to ride along the beautiful lake of the 4 cantons, the station of Engelberg can also allow a small visit of Lucerne and its mythical Kapellbrücke. Of course Engelberg remains a safe place to stay while waiting for the runners or while letting them go back to the next part of their adventure. The Base Camp on the banks of the magnificent Trübsee can be reached by cable car



Address : Chalet Trübsee, 6390 Engelberg
<https://www.engelberg.ch/>

10 Tannensee (Melchsee-Fruitt)

From Engelberg you have to reach Stans, before making the long ascent to the Melchsee-Fruitt resort. The aid station is located on the Tannensee shores, 4km from the village. A small touristic train can get you there.

Address: Melchsee-Fruitt
Fachshubel, 6068 Kerns
<https://www.melchsee-fruitt.ch/>

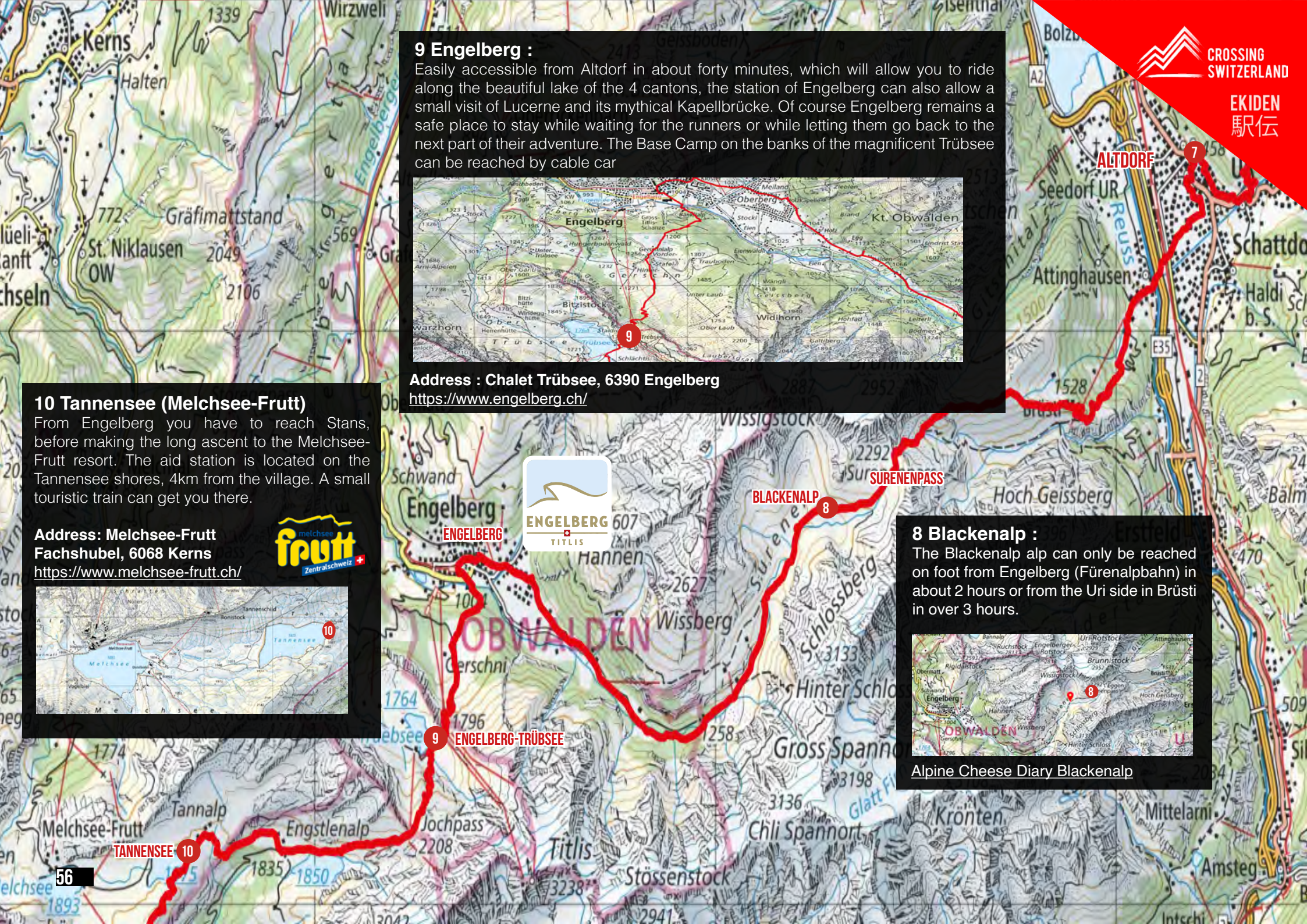


8 Blackenalp :

The Blackenalp alp can only be reached on foot from Engelberg (Fürenalpbahn) in about 2 hours or from the Uri side in Brüsti in over 3 hours.



Alpine Cheese Diary Blackenalp



ENGELBERG TITLIS



Engelberg-Titlis is the largest winter and summer holiday destination in Central Switzerland. The varied monastery village offers a unique holiday experience for families, sports enthusiasts and professionals. A variety of activities will make your stay unforgettable.

The surrounding mountain world is dominated by the 3,239-metre-high Titlis and the Hahnen, whose boldly rounded shapes make it stand out from the landscape. These surrounding mountains guarantee snow in winter until well into spring. Engelberg is also known for its varied ski and freeride area. In summer, the region is perfect for hiking, mountaineering, climbing, cycling, golf and, of course, trail running.

Hotels:

Style. Comfort. Luxury and friendliness. Each hotel in Engelberg has its own charm to make your stay in the village as beautiful and unforgettable as possible.

Restaurants:

You'll find everything from traditional Swiss specialties like fondue and raclette to Asian dishes. The website www.engelberg.ch will give you an idea of what's on offer and whet your appetite. The tourist office is also available for information on accommodation and activities, of which there are many in Engelberg.

+41 41 639 77 77 or welcome@engelberg



Activities:

If you are looking for the perfect place to experience alpine adventures in summer, you will find it here. Engelberg is an ideal destination for families and sports enthusiasts, with mountain bike trails, via ferrata, adventure and family trails, and of course the ski slopes that were home to two recent Olympic champions!

Wellness opportunities

Thanks to agreements with several hotels, it is always possible to relax in the resort. These include the SPA at the Kempinski Palace with the Sonnenberg Engelbera pool and the Hotel & Spa Elenwäld.

For more information, please visit www.engelberg.ch

Hiking

With more than 500 kilometres of trails, Engelberg is a paradise for hiking and trail-running enthusiasts in the midst of an impressive mountain landscape. Numerous well-marked routes - from comfortable to high mountain or from easy to difficult - will offer you a fantastic experience of nature.

Bike

In recent years, Engelberg has established itself as the mountain biking destination of Central Switzerland. The high valley and the fantastic mountain world offer a variety of routes for all riding styles.

TABLE OF PASSAGES

FROM BASE CAMP 2 TO BASE CAMP 3

Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
ENGELBERG-TRÜBSEE	Base Camp	1779 m.	163	10426	9107	0	0	0	Stage 4 (solo)
Jochpass	Pass	2210 m.	165,9	10873	9123	2,9	447	16	
Engstlensee	Spot	1860 m.	168,5	10873	9473	2,6	0	350	
Engstlen	Village	1836 m.	169,7	10884	9508	1,2	11	35	
Tannalp	Alp	1974 m.	172,3	11054	9540	2,6	170	32	
TANNENSEE	Aid Station	1983 m.	172,9	11067	9544	0,6	13	4	
Balmeregghoren	Pass	2231 m.	177,3	11360	9589	4,4	293	45	
Planplatten	Pass	2230 m.	180,5	11519	9749	3,2	159	160	
Hasliberg	Village	1062 m.	188,5	11539	10937	8	20	1188	
MEIRINGEN	Aid Station	610 m.	191,9	11554	11404	3,4	15	467	
Schwarzwaldalp	Alp	1461 m.	202,4	12498	11497	10,5	944	93	
Grosse Scheidegg	Pass	1958 m.	206,9	13020	11522	4,5	522	25	
Restaurant Wetterhorn	Spot	1227 m.	211,4	13020	12253	4,5	0	731	
GRINDELWALD	Aid Station	1387 m.	214,9	13288	12361	3,5	268	108	
Marmorbruch	Alp	1109 m.	216,7	13317	12668	1,8	29	307	
Eigergletscher	Pass	2330 m.	227,5	14726	12856	10,8	1409	188	
Wengernalp	Alp	1876 m.	231,3	14763	13347	3,8	37	491	
Wengen	Village	1366 m.	234,9	14763	13857	3,6	0	510	
LAUTERBRUNNEN	Base Camp	799 m.	238,1	14767	14428	3,2	4	571	

JUNGFRAU REGION

SECTION 5

SUMMARY OF THE SECTION

The Haslital region marks the entrance to the great Alpine canton of Bern and a series of mythical places, in particular its triptych of «4000» Mönch, Eiger and Jungfrau on a special route off the Via Alpina which will avoid the crossing of Grindelwald

in order to stay as close as possible to the North faces. After the crossing of Wengen, the 3rd base camp will be waiting for the runners in Lauterbrunnen and its postcard setting. The ascent towards the Schiltorn via Mürren will not be bad either and what can be said about the wonderful Alps of Griesalp.

MEIRINGEN

After leaving Tannensee the runners will climb to Balmeregghorn and its ridge path towards Planplatten. Then the descent to the refreshment station in Meiringen, a town known for the death of a certain Sherlock Holmes, who was in the company of his most terrible adversary, Professor Moriarty, will begin. Even literature has its place on Crossing Switzerland.

GRINDELWALD

This is probably the most famous place on the route. After the long ascent from Meiringen to the Grosse Scheidegg with its breathtaking view of the Bernese 4000, the Crossing Switzerland route branches off onto the Eiger trail at the Wetterhorn Restaurant to Pfingstegg and thus avoids the somewhat too busy crossing of Grindelwald.

LAUTERBRUNNEN

The climb will continue towards the Eigergletscher train station, which will take the riders to the car-free village of Wengen and then on to the 3rd base camp in Lauterbrunnen with its famous waterfall... Keep your eyes open during this section: you will be surrounded by the 4'000's.





11 Meiringen

From Melchsee Frutt, Meiringen, the city of Sherlock Holmes, is easily accessible over the Brünig Pass in just over an hour's drive. The refreshment station is located around 500m from Meiringen train station close to the center. Afterwards, why not visit the famous Reichenbach Falls, where the famous English detective fell to his death... and was resurrected by his fans.



Address :
 School
 Kapellen 4
 3860 Meiringen

12 Grindelwald

Please note that the Grosse Scheidegg route from Meiringen is not accessible to vehicles. To reach Grindelwald, you will have to travel via Interlaken. The refreshment station is located at Pflingstegg which is easily accessible by cable car.



Address: Pflingstegg

13 Lauterbrunnen

Perhaps one of the most photographed places in Switzerland with its famous Staubbach waterfall, the highest in the country. Accessible in less than 30 minutes from Grindelwald, Lauterbrunnen will host the 3rd base camp in the centre of the Village. The ideal place for a long break to rest.



Address: School,
Hohsteg 145B
3822 Lauterbrunnen



LAUTERBRUNNEN



With an area of 164.5 km², Lauterbrunnen is one of the largest municipalities in the canton of Bern. Around 2,700 people live in the six villages of Gimmelwald, Isenfluh, Lauterbrunnen, Mürren, Stechelberg and Wengen. The name of the municipality comes from the many rivers and streams that meander through the area.

Lauterbrunnen is a unique mountain community with a wealth of natural beauty, a lively rural and alpine culture, and an impressive topography with numerous peaks above 4,000 metres surrounding the Lauterbrunnen valley. In addition, the three villages of Gimmelwald, Mürren and Wengen are car-free and can only be reached by train or cable car.



Summer activities:

Here in Lauterbrunnen, you are simply in one of the most impressive valleys in the Alps and it is no coincidence that it has become a mecca for extreme sports such as Wingsuiting. With its 72 waterfalls, lush green landscapes and alpine meadows as well as excellent facilities for active and relaxing holidays of all kinds. And why not take a trip down the 007 slopes to the Schilthorn, where one of the films of the famous British secret agent was shot.

Winter activities

In winter, the magnificent ski slopes, including the famous Lauberhorn in Wengen, are accessible by state-of-the-art transport and offer exceptional views of the Jungfrau massif. In short, an unforgettable experience.

The town council welcomes you to the Lauterbrunnen valley and wishes you an unforgettable stay and lots of fun.

www.lauterbrunnen.ch

KANDERSTEG & ADELBODEN

REGION 6

SUMMARY OF THE SECTION

This section is perhaps the most alpine of all, with the highest point of the route, the Hohtürli at 2,778m, just past Griesalp. This part of the route also includes the famous Oechinensee, a magnificent lake that has been classified as

an «Alpine World Heritage Site».

After the traditional village of Kandersteg, the ascent over the beautiful Bunderchrinde pass will take the riders to the village of Adelboden, where the Alpine ski races are world-famous.

GRIESALP

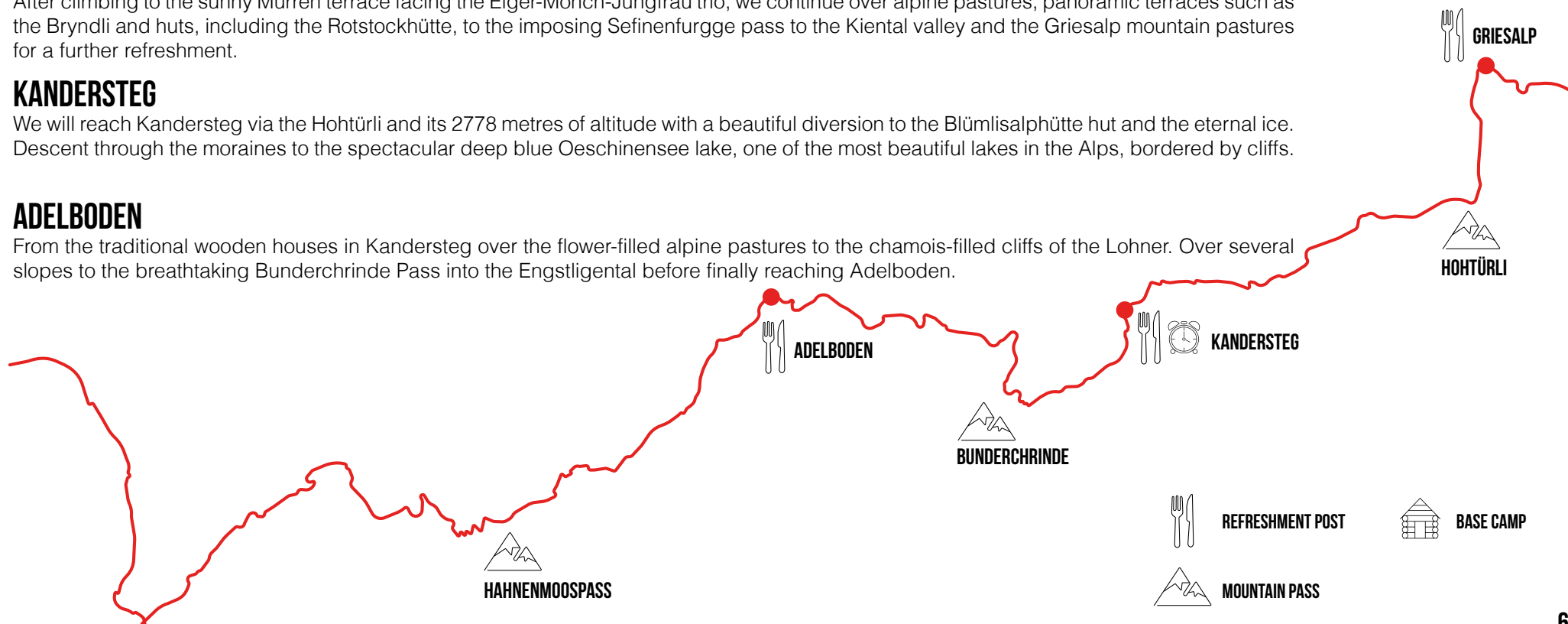
After climbing to the sunny Mürren terrace facing the Eiger-Mönch-Jungfrau trio, we continue over alpine pastures, panoramic terraces such as the Bryndli and huts, including the Rotstockhütte, to the imposing Sefinenfurgge pass to the Kiental valley and the Griesalp mountain pastures for a further refreshment.

KANDERSTEG

We will reach Kandersteg via the Hohtürli and its 2778 metres of altitude with a beautiful diversion to the Blümlisalphütte hut and the eternal ice. Descent through the moraines to the spectacular deep blue Oeschinensee lake, one of the most beautiful lakes in the Alps, bordered by cliffs.

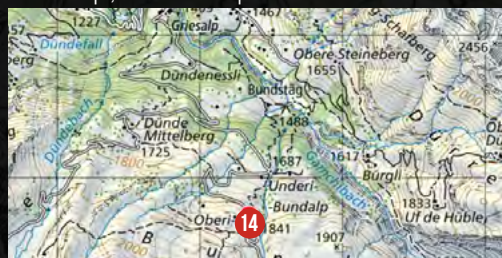
ADELBODEN

From the traditional wooden houses in Kandersteg over the flower-filled alpine pastures to the chamois-filled cliffs of the Lohner. Over several slopes to the breathtaking Bunderchrinde Pass into the Engstligental before finally reaching Adelboden.



14 Griesalp

Just getting to Griesalp is an adventure with a route that will probably be remembered (28% gradient!). The refreshment station is about an hour's walk from the village of Griesalp, in Bundalp



Address: **Berghaus Bundalp**
3723 Kiental

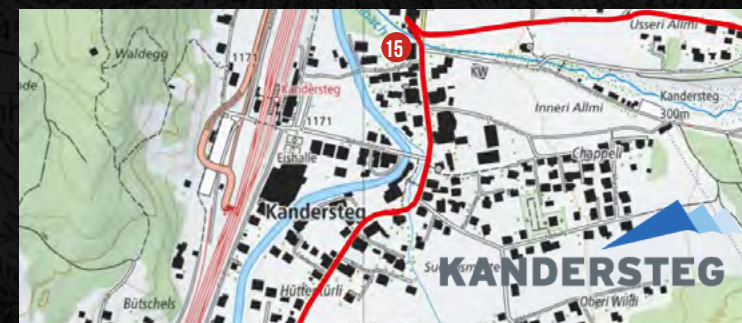
GRIESALP (BUNDALP)

14

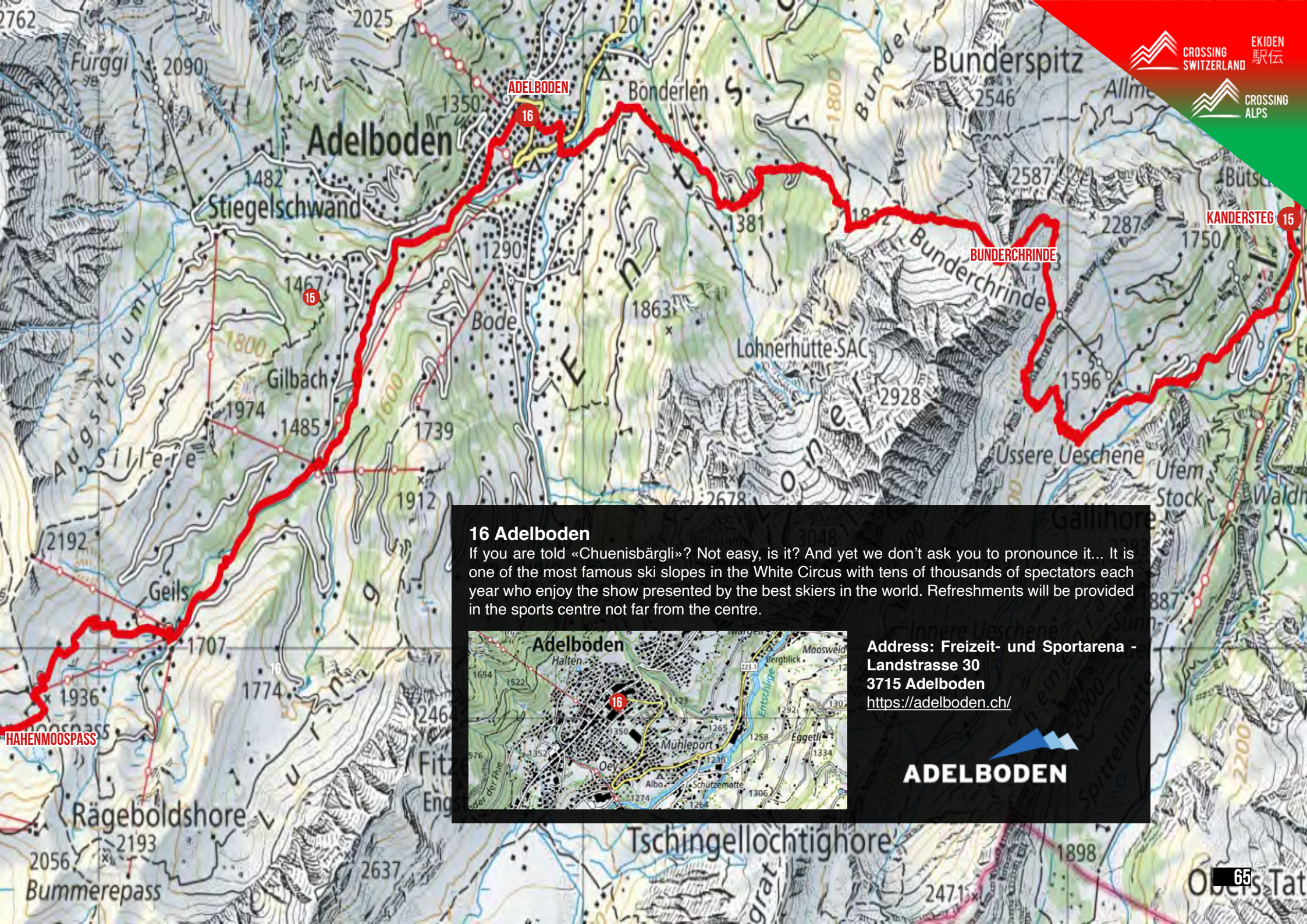
SEFINAFURGGA

15 Kandersteg

Located less than half an hour from the shores of Lake Thun, Kandersteg lies at an altitude of 1200 m and offers a magnificent view of the Blüemlisalp massif. This quiet holiday resort with a population of around 1000 has retained its village character thanks to its many wooden chalets.



Address: **School, Äussere Dorfstrasse 99, 3718 Kandersteg**



16 Adelboden

If you are told «Chuenisbärgli»? Not easy, is it? And yet we don't ask you to pronounce it... It is one of the most famous ski slopes in the White Circus with tens of thousands of spectators each year who enjoy the show presented by the best skiers in the world. Refreshments will be provided in the sports centre not far from the centre.



Address: Freizeit- und Sportarena -
Landstrasse 30
3715 Adelboden
<https://adelboden.ch/>

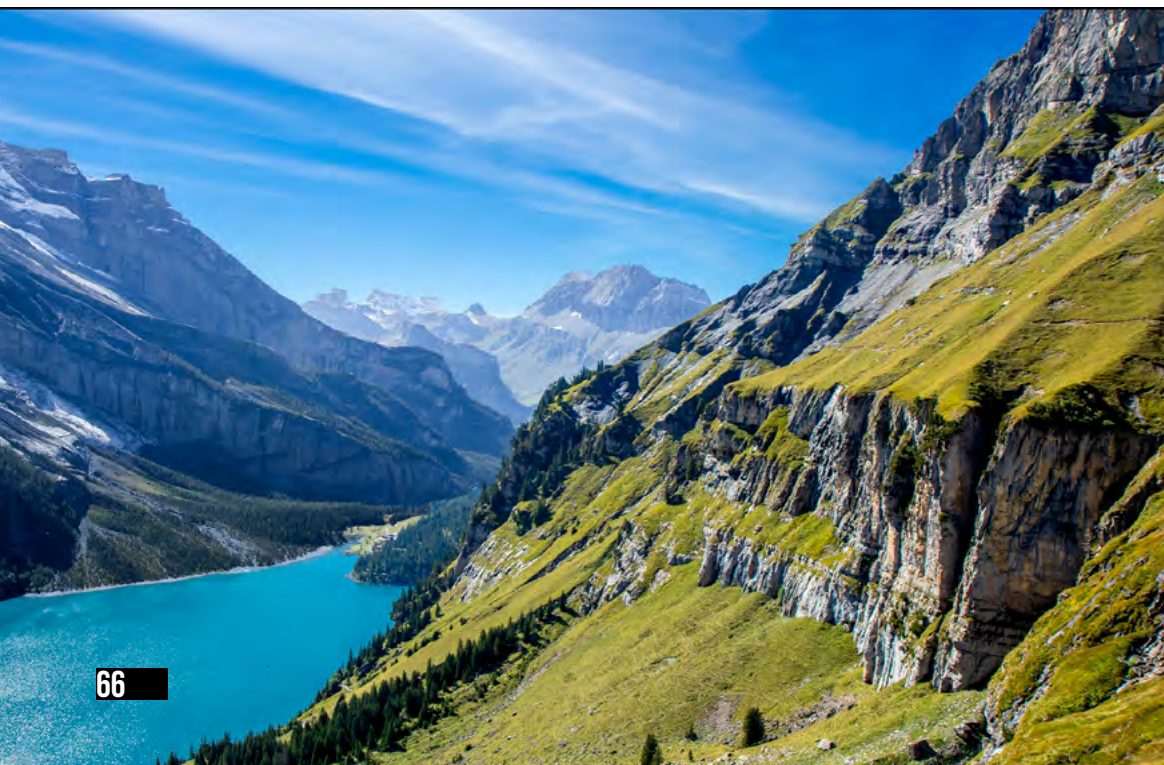


KANDERSTEG



Surrounded by high cliffs - and yet so open and wide: thanks to its Alpine location, Kandersteg has been a popular holiday destination for centuries. It is a large region full of charming transitions between the chalet village and the Blütenlisalp, between varied activities and moments of relaxation. The wind rustles in the aroles, the pebbles roll in the stream bed - the summer activities in Kandersteg follow their natural pattern with varied movements.

Kandersteg lies on the Via Alpina and is looking forward to welcoming many runners of the Crossing Switzerland.



Hotels:

- Waldhotel Doldenhorn
- Hôtel Alfa Soleil
- Hôtel Ermitage
- Hôtel Rendez-vous
- Hôtel Bernerhof
- Hôtel des Alpes
- Chalet-Hôtel Adler
- Pension Spycher
- Hôtel Alpenblick
- Belle Epoque Hôtel Victoria

B&B:

- Hôtel Alpina
- Hôtel zur Post



Activities:

Hiking - Around the lake with the tribe? Solo to the top of the Alps? Kandersteg offers the whole range of hiking routes, from the Via Alpina stage in the UNESCO World Heritage area to countless family walks in the protected alluvial zone.

Mountain Bike - First the narrow Gastern Valley, then the wide Gemmi Pass - when hiking in Kandersteg there are many contrasts. In Kandersteg, the Oberland is full of contrasts. While pleasure cyclists pedal along the mountain streams, freestyle enthusiasts compete with them. Freeriders take to the Sunnbüel freeride slope.

Climbing - A walk down the valley is enough to play with ropes and pitons - the legendary via ferrata of the Allmenalp is nearby. But the numerous climbing spots around the village also offer mountaineers the opportunity to enjoy themselves. Ambitious climbers will find plenty to do here.

TABLE OF PASSAGES FROM BASE CAMP 3 TO BASE CAMP 4

Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
LAUTERBRUNNEN	Base Camp	799 m.	238,1	14767	14428	0	0	0	Ekiden 6 (solo)
Mürren	Village	1640 m.	243,9	15625	14445	5,8	878	37	
Spilboden	Village	1793 m.	247,1	15808	14475	3,1	195	43	
Rotstockhütte	Hut	2037 m.	250,9	16099	14522	3,9	298	55	
Sefinafurgha	Pass	2595 m.	254,1	16665	14530	3,2	578	2	
Obere Dürreberg	Alp	2000 m.	256,4	16665	15125	2,3	0	612	
BUNDALP	Aid Station	1843 m.	261	17016	15633	4,6	354	510	
Hochtürli	Pass	2762 m.	264,6	17940	15638	3,6	936	8	
Oeschinensee	Spot	1589 m.	270,8	17980	16851	6,2	55	1237	
KANDERSTEG	Aid Station	1175 m.	275,5	18004	17289	4,7	29	444	
Alpschele	Alp	2085 m.	283,4	18929	17304	7,9	929	13	
Bunderchrinde	Pass	2372 m.	284,9	19216	17304	1,5	290	2	
I de Schrickmatte	Alp	1811 m.	287,3	19216	17865	2,4	0	568	
ADELBODEN	Aid Station	1329 m.	292,3	19334	18465	5,1	119	600	Stage 8 (solo)
Gilbach	Alp	1404 m.	294,8	19460	18516	2,5	127	54	
Geils	Alp	1704 m.	298,8	19793	18549	3,9	342	41	
Hahnenmosspass	Pass	1944 m.	301	20033	18549	2,2	240	0	
Metsch	Village	1456 m.	304,6	20037	19041	3,6	4	491	
LENK	Base Camp	1064 m.	307,4	20056	19452	2,9	32	423	

TABLE OF PASSAGES FROM START TO BASE CAMP 1

Location	Description	Altitude	Global data			Intermediate data		
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-
LAUTERBRUNNEN	Start	804 m.	0	0	0	0	0	0
Mürren	Village	1640 m.	5,8	836	0	5,8	836	0
Spilbodenalp	Alp	1793 m.	8,8	1005	16	3	169	16
Rotstockhütte	Hut	2038 m.	12,7	1275	41	3,9	270	25
Sefinafurrga	Pass	2595 m.	15,8	1840	49	3,1	565	8
Obere Dürreberg	Alp	1993 m.	18,2	1840	651	2,4	0	602
BUNDALP	Aid Station	1843 m.	22,7	2191	1152	4,5	351	501
Hohtürli	Pass	2763 m.	26,2	3113	1152	3,5	922	0
Oeschinensee	Lake	1710 m.	31,3	3113	2207	5,1	0	1055
KANDERSTEG	Aid Station	1175 m.	36,9	3146	2773	5,6	33	566
Alpschele	Alp	2085 m.	44,7	4061	2780	7,8	915	7
Bunderchrinde	Pass	2371 m.	46,2	4351	2784	1,5	290	4
Eggetli	Village	1310 m.	51,9	4369	3863	5,7	18	1079
ADELBODEN	Aid Station	1337 m.	53,6	4472	3939	1,7	103	76
Gilbach	Village	1405 m.	56,1	4582	3982	2,5	110	43
Geils	Alp	1704 m.	60,1	4906	4007	4	324	25
Hahnenmosspass	Pass	1945 m.	62,3	5146	4007	2,2	240	0
Metsch	Village	1456 m.	65,9	5151	4499	3,6	5	492
LENK	Base Camp	1064 m.	68,7	5166	4905	2,8	15	406

SIMMENTAL

REGION 7

SUMMARY OF THE SECTION

A section starting from Adelboden where the peaks are beginning to drop a little, even though the scenery is magnificent, particularly in the Simmental valley, where the famous cows will welcome the runners before Lenk

at the foot of the Wildtrueebel, which will serve as a backdrop on the way to Gstaad via the Trütliberg pass and the Turbach valley.

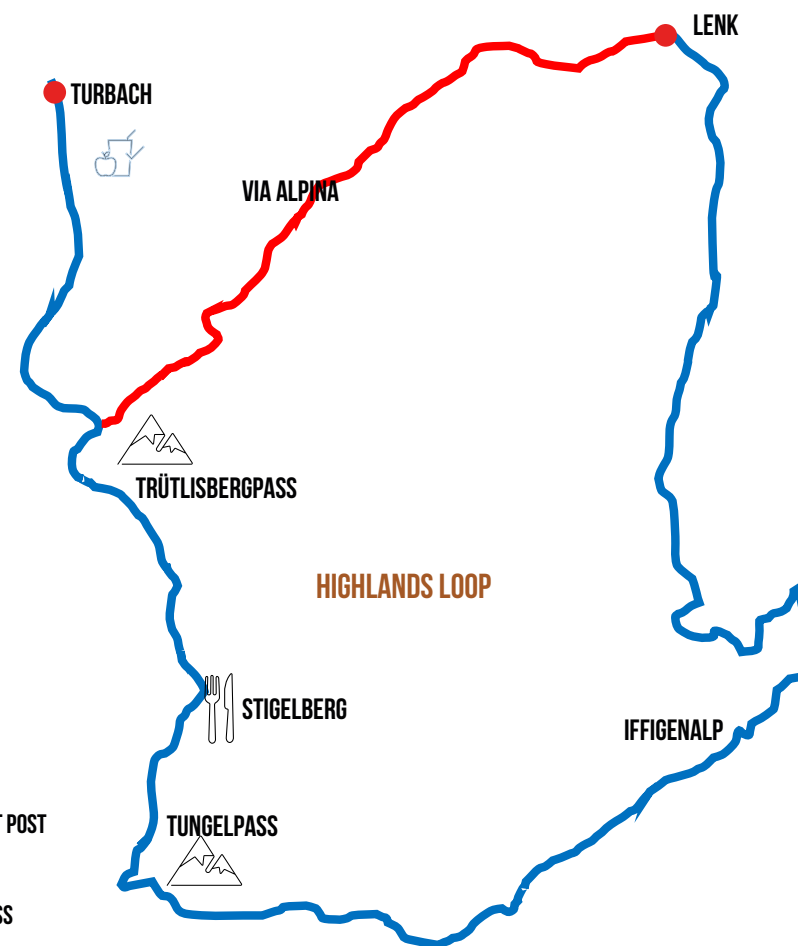
This section of the route is likely to be a little easier to negotiate as it is less technical than most of the previous ones.

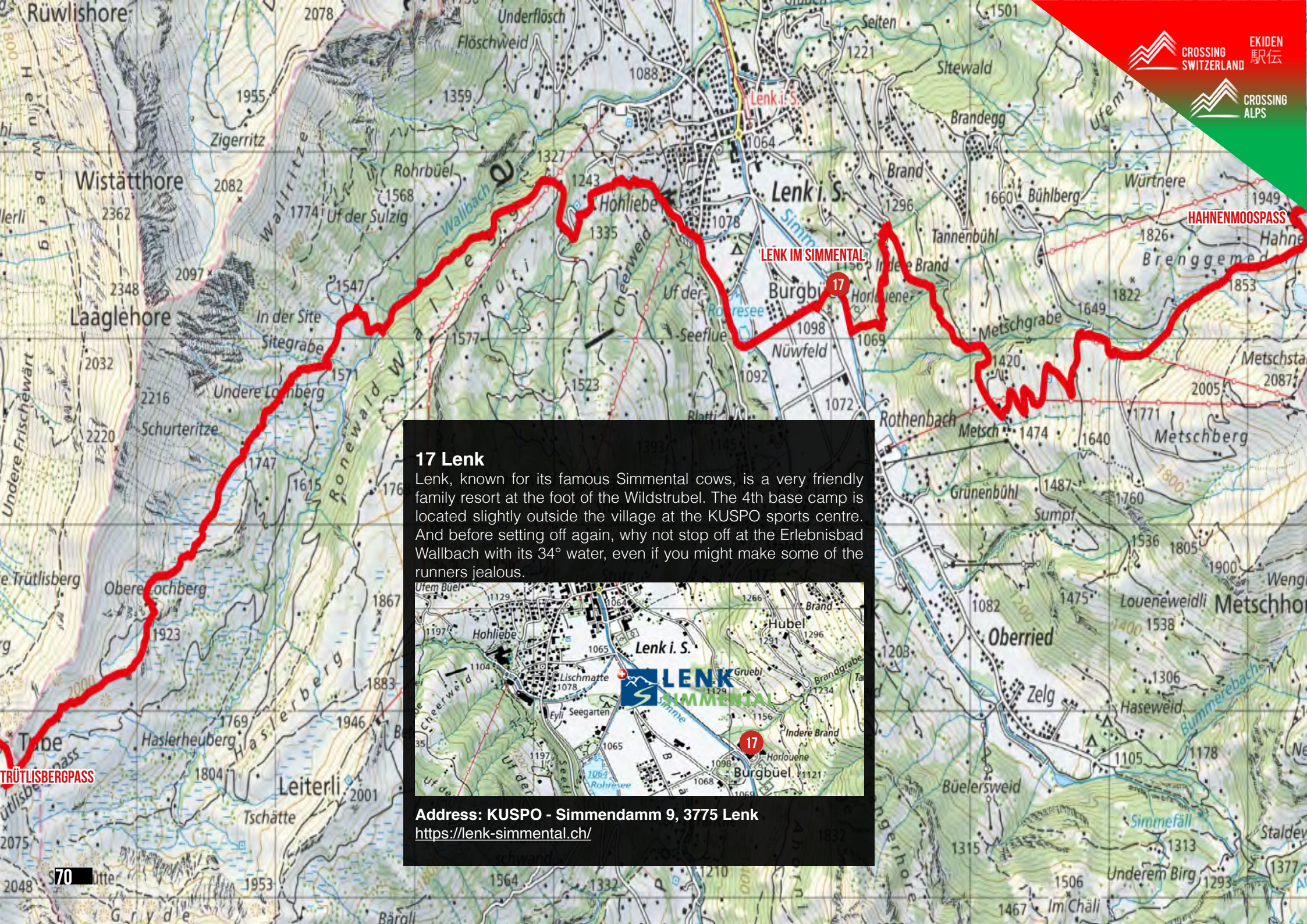
LENK

A gentle climb along the Glisbach brook, through woods, over marshes and over the Hahnenmoospass, then down to Lenk, a beautiful basin in the Simmental valley with the Wildstrubel as its majestic guardian.

STIGELBERG *(for Crossing Highlands only)*

Crossing Highlands offers a loop specific to this route at the foot of the Wildhorn, passing through the magnificent Iffigsee and the Gryden limestone region before joining the other routes at the Trütlibergpass.



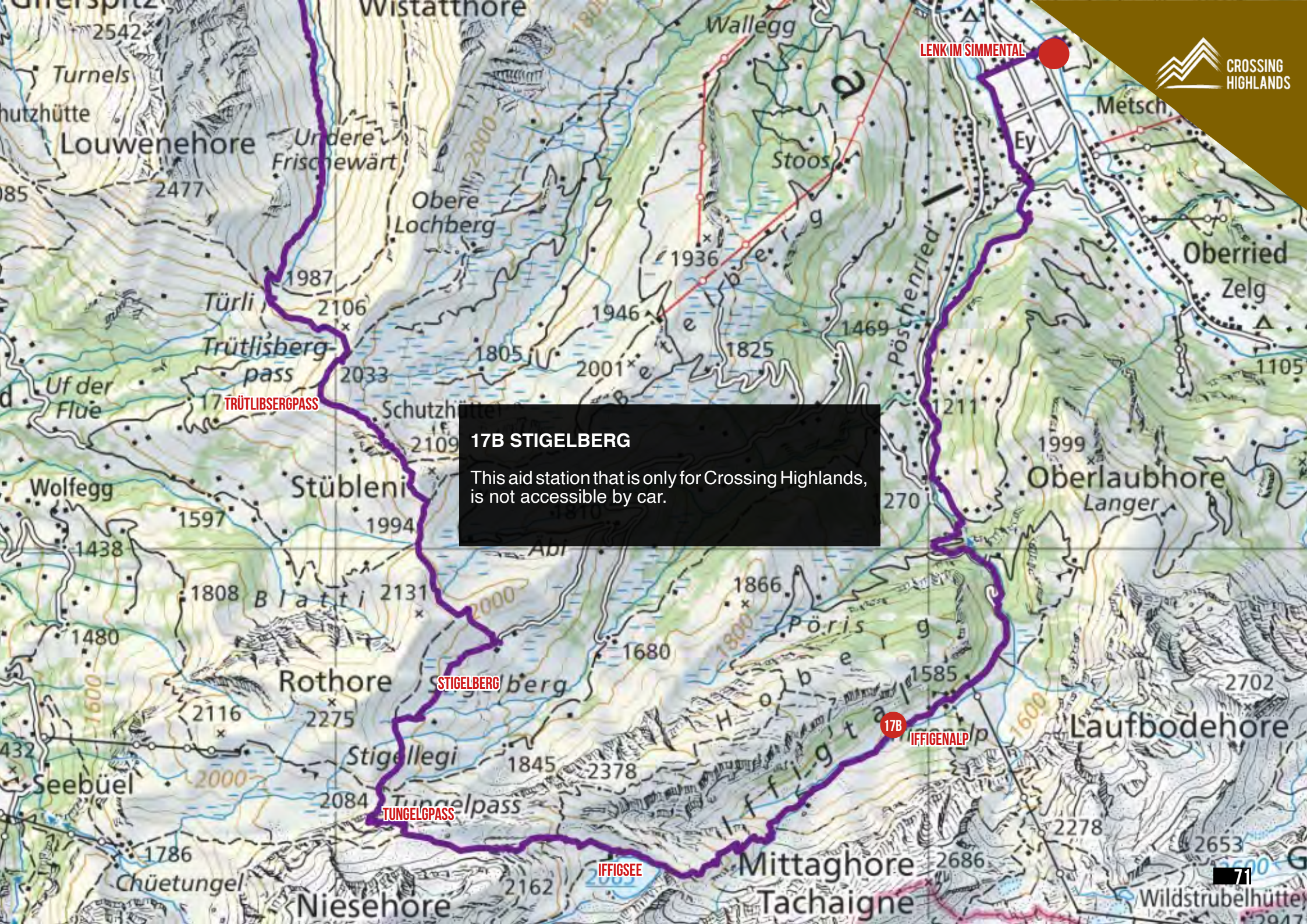


17 Lenk

Lenk, known for its famous Simmental cows, is a very friendly family resort at the foot of the Wildstrubel. The 4th base camp is located slightly outside the village at the KUSPO sports centre. And before setting off again, why not stop off at the Erlebnisbad Wallbach with its 34° water, even if you might make some of the runners jealous.



Address: KUSPO - Simmendamm 9, 3775 Lenk
<https://lenk-simmental.ch/>



17B STIGELBERG

This aid station that is only for Crossing Highlands, is not accessible by car.

LENK



LENK SIMMENTAL

The holiday resort of Lenk lies at an altitude of 1,068 metres at the top of the Simmental valley and is a real gem for trail running. The unique end of the valley is particularly impressive. The green, long valley with its varied landscape offers a wide range of hiking opportunities of over 200 kilometres, something for everyone. The wide, flat valley floor of the Obersimmental is ideal for a brisk walk and an easy warm-up. The well-developed network of paths leads to fascinating sites. Natural sites such as the 100 metre high Iffig Falls or the 2000 metre high Lake Flüesel. The varied terrain, from green alpine pastures to stony alpine paths, also offers room for a longer stay.



Lodging & Restaurants:

There is accommodation for every taste, from simple country house guesthouses to five-star hotels and superior hotels. Here you will easily find what you are looking for.

Information on accommodation, restaurants and trail running routes on our website.

www.lenk-simmental.ch



Activities:

Trail running/Hiking - With the «Public transport included» offer for accommodation from May to October, hikers and trail runners have access to a wide area from the Simmental to the neighbouring Saanenland, from 1,000 to over 3,000 metres above sea level, right up to the peaks of the Bernese Oberland, including the Wildstrubel. Hike or run, for example, from Lenk via the Trütli-berapass to the Lauenensee, then take the bus or train back from the Saanenland.

VTT and E-Bike - In Lenk and the Simmental there are various mountain bike routes for beginners and advanced bikers. From tarmac roads to hiking trails and steep, technically demanding mountain paths - we offer cyclists a lot of variety.

Swimming and wellness - Wading, sliding, sunbathing and swimming with the whole family or relaxing after a trail run or a bike ride in the outdoor whirlpool or in the wellness centre. The «Erlebnisbad Wallbach» spa centre awaits you with a wide range of activities and a breathtaking view of the mountains.

AlpKultur® in Simmental - In Lenk-Simmental, AlpKultur® is consciously lived and actively maintained. For 365 days of the year, you as a guest can experience what has been a tradition here for centuries. Get to know the peculiarities and gentleness of the world-famous Simmental cow's region of origin and make contact with the local population.

www.lenk-simmental.ch

TABLE OF PASSAGES FROM BASE CAMP 4 TO FINISH

Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
LENK	Base Camp	1064 m.	307,4	20056	19452	0	0	0	Stage 8 (solo)
Trütlibergpass	Pass	2034 m.	317	21061	19487	9,6	1005	35	
TURBACH	Aid Station	1549 m.	321,5	21075	19986	4,5	14	499	
Gstaad	Village	1138 m.	329,3	21130	20452	7,8	55	466	
Saanen	Village	1012 m.	333,5	21137	20585	4,2	7	133	
ROUGEMONT	Base Camp	1005 m.	338,2	21253	20708	4,7	116	123	
Gérignoz	Village	955 m.	343,9	21383	20888	5,7	130	180	
Château-d'Oex	Village	971 m.	348	21512	21001	4,1	129	113	
ROSSINIÈRE	Aid Station	925 m.	353,1	21707	21242	5,1	195	241	
Solonmont	Pass	1602 m.	362	22650	21508	8,9	943	266	
CHAUDE	Aid Station	1578 m.	370,5	23247	22129	8,5	597	621	Stage 9 (solo)
Rochers de Naye	Pass	1971 m.	373,6	23691	22180	3,1	444	51	
Haut-de-Caux	Village	1155 m.	380,6	23736	23041	7	45	861	
Chauderon	Gorges	668 m.	384,6	23753	23545	4	17	504	Stage 10 (patrol)
Montreux-Clarens	Finish	374 m.	391	23855	23941	6,4	102	396	

TABLE OF PASSAGES FROM AID BASE CAMP 1 TO FINISH

Location	Description	Altitude	Global data			Intermediate data		
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-
Lenk	Base Camp	1064 m.	68,7	5166	4905	0	0	0
Trütlibergpass	Pass	2035 m.	79,1	6171	4941	10,4	1005	36
TURBACH	Aid Station	1423 m.	85,3	6181	5562	6,2	10	621
Gstaad	Village	1132 m.	91,8	6233	5905	6,5	52	343
Saanen	Aid Station	1011 m.	96	6236	6029	4,2	3	124
Rellerli	Pass	1830 m.	101,3	7055	6029	5,3	819	0
GRUBENBERGHÜTTE	Aid Station	1835 m.	108,1	7347	6316	6,8	292	287
Le Savigny	Pass	1831 m.	110,9	7530	6502	2,8	183	186
ROUGEMONT	Base Camp	1002 m.	122,6	7844	7646	11,7	314	1144
Gérignoz	Village	947 m.	128,2	7956	7814	5,6	112	168
Château-d'Oex	Village	969 m.	132,3	8081	7918	4,1	125	104
ROSSINIÈRE	Aid Station	925 m.	137,3	8274	8153	5	193	235
Planachaux	Pass	1907 m.	144,7	9329	8228	7,4	1055	75
HONGRIN	Aid Station	1680 m.	146	9329	8453	1,3	0	225
CHAUDE	Aid Station	1572 m.	153,9	9857	9090	7,9	528	637
Rochers de Naye	Pass	1965 m.	157,1	10298	9135	3,2	441	45
Caux	Village	1159 m.	161,3	10298	9943	4,2	0	808
MONTREUX-CLARENS	Finish	375 m.	170,6	10356	10785	9,3	58	842

TABLE OF PASSAGES FROM START TO FINISH

Location	Description	Altitude	Cumul			Intermediate		
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-
Lenk	Start	1064 m.	0	0	0	0	0	0
Iffigenalp	Alp	1583 m.	8	542	23	8	542	23
Iffigsee	Lake	2085 m.	11,6	1060	37	3,6	518	14
Tungelpass	Pass	2083 m.	15,1	1366	347	3,5	306	310
Stigelberg	Aid Station	1913 m.	17,2	1369	520	2,1	3	173
Trütlißbergpass	Pass	1957 m.	22,3	1618	725	5,1	249	205
Turbach	Aid Station	1401 m.	27,9	1626	1289	5,6	8	564
Gstaad	Village	1102 m.	33,5	1640	1602	5,6	14	313
Saanen	Aid Station	1014 m.	37,8	1652	1702	4,3	12	100
Relleri	Pass	1830 m.	43	2468	1702	5,2	816	0
Grubenberghütte	Aid Station	1839 m.	49,8	2764	1989	6,8	296	287
Les Merzeires	Pass	1896 m.	54,1	3040	2208	4,3	276	219
Rodomont	Pass	1781 m.	59,7	3254	2536	5,6	214	328
Rougemont	Base Camp	1002 m.	64,3	3257	3319	4,6	3	783
Gérignoz	Village	952 m.	69,9	3375	3487	5,6	118	168
Château-d'Oex	Village	969 m.	73,9	3504	3601	4	129	114
Rossinière	Aid Station	939 m.	79	3699	3823	5,1	195	222
Planachaux	Pass	1911 m.	86,5	4765	3918	7,5	1066	95
Hongrin	Aid Station	1584 m.	88,2	4765	4245	1,7	0	327
Vuichoude d'en Bas	Alp	1104 m.	91,1	4765	4726	2,9	0	481
Col de Chaude	Aid Station	1570 m.	95,8	5293	4786	4,7	528	60
Rochers de Naye	Pass	1971 m.	98,9	5734	4827	3,1	441	41
Caux	Village	1159 m.	103,1	5734	5639	4,2	0	812
Montreux-Clarens	Finish	375 m.	112,4	5783	6472	9,3	49	833

SAANENLAND

REGION 8

SUMMARY OF THE SECTION

If Gstaad is known far and wide for its celebrities and luxury shops, the runners might not have time to enjoy it and will perhaps be more sensitive to the splendid architecture of Saanen. This typical village

will also be the start of CROSSING SARINA. In Saanen, CROSSING SWITZERLAND continues directly towards Rougemont and the Pays-d'Enhaut, while the other 3 courses climb towards Grubenberghütte and the Gastlosen massif.

TURBACH

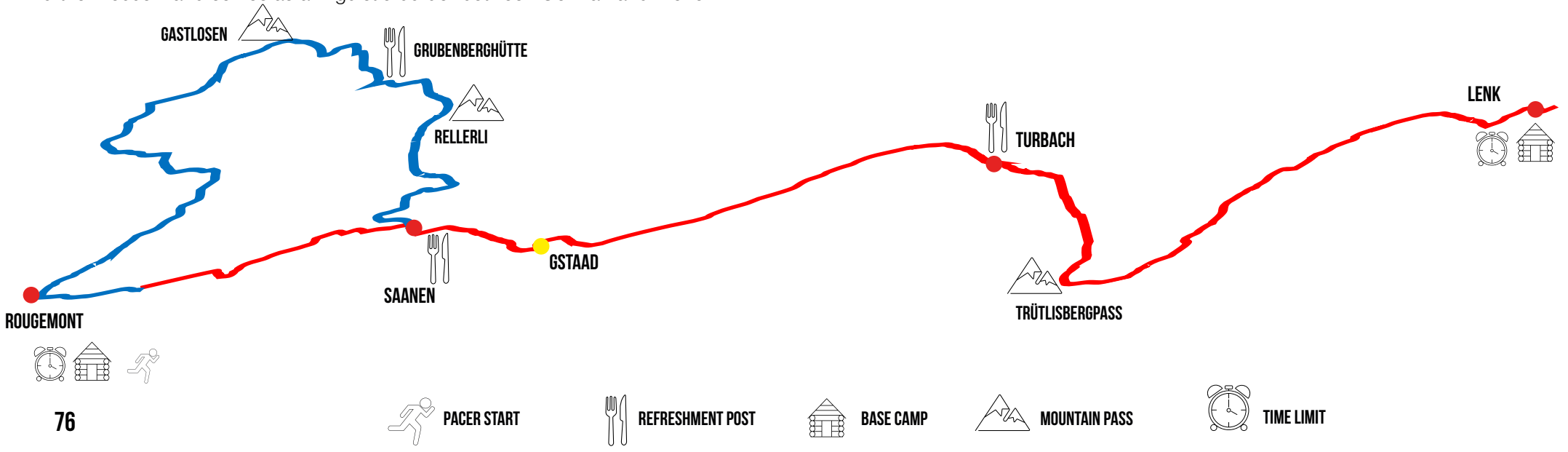
After the Trütli'sbergpass and its magnificent panorama, the route continues down into the unspoilt Turbach valley along a most delightful stream, before reaching the famous Gstaad.

SAANEN *(excluding Crossing Switzerland)*

After leaving Gstaad, a 3km trail along the Sarine takes runners to a new aid station in Saanen (except for Crossing Switzerland). On leaving the village, Crossing Switzerland runners continue directly towards Rougemont and the last Base Camp, while the other 3 routes reach the Grubenberg Hut and then the Gastlosen mountain range.

GRUBENBERG *(excluding Crossing Switzerland)*

This path to the Rellerli summit and then to the Grubenberg hut is also the gateway to the Gastlosen massif. The southern side is much less well known than its northern cousin and serves as a linguistic border between German and French.





19B Grubenberghütte

At an altitude of 1840 m, high above the peaceful Saanenland, at the foot of the Gastlosen limestone «teeth», the beautiful Grubenberghut offers a magical view of the Alps. It's easily accessible from the Mittelberg road. You can leave your car at the pass and continue on foot for around twenty minutes before reaching the hut. **This station is not used by Crossing Switzerland participants.**

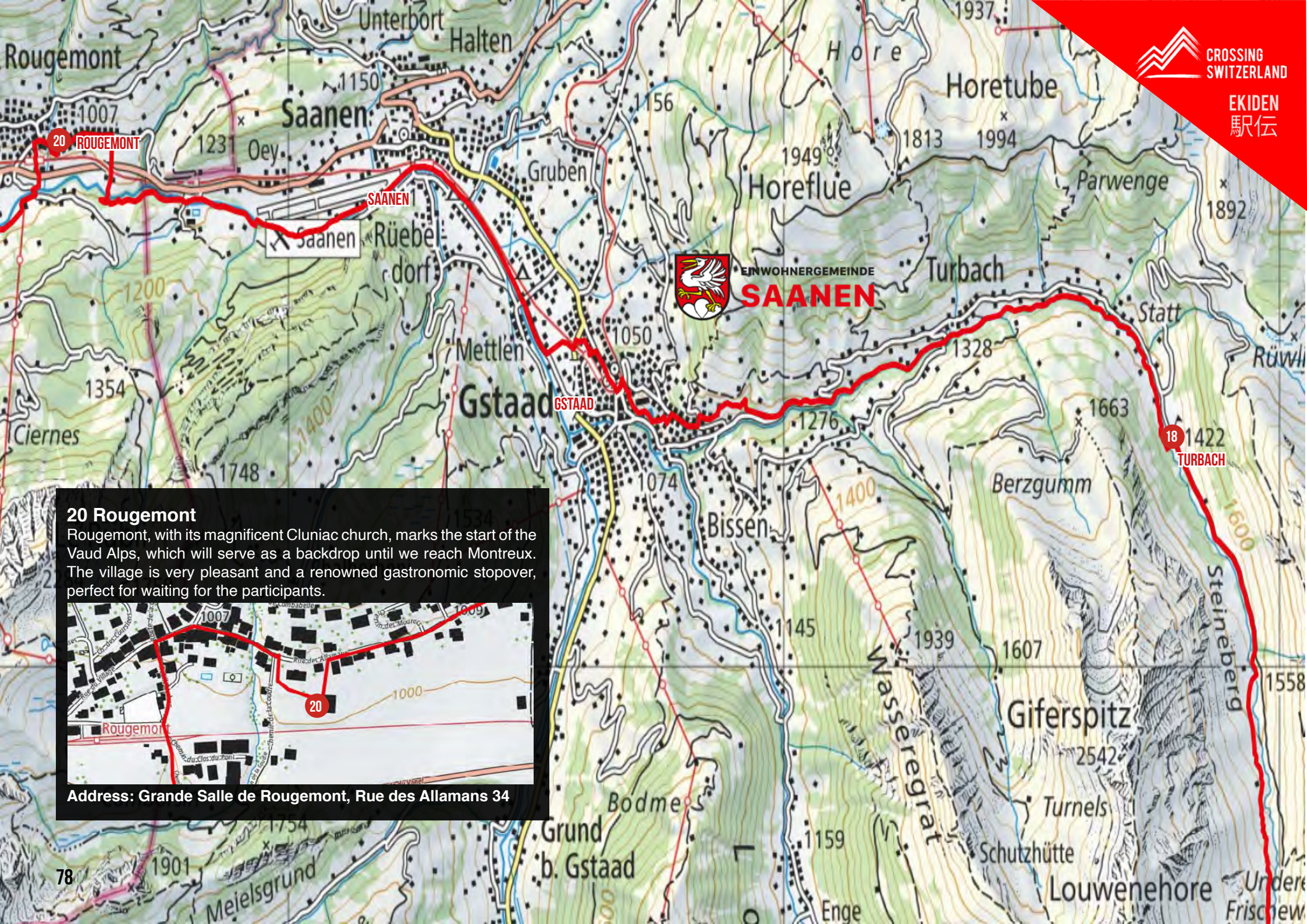
Address: Grubenberghütte SAC

19 Saanen

This station is not used by Crossing Switzerland participants. Saanen (1,010 m above sea level) the historical heart of the Saanenland, is one of the most beautiful chalet villages in the Bernese Oberland. The village is listed amongst the townscapes of Switzerland most worthy of protection. Tradition, handicrafts and a rich history give Saanen its special charm. The village is also the neighbour of Gstaad, just 3 kilometres away.

Address : Schulhaus Zenetsmatte, Rüebeldorfstrasse 6, 3792 Saanen





20 Rougemont

Rougemont, with its magnificent Cluniac church, marks the start of the Vaud Alps, which will serve as a backdrop until we reach Montreux. The village is very pleasant and a renowned gastronomic stopover, perfect for waiting for the participants.



Address: Grande Salle de Rougemont, Rue des Allamans 34

SAANENLAND

The destination of Gstaad-Saanen offers epicureans a wide range of activities: Relaxation away from the hustle and bustle with a touch of exclusivity in an environment with a unique ambience, holiday experiences in a landscape full of tradition and history and more than 1,000 events per year, including world-class top events, which attract visitors and locals alike and thus enthuse both.

With the Gstaad Card, guests benefit from numerous advantages, discounts and special offers from the very first night. Whether it's wellness, sport, gastronomy or culture - young and old alike will find something to suit them, in accordance with the motto: «Come up - slow down».



Hotels:

Whether youth hostel, campsite, family, bike, wellness or luxury hotel: the destination of Gstaad offers a wide variety of accommodation options for an unforgettable stay.

www.gstaad.ch/shop/unterkuenfte/

Restaurants:

Culinary highlights on sun terraces, rustic pubs, gourmet delights in a luxurious ambience or on foot with your fondue backpack - the Gstaad gourmet destination offers over 100 restaurants to suit every taste.

www.gstaad.ch/gstaad/gastronomie.html



Activities:

www.gstaad.ch

Hiking - With more than 300 kilometres of marked and maintained paths and trails, Gstaad-Saanen is a true hiker's paradise. The hiking trails in the destination Gstaad lead through a varied landscape. Moorish landscapes, alpine valleys, high peaks and well-located alpine huts on high and panoramic hikes await visitors. The mountain hikes are waiting to be discovered.

Mountain Bike - With more than 500 kilometres of GPS routes for mountain bikes, racing bikes and electric bikes, signposted F-Bike-Ladesystem routes and special accommodation for cyclists. Cycling enthusiasts and hobbyists will be delighted with the two pumptracks. The Gstaad Cycling Region combines high-level fun with sporty activities on moderate technical trails.

Summer at Gstaad - In Saanenland, the peace and quiet of nature can be experienced in a very special way. The view of the nearby peaks. The scent of fresh flowers and the first rays of sunshine that warm the face. Local products in the pleasant Beizli invite you to take a break on the mountain. In the valley, renowned chefs offer culinary specialities. Families are not left out. The lively goat Saani accompanies the little guests on adventure playgrounds and discovery trails and ensures a dream holiday. A varied holiday for the whole family.

TABLE OF PASSAGES FROM START TO FINISH

Location	Description	Altitude	Cumul			Intermediate		
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-
Saanen	Start	1014 m.	0	0	0	0	0	0
Rellerli	Pass	1830 m.	6,2	829	13	6,2	829	13
Grubenberghütte	Aid Station	1833 m.	13	1101	282	6,8	272	269
Le Savigny	Pass	1831 m.	15,7	1280	463	2,7	179	181
Les Rodomonts	Alps	1782 m.	22,9	1574	806	7,2	294	343
Rougemont	Aid Station	1004 m.	27,5	1574	1580	4,6	0	774
Gerignoz	Village	947 m.	33	1667	1733	5,5	93	153
Château-d'Oex	Village	949 m.	36,8	1743	1811	3,8	76	78
Rossinière	Aid Station	941 m.	42,2	1947	2020	5,4	204	209
Planachaux	Pass	1912 m.	49,8	2998	2102	7,6	1051	82
Vuichoude d'en Bas	Alps	1104 m.	54,4	2998	2906	4,6	0	804
Col de Chaude	Aid Station	1572 m.	59	3511	2954	4,6	513	48
Rochers de Naye	Pass	1962 m.	62,2	3939	2986	3,2	428	32
Caux	Village	1159 m.	66,4	3939	3794	4,2	0	808
Chauderon	Gorges	664 m.	70,3	3939	4289	3,9	0	495
Montreux-Clarens	Finish	375 m.	75,5	3976	4615	5,2	37	326

PAYS-D'ENHAUT

SECTION 9

SUMMARY OF THE SECTION

Shortly after the marmots at Grubenberghütte, we enter the French-speaking part of the route, and more specifically the Pays-d'Enhaut and its magnificent traditional villages, in particular Rougemont, which the runners will cross before skirting the Sarine River for several kilometres.

This ten-kilometre section will allow the runners to pick up some speed before starting the climb over the Col de Sonlomot towards the Hongrin valley and its impressive dam.

***The «Gaslosen» loop is only for Crossing Alps, Highlands and Sarina.**

GASTLOSEN **excl. Crossing Switzerland / Ekiden**

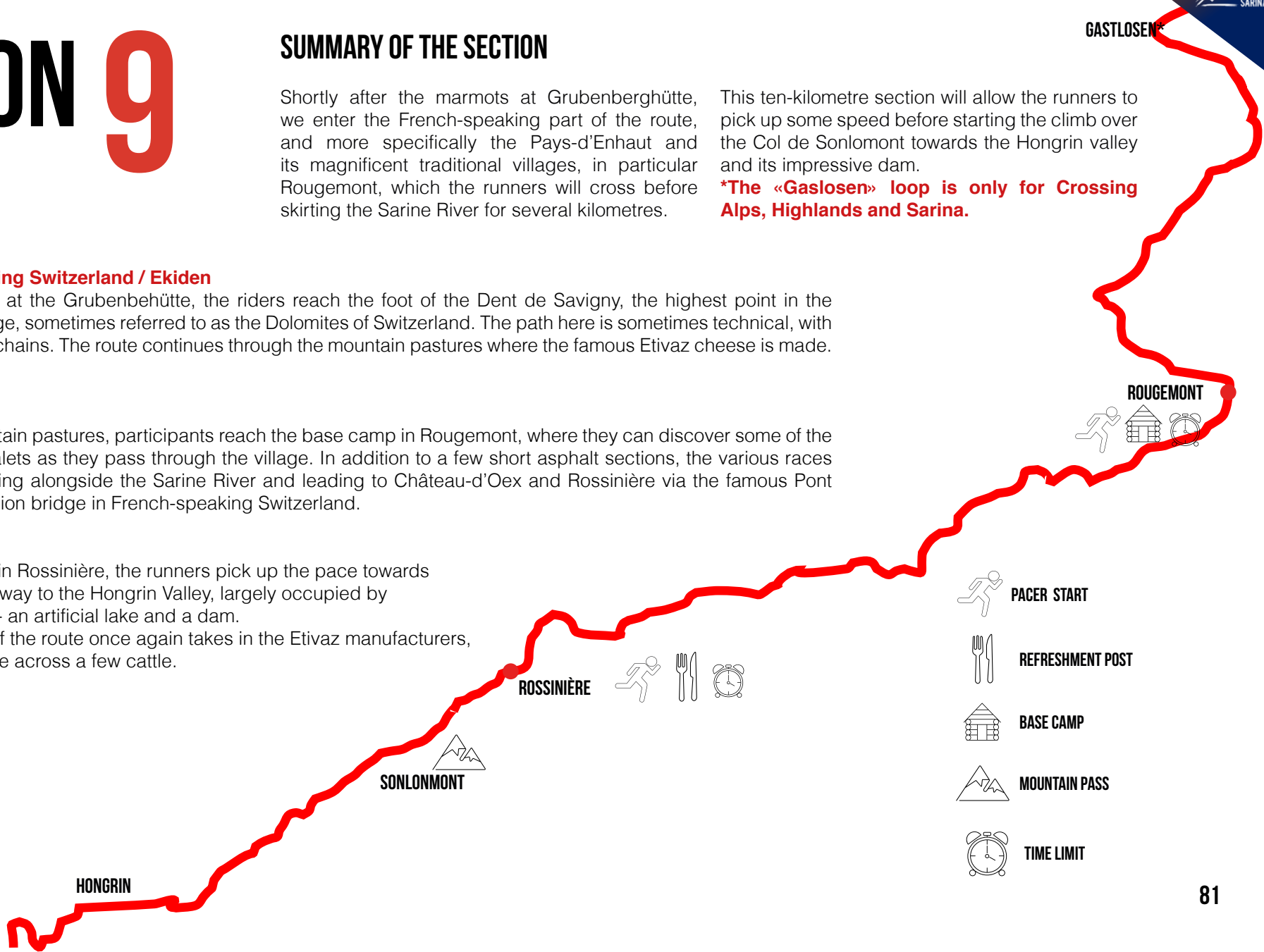
After the refreshment stop at the Grubenbehütte, the riders reach the foot of the Dent de Savigny, the highest point in the magnificent Gastlosen range, sometimes referred to as the Dolomites of Switzerland. The path here is sometimes technical, with two passages secured by chains. The route continues through the mountain pastures where the famous Etivaz cheese is made.

ROUGEMONT

After the Rodomonts mountain pastures, participants reach the base camp in Rougemont, where they can discover some of the region's most beautiful chalets as they pass through the village. In addition to a few short asphalt sections, the various races take place on a path running alongside the Sarine River and leading to Château-d'Oex and Rossinière via the famous Pont Turrian, the oldest suspension bridge in French-speaking Switzerland.

HONGRIN

After the refreshment stop in Rossinière, the runners pick up the pace towards Sonlonmont Pass, the gateway to the Hongrin Valley, largely occupied by - in addition to the military - an artificial lake and a dam. This rollercoaster section of the route once again takes in the Etivaz manufacturers, and it's not unusual to come across a few cattle.



- PACER START
- REFRESHMENT POST
- BASE CAMP
- MOUNTAIN PASS
- TIME LIMIT

21 Rossinière

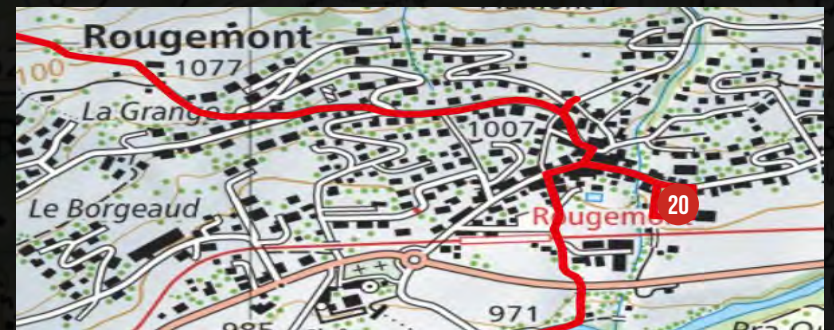
Another typical village of Pays-d'Enhaut, whose idyllic setting is shaped by its lovely surroundings, its centuries-old history and its magnificent wooden houses. «The Grand Chalet is one of the region's most spectacular examples of traditional architecture.



Address: Grande Salle, Le Vas 548, 1658 Rossinière

20 Rougemont

Rougemont, with its magnificent Cluniac church, marks the start of the Vaud Alps, which will serve as a backdrop until we reach Montreux. The village is very pleasant and a renowned gastronomic stopover, perfect for waiting for the participants.



Address: Grande Salle de Rougemont

PAYS D'ENHAUT

Preserved, accessible and gourmet: Pays-d'Enhaut offers the best of the Vaud Alps to visitors looking for authenticity.

Château-d'Œx, Rossinière, Rougemont: these authentic Swiss mountain villages all have their distinct features that have been preserved until today. A short or longer visit to Pays-d'Enhaut will convince you of the region's intactness and warmth of welcome.

Nature is free and majestic here and beckons to be explored. Hiking, mountain biking, skiing, snowshoeing and even hot-air ballooning: all these outdoor activities are opportunities to enjoy the beautiful scenery. The local artisans turn the precious products of this region into fine things, above all into delicious culinary specialties mostly based on mountain milk.



Restaurants and accomodation

From 2 Michelin stars to the mountain hut, there's something for every taste bud in the region. What they all have in common is their emphasis on local produces, of which the famous Etivaz cheese is the star attraction.

<https://www.alpesvaudoises.ch/fr/stories/gastronomie>

There is also a wide range of accommodation on offer, including many B&Bs. Interesting offers can be found on the website, which covers the whole of the Vaud Alps.



Activities:

<https://www.alpesvaudoises.ch/fr/stories/paysdenhaut>

Outdoor - A beautiful pre-Alpine walking area lies south of Château-d'Œx: La Pierreuse, the largest nature conservation area in western Switzerland contains rock areas, forests, abundant flora and flat moors. For both leading bikers and amateurs, the Pays-d'Enhaut offers a large network of marked mountain biking trails along the tracks of the 1997 world championships. You can indulge in white-water sports on the fast-flowing river Saane: canyoning, hydrospeed, canoeing/kayaking and river rafting. One of Switzerland's most beautiful river rafting routes lies between the wild Vanel and Gérignoz gorges.

Air - The «Pays-d'Enhaut», Château-d'Œx is the World Alpine Capital of Hot Air Ballooning, every year at the end of January the International Balloon Festival takes place. Festival International de Ballons. The Espace Ballon explores all the aspects of the whole hot air ballooning adventure. Visitors learn everything about the surprising and poetic world of ballooning, from its history to technical aspects, from the most memorable moments to the most unbelievable records.

Cheese - The herdsmen of Pays-d'Enhaut know just what makes a good alpine cheese - a good strong and slightly fruity smell, with a little touch of hazelnut. Just like Etivaz - the little brother of the world-famous Gruyere cheese. This rarity from Canton Vaud is produced in a truly traditional manner over an open fire on more than 130 alps and matured in a modern cellar in the village of L'Etivaz, on the Mosses road.



MONTREUX-RIVIERA

SECTION 10 SUMMARY OF THE SECTION

After taking your eyes off Lac de l'Hongrin, the next and final objective looms on the horizon: the Rochers de Naye, a fantastic promontory overlooking Lake Geneva perched at almost 2,000 metres. Before that, you'll have to cross the Col de Chaude and its ridge of magnificent

panoramas. The long descent to Montreux and the beach at Clarens will soon be common to all the routes as you enter the almost tropical Chauderon Gorge.

«WE ARE THE CHAMPION» as Freddie Mercury sang, whose statue will mark the end of an incredible journey.

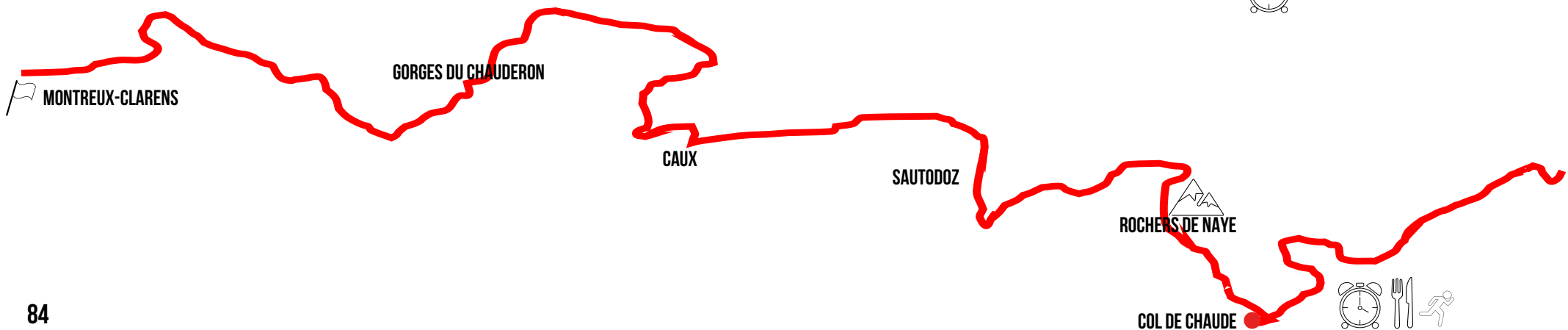
MONTREUX-RIVIERA

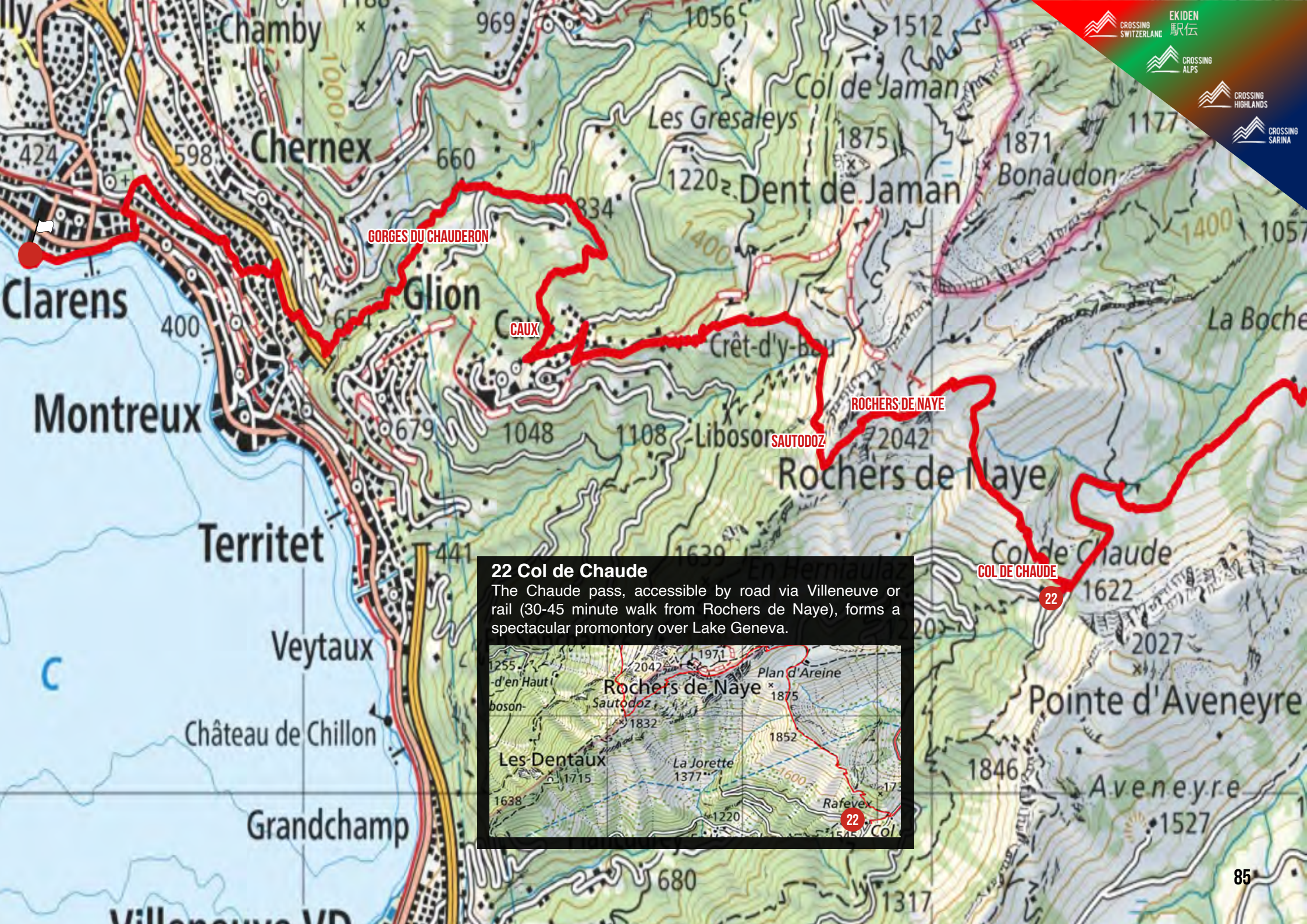
At the end of the Vallée de l'Hongrin, the riders will finally find Lake Geneva, synonymous with the finish. They will still have to reach the Rochers de Naye, a kind of eagle's nest perched 2,000 metres above the lake, for a magical view. Here, the Crossing Riviera riders will also have joined their «brother in arms» after a climb from Montreux and the Col de Jaman via the Naye steps.

At the top of the Rochers de Naye, nearly 1800m of negative altitude difference will still be waiting for the runners and the technical corridor of Sautodoz will not be the easiest of the sections to negotiate. Before joining the forest paths and triumphantly entering Montreux, it will still be necessary to take advantage of the Haut de Caux region which will give the impression of literally plunging into the lake.

A final section common to all the routes will take in the Chauderon gorges, which will open the door to the crossing of Montreux and the finish on the lakeside at the Pierrier beach in Clarens.

-  PACER START
-  REFRESHMENT POST
-  BASE CAMP
-  MOUNTAIN PASS
-  TIME LIMIT





GORGES DU CHAUDERON

CAUX

ROCHERS DE NAYE

SAUTODOZ

COL DE CHAUDE

22

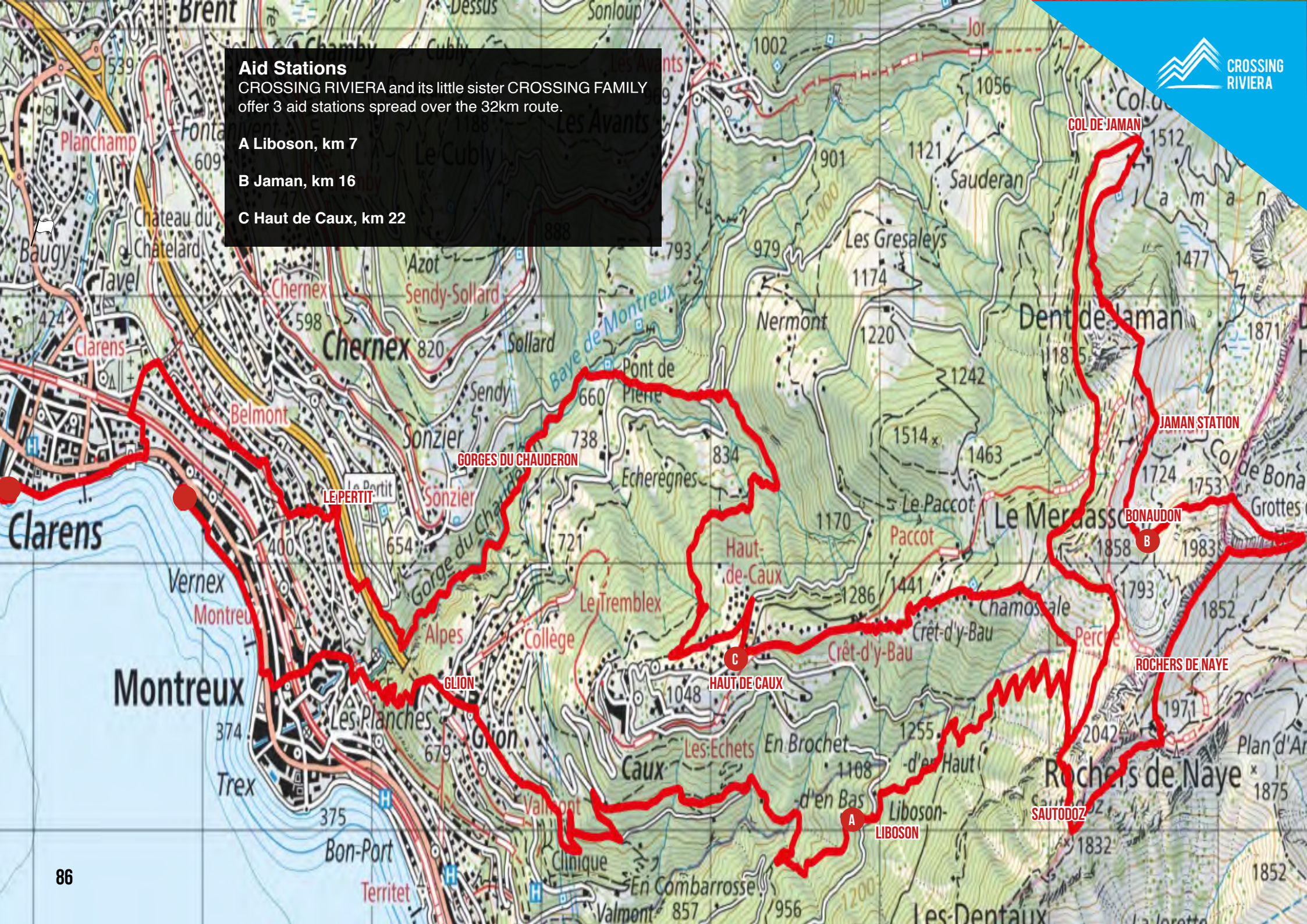
22 Col de Chaude

The Chaude pass, accessible by road via Villeneuve or rail (30-45 minute walk from Rochers de Naye), forms a spectacular promontory over Lake Geneva.



Aid Stations
CROSSING RIVIERA and its little sister CROSSING FAMILY offer 3 aid stations spread over the 32km route.

- A Liboson, km 7**
- B Jaman, km 16**
- C Haut de Caux, km 22**



MONTREUX



Between lake, mountains and vineyards, Montreux Riviera is like a postcard landscape. An authentic little piece of paradise that has seduced so many artists, writers and travellers in search of beauty, calm and... trail-running.

It is probably no coincidence that Charlie Chaplin chose the heights of Vevey to spend the last 25 years of his life, that Freddie Mercury immortalised Lake Geneva and the peaks of the Grammont on the cover of his album «Made in Heaven», that Igor Stravinsky composed «The Rite of Spring» in Montreux, or that Prince expressed his love for Lavaux in a song named after the famous terraced vineyard, which is classified as a World Heritage Site by UNESCO

Hotels :

Several hotels have been tested by our organisation and we gladly recommend: Eurotel, Parc & Lac (right next to the arrival), BB Guest Hotel du Lac or Tralala, a little bit further up town. This is of course only an exhaustive choice.

Restaurants :

The quays from Clarens to Montreux has a number of quality restaurants ranging from traditional Swiss, to Italian and even Oriental cuisine. And as you go deeper into the city, the diversity will only increase.



A few minutes from the banks, on the heights, an alternation of forests and meadows invites walkers to criss-cross the hiking trails, contemplate the blossoming of the wild narcissus - «the snow of May» - and admire a panorama that reinvents itself in every season. Especially since the arrival of the first snowflakes is also synonymous with alpine pleasures, on skis or snowshoes.

Those who are less sporty will find a choice of attractions, with Chaplin's World and Chillon Castle in mind. And why not let yourself be tempted by a trip on board a historic CGN ship or a Belle Epoque convoy on the GoldenPass line? ?



FOLLOW THE TRAIL



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 Race Forecast


Thanks to our forecast application, you can anticipate the passage of your favourite runner to the next station.



Social Networks News Feed

Naturally, plenty of live information will be available on our main digital platforms. Stay tuned !





**Nous soutenons
des évènements
durables et forts
en émotions.**



Vers un avenir durable.

THANKS

For this 8th edition of Montreux Trail Festival / Crossing Switzerland, our organisation team would like to thank Montreux Municipality, Montreux-Vevey Tourism and Canton de Vaud including the Fondation «Fonds du Sport Vaudois» (FFSV), our loyal supporters since 2017.

Many thanks also to the municipalities of Vaduz, Lauterbrunnen, Lenk and Saanen for hosting race starts, and to the thirty or so other towns and villages that allow us to pass through their territory. A special thank you to those who have set up refreshment posts.

Of course, we cannot forget our private partners, most of whom have been with us for several years: Romande Energie, Migros Vaud, Bodycross, VMCV, Physio Clinics or La Mine Brewery.





Félicitations

Pour refaire le plein d'énergie

Migros Montreux a le plaisir de vous accueillir dans son supermarché à deux pas de l'arrivée.

Place du Marché 6
1820 Montreux
058 573 66 00

Lundi - Vendredi 08h00 - 20h00
Samedi 08h00 - 19h00
Dimanche 10h00 - 18h00

MIGROS MONTREUX



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MONTREUX
TRAIL FESTIVAL
CROSSING SWITZERLAND 



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