



Presenting Sponsor



#ROAD BOOK

5 AUGUST 2023



**ULTRAFONDO
THE EVEREST**

242KM
8848MD+

**TEAM
ULTRAFONDO
RAIFFEISEN**

242KM
8848MD+

SUPERFONDO

185KM
6800MD+

**MAR
MOTTE**
GRANFONDO VALAIS

133KM
4500MD+

MEDIOFONDO

74KM
2850MD+

**BAMBINOFONDO
coop**

74KM
2850MD+

#MEETYOURLIMITS

INTRODUCTION

Dear Cycling Friend,

For this 6th edition, as we have become accustomed to doing, we have put all the information together in a single document, so that you can find out the essential details of the race. Please note that there have been a few changes since the 2022 edition.

For more detailed information, please consult the Regulations section of our website.

This will allow you to read it at your leisure and, if you have any questions, to email us at info@rd-cycling.com. If you have any questions about registration, please write to support@mso.swiss

In the meantime, we wish you all the best for your preparations and look forward to seeing you in Verbier.



Presenting Sponsor
coop

CONTENU

ACCESS & TRANSPORT 7

TDS VILLAGE 8-12

ROUTES 14-23

REFUELLING 25

REPATRIATION 26

FINISHER 28

PODIUMS 29

SUSTAINABLE DEVELOPMENT 31

VOLUNTEERS 33

OUR EVENTS 34

PARTNERS 35

CONTACT 36



MERCI !

STATIONS PARTENAIRES



PARTENAIRES PARCOURS



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GRÉGORY SAUDAN

FOUNDER AND CEO OF THE TOUR DES STATIONS

TOUR DES STATIONS, TOWARDS THE ULTIMATE CHALLENGE!

After two previous editions complicated by the COVID in 2020 and the weather conditions in 2021, what a pleasure it was in 2022 to see the smiles on the faces of the participants and those accompanying them at the Pasta Party in Verbier. For this sixth edition, to be held from 1 to 6 August 2023, we wanted to strengthen our position as the Everest of world cycling by expanding our offering with two new «ultimate » courses of 555km and 1000km.

In fact, for the last two editions, the choice of offering an iconic challenge that speaks to as many people as possible has been a success, both in terms of participants and media. The myth of Everest linking the resorts of central Valais is a clear marker of the Tour des Stations Ultrafondo and its other tracks known internationally. So, building on this unique positioning and the strong worldwide development of ultra-distance in semi-autonomy. we wanted to launch a new series of races, called «Ultimates», for races taking place over several days.

The Ultimate 1000 will feature a track covering 1000km and 26,000mD+ (to be completed in a maximum of 120 hours), crossing the Swiss Alps and linking 35 resorts in 7 Alpine district. The Ultimate 555 track will link nearly 20 Valais destinations over 555km and 17,000mD+ (to be completed in a maximum of 70 hours). These tracks, with their legendary are aimed primarily at «sports adventurers», where the race is part of a life project, a real quest for a personal and physical path, where time and ranking are not so important. Our DNA has always been to link resorts on tracks with a high vertical drop per kilometre, on beautiful roads and magnificent landscapes. This new Ultimates series reinforces our vision and positioning as the Everest of international cycling. With this complementary offer, our aim is to promote the Valais and Verbier as the world meeting place for ultra-distance cycling, like Chamonix for ultra trail.

As well as the classic one-day «fondos» tracks, we also want to offer you a new Superfondo route (185km and 6800mD+), designed to introduce you to ultra-endurance, cycling and complements the traditional Ultrafondo, Marmotte Granfondo and Mediofondo. We'd also like to take this opportunity to extend a warm welcome to the more than 50 nationalities who will be taking part, and to wish you a great time on our magnificent tracks! A very big THANK YOU to all our institutional and private partners, our suppliers and above all our incredible volunteers without whom this event would not be possible.

So now, as we've got into the habit of saying back home, # en route les amis!

Est-ce que nous traitons nos produits? Absolument pas!

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Pour moi et pour toi.

ACCESS & TRANSPORT

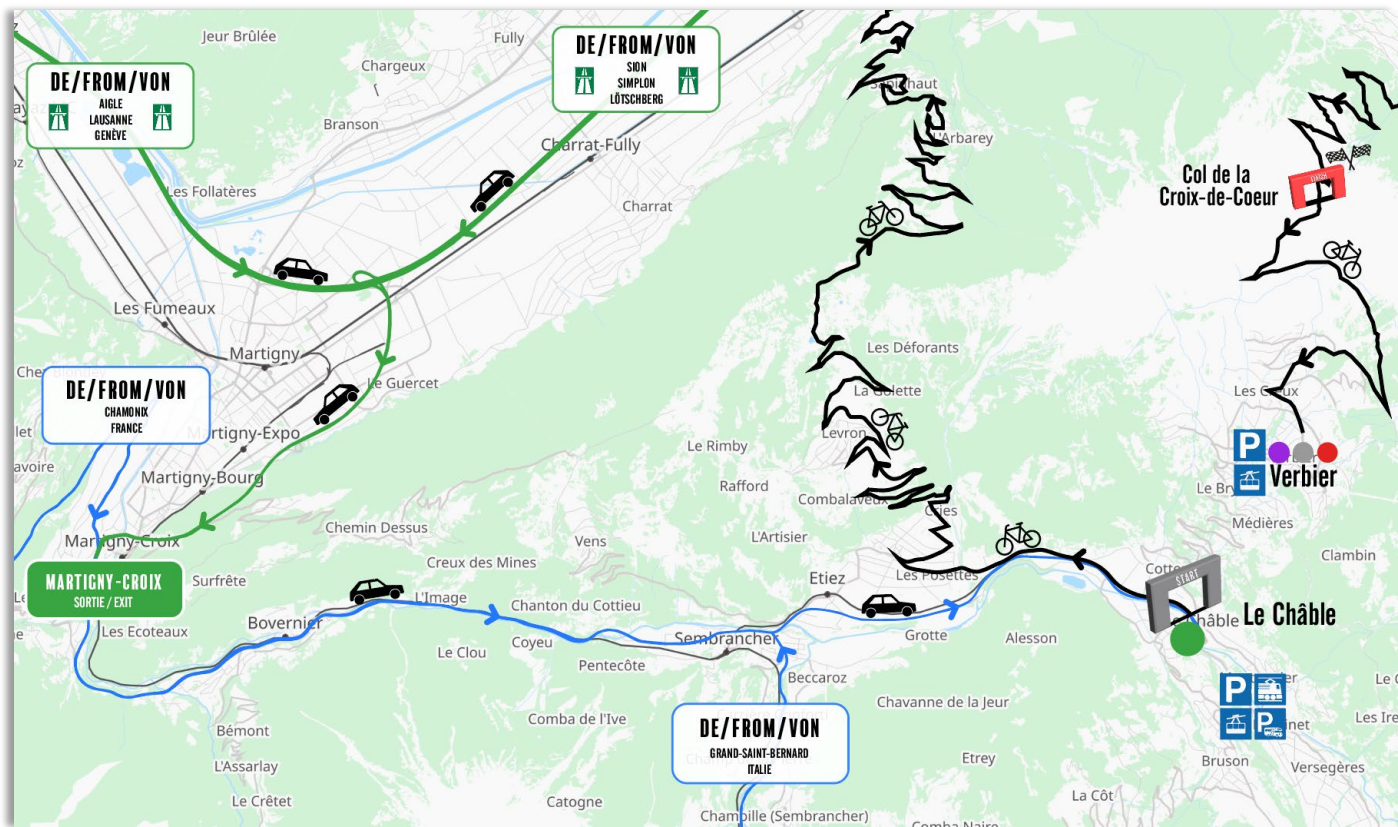
GENERAL

We recommend going to the TDS Village in Verbier (new in 2023: bibs collection and finish):

- by bike from your accommodation in Val de Bagnes: bike parking on site
- by cable car from Châble :
- by car: public car park nearby (space is limited) either in Châble, then take the cable, or in the public car parks in Verbier.
- by camper van: dedicated area in Le Châble

We recommend that you reach the starting point in Châble :

- by bike from your accommodation in Val de Bagnes
- by train from Martigny or by cable car from Verbier: 200m by bike
- by car: Car Park nearby
- by camping-car : dedicated area nearby



- P** Parking
- Railway station (Martigny – Le Châble)
- Cable car station (Verbier – Le Châble)
- Camping-car parking reserved for participants

LE CHÂBLE

- Start area + late bibs collection

VERBIER

- Village TDS
- Bibs collection
- Bambini fondo

VILLAGE TDS

GENERAL

Location :

- Périn car park at the Verbier Sports Centre (new in 2023)
- Chemin de Cli, 1936 Bagnes

Opening times :

- Thursday 3 August : 16:00 – 20:00
- Friday 4 August 14:00 – 20:00
- Saturday 5 August : 11:00 – 21:00

Activities :

- Bibs collection
- Finish of all races
- Bambinofondo Coop race
- Information stands and exhibitors
- Food and drink stands
- Technical assistance stand by *Ciclissimo*
- Pasta Party
- Personal belongings / showers / massages (Sports Centre multi-sports hall)



VILLAGE TDS

BIBS COLLECTION

Key facts :

- You can collect your bib number at the times below by presenting your collection voucher, which will be sent to you two days before the race, and your ID. All participants must collect their bib numbers in person. Exceptionally, if registration is full, the group leader (club president) or a colleague may collect the number by presenting the registration confirmation letter and a copy of the person's identity document. All allocations of bib number are firm and final.
- For children, the bib number must be collected by an adult with the collection form and the child's ID.
- For relays, only one person is needed to collect the team bib number.
- No bibs or gifts will be sent by post.

Routes changes :

You can only change route on site if you took out the Ultraflex option when you registered online.

If you change to a longer route, the difference will be paid. If you change to a shorter route, the difference will not be refunded.

Opening hours :

- > Sports centre (Parking Perin) **Verbier** (new in 2023)
 - Thursday 3 August : 16:00 – 20:00
 - Friday 4 August 14:00 – 20:00
- > Espace Saint-Marc **Châble** (same as 2022)
 - Saturday 5 août : 04:00 – 08:30

ATTENTION, for participants in the Ultrafondo with a start at 02:30, bib numbers must be collected no later than Friday in Verbier.

If you collect your number on Saturday morning, the jersey and options must be collected in Verbier after the race from 11.00am.

Rush Hour	Thursday 3 August	Friday 4 August	Saturday 5 August
04.00 – 08.00			●
14.00 – 15.00		●	
15.00 – 16.00		●	
16.00 – 17.00	●	●	
17.00 – 18.00	●	●	
18.00 – 19.00	●	●	
19.00 -20.00	●	●	



VILLAGE TDS

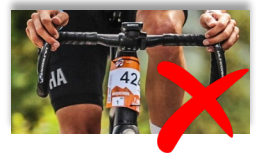
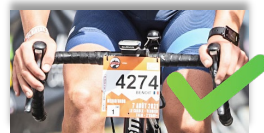
BIBS COLLECTION

When the bib numbers are collected, each runner receives a frame plate with two detachable vouchers:



New in 2023: keep the "bike parking" voucher on the frame plate so that you can safely park your bike in the TDS Village in Verbier after the race.

To ensure timekeeping and photos, the frame plate must be fitted in this way.



VILLAGE TDS

PERSONAL BELONGINGS & LOST PROPERTY

Transfer personal refuelling for Ultrafondo participants :

When you collect your bib numbers in Verbier (Thursday or Friday), you can leave a personal refueling in a disposable bag that will be transferred to Vercorin, located 151km along the Ultrafondo route.

Personal Belongings :

For all courses, you can leave your bag with your personal belongings at the start of the race in Châble. You can then collect your belongings from the sports hall at the Verbier Sports Centre next to the TDS Village. To do this, you must fix the organisation's label to your bag and present your collection voucher to collect it.

Lost property :

All lost items will be collected from the personal belongings stand in the TDS Village in Verbier, where they can be picked up until Sunday 4.00 pm, then from the organisation office in Sion, rue Pré-Fleuri 6, from Wednesday 9 August.



VILLAGE TDS FINISHERS

Location:

Parking Périn, Verbier

Times:

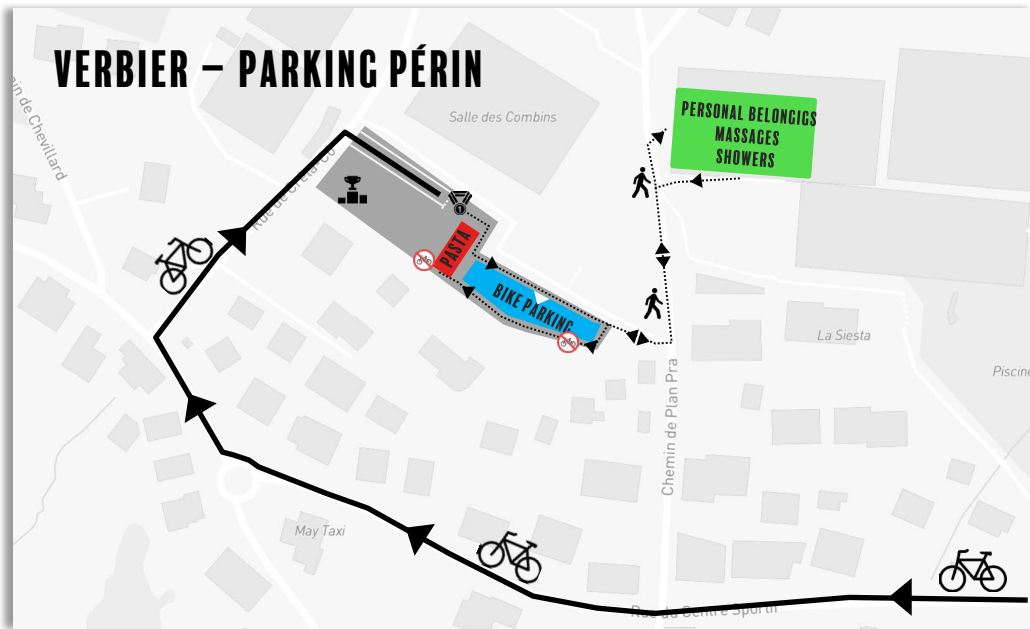
Saturday August : 11:00 – 21:00

Access:

The TDS Village is open to finishers, spectators and accompanying persons. Bikes are not allowed into the TDS Village. They can be left in the official Bike Parking (closed and secure area) from 11:00 to 21:00.

>>> FINISHER'S WAY

1. I cross the finish line in Verbier
2. I receive my finisher's medal
3. I leave my bike in the secure bike park
4. I can collect my personal belongings, take a shower or have a massage at the Verbier Sports Centre (50m away)
5. I go to the Pasta Party and join the public area in the TDS Village
6. I collect my bike from the bike park by presenting my voucher, which I have detached from the frame plate.



LA RÉPONSE LOCALE POUR VOS QUESTIONS FISCALES ET COMPTABLES

FISCALITÉ - COMPTABILITÉ - CONSEILS

Succursale de Montagnier
 Rue des Fontaines 46 B
 1934 Montagnier
 Tél. +41 27 776 15 38
 info@fxvs.ch

Siège
 Route de l'Aéroport 7
 1950 Sion
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 DANS L'ÉNERGIE PROPRE

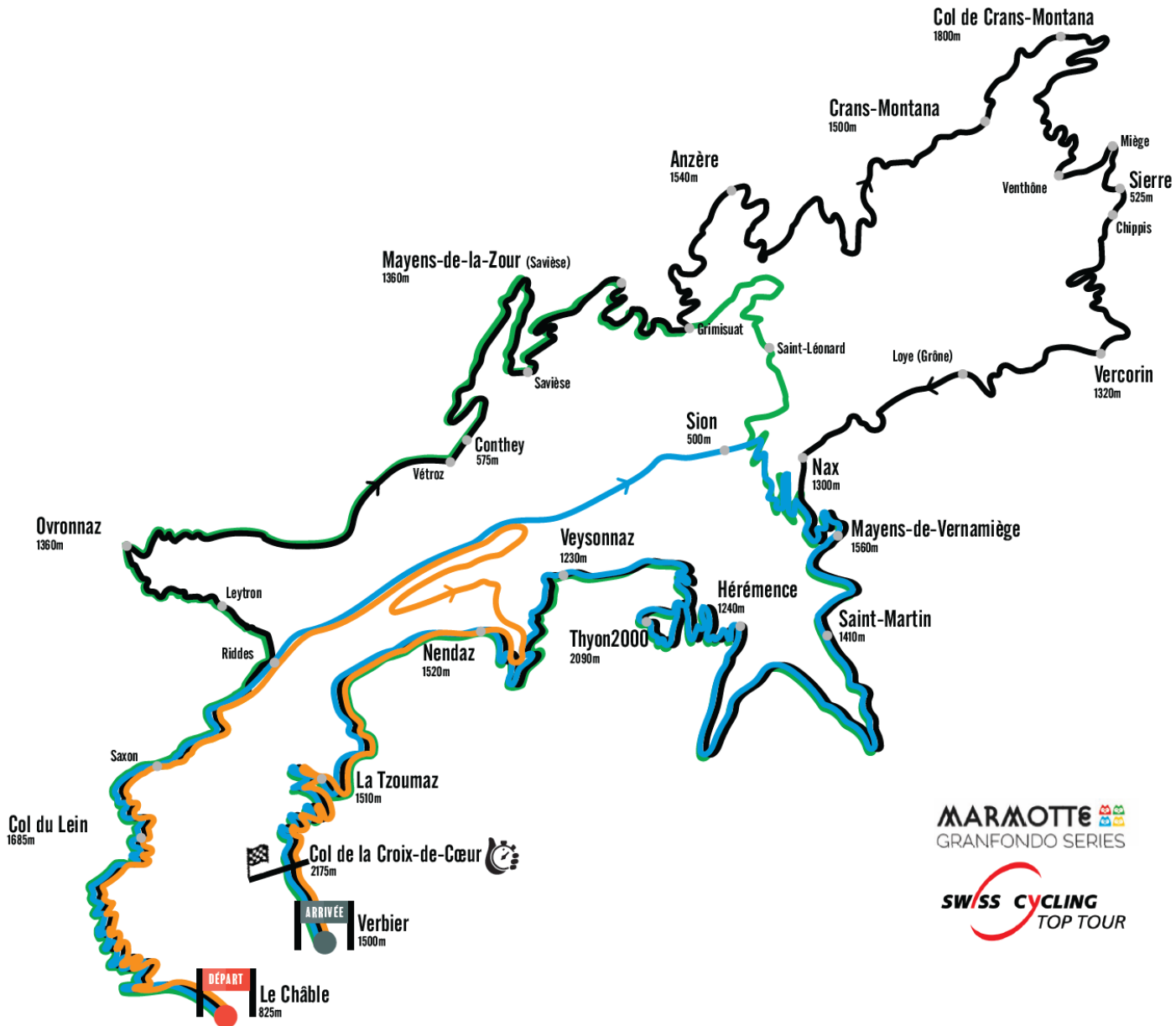
WEIL DIE ZUKUNFT IN DER
 SAUBEREN ENERGIE LIEGT

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 zur Stromversorgung des
 Kantons Wallis und der Schweiz
 zu leisten.

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ROUTES GENERAL



MARMOTTE GRANFONDO SERIES

SWISS CYCLING TOP TOUR

ULTRAFONDO
242km
8848MD+

TEAM ULTRA
RAIFFEISEN
242km
8848MD+

SUPERFONDO
197km
6844MD+

GRANFONDO
133km
4700MD+

MEDIOFONDO
74km
2850MD+



ROUTES

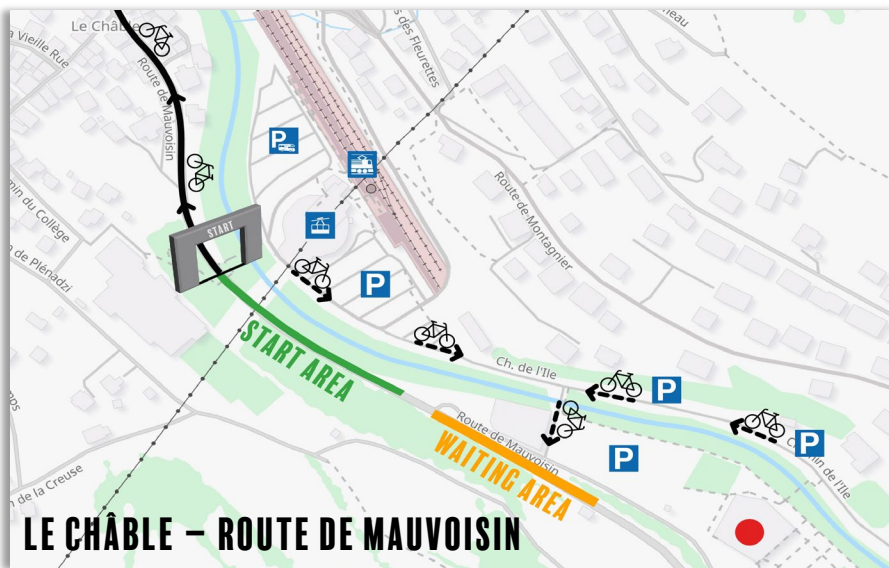
STARTS - ADULT RACES

Access to the start area:

- Park the car in Verbier and go to the start in Le Châble by bike (only 8km downhill) or by cable car from 05:15 (free with your bib number).
- Park in Le Châble and after the race return to your car by bike from Verbier (only 8km downhill) or by cable car until 23:50pm (free with your bib number).

Waiting Area :

- Personal items can be left here and will be collected from the TDS Village in Verbier.
- Toilets and Mechanical Assistance Service by Ciclissimo



Access to the start area:

- Compulsory observance of all timetables according to your frame plate
- **Compulsory white lamp at the front (Ultrafondo 1 and 2, Superfondo and Granfondo 1 participants) and red lamp at the back (all participants).**

● late bibs collection

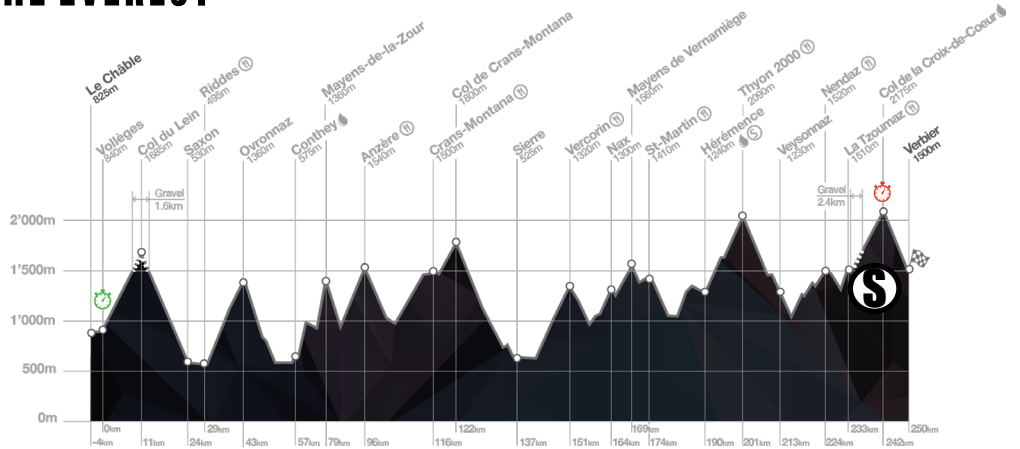
SATURDAY 5 AUGUST

Route de Mauvoisin / Le Châble

Bib number	SAS starters	Access <i>Start Area</i>	Start time
1000 – 1499	ULTRAFONDO 1	02:00	02:30
1500 – 1999	ULTRAFONDO 2	04:30	05:00
2000 – 2999	SUPERFONDO	05:05	05:30
3000 – 3499	MARMOTTE GRANFONDO 1	05:35	06:00
3501 – 3999	MARMOTTE GRANFONDO 2	06:05	06:30
4001 – 4999	MARMOTTE GRANFONDO 3	06:35	07:00
5000 – 5499	MEDIOFONDO 1	07:15	07:45
5500 – 5999	MEDIOFONDO 2	07:50	08:15

ROUTES

ULTRAFONDO THE EVEREST



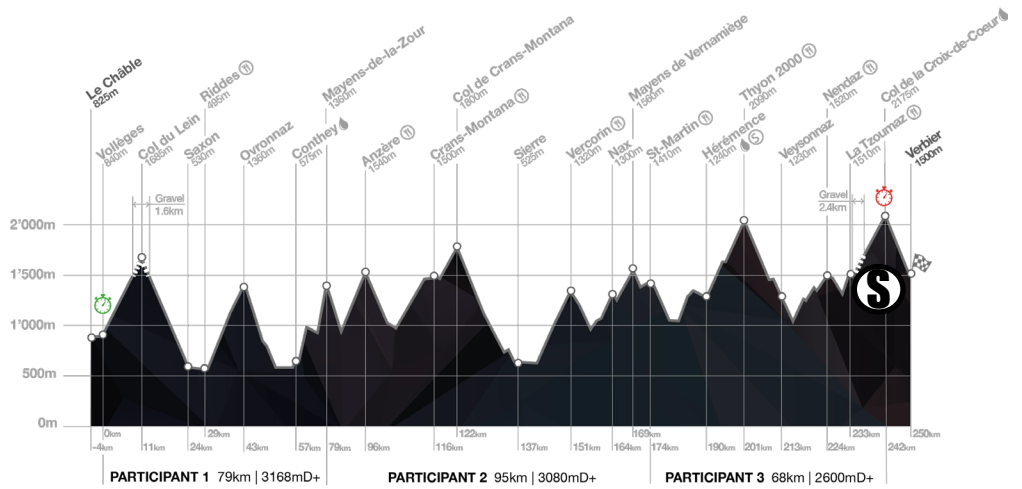
ULTRAFONDO THE EVEREST	242km 254km TOTAL	8848m HEIGHT D+	3.7% AVERAGE SLOPE	11 CLIMBS
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New in 2023 : two departures are possible at 02:30 or 05:00 depending on the ability to pass the defined cut-off time barriers. The departure of the "Elite" is obligatorily at 05:00.

KM		ITINERAIRE HORAIRE		HORAIRE - TIMETABLE		
A parcourir	Parcours	ITINERARY TIMETABLE		Tête de course I	Tête de course II	Fin de course
To be run	Run	ULTRA FONDO		First rider Ultrafondo I	First rider Ultrafondo II	Last rider
--	- 4	Le Châble		02:30	05:00	05:02
242	0	Vollèges		02:36	05:06	05:08
236	6	Le Levron		03:00	05:22	05:40
231	11	Col du Lein GPM		03:30	05:44	06:15
218	24	Saxon		03:50	05:58	06:35
212	30	Riddes		04:00	06:07	06:47
210	32	Leytron		04:10	06:11	06:53
200	42	Ovronnaz GPM		04:55	06:51	07:38
193	49	Chamoson		05:05	06:58	07:43
190	52	Ardon		05:10	07:00	07:45
185	57	Tour Lombarde / Conthey		05:30	07:10	08:00
172	70	Chandolin		06:10	07:40	08:55
163	79	Mayens de la Zour GPM		06:40	08:04	09:50
155	87	Grimisuat (giratoire)		06:55	08:12	10:05
146	96	Anzère GPM		07:25	08:35	10:38
140	102	Botyre		07:40	08:42	10:45
133	109	Lens		08:00	08:57	11:05
126	116	Place d'Ycoor (Crans-Montana)		08:25	09:18	11:30
120	122	Col de Plumachit GPM		09:00	09:40	12:15
106	136	Veyras		09:20	09:54	12:35
101	141	Chippis		09:30	10:03	12:50
94	148	Briey		09:55	10:22	13:25
91	151	Vercorin GPM		10:00	10:40	14:00
85	157	Loye		10:15	10:48	14:15
78	164	Nax GPM		10:40	11:07	14:50
73	169	Mayens-de-Vernamiège GPM		11:00	11:22	15:15
68	174	Saint-Martin		11:15	11:32	15:28
60	182	Euseigne		11:25	11:40	15:40
55	187	Mâche		11:45	11:55	16:08
52	190	Hérémenche		11:55	12:00	16:15
41	201	Thyon 2000 GPM		12:55	12:43	17:40
29	213	Veysonnaz		13:15	12:53	17:54
26	216	Beuson		13:20	12:57	18:00
19	223	Haute-Nendaz (télécabine)		14:00	13:22	18:45
16	226	Nendaz - Les Crêtaux GPM		14:15	13:27	18:55
12	230	La Scie		14:20	13:31	19:00
9	233	La Tzoumaz		14:30	13:50	19:30
0	242	Col de la Croix-de-Coeur		15:20	14:30	20:30
--	250	Verbier				

ROUTES

TEAM ULTRAFONDO RAIFFEISEN



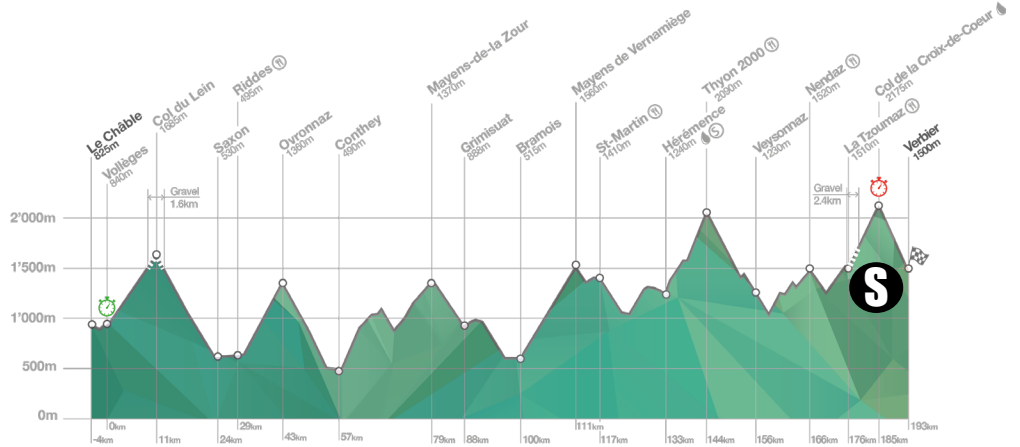
Participants in the Team Ultrafondo Raiffeisen category race in teams of three runners. The team members share out the following relays:

- Relays°1 : Le Châble – Mayens-de-la-Zour (79km – 3168m D+)
- Relays n°2 : Mayens-de-la-Zour – Saint-Martin (95km – 3080m D+)
- Relays n°3 : Saint-Martin – Verbier (68km – 2600m D+)

Relays took place at the Mayens-de-la-Zour and Saint-Martin feed stations.



ROUTES SUPERFONDO



SUPERFONDO

185 km
197km TOTAL

6800 m
HEIGHT D+

3.7%
AVERAGE SLOPE

7
CLIMBS

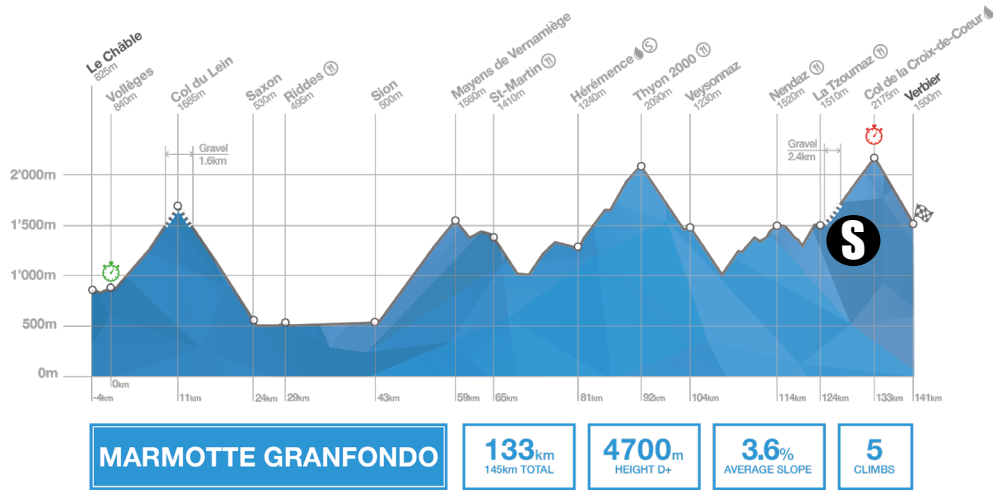
KM		ITINERAIRE HORAIRE ITINERARY TIMETABLE SUPER FONDO	HORAIRE - TIMETABLE	
A parcourir To be run	Parcours Run		Tête de course First rider	Fin de course Last rider
--	- 4	Le Châble	05:30	05:30
188	0	Vollèges	05:36	05:38
182	6	Le Levron	05:52	06:15
177	11	Col du Lein GPM	06:14	07:00
164	24	Saxon	06:28	07:30
158	30	Riddes	06:37	07:43
156	32	Leytron	06:41	07:50
146	42	Ovronnaz GPM	07:21	09:10
139	49	Chamoson	07:28	09:30
136	52	Ardon	07:30	09:45
131	57	Tour Lombarde / Conthey	07:40	10:00
118	70	Chandolin	08:10	11:25
109	79	Mayens de la Zour GPM	08:34	12:16
101	87	Grimisuat (giratoire)	08:42	12:50
98	90	La Place (Ayent)	08:47	13:00
93	95	St-Léonard	08:54	13:10
89	99	Bramois (giratoire)	08:59	13:20
75	113	Mayens-de-Vernamiège GPM	09:55	15:00
70	118	Saint-Martin	10:05	15:15
62	126	Euseigne	10:13	15:30
57	131	Mâche	10:28	15:52
54	134	Hérémence	10:33	16:00
43	145	Thyon 2000 GPM	11:13	17:20
31	157	Veysonnaz	11:23	17:52
28	160	Beuson	11:27	18:00
20	168	Haute-Nendaz (télécabine)	11:52	18:45
18	170	Nendaz - Les Crêtaux GPM	11:57	18:55
14	174	La Scie	12:01	19:00
11	177	La Tzoumaz	12:18	19:30
0	188	Col de la Croix-de-Cœur	12:55	20:30
--	194	Verbier		



New in 2023: Sprint de la forêt verte by Tissot (900m / 100mD+) to replace the Mur d'Hérémence, which is currently being rebuilt.

ROUTES

MARMOTTE GRANFONDO



MARMOTTE GRANFONDO

133km
145km TOTAL

4700m
HEIGHT D+

3.6%
AVERAGE SLOPE

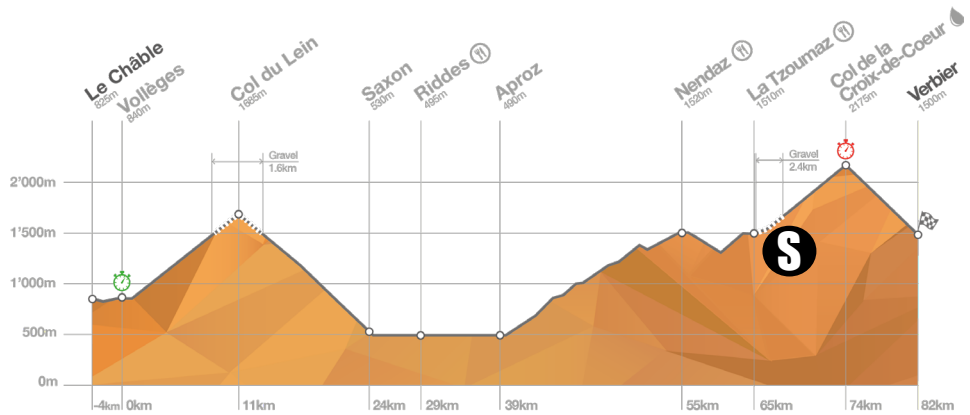
5
CLIMBS

KM		ITINERAIRE HORAIRE ITINERARY TIMETABLE MARMOTTE GRANFONDO	HORAIRE - TIMETABLE	
A parcourir To be run	Parcourus Run		Tête de course First rider	Fin de course Last rider
--	- 4		Le Châble	06:00
133	0	Vollèges	06:06	07:08
127	6	Le Levron	06:21	07:50
122	11	Col du Lein GPM	06:42	08:28
109	24	Saxon	06:55	08:53
103	30	Riddes	07:05	09:15
94	39	Aproz	07:18	09:45
90	43	Sion	07:24	09:55
87	46	Bramois	07:29	10:05
73	60	Mayens-de-Vernamiège GPM	08:22	12:00
68	65	Saint-Martin	08:31	12:18
60	73	Euseigne	08:39	12:48
55	78	Mâche	08:53	13:20
52	81	Hérémençe	08:57	13:30
41	92	Thyon 2000 GPM	09:33	14:50
29	104	Veysonnaz	09:42	15:35
27	106	Beuson	09:47	15:45
19	114	Haute-Nendaz (télécabine)	10:12	17:00
16	117	Nendaz - Les Crêtaux GPM	10:17	17:30
13	120	La Scie	10:20	17:45
9	124	La Tzoumaz	10:35	18:15
0	133	Col de la Croix-de-Cœur	11:10	20:00
--	141	Verbier		



New in 2023: Sprint de la forêt verte by Tissot (900m / 100mD+) to replace the Mur d'Hérémençe, which is currently being rebuilt.

PARCOURS MEDIOfONDO



MEDIOfONDO

74km
86km TOTAL

2850m
HEIGHT D+

3.9%
AVERAGE SLOPE

3
CLIMBS

KM		ITINERAIRE HORAIRE ITINERARY TIMETABLE MEDIOfONDO	HORAIRE - TIMETABLE	
A parcourir To be run	Parcours Run		Tête de course First rider	Fin de course Last rider
--	- 4		Le Châble	07:45
74	0	Vollèges	07:56	08:33
68	6	Le Levron	08:03	09:15
63	11	Col du Lein GPM	08:23	10:10
50	24	Saxon	08:36	10:35
44	30	Riddes	08:47	11:00
35	39	Aproz	09:14	11:55
27	47	Basse-Nendaz	09:31	14:55
19	55	Haute-Nendaz (télécabine)	09:39	13:35
16	58	Nendaz - Les Crêtaux GPM	09:44	14:15
13	61	La Scie	09:48	14:25
9	65	La Tzoumaz	10:04	15:15
0	74	Col de la Croix-de-Cœur	10:37	16:45
	82	Verbier		



New in 2023: Sprint de la forêt verte by Tissot (900m / 100mD+) to replace the Mur d'Hérémente, which is currently being rebuilt.

ROUTES

MAIN CLIMBS

Start	GPM	Altitude départ (m)	Altitude GPM (m)	Elevation (D+)	Distance (km)	average slope (%)	max slope (%)
Vollèges	Col de Lein	844	1686	842	11.4 km	7,4	9
Leytron	Ovronnaz	490	1360	870	10,2	8,5	11,2
Conthey	Mayens-de-la-Zour	495	1365	(534 + 591) 1125	22,2 (-3,4)	6,0	14
Grimisuat	Anzère	889	1540	651	9	7,2	9
Botyre	Col de Crans-Montana	915	1800	885	17,1	5,2	9
Chippis	Vercorin	526	1320	764	9,8	7,8	12
Loye	Nax	920	1300	380	6,7	5,7	10,5
Bifurcation (sous Nax)	Mayens de Vernamièges	1225	1560	335	4,4	7,6	9
Bramois	Mayens de Vernamièges	500	1560	1060	13,7	7,7	9
Euseigne	Thyon 2000	985	2095	1110	18,7	5,9	18
Beuson	Les Crettaux (Nendaz)	975	1520	545	10	5,5	9
La Scie (Isérables)	Croix-de-Cœur	1300	2175	875	12,4	7,1	19
Aproz	Les Crettaux (Nendaz)	490	1520	1030	17	6,1	17
Forêt verte Sprint (new en 2023)		1290	1390	100	900m	11,1	19



ROUTES

TIME LIMITS

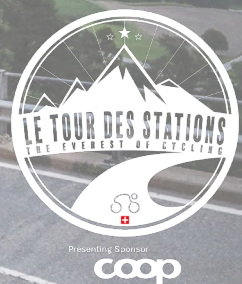
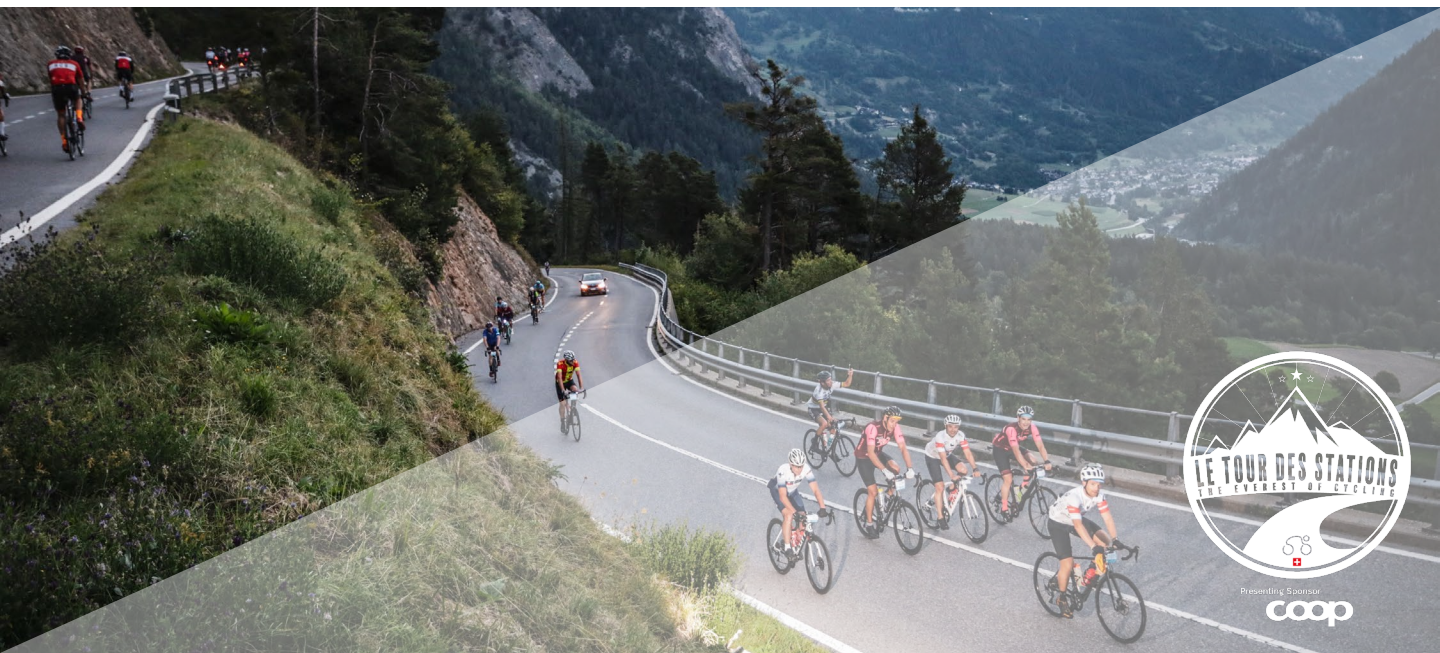
For safety reasons, riders must comply with the cut-off times.

These time limits correspond to the times from which it will no longer be possible to continue the race from the checkpoint concerned. Failure to pass the checkpoints before the times set out below will result in the participant being disqualified and not appearing in the event rankings.

If they so wish, they may continue the race under their own responsibility by signing a waiver. Their time will be recorded, but they will not be classified.

If a participant wishes to abandon the race, he or she must report to one of the checkpoints set up by the Organiser (Conthey, Crans-Montana, Vercorin, Hérémece, Nendaz or La Tzoumaz). They must then report to the person in charge of the checkpoint, who will collect their race number and inform them of the means of repatriation. Anyone abandoning the race outside the checkpoints must notify the race management immediately, using the emergency number shown on the frame number plate. Failure to do so may result in costs being incurred by the competitor.

Checkpoints	Conthey	Crans-Montana	Vercorin	Hérémece	Nendaz	La Tzoumaz	Col Croix-de-Cœur
Ultrafondo	08:30	11:30	14:00				
Superfondo	10:00	N/A		16:15	18:45	19:30	20:30
Marmotte Granfondo	N/A						
Mediofondo				N/A			







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www.lesbonsirops.ch

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ROUTES

STARTS - BAMBINFONDO COOP

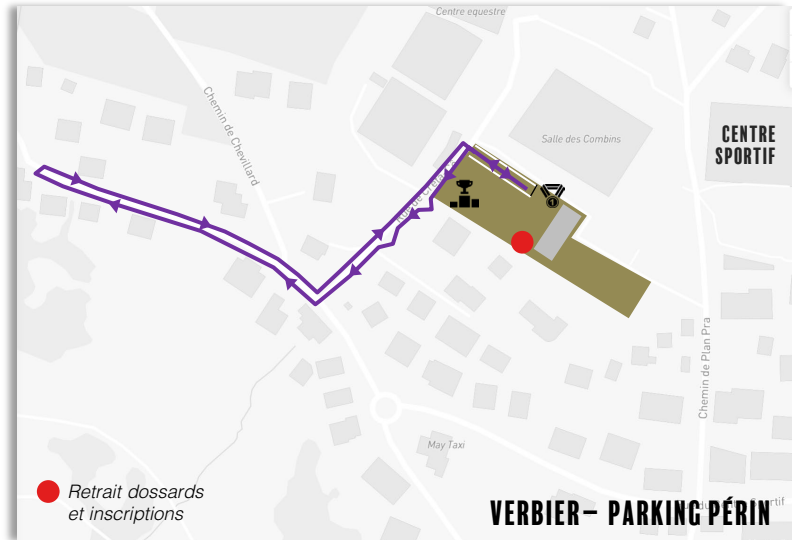
Registration on site

Children can still register on site at the tent in the TDS Village at the following times:

- Thursday 3 August : 16:00 – 20:00
- Friday 4 August : 14:00 – 17:00

Routes

- U6 (2017) 1 lap – 700m
- U7 (2016) 2 laps – 1400m
- U8 (2015) 3 laps – 2100m
- U9 (2014) 4 laps – 2800m
- U10 (2013) 5 laps – 3500m
- U11 (2012) 6 laps – 4200m
- U12 (2011) 7 laps – 4900m



Podiums :

From 18:00

FRIDAY 4 AUGUST

Parking Périn / Verbier



Bibs number	SAS starters	Access Start Area	Start time
6000 – 6999	BAMBINFONDO U6	16:30	16:45
7000 – 7999	BAMBINFONDO U7	start after U6	16:55 (estimated time)
8000 – 8999	BAMBINFONDO U8	start after U7	17:05 (estimated time)
9000 – 9999	BAMBINFONDO U9	start after U8	17:15 (estimated time)
10000 – 10999	BAMBINFONDO U10	start after U9	17:25 (estimated time)
11000 – 11999	BAMBINFONDO U11	start after U10	17:35 (estimated time)
12000 – 12999	BAMBINFONDO U12	start after U11	17:45 (estimated time)



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REFUELLING SUMMARY

	Riddes from 4:00	Conthey from 5:30	Mayens-de-la-Zour	Anzère	Crans-Montana	Vercorin**	Saint-Martin	Thyon 2000	Nendaz	La Tzoumaz	Col Croix-de-Cœur	Verbier
FOOD												
Oranges and bananas	X	X	X	X	X	X	X	X	X	X		
Waffles	X	X		X		X	X	X	X	X		
Biscuits and chocolates	X	X		X	X	X	X	X	X	X		
Candies	X	X	X	X	X	X	X			X		
Cereal bars	X		X	X		X	X	X	X	X		
Chips	X	X		X		X	X	X	X	X		
Cheese			X		X			X	X			
Dried meat	X	X	X	X		X	X	X	X	X		
Broth & Ham	X			X		X	X	X	X	X		
Vegetarian broth	X			X	X	X	X	X	X	X	X	
Pasta								X*				X
Drinks												
ENERVIT Isotonic Drink	X	X	X	X	X	X	X	X	X	X		
Water	X	X	X	X	X	X	X	X	X	X	X	X
Coca-Cola	X	X	X	X	X	X	X	X	X	X	X	
Red Bull Cans											X	
Beer «L'ÉCHAPPÉE»												X

ATTENTION NEW IN 2023: 1 ENERVIT bar, 1 ENERVIT gel and an IRIS fruit compote will be given to you only when you collect your number and no longer at the refueling stations.

In addition, in accordance with new municipal regulations and in the interests of sustainable development, paper cups will no longer be available at the refreshment posts. Please use your water bottles.

* For participants Ultrafondo et Superfondo

** When you collect your bib numbers in Le Châble (Thursday or Friday), you can leave a personal supply in a disposable bag that will be transferred to Vercorin, located 151km along the Ultrafondo route.



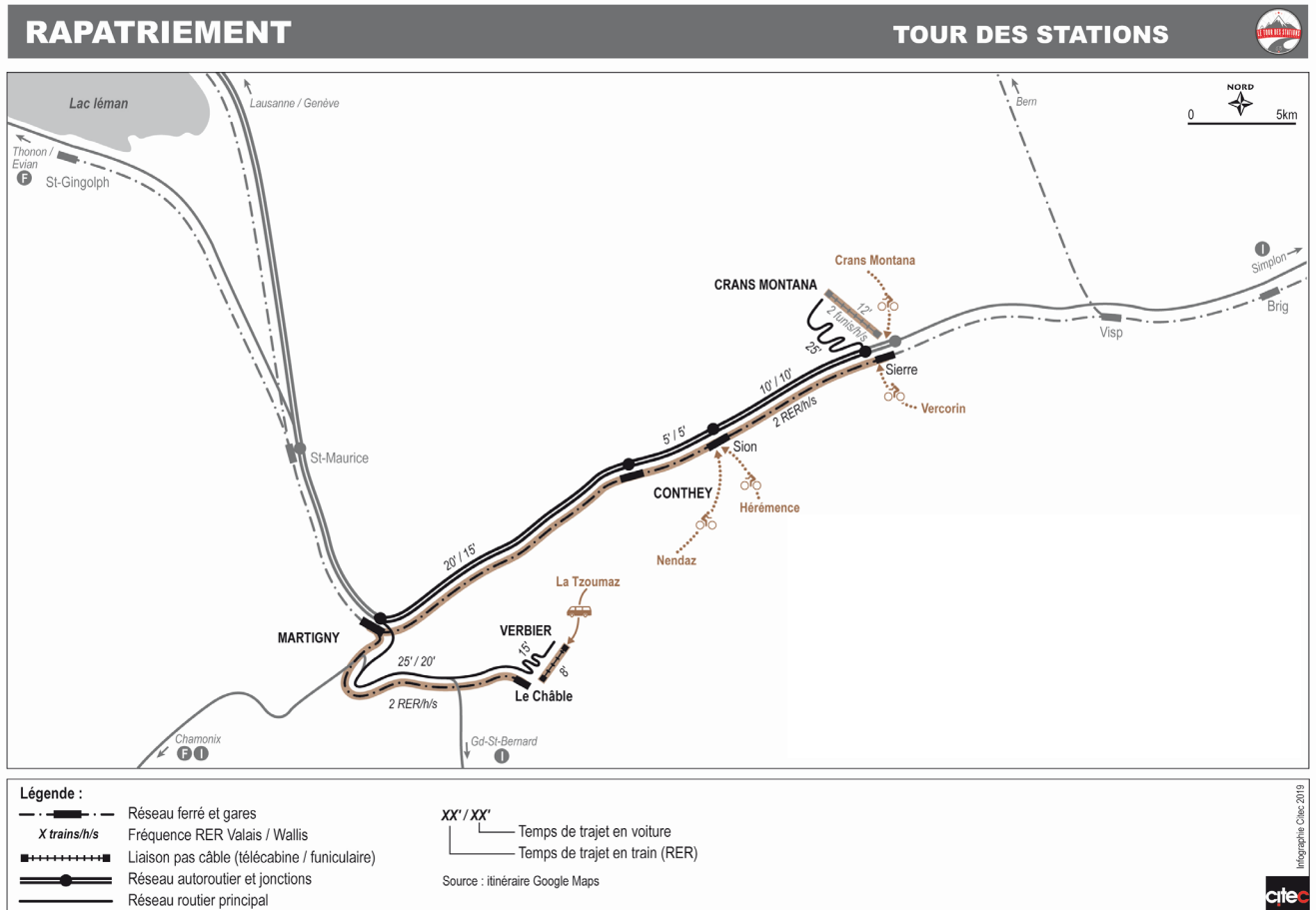
REPATRIATION SUMMARY

The repatriation is self-guided (by bike) to the plain, then free of charge with the frame plate for the **RegionAlps** train journey **only**:

- At Sierre station for transfers from Crans-Montana (13km / 950mD-) and Vercorin (12km / 800mD-)
- At Sion station for transfers from Anzère (15km / 1000mD-), Hérémence (15km / 500mD-) or Nendaz (16km / 850mD-)
- At Riddes station for the return journey from Ovronnaz (10km / 800mD-) or La Tzoumaz (14km / 1050mD-)

Then between Le Châble and Verbier by cable car (TéléVerbier).

If you drop out outside a refueling post without having informed a member of staff, please call the **emergency number** shown on your frame number:
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-  A pasta party with l'Échappée beer at the TDS Village
-  An area with showers, massages and changing rooms close to the finish.
-  A runner's bag with various gifts
-  Prize-giving ceremony with a finisher's medal for each participant
-  Collection of your personal belongings on arrival
-  You can check your results on the Tour des Stations website:
www.tourdesstations.ch/resultats



PODIUMS

- Podiums (Parking Périn – Verbier)

- Dès 15h00

- Mediofondo Women Scratch
- Mediofondo Men Scratch
- Mediofondo Men 16-29 years old
- Mediofondo Women 16-34 years old
- Mediofondo Men 30-39 years old
- Mediofondo Women 35-49 years old
- Mediofondo Men 40-49 years old
- Mediofondo Women 50 years old et +
- Mediofondo Men 50-59 years old
- Mediofondo Men 60-66 ans
- Mediofondo Women 67 years old et +

- Dès 16h00

- Marmotte Granfondo Women Scratch
- Marmotte Granfondo Men Scratch
- Marmotte Granfondo Men 18-29 years old
- Marmotte Granfondo Women 18-34 years old
- Marmotte Granfondo Men 30-39 years old
- Marmotte Granfondo Women 35-49 years old
- Marmotte Granfondo Men 40-49 years old
- Marmotte Granfondo Women 50ans et +
- Marmotte Granfondo Men 50-59 years old
- Marmotte Granfondo Men 60-66 ans
- Marmotte Granfondo Women 67 years old et +

- Dès 17h00

- Superfondo Women Scratch
- Superfondo Men Scratch
- Superfondo Men 16-29 years old
- Superfondo Women 16-34 years old
- Superfondo Men 30-39 years old
- Superfondo Women 35-49 years old
- Superfondo Men 40-49 years old
- Superfondo Women 50ans et +
- Superfondo Men 50-59 years old
- Superfondo Men 60-66 ans
- Superfondo Women 67 years old et +

- Dès 17h30

- Ultrafondo The Everest Women Scratch
- Ultrafondo The Everest Men Scratch
- Ultrafondo The Everest Men 18-29 years old
- Ultrafondo The Everest Women 18-34 years old
- Ultrafondo The Everest Men 30-39 years old
- Ultrafondo The Everest Women 35-49 years old
- Ultrafondo The Everest Men 40-49 years old
- Ultrafondo The Everest Women 50ans et +
- Ultrafondo The Everest Men 50-59 years old
- Ultrafondo The Everest Men 60-66 ans
- Ultrafondo The Everest Women 67 years old et +



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SUSTAINABLE DEVELOPMENT

Minimising carbon footprint

- **Food:** The choice of products is important to us in order to guarantee the satisfaction of our participants. Products from the Valais region are favoured, ensuring the quality of a short circuit that is good for the environment.
- **Energy:** In the heart of the Alpine Arc mountains, our partner "Altis" supplies 100% renewable energy produced in the Valais.
- **Marketing:** The digital promotion and communication of the event considerably reduces CO2 emissions compared to traditional communication. What's more, all the branding is reused or recycled, so there's no single-use production.

Maximising the impact of the event

- **Inclusivity:** We promote local producers and clubs who are actively involved in the various races...
- **Sport:** Courses for all levels are on offer, promoting sport and its health benefits to as many people as possible.
- **Heritage:** From vineyards to small villages and major resorts, the Tour des Stations routes will dazzle you with their splendid scenery.

Protecting the environment

- **Déchets :** The "zero waste" concept is feasible even for the biggest sporting events. Islands of cleanliness and efficient sorting are placed in the Villages to keep the areas clean.
- **Crockery and packaging:** Compostable crockery and recycled glasses are distributed throughout the event, significantly minimising the final production of waste.
- **Valais water:** No PET bottles are used for refueling, and the spring water supply guarantees optimum refreshment and empty bins.





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Nearly 600 volunteers will be on hand at the Tour des Stations to bring you an exceptional event.

Without them, nothing would be possible. They are essential to the smooth running of the event. They'll be on hand to welcome you when you collect your number, at the start, at all the feed stations and junctions along the route, and at the finish.

Want to take part in the Tour des Stations without any physical effort? Sign up as a volunteer by sending an email to info@rd-cycling.com.



OUR EVENTS



CRANS-MONTANA

20 MAI 2023

1125mD+
17,4km

THYON 2000

10 JUIN 2023

1625mD+
24km

TSEUZIER

11 JUIN 2023

1275mD+
24km

SANETSCH

23 JUIN 2023

1800mD+
28km

NUFENEN

24 SEPTEMBRE 2023

1110mD+
13km

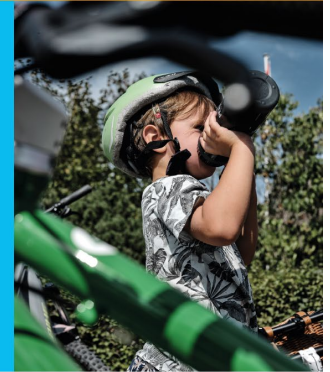
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Grône - Réchy - Chalais
Chippis - Granges - Sierr



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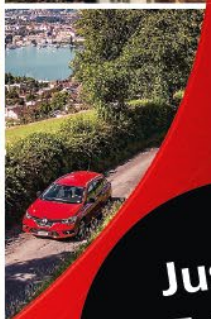
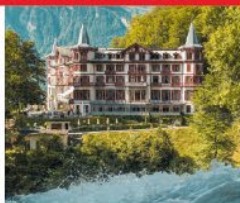


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