

# ROAD **BOOK**



20-28 JULY 2024



**RUNNERS**  
*AND* **SUPPORT GUIDE** v5.0





MONTREUX RIVIERA<sup>®</sup>  
pure inspiration



**BC**  
*BODYCROSS*



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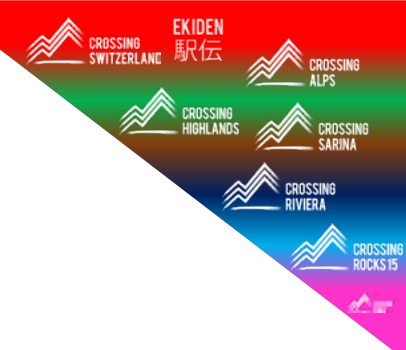
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# MONTREUX TRAIL FESTIVAL / CROSSING SWITZERLAND

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 ?

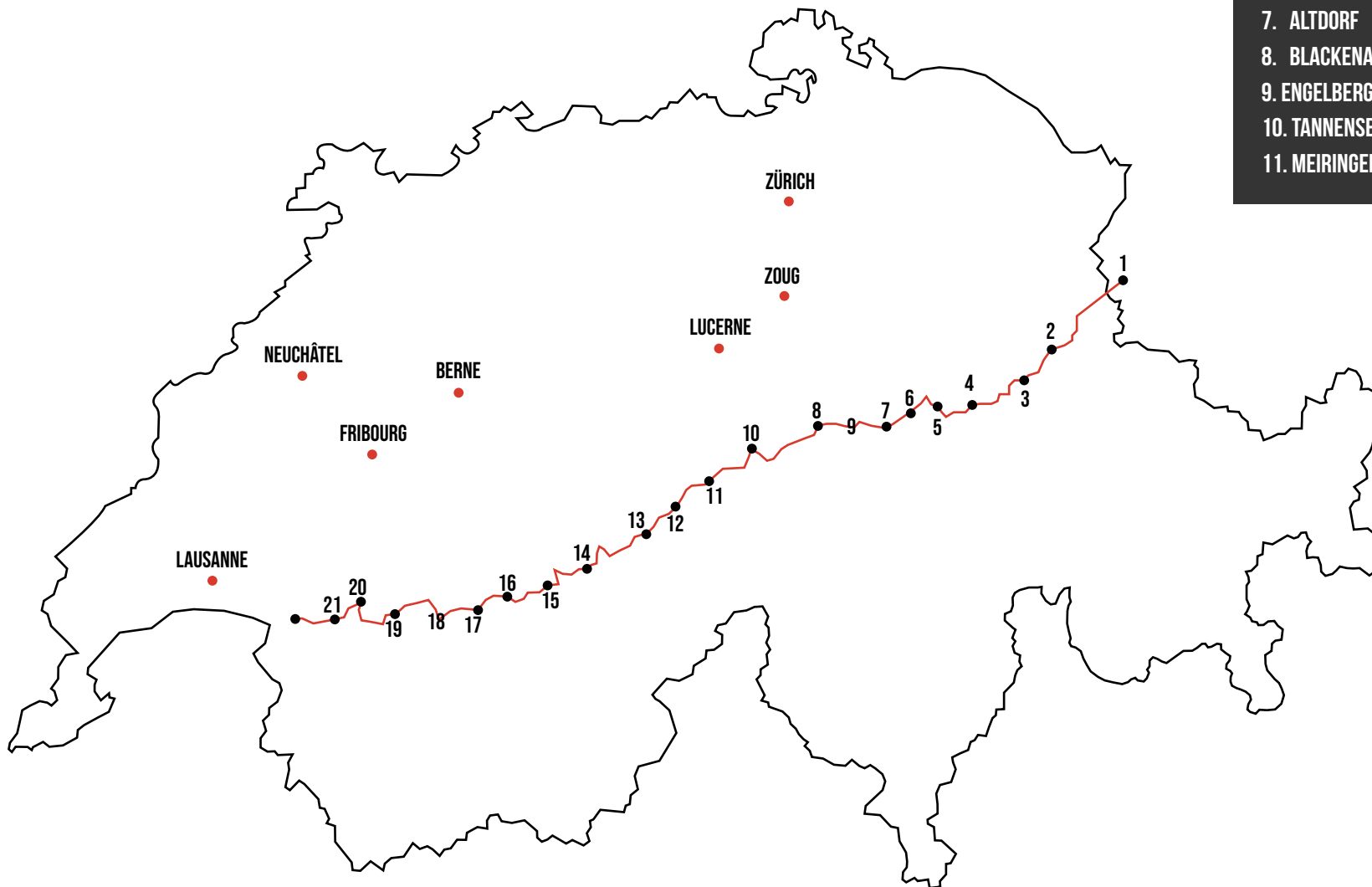
## So, what's on the menu this year?

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 23'000M+
 CROSSING SWITZERLAND	VADUZ-MONTREUX   390KM IN RELAY
 CROSSING ALPS	LAUTERBRUNNEN-MONTREUX   165KM AND 10'000M+
 CROSSING HIGHLANDS	LENK-MONTREUX   113KM AND 5'900M+
 CROSSING SARINA	SAANEN-MONTREUX   76KM AND 4'1000M+
 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
2. MELS
3. WEISSTANNEN
4. ELM-ÄMPÄCHLI
5. LINTHAL
6. KLAUSEN PASS
7. ALTDORF
8. BLACKENALP
9. ENGELBERG-TRÜBSEE
10. TANNENSEE
11. MEIRINGEN
12. GRINDELWALD
13. LAUTERBRUNNEN
14. BUNDALP
15. KANDERSTEG
16. ADELBODEN
17. LENK
18. TURBACH
19. ROUGEMONT
20. ROSSINIÈRE
21. COL DE CHAUDE
22. MONTREUX

# 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 06h00  
Altdorf : Last runner approx. at 12h00  
Blackenalp : Last runner approx. at 18h30

Tannensee : First runner approx. at 01h30

Meiringen : First runner approx. at 06h00

Grindelwald : First runner approx. at 10h30

Lauterbrunnen : First runner approx. at 14h00

Bundalp : First runner approx. at 15h45

Kandersteg : First runner approx. at 20h15

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 10h45

ALTDORF : First runner approx. at 13h15  
BLACKENALP : First runner approx. at 16h45

ENGELBERG : First runner approx. at 19h45

23  
JULY

Engelberg : Last runner approx. at 01h00  
Tannensee : Last runner approx. at 10h45  
Meiringen : Last runner approx. at 18h00

**Adelboden : First runner approx. at 23h30**

**Lenk : First runner approx. at 02h45**

**Turbach : First runner approx. at 06h30**

**Rougemont : First runner approx. at 09h30**

**Rossinière : First runner approx. at 12h45**

**First arrivals in Montreux in the late evening**



26  
JULY

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 05h45

Lauterbrunnen : Last runner approx. at 17h00

**The bulk of the pack is between Lauterbrunnen and Adelboden**



25  
JULY

Bundalp : Last runner approx. at 8h30

Kandersteg : Last runner approx. at 19h00

**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 11h00



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
	VADUZ	FR 19/07	17h00 - 20h00
		SA 20/07	12h00 - 18h00
	VADUZ	FR 19/07	17h00 - 20h00
		SA 20/07	12h00 - 18h00
	LAUTERBRUNNEN	TH 25/07	17h00 - 20h00
		FR 26/07	07h00 - 09h00
	LENK	FR 26/07	17h00 - 20h00
		SA 27/07	04h00 - 05h30
	SAANEN	FR 26/07	17h00 - 20h00
		SA 27/07	06h30 - 08h30
	MONTREUX-CLARENS	SA 27/07	16h30 - 19h00
		SU 28/07	06h30 - 08h30
	MONTREUX-CLARENS	SA 27/07	16h30 - 19h00
		SU 28/07	06h30 - 08h30
	MONTREUX-CLARENS	SA 27/07	16h30 - 19h00
	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 <sup>1</sup>	✓	✓	✓	✓	✓		
Headlamp with spare batteries	✓	✓	✓	✓	✓		✓
Spare headlamp	✓	✓	✓	✓			
Cup (min. 15 cl)	✓	✓	✓	✓	✓	✓	✓
Survival blanket (1.40 m x 2 m)	✓	✓	✓	✓	✓	✓	
Elastic adhesive tape	✓	✓	✓	✓	✓		
Whistle	✓	✓	✓	✓	✓	✓	
Food reserve	✓	✓	✓	✓	✓	✓	
Long-legged running trousers or tights (corsets + leggings accepted)	✓	✓	✓	✓	✓		
Long-sleeved warm clothing (cuffs accepted)	✓	✓	✓	✓	✓		
Mobile phone working in Switzerland and switched on	✓	✓	✓	✓	✓	✓	✓
Identity document	✓	✓	✓	✓	✓	✓	✓

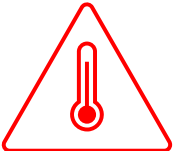


<sup>1</sup> The jacket must be made of a waterproof membrane (minimum recommended 10,000 Schmerber) and breathable (recommended RET less than 13).  
If you choose to take poles, you must have them with you throughout the race or leave them at the base camp (**if any**).



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

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.



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# 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-Trübsee, 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.



näak



# 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**



**TRÜBSEE**



**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 you 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 anual 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.

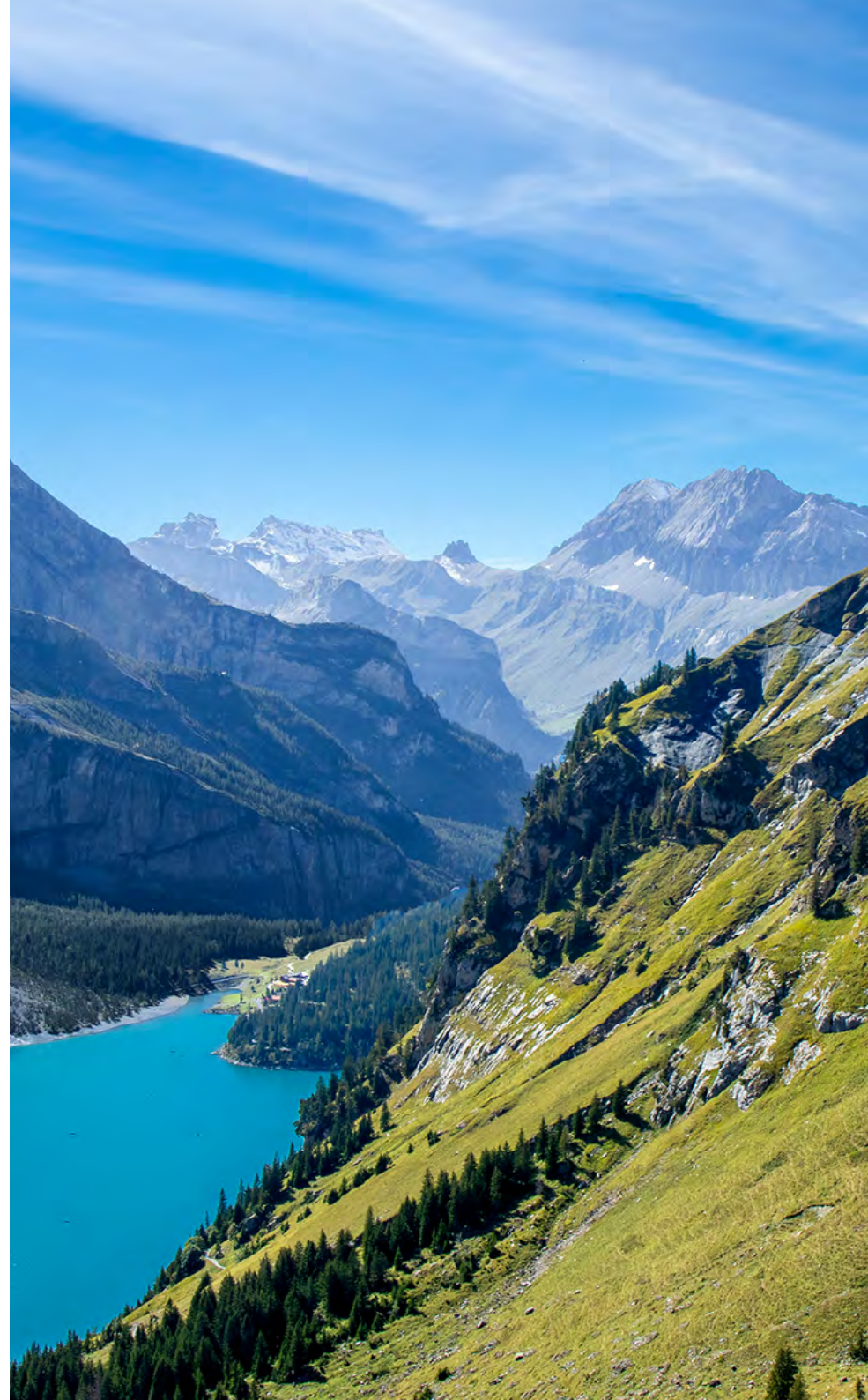
Another number will be provided for the bags.

### 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.



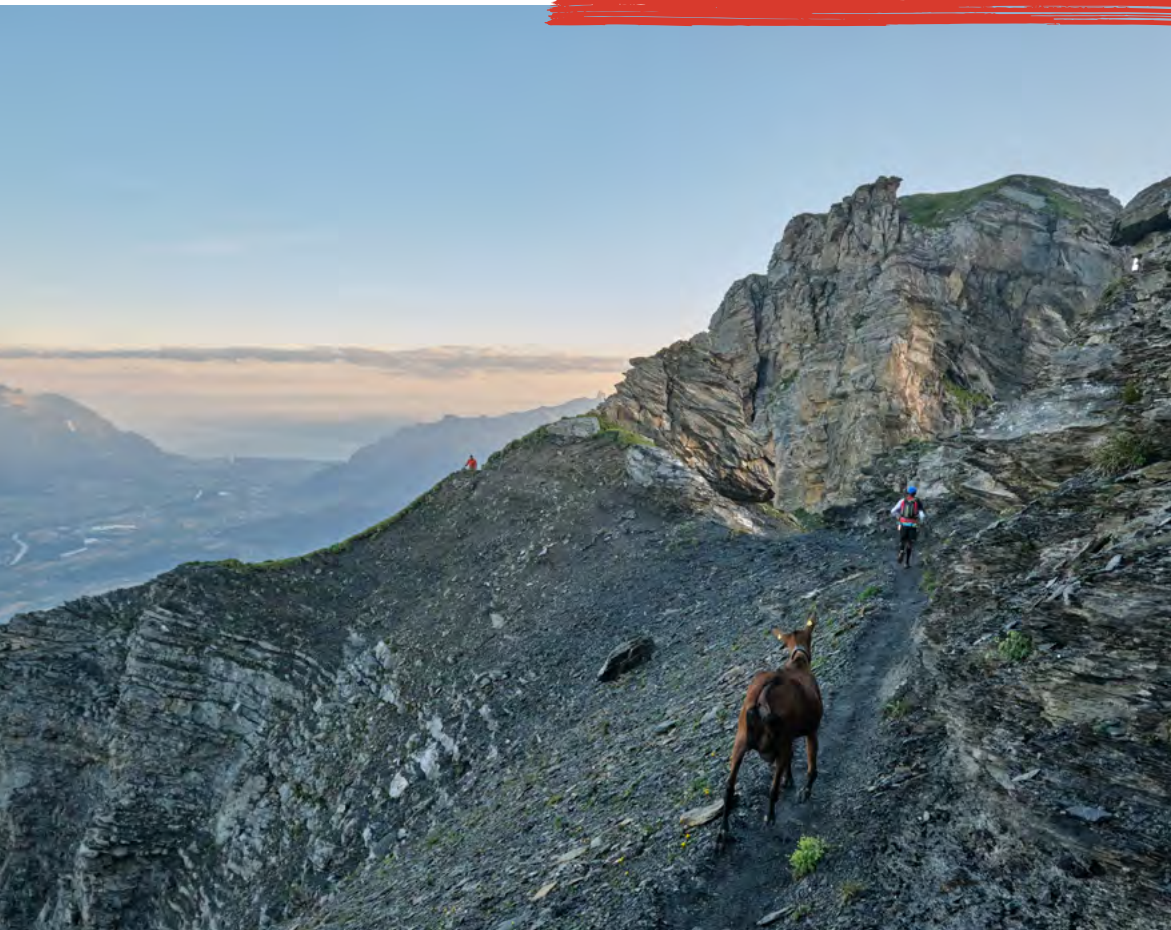
# TIME LIMITS



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 - only on Base Camp) 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	77	SUN 21/07 19H00	MON 22/07 01H00
ENGELBERG-TRÜBSEE	155	TUE 23/07 01H00	TUE 23/07 07H00
Meiringen	183	TUE 23/07 18H00	TUE 23/07 21H00
LAUTERBRUNNEN	238	WED 24/07 17H00	WED 24/07 23H00
Kandersteg	275	THU 25/07 19H00	FRI 26/07 01H00
LENK	307	FRI 26/07 16H00	FRI 27/07 22H00
ROUGEMONT	338	SAT 27/07 11H00	SAT 27/07 17H00
Rossinière	352	SAT 27/07 22H00	SAT 27/07 22H30

# TIME LIMITS



**52H MAX.**

PLACE	KM	TIME LIMIT to arrive	TIME LIMIT to leave
<b>START: LAUTERBRUNNEN - FRIDAY 26/07, 10H00</b>			
Kandersteg	49	FR 26/07 22H00	FR 26/07 22H30
LENK	81	SA 27/07 06H30	SA 27/07, 08H30
ROUGEMONT	113	SA 27/07, 19H00	SA 27/07, 21H00
Rossinière	128	SU 28/07, 01H00	SU 28/07, 02H00
Finish	162	<b>SU 28/07, 14H00</b>	



**32H MAX.**

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



**24H MAX.**

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



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



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

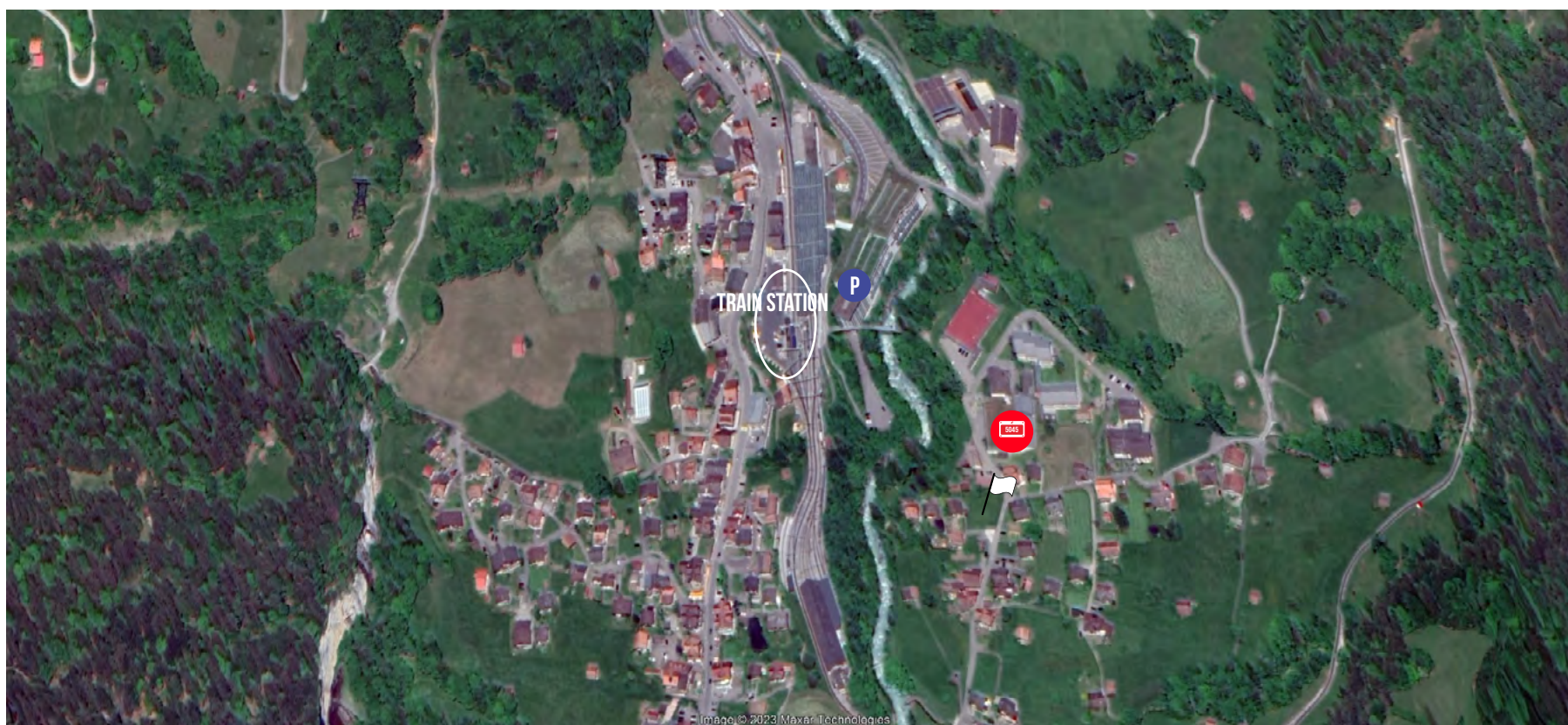
START

# 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



● 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 Montreux-Chailly (5 min. in car from the finish in Montreux), only 500 meter from the Highway exit.

**ATTENTION : Only runners registered [HERE](#) before July 17th, 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](http://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](#) before July 17th, 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](http://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](#) before July 17th, will be allowed to board the shuttles.**

**Friday 26 July at 17H45 in Villeneuve Parking  
or 18H00 in Montreux Train Station**

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](http://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](#) before July 17th, will be allowed to board the shuttles.**

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

**Saturday 27 July at 05H50 (only in Montreux Train Station - MOB Platform)  
Saturday 27 July at 06H50 (only in Montreux Train Station - MOB Platform)**

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

[www.cff.ch](http://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.

1  
«FOLLOWER»  
wristband per rider,  
can be obtained in  
Vaduz and gives  
access to a number  
of advantages  
(Engelberg/  
Grindelwald  
cable car, access  
to Base-Camp etc.).

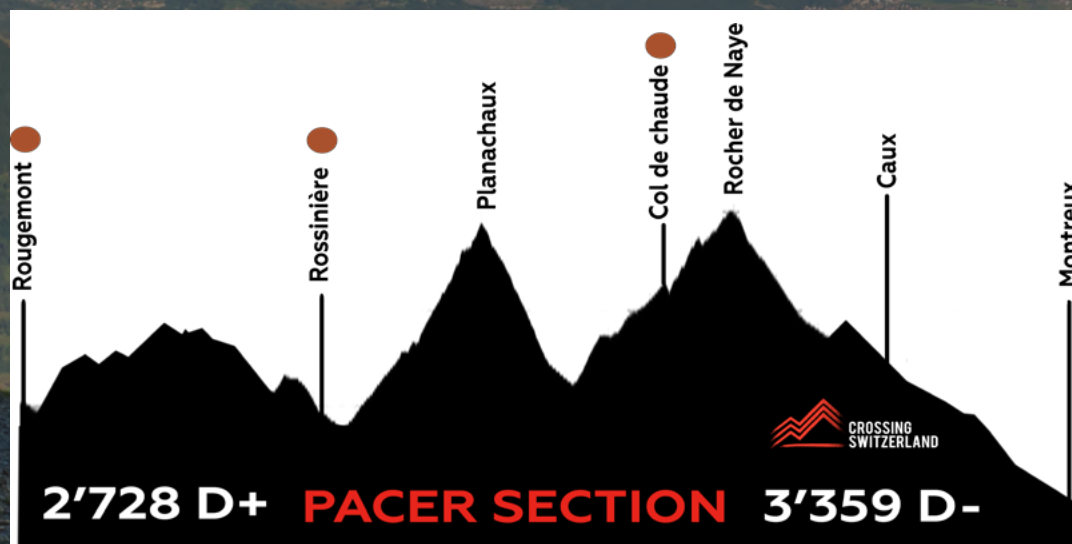
- The assistant may bring a change of clothes and shoes, food and/or food supplements for the runners.
- The areas dedicated to rest, showers and medical assistance are reserved solely and exclusively for the riders; access to these areas is forbidden to accompanying persons.
- Any kind of personal assistance 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

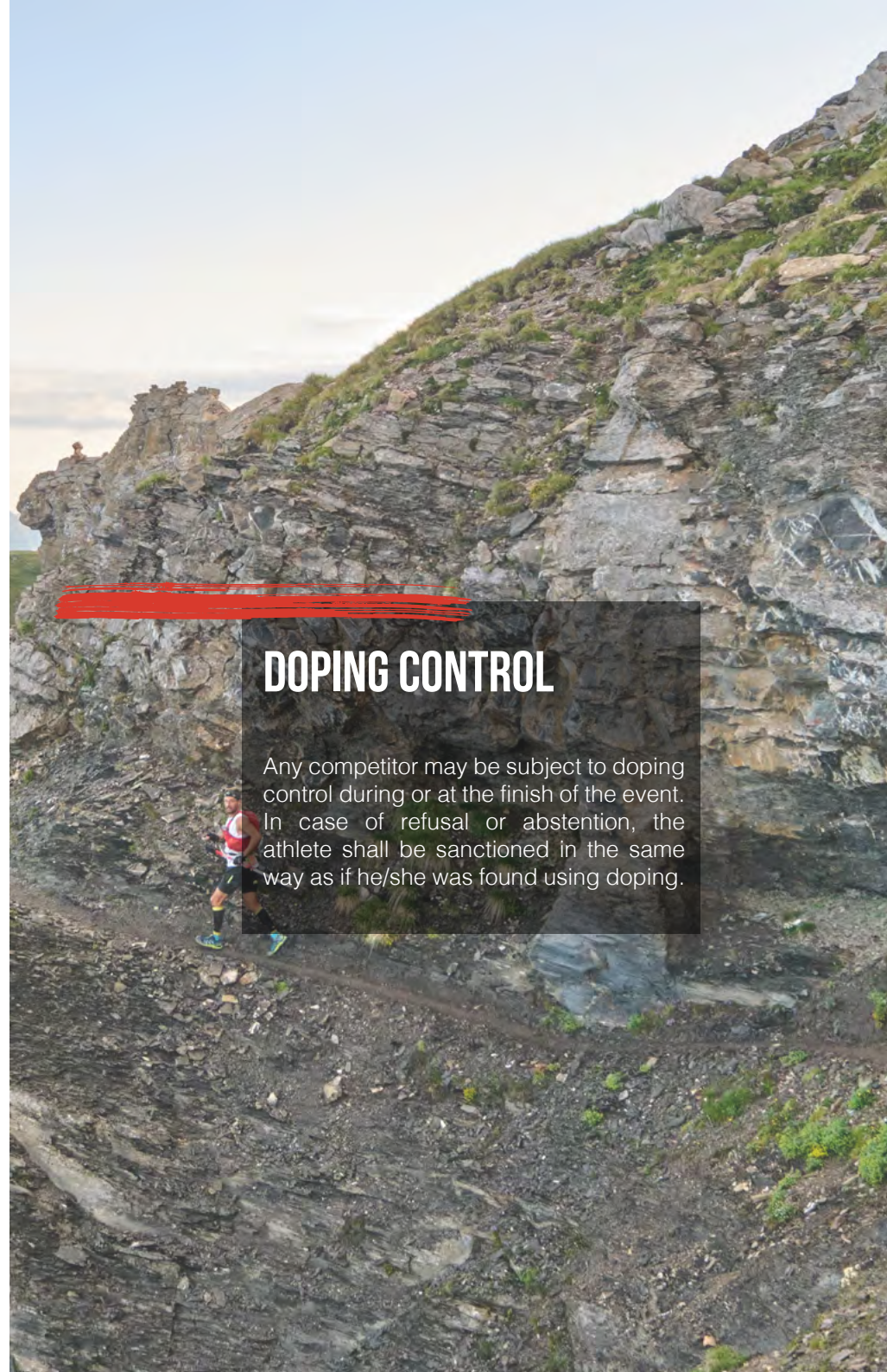
Any person wishing to make a complaint must do so in writing to the Race Committee at the finish.

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:*

*SPB Swiss Branch  
MSO Annulation  
Case postale 856  
1211 Genève 15  
Tél. : 0840 000 010*

*E-mail : [msoannulation@spb.eulf](mailto:msoannulation@spb.eulf) 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

201 + 204 LINES  
FREE DURING THE EVENT\*



TRANSPORTS  
**VMCV**  
PUBLICS



@vmcv.moments

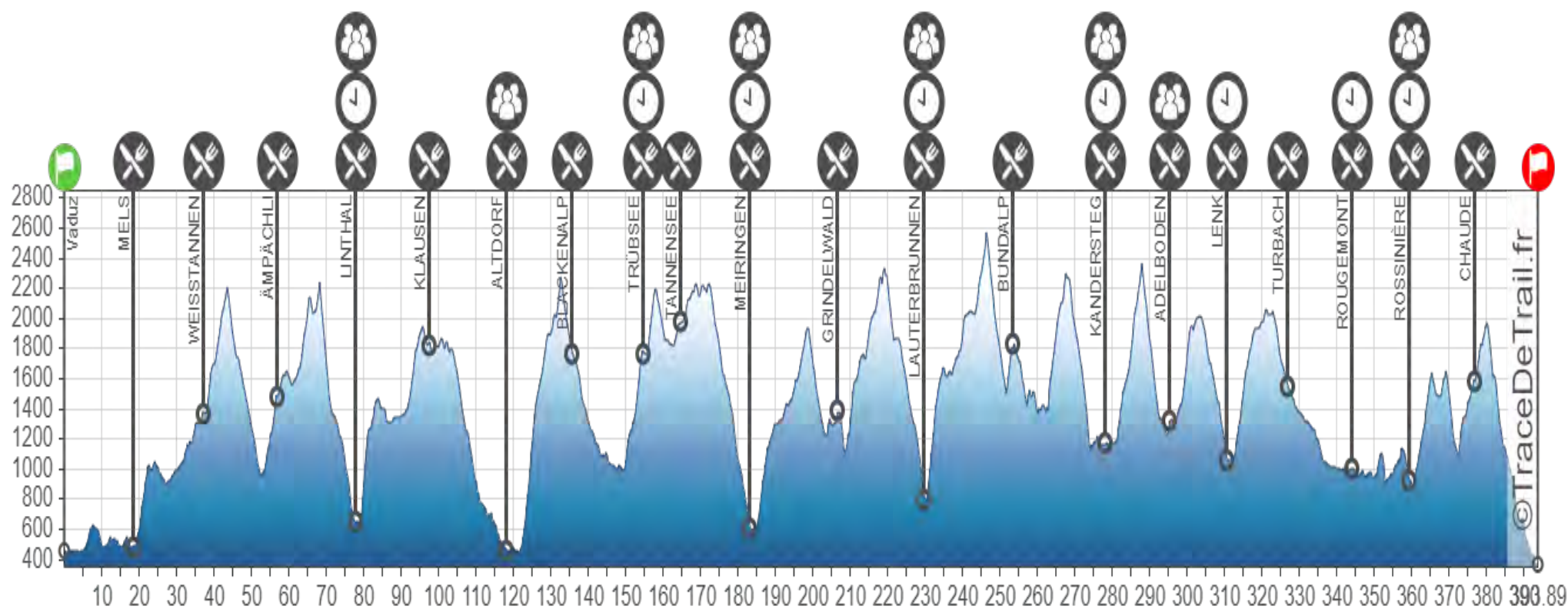
\*in case of Control, please show the voucher downloadable here



# THE RACE



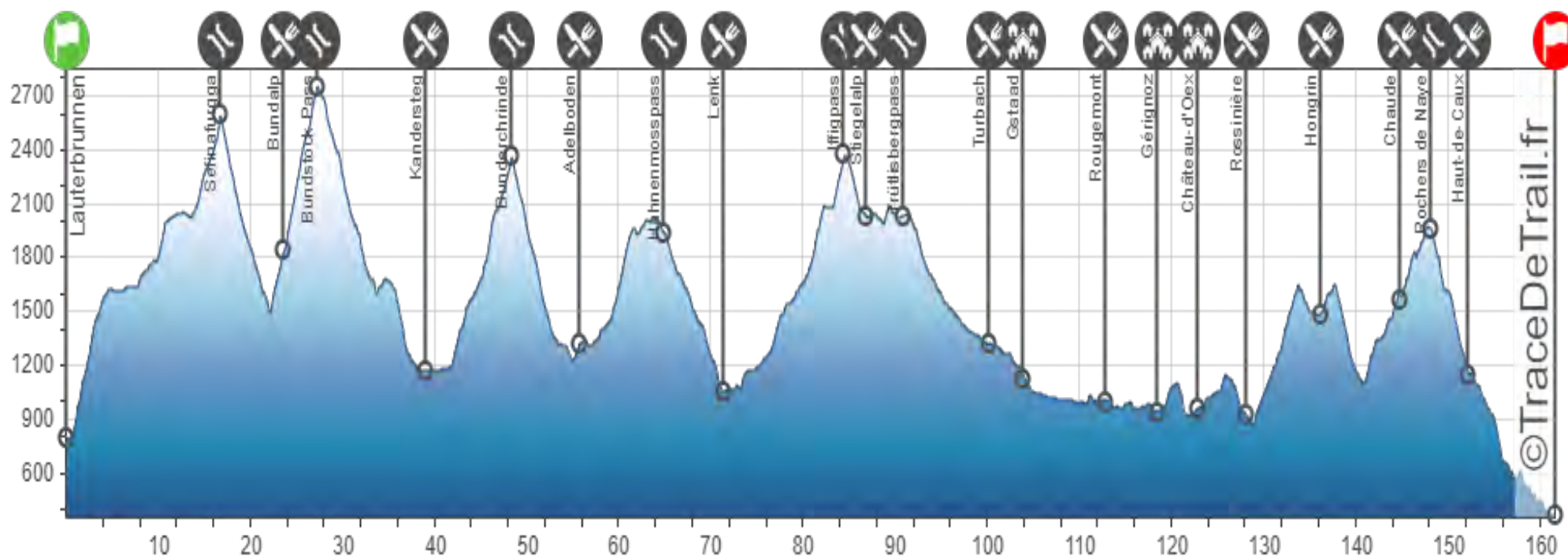
# RACE PROFILE



# 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	Étape 1 (solo)	
MELS	Aid Station	492 m.	18,4	475	442	18,4	475	442		
ALP WALABÜTZ	Aid Station	1376 m.	37,1	1750	836	18,7	1275	394		
Foopass	Pass	2216 m.	43,2	2639	884	6,1	889	48		
ÄMPÄCHLI	Aid Station	1485 m.	56,8	3186	2163	13,6	547	1279		
Richetlipass	Pass	2252 m.	67,9	4201	2407	11,1	1015	244		
LINTHAL	Base Camp	656 m.	77,8	4214	4017	9,9	13	1610		
KLAUSEN	Aid Station	1833 m.	97,5	5757	4382	19,7	1543	365		Étape 2 (solo)
ALTDORF	Aid Station	464 m.	118	6115	6108	20,5	358	1726		
Surenenpass	Pass	2291 m.	132,4	8022	6194	14,4	1907	86		Étape 3 (patrol)
BLACKENALP	Aid Station	1774 m.	135,5	8022	6706	3,1	0	512		
ENGELBERG-TRÜBSEE	Base Camp	1774 m.	154,8	8936	7622	19,3	914	916	Étape 4 (solo)	
TANNENSEE	Aid Station	1983 m.	164,7	9559	8037	9,9	623	415		
MEIRINGEN	Aid Station	610 m.	183,2	10028	9873	18,5	469	1836	Étape 5 (solo)	
GRINDELWALD	Aid Station	1387 m.	206,5	11757	10828	23,3	1729	955		
LAUTERBRUNNEN	Base Camp	799 m.	229,8	13202	12863	23,3	1445	2035	Étape 6 (solo)	
Sefinafurgga	Pass	2595 m.	246,2	15149	13006	16,4	1947	143		
BUNDALP	Aid Station	1843 m.	253,6	15517	14135	7,4	368	1129		
Griesalp	Village	1420 m.	257	15517	14557	3,4	0	422		
Sattelhore	Pass	2306 m.	267,5	16793	14946	10,5	1276	389		
KANDERSTEG	Aid Station	1175 m.	278,3	16948	16235	10,8	155	1289		
ADELBODEN	Aid Station	1329 m.	295,2	18261	17392	16,9	1313	1157	Étape 7 (patrol)	
Hahnenmosspass	Pass	1944 m.	304,3	19036	17551	9,1	775	159	Étape 8 (solo)	
LENK	Base Camp	1064 m.	310,8	19058	18454	6,5	22	903		
Trütlibergpass	Pass	2034 m.	322,4	20082	18510	11,6	1024	56		
TURBACH	Aid Station	1549 m.	326,9	20094	19004	4,5	12	494		
ROUGEMONT	Base Camp	1005 m.	344,3	20216	19670	17,4	122	666		
ROSSINIÈRE	Aid Station	925 m.	359,6	20739	20275	15,3	523	605		
Sonlomot	Pass	1602 m.	365,4	21528	20362	5,8	789	87	Étape 9 (solo)	
CHAUDE	Aid Station	1578 m.	376,9	22243	21125	11,5	715	763		
Rochers de Naye	Pass	1971 m.	380	22688	21177	3,1	445	52	Étape 10 (patrol)	
Haut-de-Caux	Ekiden point	1155 m.	384,4	22688	21989	4,4	0	812		
Montreux-Clarens	Finish	374 m.	393,8	22783	22869	9,4	95	880		

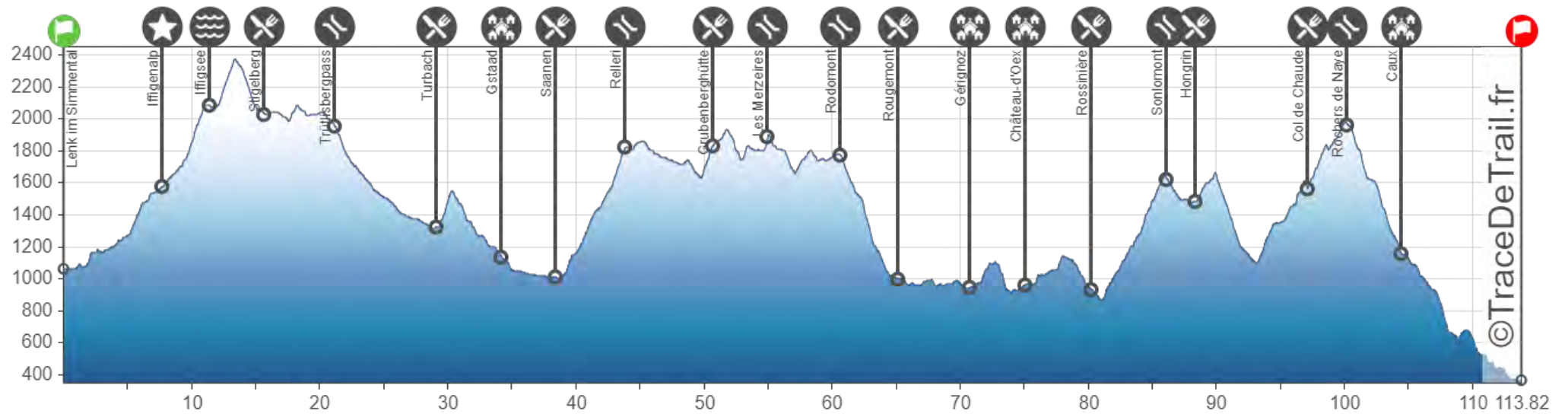
# RACE PROFILE



©TraceDeTrail.fr



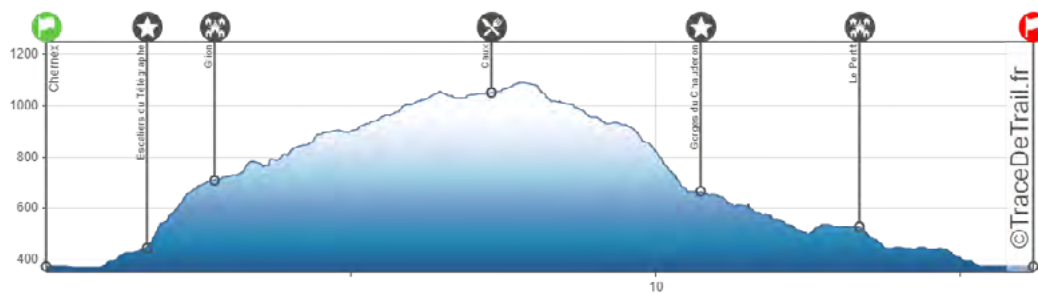
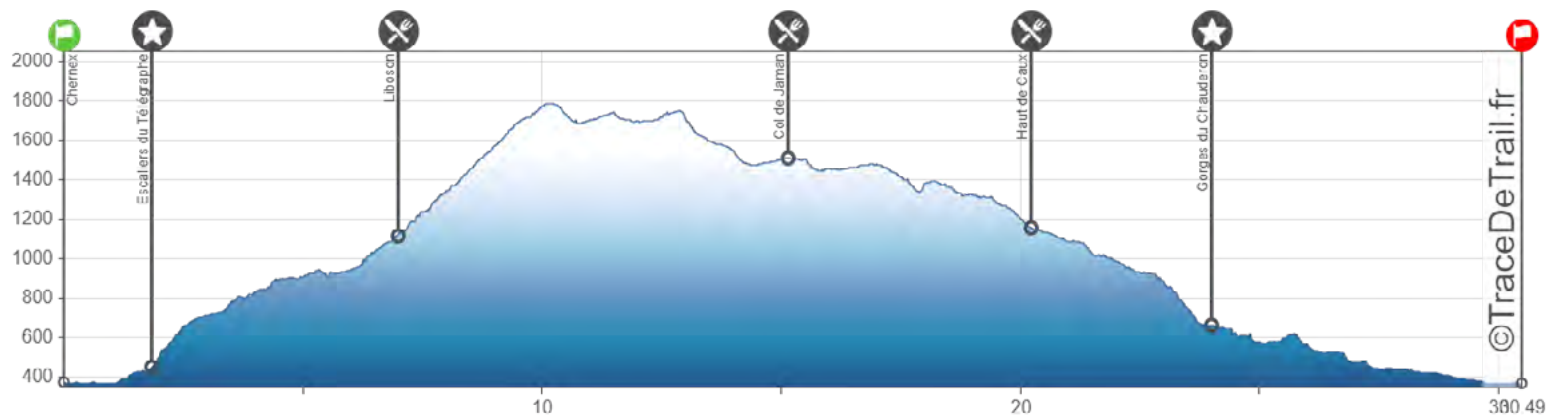
# RACE PROFILE



# RACE PROFILE



# 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

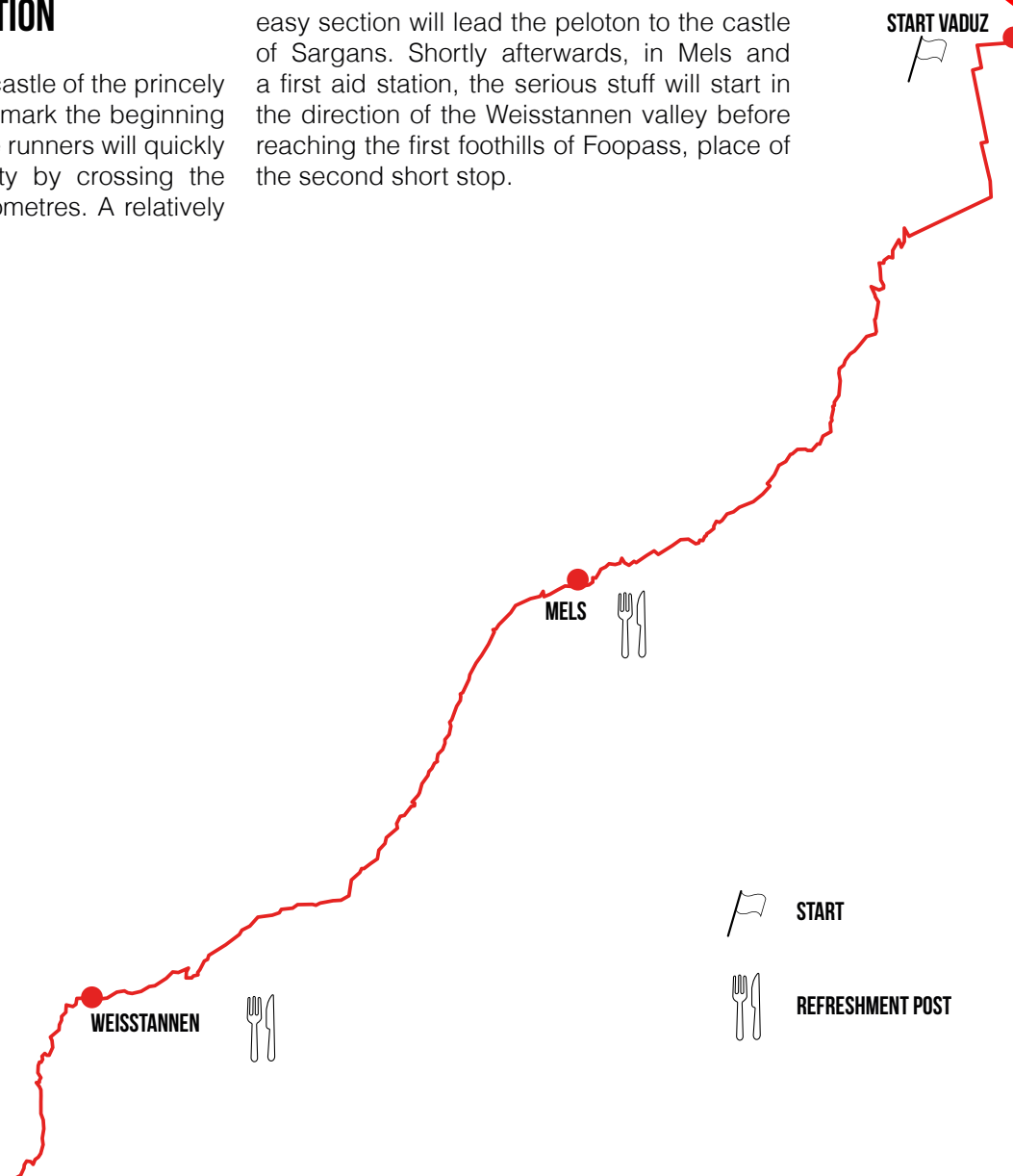
Vaduz, the capital of one of the smallest states in the world (160 km<sup>2</sup>), surrounded by the Rhine and the mountains, will host the main start of Crossing Switzerland in the heart of the city. The runners will quickly leave the principality by crossing the Rhine on the old wooden bridge.

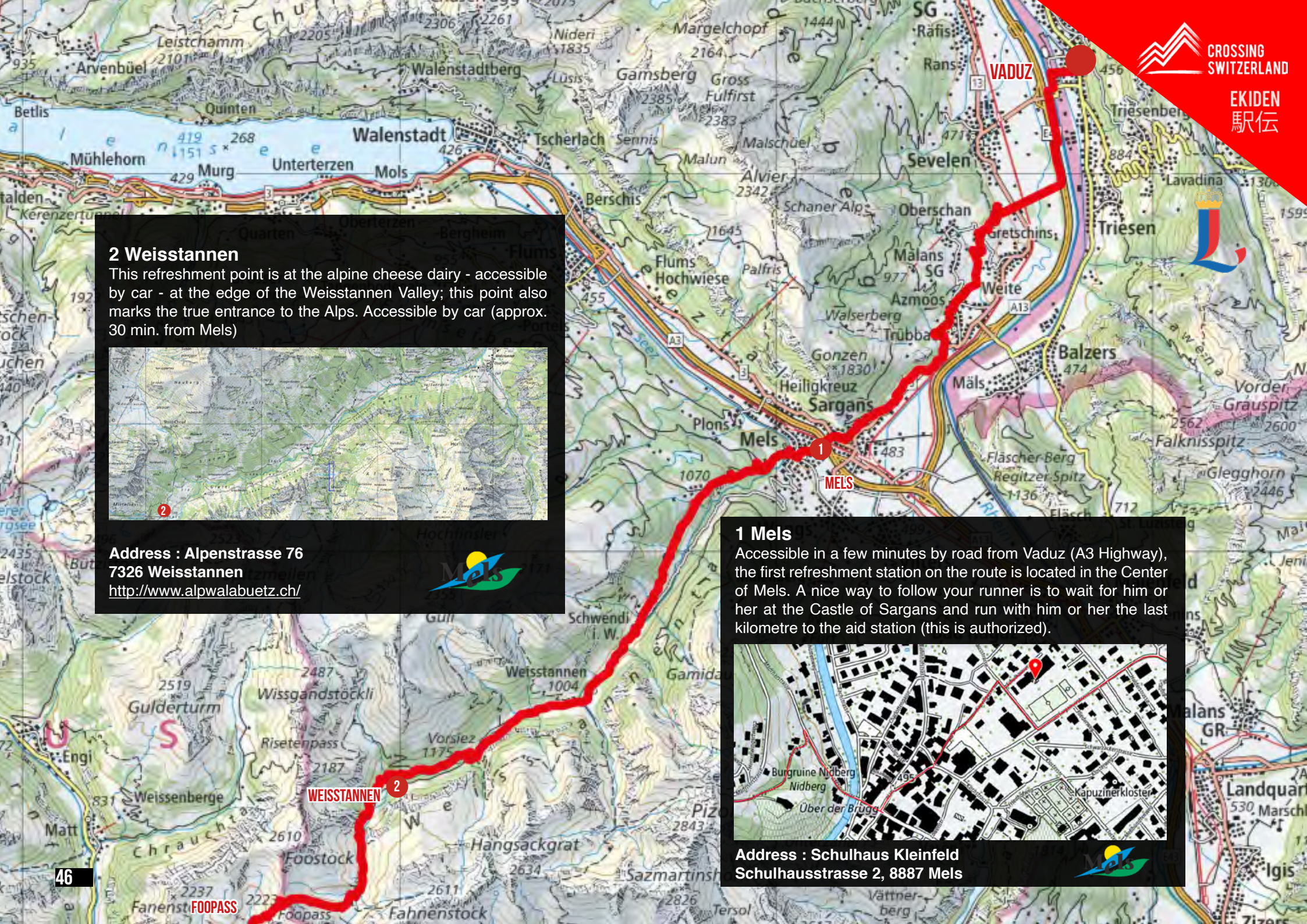
### MELS

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

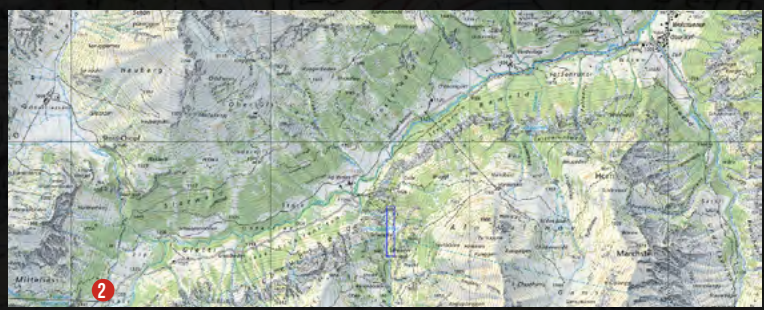
A narrow mountain road winds its way through the high pine forest into the quiet and secluded Weisstannen valley. Here, there is no hustle and bustle, no pass-through traffic, but idyllic nature in abundance, the roaring Seez, alpine meadows and a paradise for hiking and trail running.





## 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)

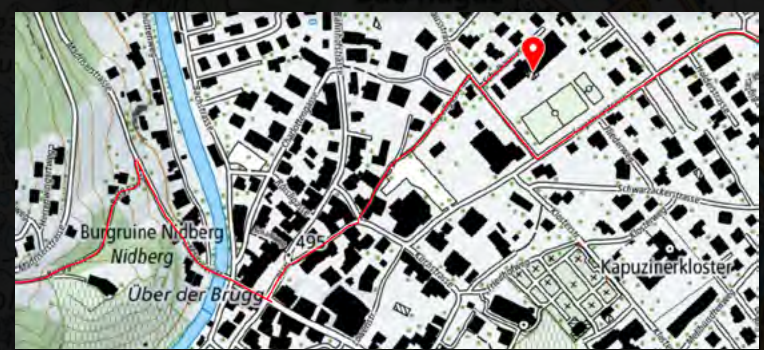


Address : Alpenstrasse 76  
7326 Weisstannen  
<http://www.alpwalabuetz.ch/>



## 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.

© Julien Konrad / Liechtenstein Marketing



### Hôtels:

[www.tourismus.li/hotels](http://www.tourismus.li/hotels)

### Restaurants:

[www.erlebevaduz.li/gastronomie-1/essen-und-trinken](http://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](http://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](http://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](http://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](http://www.tourismus.li/fuerstlichemomente)



© Christoph Schoech / Liechtenstein Marketing

GPX



## 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-	
<b>VADUZ</b>	<b>Start</b>	<b>460 m.</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	Stage 1 (solo)
Gretschins	Village	612 m.	8,2	218	64	8,2	218	64	
Azmoos	Village	484 m.	10,4	226	201	2,2	8	137	
Sargans	Village	532 m.	16,9	458	386	6,5	232	185	
MELS	Aid Station	492 m.	18,4	475	442	1,5	17	56	
WEISSTANNEN	Aid Station	1376 m.	37,1	1750	836	18,7	1275	394	
Foopass	Pass	2216 m.	43,2	2639	884	6,1	889	48	
Elm	Village	976 m.	52,8	2652	2136	9,6	13	1252	
ÄMPÄCHLI	Aid Station	1485 m.	56,8	3186	2163	4	534	27	
Richtlipass	Pass	2252 m.	67,9	4201	2407	11,1	1015	244	
<b>LINTHAL</b>	<b>Base Camp</b>	<b>656 m.</b>	<b>77,8</b>	<b>4214</b>	<b>4017</b>	<b>9,9</b>	<b>13</b>	<b>1610</b>	



## 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 is an excellent spot for accompanying persons who can easily reach the race route from the village.

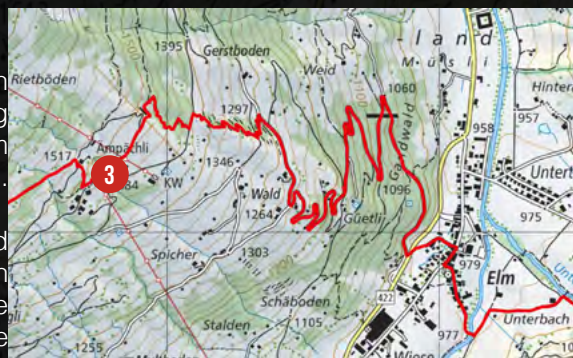


### 3 Elm / Ämpächli

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

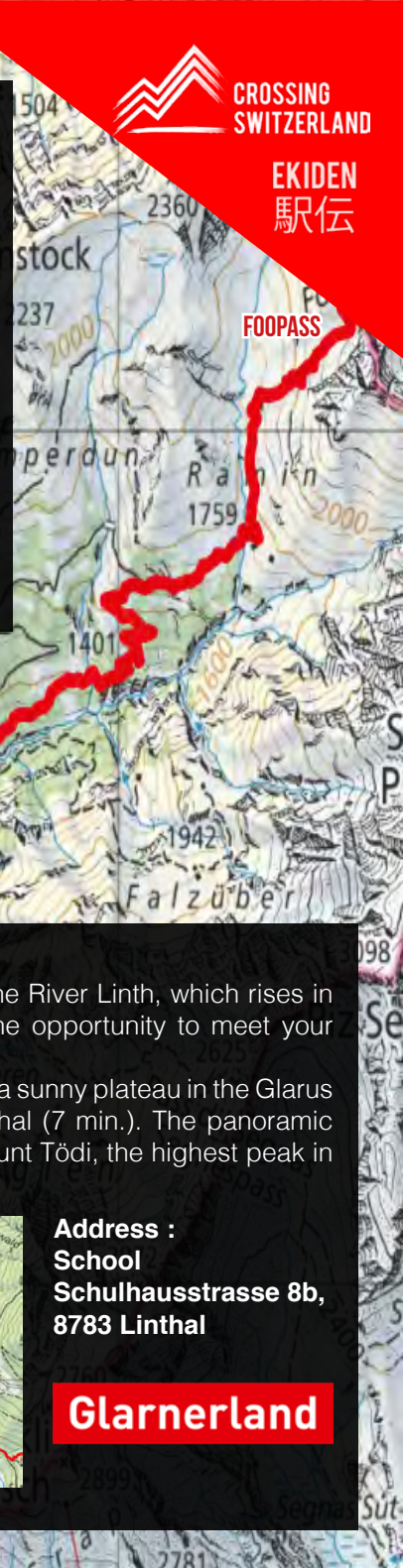
The first base camp is in Linthal, on the banks of the River Linth, which rises in the municipality. Alternatively you can also take the opportunity to meet your runner in the Braunwald resort.

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

GPX



Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
<b>LINTHAL</b>	<b>Base Camp</b>	<b>656 m.</b>	<b>77,9</b>	<b>4213</b>	<b>4016</b>	<b>0</b>	<b>0</b>	<b>0</b>	Stage 2 (solo)
Urnerboden	Village	1375 m.	89,9	5139	4224	12	926	208	
KLAUSEN	Aid Station	1833 m.	97,5	5757	4382	7,6	618	158	Stage 3 (patrol)
Spiringen	Village	957 m.	109,3	5958	5461	11,8	201	1079	
Bürglen	Village	568 m.	115,7	6115	6008	6,4	157	547	
ALTDORF	Aid Station	465 m.	118	6115	6108	2,3	0	100	
Attinghausen	Village	460 m.	121,5	6137	6137	3,5	22	29	
Brüsti	Village	1528 m.	126,5	7205	6137	5	1068	0	
Surenenpass	Pass	2286 m.	132,4	8022	6194	5,9	817	57	
BLACKENALP	Aid Station	1774 m.	135,5	8022	6706	3,1	0	512	
Engelberg	Village	1003 m.	149	8133	7590	13,5	111	884	
<b>ENGELBERG-TRÜBSEE</b>	<b>Base Camp</b>	<b>1779 m.</b>	<b>154,8</b>	<b>8936</b>	<b>7622</b>	<b>5,8</b>	<b>803</b>	<b>32</b>	

# WALDSTÄTTEN

# SECTION 3

## SUMMARY OF THE SECTION

Shortly after Braunwald, the runners will enter in the Waldstätten Region Schwytz and Uri, home of William Tell and the heart of the birth of Switzerland. Unfortunately it will not be possible to visit the Glattalp region as originally planned. The changes to the route required further on have forced us to cancel this section. As a result, runners will remain on the Via Alpina as far as

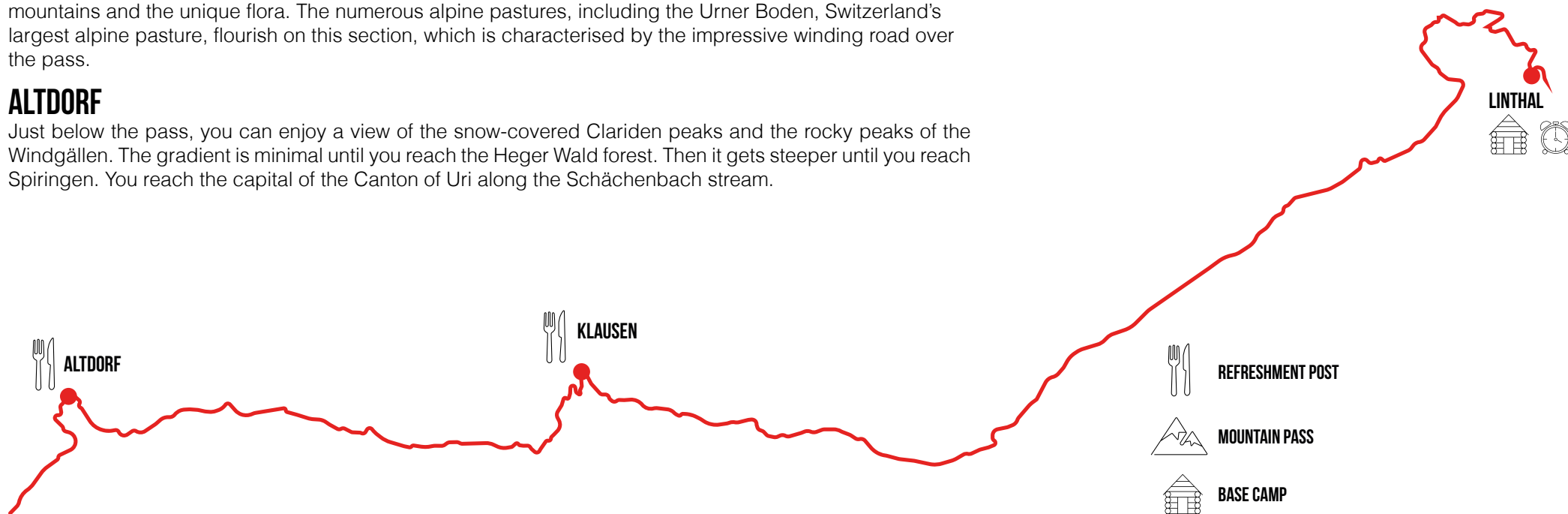
Klausenpass. It will accompany the participants to the capital of the canton, only a few steps away from the magnificent Lake Lucerne, which can be admired by ... the companions. And, shall we already tell you about the 1'800 meters of positive difference in altitude that will follow the 5th refreshment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

## 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.

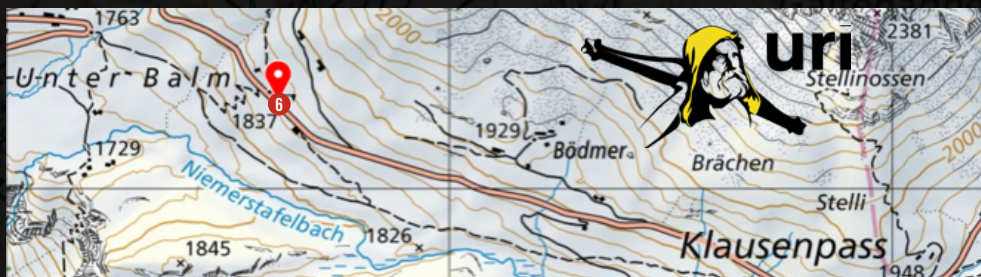
## ALTDORF

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

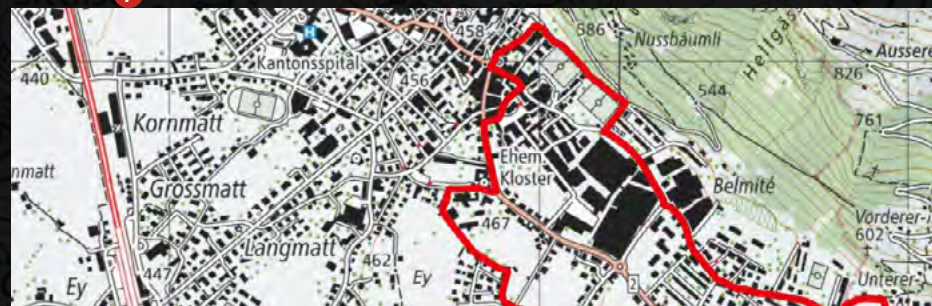
The Klausen aid station is easily accessible from Linthal or Altdorf. The hotel is located just before the pass from Altdorf. A beautiful alpine tourist routes.




Adress: Hotel Klausenpass - Klausenstrasse 91, 6465 Unterschächen

### 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

Gemeinde  
**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

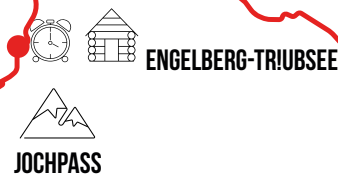
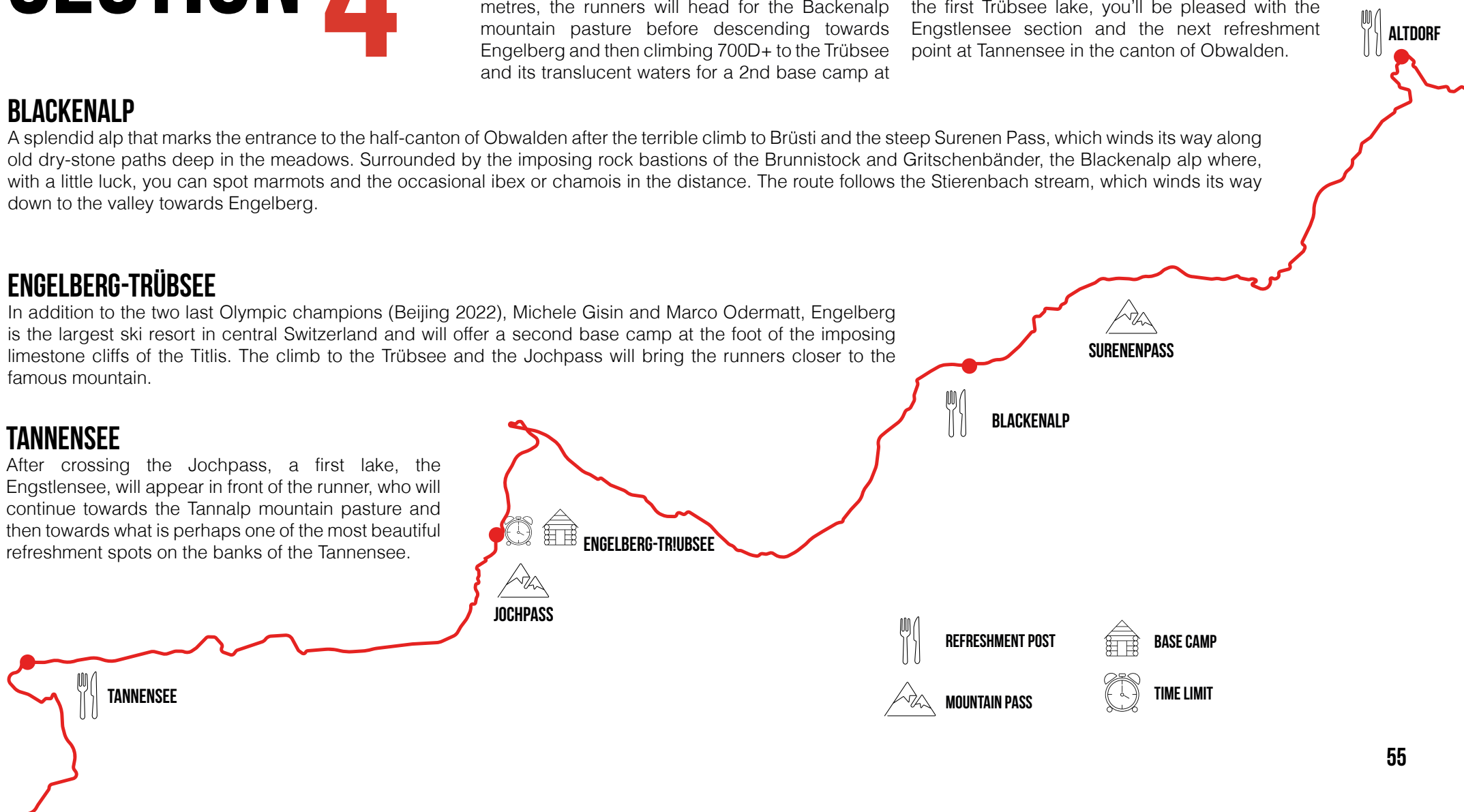
A splendid alp that marks the entrance to the half-canton of Obwalden after the terrible climb to Brüsti and the steep Surenen Pass, which winds its way along old dry-stone paths deep in the meadows. Surrounded by the imposing rock bastions of the Brunnistock and Gritschenbänder, the Blackenalp alp where, 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.



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

### 9 Engelberg - Trübsee

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 Lake Trübsee - is accessible by cable car (thanks to the accompanying wristband, a free ascent will be offered).



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/>



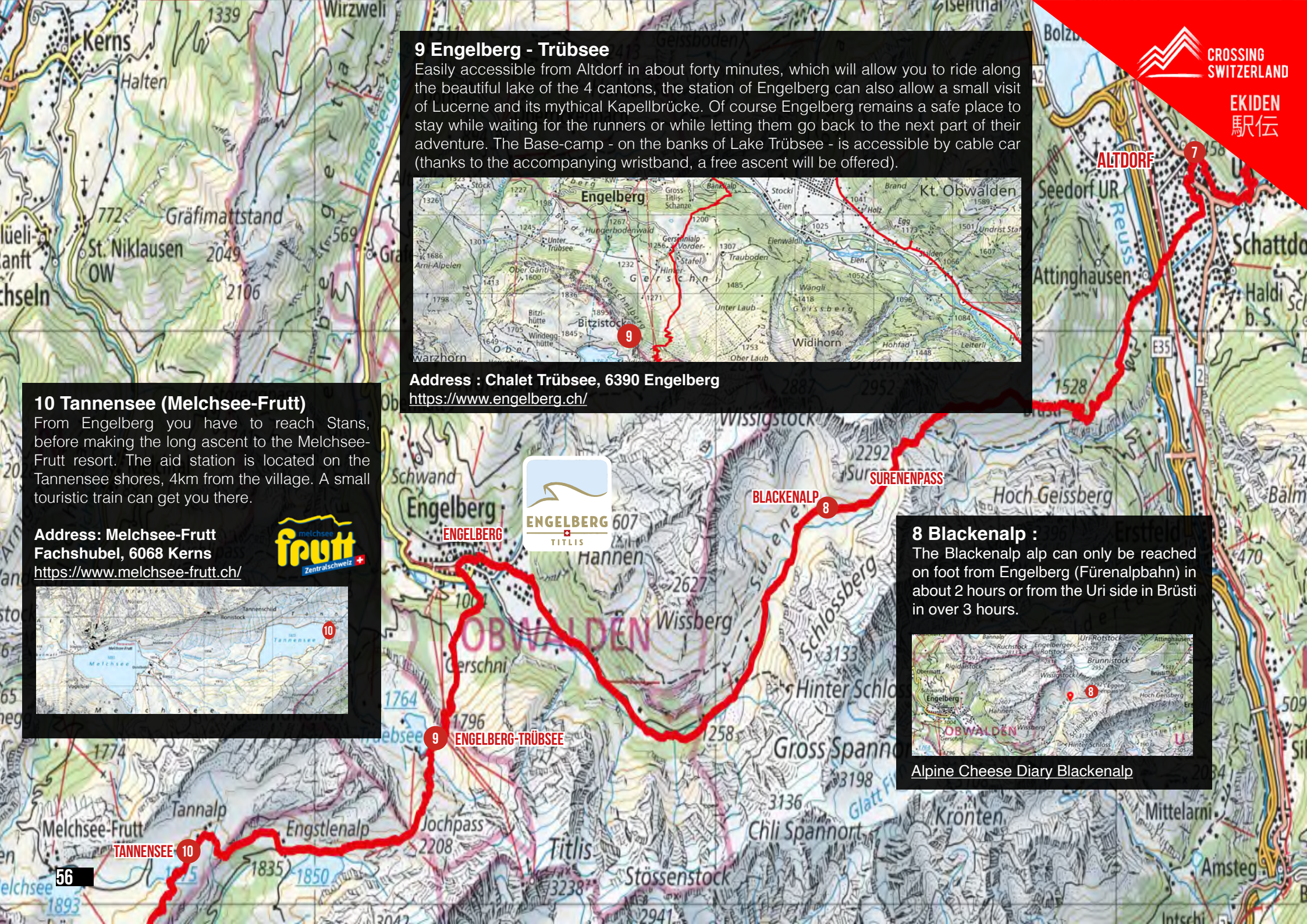
### 8 Blackenalp

### 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](http://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](mailto: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](http://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

GPX



Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
<b>ENGELBERG-TRÜBSEE</b>	<b>Base Camp</b>	<b>1779 m.</b>	<b>154,8</b>	<b>8936</b>	<b>7622</b>	<b>0</b>	<b>0</b>	<b>0</b>	Stage 4 (solo)
Jochpass	Pass	2210 m.	157,8	9380	7629	3	444	7	
Engstlensee	Spot	1860 m.	160,3	9380	7980	2,5	0	351	
Engstlen	Village	1836 m.	161,5	9386	8010	1,2	6	30	
Tannalp	Alp	1974 m.	164,1	9549	8034	2,6	163	24	
TANNENSEE	Aid Station	1983 m.	164,7	9559	8037	0,6	10	3	
Balmeregghoren	Pass	2231 m.	168,6	9849	8078	3,9	290	41	
Planplatten	Pass	2230 m.	171,8	10000	8230	3,2	151	152	
Hasliberg	Village	1062 m.	179,8	10015	9413	8	15	1183	
MEIRINGEN	Aid Station	610 m.	183,2	10028	9873	3,4	13	460	
Schwarzwaldalp	Alp	1461 m.	193,9	10952	9954	10,7	924	81	Stage 5 (solo)
Grosse Scheidegg	Pass	1958 m.	198,5	11472	9974	4,6	520	20	
Restaurant Wetterhorn	Spot	1227 m.	202,9	11472	10705	4,4	0	731	
GRINDELWALD	Aid Station	1387 m.	206,5	11757	10828	3,6	285	123	
Marmorbruch	Alp	1109 m.	208,3	11781	11132	1,8	24	304	
Eigergletscher	Pass	2330 m.	219	13166	11296	10,7	1385	164	
Wengernalp	Alp	1876 m.	222,7	13196	11779	3,7	30	483	
Wengen	Village	1366 m.	226,2	13196	12289	3,5	0	510	
<b>LAUTERBRUNNEN</b>	<b>Base Camp</b>	<b>799 m.</b>	<b>229,8</b>	<b>13202</b>	<b>12863</b>	<b>3,6</b>	<b>6</b>	<b>574</b>	

## 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

20% discount for followers. Thanks to present your **CROSSING** wristband

# LUFTSEILBAHN GRINDELWALD & PFINGSTEGG

## 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 Pfingstegg which is easily accessible by cable car.



Address: Pfingstegg

## 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



12  
GRINDELWALDegg



# LUFTSEILBAHN GRINDELWALD & PFINGSTEGG

# LAUTERBRUNNEN



With an area of 164.5 km<sup>2</sup>, 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](http://www.lauterbrunnen.ch)

## KANDERSTEG & ADELBODEN

# REGION 6

### SUMMARY OF THE SECTION

Unfortunately, this section had to be modified due to the damage caused to the path leading to the Hohtürli pass and the descent to the Oeschinensee, which remains dangerous. We are therefore proposing an alternative route

around the Ärmighore massif.

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.

### BUNDALP

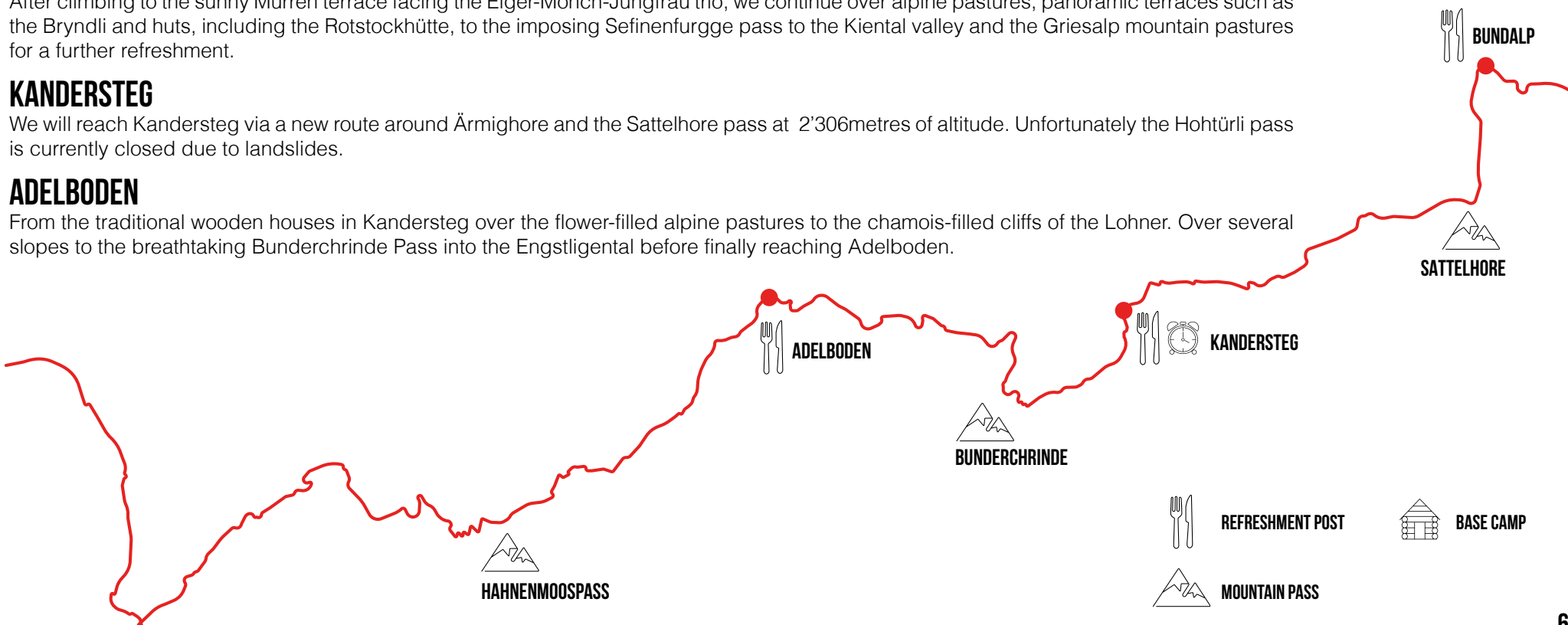
After climbing to the sunny Mürren terrace facing the Eiger-Mönch-Jungfrau trio, we continue over alpine pastures, panoramic terraces such as the Bryndli and huts, including the Rotstockhütte, to the imposing Sefinenfurgge pass to the Kiental valley and the Griesalp mountain pastures for a further refreshment.

### KANDERSTEG

We will reach Kandersteg via a new route around Ärmighore and the Sattelhore pass at 2'306metres of altitude. Unfortunately the Hohtürli pass is currently closed due to landslides.

### 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 Bundalp

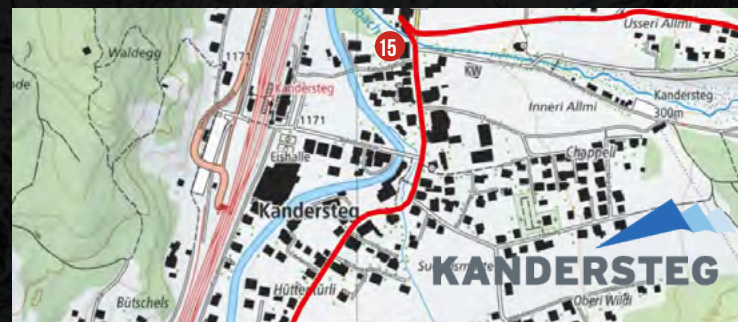
Just getting to Griesalp region is an adventure with a route that will probably be remembered (28% gradient!). The refreshment station is about an hour's walk from the village of Griesalp, in Bundalp



Address: **Berghaus Bundalp**  
3723 Kiental

### 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.

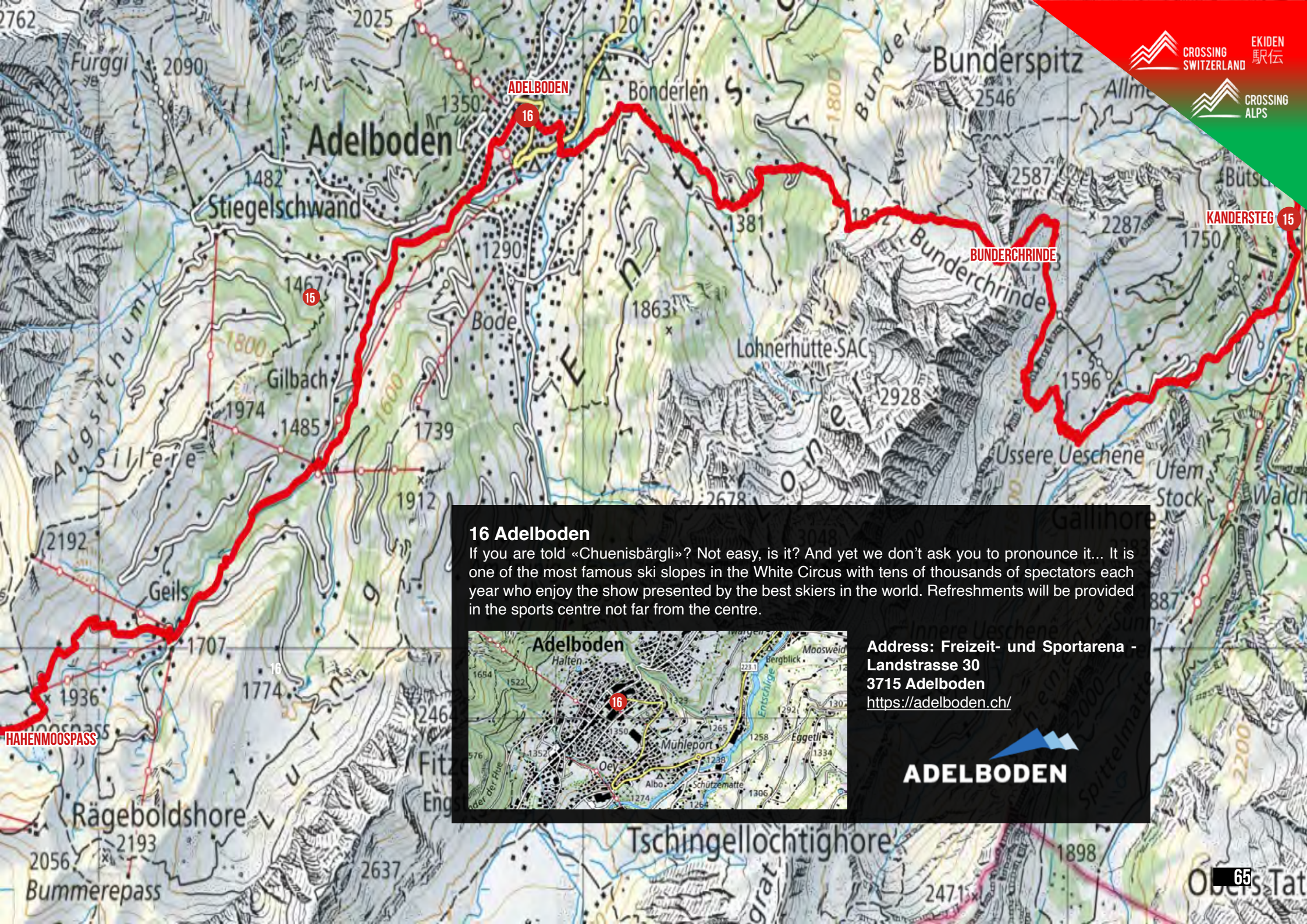


Address: **School, Äussere Dorfstrasse 99, 3718 Kandersteg**

GRIESALP  
(BUNDALP)

14





### 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/>

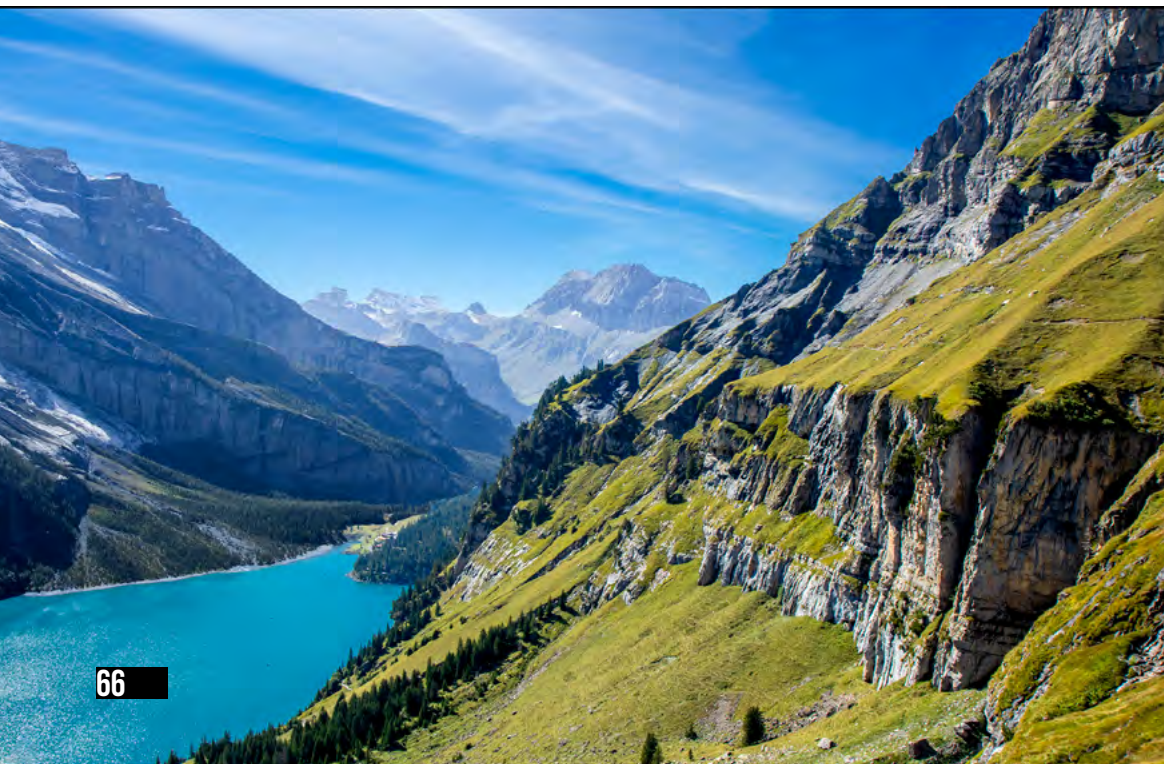


# KANDERSTEG



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

GPX



Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
<b>LAUTERBRUNNEN</b>	<b>Base Camp</b>	<b>799 m.</b>	<b>229,8</b>	<b>13202</b>	<b>12863</b>	<b>0</b>	<b>0</b>	<b>0</b>	Ekiden 6 (solo)
Mürren	Village	1640 m.	236,1	14120	12940	5,8	878	37	
Spilboden	Village	1793 m.	239,2	14305	12973	3,1	195	43	
Rotstockhütte	Hut	2037 m.	243,1	14581	13006	3,9	298	55	
Sefinafurrga	Pass	2595 m.	246,2	15149	13006	3,2	578	2	
Obere Dürreberg	Alp	2000 m.	248,6	15149	13607	2,3	0	612	
BUNDALP	Aid Station	1843 m.	253,6	15517	14135	4,6	354	510	
Griesalp	Village	1420 m.	257	15517	14557	3,6	936	8	
Gumpelmad	Alp	1691 m.	263,8	16141	14910				
Sattelhore	Pass	2306 m.	267,5	16793	14946	6,2	55	1237	
KANDERSTEG	Aid Station	1175 m.	278,3	16948	16235	4,7	29	444	Stage 7 (patrol)
Alpschele	Alp	2085 m.	286,3	17858	16235	7,9	929	13	
Bunderchrinde	Pass	2372 m.	287,8	18147	16235	1,5	290	2	
I de Schrickmatte	Alp	1811 m.	290,2	18147	16796	2,4	0	568	Stage 8 (solo)
ADELBODEN	Aid Station	1329 m.	295,2	18261	17392	5,1	119	600	
Gilbach	Alp	1404 m.	298,1	18399	17432	2,5	127	54	
Sillerebüel	Alp	1704 m.	302,5	19017	17470	3,9	342	41	
Hahnenmosspass	Pass	1944 m.	304,3	19036	17551	2,2	240	0	
Metsch	Village	1456 m.	307,9	19040	18044	3,6	4	491	
<b>LENK</b>	<b>Base Camp</b>	<b>1064 m.</b>	<b>310,8</b>	<b>19058</b>	<b>18454</b>	<b>2,9</b>	<b>32</b>	<b>423</b>	

## 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	802 m.	0	0	0	0	0	0
Mürren	Village	1639 m.	6,7	874	36	6,7	874	36
Spilbodenalp	Alp	1794 m.	9,6	1042	52	2,9	168	16
Rotstockhütte	Hut	2038 m.	13,5	1313	77	3,9	271	25
Sefinafurrga	Pass	2611 m.	16,6	1881	80	3,1	568	3
Obere Dürreberg	Alp	1998 m.	19	1881	681	2,4	0	601
BUNDALP	Aid Station	1844 m.	23,5	2231	1191	4,5	350	510
Bundstock Pass	Pass	2755 m.	27,1	3152	1200	3,6	921	9
KANDERSTEG	Aid Station	1175 m.	48,8	3265	2895	21,7	113	1695
Alpschele	Alp	2085 m.	56,8	4178	2895	8	913	0
Bunderchrinde	Pass	2371 m.	58,2	4468	2899	1,4	290	4
Eggetli	Village	1308 m.	64	4486	3978	5,8	18	1079
ADELBODEN	Aid Station	1331 m.	65,7	4583	4054	1,7	97	76
Gilbach	Village	1408 m.	68,2	4695	4093	2,5	112	39
Sillerebüel	Alp	1971 m.	71,5	5262	4093	3,3	567	0
Hahnenmosspass	Pass	1942 m.	74,8	5358	4215	3,3	96	122
Metsch	Village	1456 m.	78,4	5362	4708	3,6	4	493
LENK	Base Camp	1065 m.	81,3	5377	5115	2,9	15	407

# 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 Wildstruebel, which will serve as a backdrop on the way to Gstaad via the Trütliberg pass and the Turbach valley.

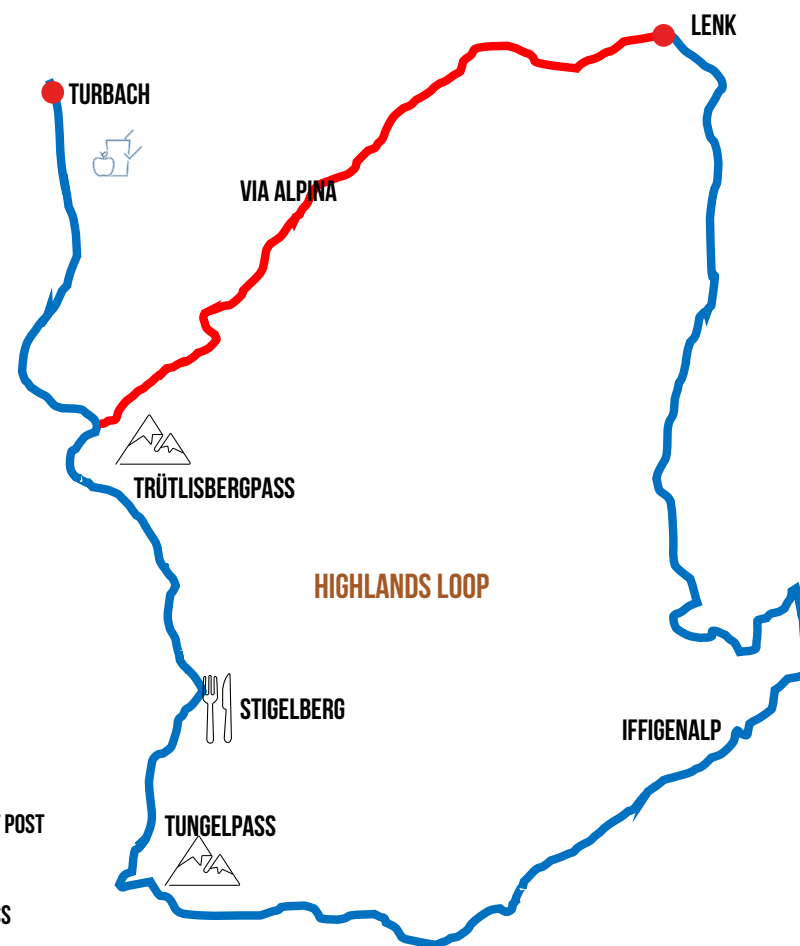
This section of the route is likely to be a little easier to negotiate as it is less technical than most of the previous ones.

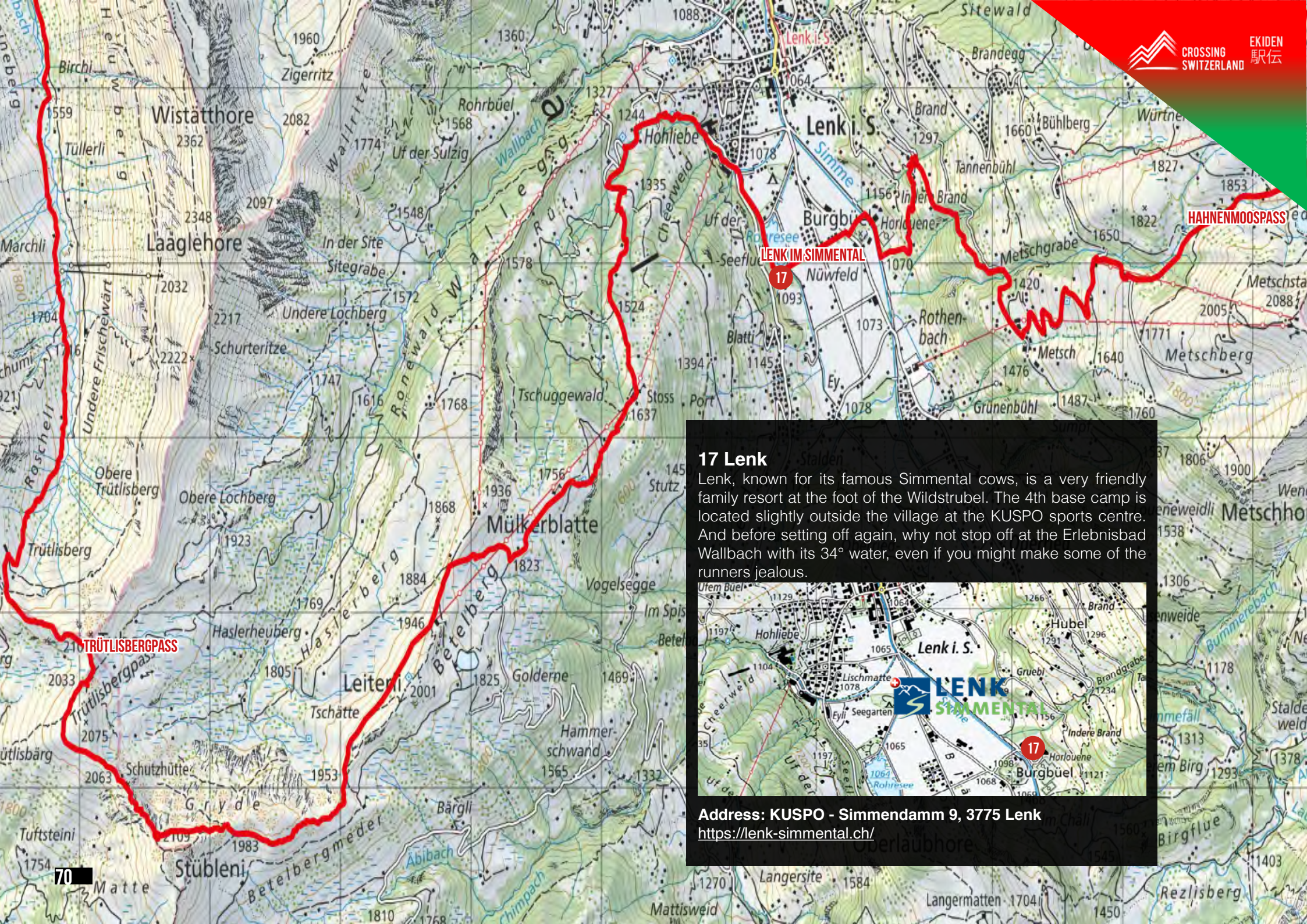
### LENK

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 ALPS and HIGHLANDS only)*

This section 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.



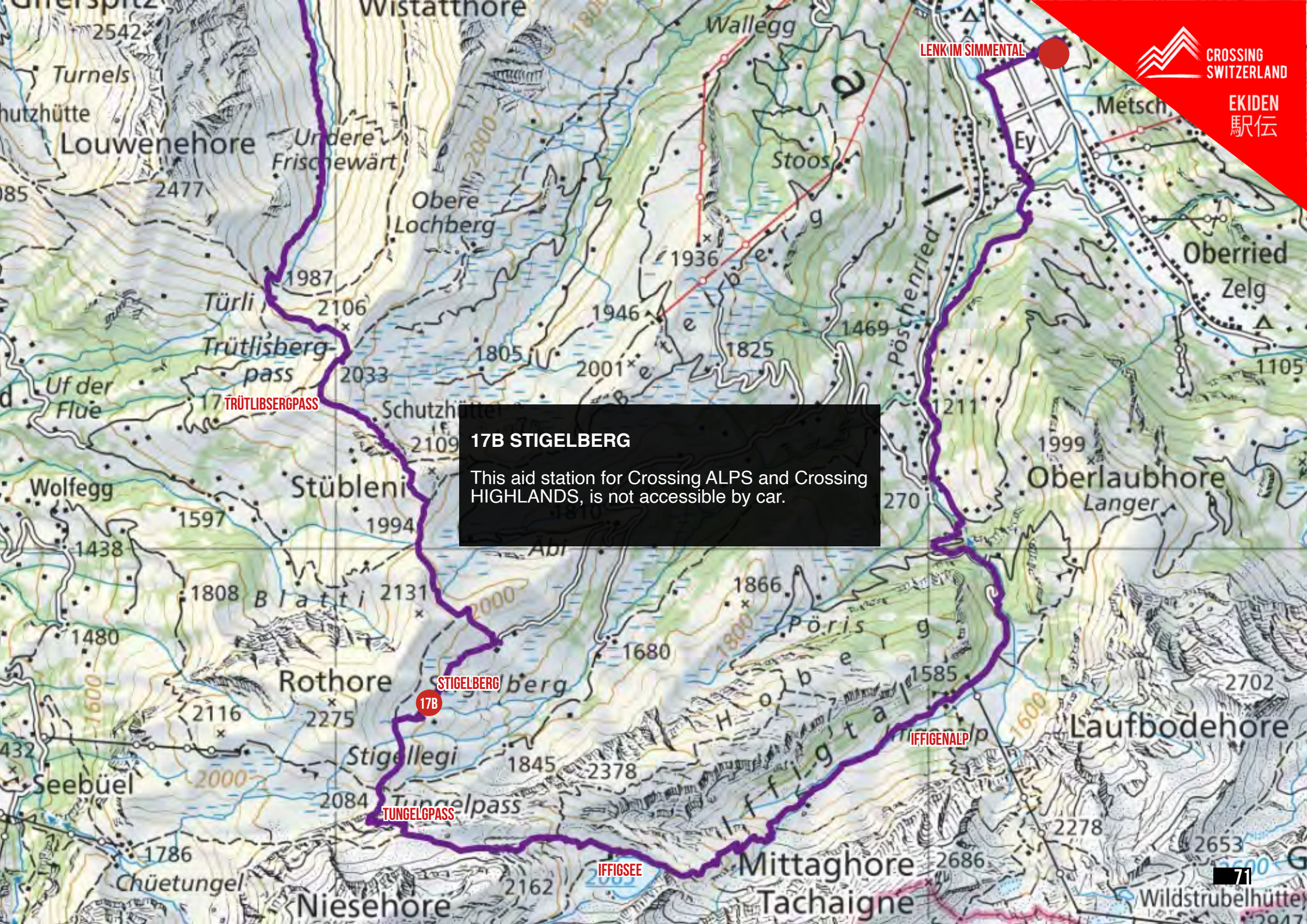


### 17 Lenk

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 for Crossing ALPS and Crossing HIGHLANDS, is not accessible by car.

LENK IM SIMMENTAL

TRÜTLIBERGPASS

STIGELBERG

17B

TUNGELPASS

IFFIGSEE

IFFIGENALP

# LENK

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](http://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](http://www.lenk-simmental.ch)



# TABLE OF PASSAGES FROM BASE CAMP 4 TO FINISH

GPX



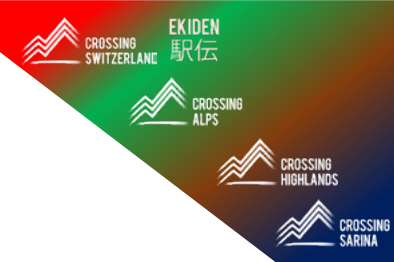
Location	Description	Altitude	Global data			Intermediate data			Ekiden
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-	
<b>LENK</b>	<b>Base Camp</b>	<b>1064 m.</b>	<b>310,8</b>	<b>19058</b>	<b>18454</b>	<b>0</b>	<b>0</b>	<b>0</b>	Stage 8 (solo)
Trütlibergpass	Pass	2034 m.	322,4	20082	18510	11,6	1024	56	
TURBACH	Aid Station	1549 m.	326,9	20094	19004	4,5	12	494	
Gstaad	Village	1138 m.	335,4	20120	19442	8,5	26	438	
Saanen	Village	1012 m.	339,6	20120	19568	4,2	0	126	
<b>ROUGEMONT</b>	<b>Base Camp</b>	<b>1005 m.</b>	<b>344,3</b>	<b>20216</b>	<b>19670</b>	<b>4,7</b>	<b>96</b>	<b>102</b>	
Gérignoz	Village	955 m.	350	20333	19838	5,7	117	168	
Château-d'Oex	Village	971 m.	354,4	20545	20035	4,4	212	197	
ROSSINIÈRE	Aid Station	925 m.	359,6	20739	20275	5,2	194	240	
Solomont	Pass	1602 m.	365,4	21528	20362	5,8	789	87	
<b>CHAUDE</b>	<b>Aid Station</b>	<b>1578 m.</b>	<b>376,9</b>	<b>22243</b>	<b>21125</b>	<b>11,5</b>	<b>715</b>	<b>763</b>	Stage 9 (solo)
Rochers de Naye	Pass	1971 m.	380	22688	21177	3,1	445	52	
Haut-de-Caux	Village	1155 m.	384,4	22688	21989	4,4	0	812	Stage 10 (patrol)
Chauderon	Gorges	668 m.	388,3	22697	22489	3,9	9	500	
<b>Montreux-Clarens</b>	<b>Finish</b>	<b>374 m.</b>	<b>393,8</b>	<b>22783</b>	<b>22869</b>	<b>5,5</b>	<b>86</b>	<b>380</b>	

## 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-
<b>LENK</b>	Base Camp	1065 m.	81,3	5811	5549	0	0	0
Iffigpass	Pass	2376 m.	84,4	6742	5168	3,1	931	-381
Stiegelalp	Aid Station	2034 m.	86,7	6742	5510	2,3	0	342
Trütlisbergpass	Pass	2035 m.	93,7	6840	5610	7	98	100
<b>TURBACH</b>	Aid Station	1423 m.	103	6883	6357	9,3	43	747
Gstaad	Village	1132 m.	106,7	6892	6556	3,7	9	199
Saanen	Aid Station	1011 m.	110,9	6892	6681	4,2	0	125
<b>ROUGEMONT</b>	Base Camp	1002 m.	115,6	6985	6781	4,7	93	100
Gérignoz	Village	947 m.	121,2	7098	6955	5,6	113	174
Château-d'Oex	Village	969 m.	125,6	7323	7158	4,4	225	203
<b>ROSSINIÈRE</b>	Aid Station	925 m.	130,8	7516	7394	5,2	193	236
Planachaux	Pass	1907 m.	138,9	8316	7629	8,1	800	235
<b>HONGRIN</b>	Aid Station	1680 m.	139,7	8429	7629	0,8	113	0
Linderrey	Alp	1664 m.	140,4	8496	7634	0,7	67	5
La Vuichoude	Alp	1104 m.	143,6	8496	8195	3,2	0	561
<b>CHAUDE</b>	Aid Station	1572 m.	148,2	9024	8255	4,6	528	60
Rochers de Naye	Pass	1965 m.	151,4	9469	8304	3,2	445	49
<b>HAUT-DE-CAUX</b>	Aid Station	1159 m.	155,6	9469	9112	4,2	0	808
<b>MONTREUX-CLARENS</b>	Finish	375 m.	165	9563	9990	9,4	94	878

# TABLE OF PASSAGES FROM START TO FINISH

Location	Description	Altitude	Global data			Intermediate data		
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-
Lenk	Start	<b>1064 m.</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
Iffigenalp	Alp	1583 m.	7,7	556	39	7,7	556	39
Iffigsee	Lake	2085 m.	11,3	1076	53	3,6	520	14
Tungelpass	Pass	2083 m.	14,8	1381	362	3,5	305	309
Stigelberg	Aid Station	1913 m.	15,6	1381	411	0,8	0	49
Trütlibergpass	Pass	1957 m.	21,1	1522	629	5,5	141	218
Turbach	Aid Station	1401 m.	29,1	1534	1270	8	12	641
Gstaad	Village	1102 m.	34,1	1764	1690	5	230	420
Saanen	Aid Station	1014 m.	38,3	1769	1818	4,2	5	128
Relleri	Pass	1830 m.	43,8	2588	1822	5,5	819	4
Grubenberghütte	Aid Station	1839 m.	50,6	2883	2108	6,8	295	286
Les Merzeires	Pass	1896 m.	54,9	3150	2327	4,3	267	219
Rodomont	Pass	1781 m.	60,5	3379	2661	5,6	229	334
<b>Rougemont</b>	<b>Base Camp</b>	<b>1002 m.</b>	<b>65,1</b>	<b>3382</b>	<b>3441</b>	<b>4,6</b>	<b>3</b>	<b>780</b>
Gérignoz	Village	952 m.	70,7	3501	3616	5,6	119	175
Château-d'Oex	Village	969 m.	75	3727	3824	4,3	226	208
Rossinière	Aid Station	939 m.	80,1	3922	4046	5,1	195	222
Col de Sonlomot	Pass	1623 m.	86,1	4711	4145	6	789	99
Hongrin	Aid Station	1489 m.	88,3	4724	4299	2,2	13	154
Vuichoude d'en Bas	Alp	1104 m.	93,1	4907	4868	4,8	183	569
Col de Chaude	Aid Station	1570 m.	97	5435	4928	3,9	528	60
Rochers de Naye	Pass	1971 m.	100,1	5879	4973	3,1	444	45
Haut-de-Caux	Aid Station	1156 m.	104,4	5879	5782	4,3	0	809
Montreux-Clarens	Finish	<b>375 m.</b>	<b>113</b>	<b>5976</b>	<b>6666</b>	<b>8,6</b>	<b>97</b>	<b>884</b>



# 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 + ALPS continues directly towards Rougemont and the Pays-d'Enhaut, while the other 2 courses climb towards Grubenberghütte and the Gastlosen massif.

### TURBACH

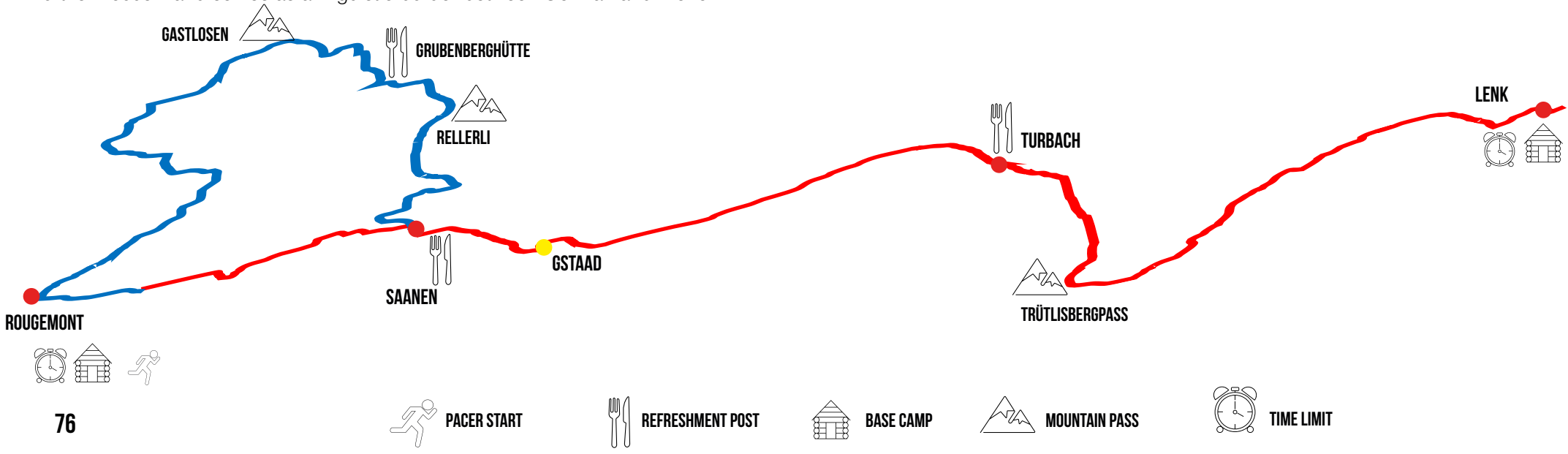
After the Trütli's pass and its magnificent panorama, the route continues down into the unspoilt Turbach valley along a most delightful stream, before reaching the famous Gstaad.

### SAANEN *(excluding Crossing Switzerland and Crossing ALPS)*

After leaving Gstaad, a 3km trail along the Sarine takes runners to a new aid station in Saanen (only for Crossing Highlands). 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 and Crossing ALPS)*

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 Grubenberg hut 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 and ALPS participants.**

**Address: Grubenberghütte SAC**

CROSSING ALPS

CROSSING HIGHLANDS

CROSSING SARINA

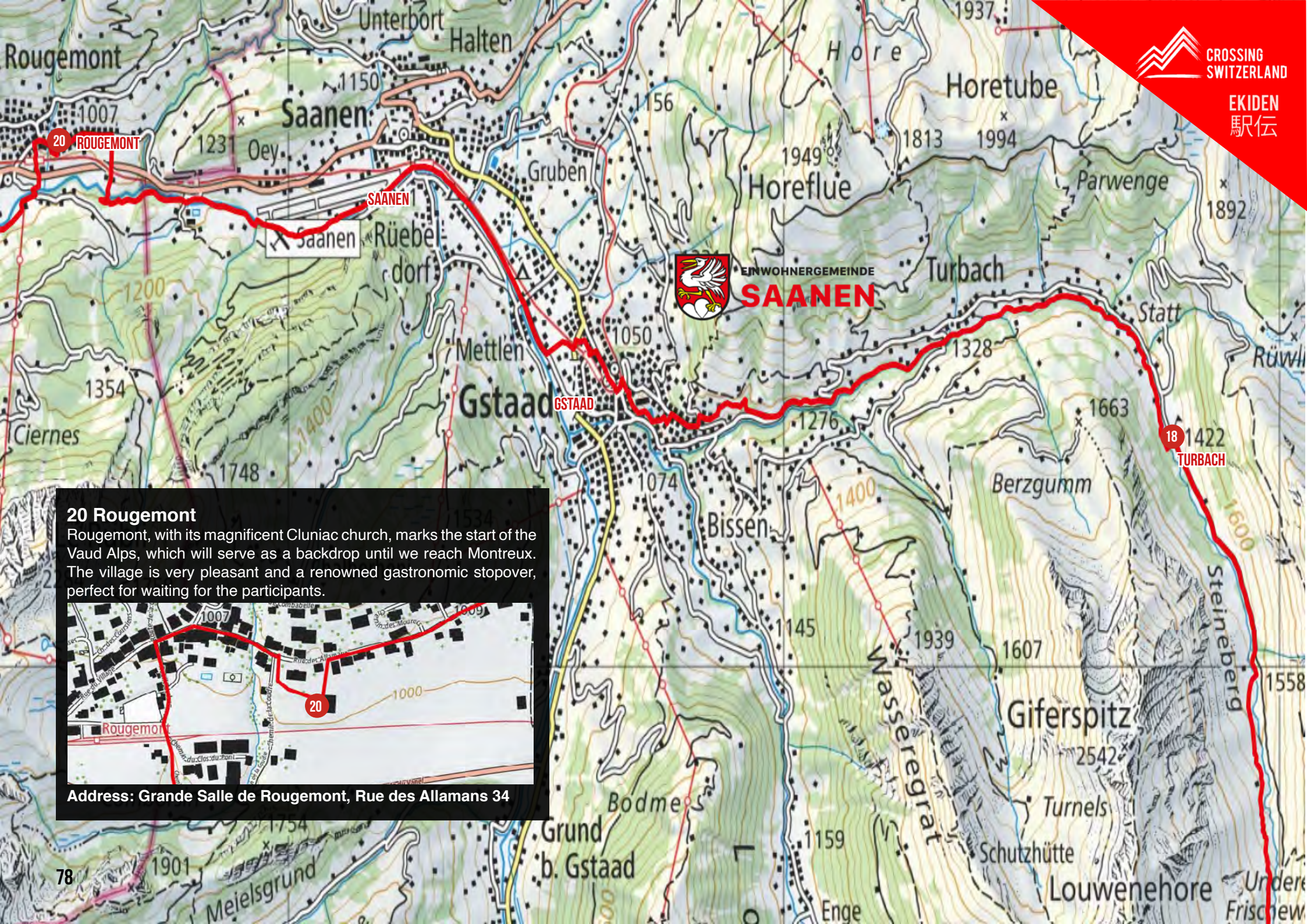
### 19 Saanen

**This station is not used by Crossing Switzerland and ALPS 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, Ruebeldorfstrasse 6, 3792 Saanen**

EINWOHNERGEMEINDE  
**SAANEN**

TURBACH 18



### 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».



# GSTAAD

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/](http://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](http://www.gstaad.ch/gstaad/gastronomie.html)



### Activities:

[www.gstaad.ch](http://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	Global data			Intermediate data		
			Distance (km)	Elevation+	Elevation-	Distance (km)	Elevation+	Elevation-
<b>Saanen</b>	Start	<b>1014 m.</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
Rellerli	Pass	1830 m.	6,3	837	21	6,2	829	13
<b>Grubenberghütte</b>	Aid Station	1839 m.	13,1	1133	308	6,8	272	269
Le Savigny	Pass	1831 m.	15,8	1312	494	2,7	179	181
Les Rodomonts	Alps	1782 m.	23,1	1627	856	7,2	294	343
<b>Rougemont</b>	Aid Station	1002 m.	27,6	1627	1637	4,6	0	774
Gerignoz	Village	947 m.	33,2	1738	1806	5,5	93	153
Château-d'Oex	Village	949 m.	37,2	1942	2009	3,8	76	78
<b>Rossinière</b>	Aid Station	940 m.	42,7	2158	2232	5,4	204	209
<b>Hongrin</b>	Aid Station	1489 m.	51	2959	2485	7,6	1051	82
Vuichoude d'en Bas	Alps	1104 m.	55,6	3143	3054	4,6	0	804
<b>Col de Chaude</b>	Aid Station	1572 m.	59,5	3675	3104	4,6	513	48
Rochers de Naye	Pass	1965 m.	62,6	4102	3149	3,2	428	32
<b>Haut-de-Caux</b>	Village	1159 m.	66,7	4102	3957	4,2	0	808
Chauderon	Gorges	663 m.	70,6	4108	4454	3,9	0	495
<b>Montreux-Clarens</b>	Finish	<b>375 m.</b>	<b>75</b>	<b>4199</b>	<b>4838</b>	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 Highlands and Sarina.**

### GASTLOSEN **not included for Crossing Switzerland / Ekiden / ALPS**

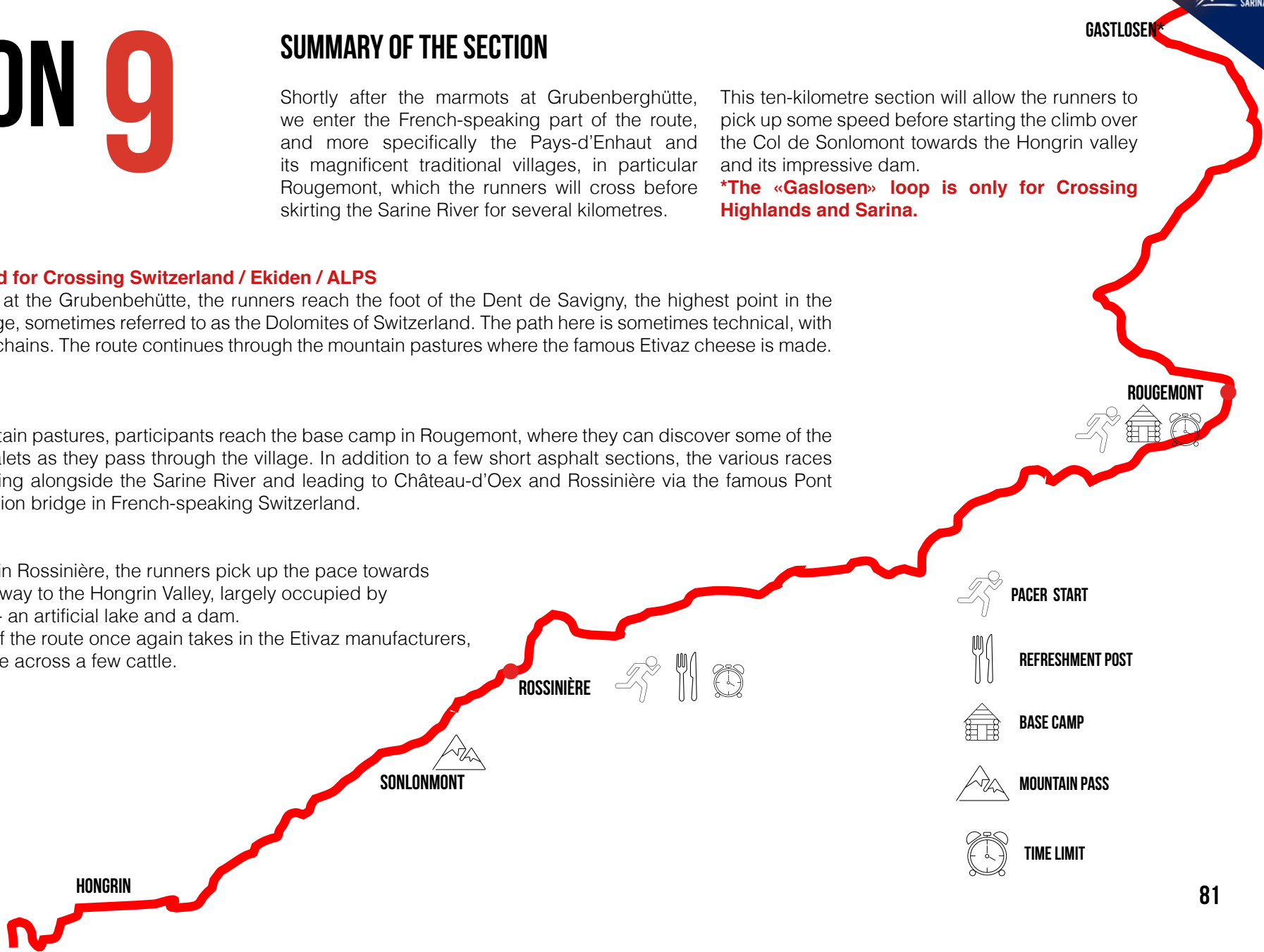
After the refreshment stop at the Grubenbehütte, the runners reach the foot of the Dent de Savigny, the highest point in the magnificent Gastlosen range, sometimes referred to as the Dolomites of Switzerland. The path here is sometimes technical, with two passages secured by chains. The route continues 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 Sonlomot 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.



## 21 Rossinière

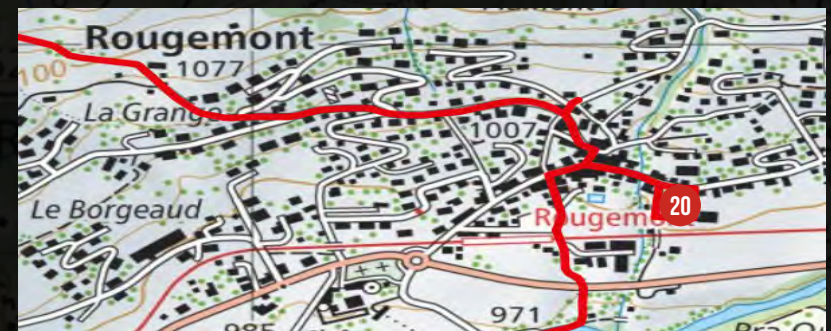
Another typical village of Pays-d'Enhaut, whose idyllic setting is shaped by its lovely surroundings, its centuries-old history and its magnificent wooden houses. «The Grand Chalet is one of the region's most spectacular examples of traditional architecture.



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 herdsman 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.

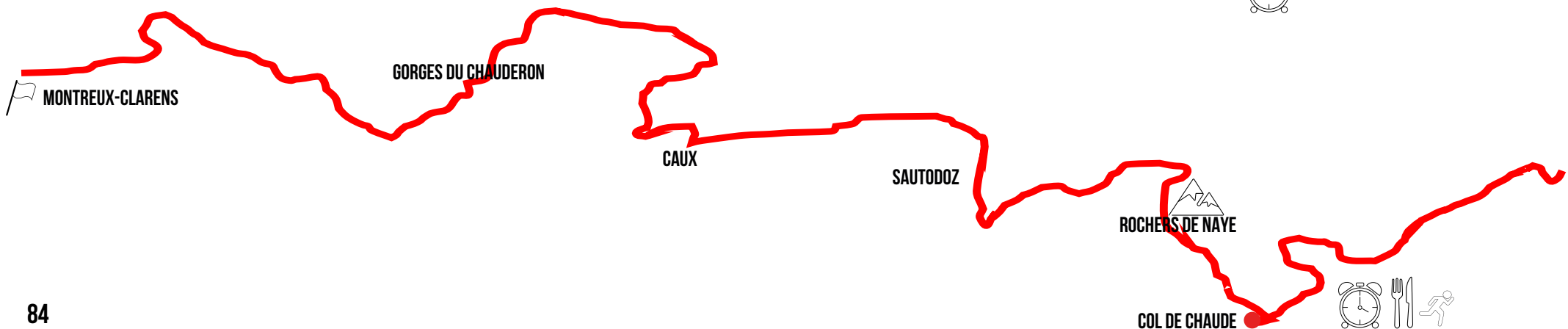
### MONTREUX-RIVIERA

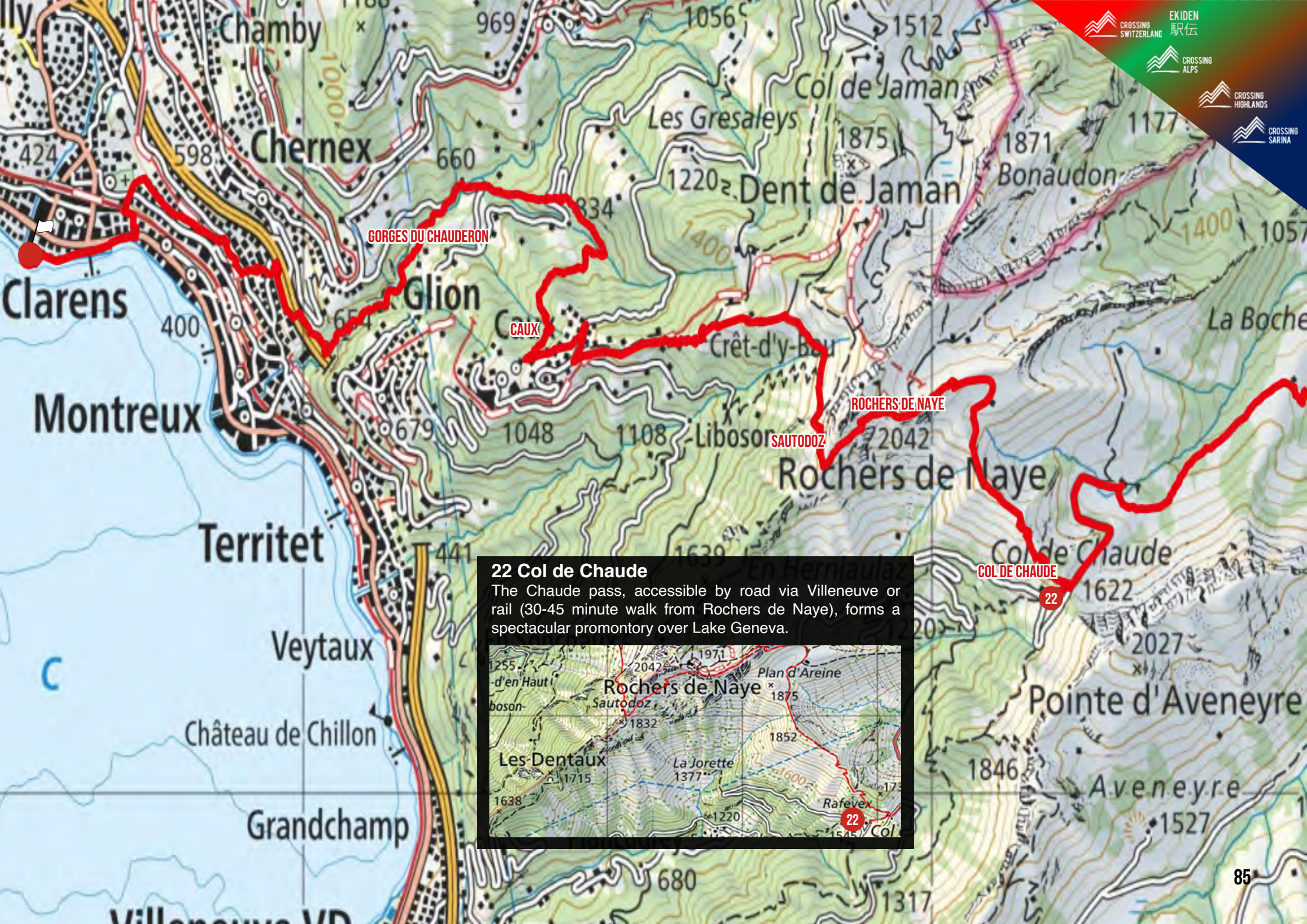
At the end of the Vallée de l'Hongrin, the riders will finally find Lake Geneva, synonymous with the finish. They will still have to reach the Rochers de Naye, a kind of eagle's nest perched 2,000 metres above the lake, for a magical view. Here, the Crossing Riviera riders will also have joined their «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 30km route.

- A Liboson, km 7**
- B Jaman, km 15**
- C Haut de Caux, km 20**



# 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.

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# 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



**MX**  
**T**  
**MONTREUX**  
**TRAIL FESTIVAL**  
CROSSING SWITZERLAND 

