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# # ROAD BOOK

## 31 AUGUST 2024



**ULTRAFONDO  
THE EVEREST**

242KM  
8848MD+

**TEAM  
ULTRAFONDO  
RAIFFEISEN**

242KM  
8848MD+

**SUPERFONDO**

185KM  
6800MD+

**MAR MOTTE**  
GRANFONDO VALAIS

133KM  
4500MD+

**MEDIOFONDO**

74KM  
2850MD+

**BAMBINOFONDO**  
coop

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# INTRODUCTION

Dear Cycling Friend,

For this 7th 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.

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](mailto:info@rd-cycling.com).

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





## Verbier and the Tour des Stations: A Perfect Match

Events are a strategic element for the Verbier – Val de Bagnes destination, allowing us to smooth out the annual tourist activity by boosting the quieter off-season periods. In summer, the influx of visitors to the destination is closely linked to events. Events also provide a platform for communicating and showcasing our region and our activities; the Tour des Stations plays this role in the area of cycling, a sport that is emblematic of Verbier – Val de Bagnes and La Tzoumaz in summer.

With over 800km of trails and mountain roads, our destination offers a immense playground for cycling enthusiasts, whether you are a fan of the thrilling sensations of bike park runs, a dedicated enduro rider, or a road challenge lover. Here, everyone finds their happiness.

The Tour des Stations helps put Verbier and Val de Bagnes at the heart of the cycling map, not just locally. Those who love to get their jerseys soaked will discover, during their race, the beauty of Valais and its 16 touristic regions. This race therefore goes beyond communal boundaries and fosters collaborations between neighboring destinations, offering participants an even richer experience.

Here, we are delighted to welcome back the Tour des Stations to the center of Verbier, specifically to the Ermitage parking lot. We look forward to seeing many of you at the finish line to celebrate the athletes and the lively atmosphere, Verbier style.

Have a great race, everyone !

The Verbier Tourism Events Team



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# ACCESS & TRANSPORT

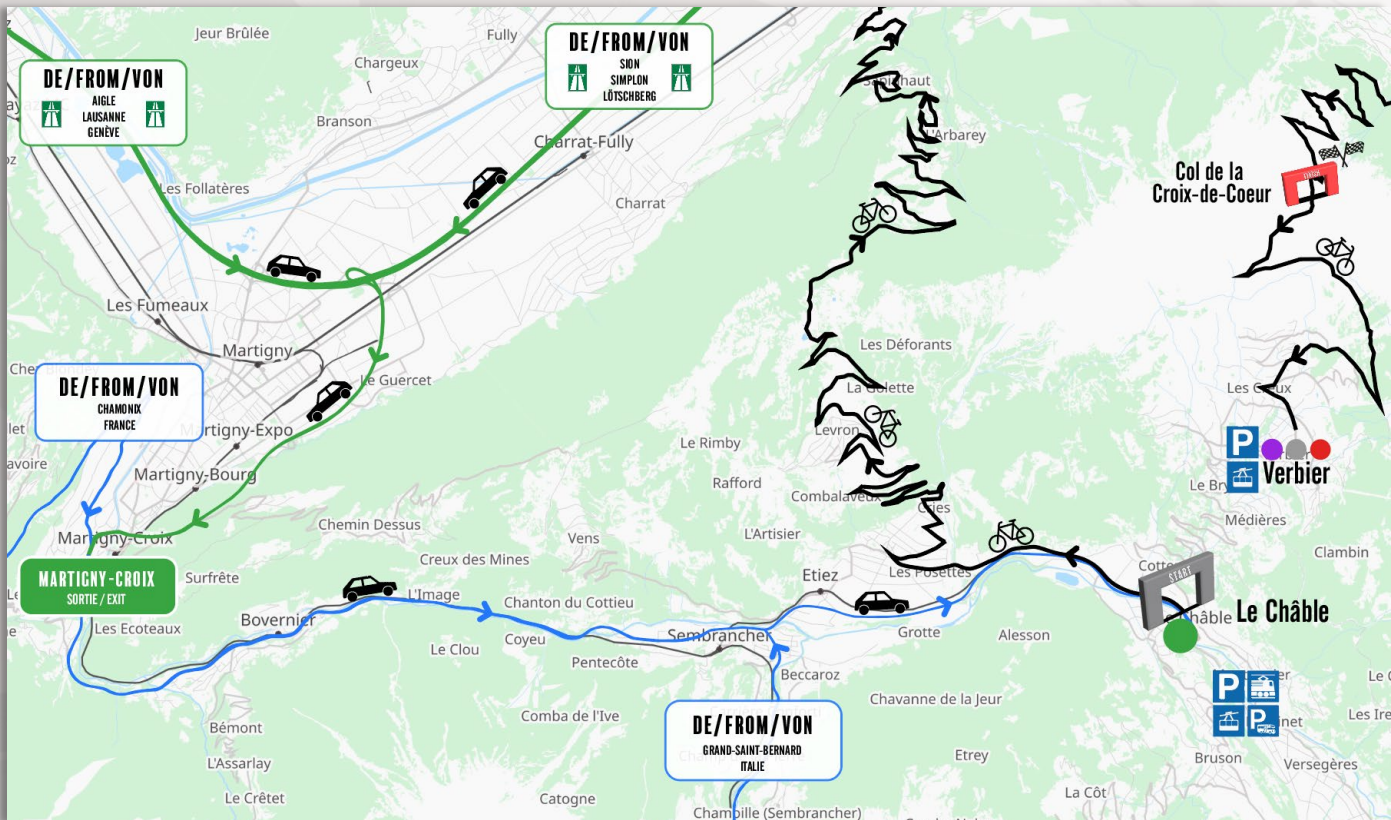
## GENERAL

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

- by bike from your accommodation in Val de Bagnes: bike parking on site
- by cable car from Le Châble
- by car: public parking lot nearby (space is limited) either in le Châble, then take the cable car, or in the public parking lots in Verbier (Parking Perin).
- 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



Parking



Railway station (Martigny – Le Châble)



Cable car (Le Châble – Verbier)



Camping-car parking reserved for participants

### LE CHABLE



Start area + late bibs collection

### VERBIER



Village TDS



Bibs collection



Bambinofondo

# VILLAGE TDS

## GENERAL

### Location :

- Place de l'Ermitage : Route de Verbier Station 108, 1936 Verbier

### Opening hours :

- Friday 30 August 10:00 am – 08:00 pm
- Saturday 31 August : 11:00 am – 09:00 pm

### Activities :

- Bibs collection
- Arrival of all races
- Bambinofondo Coop race
- Information point and exhibitors
- Food and beverage
- Pasta Party
- Personal belongings / showers / massages





# 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 and at latest 45 minutes before the race.
- For relays, only one person is needed to collect the team bib number.
- No bibs or gifts will be sent by post.

### Opening hours :

- > Place de l'Ermitage à Verbier
  - Friday 30 August : 10:00 am – 08:00 pm
- > Espace Saint-Marc au Châble
  - Saturday 31 August : 04:00 am – 08:30 am

**ATTENTION**, for participants in the Ultrafondo with a start at 02:30 am, bib numbers must be collected no later than Friday 08:00 pm in Verbier.

Rush hour	Friday 30 August	Saturday 31 August
04h00 – 08h30		●
10h00 – 12h00	●	
12h00 – 14h00	●	
14h00 – 16h00	●	
16h00 – 18h00	●	
18h00 – 20h00	●	



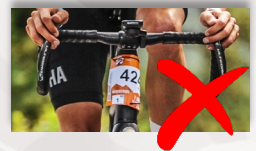
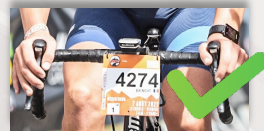
# VILLAGE TDS BIBS COLLECTION

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



**ATTENTION** : 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 (only Friday), you can leave a personal refueling in a **disposable bag** that will be transferred to Grône, located 157km along the Ultrafondo route.

Personal belongings :

Pour tous les parcours, vous pouvez laisser votre sac avec vos affaires personnelles au départ de la course au Châble. Vous pourrez ensuite récupérer vos affaires au Village TDS. Pour ce faire, vous devez apposer l'étiquette de l'organisation sur votre sac et présenter votre voucher de retrait pour le récupérer.

For all courses, you can leave your bag with your personal belongings at the start of the race in le Châble. You can then collect your belongings from 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 info point in the TDS Village in Verbier, where they can be picked up until Sunday 12am, then from the organisation office in Sion, rue Pré-Fleuri 6, from Wednesday 4<sup>th</sup> September.



# VILLAGE TDS FINISHERS

## Location :

Place de l'Ermitage: Route de Verbier Station 108,  
1936 Verbier

## Opening hours :

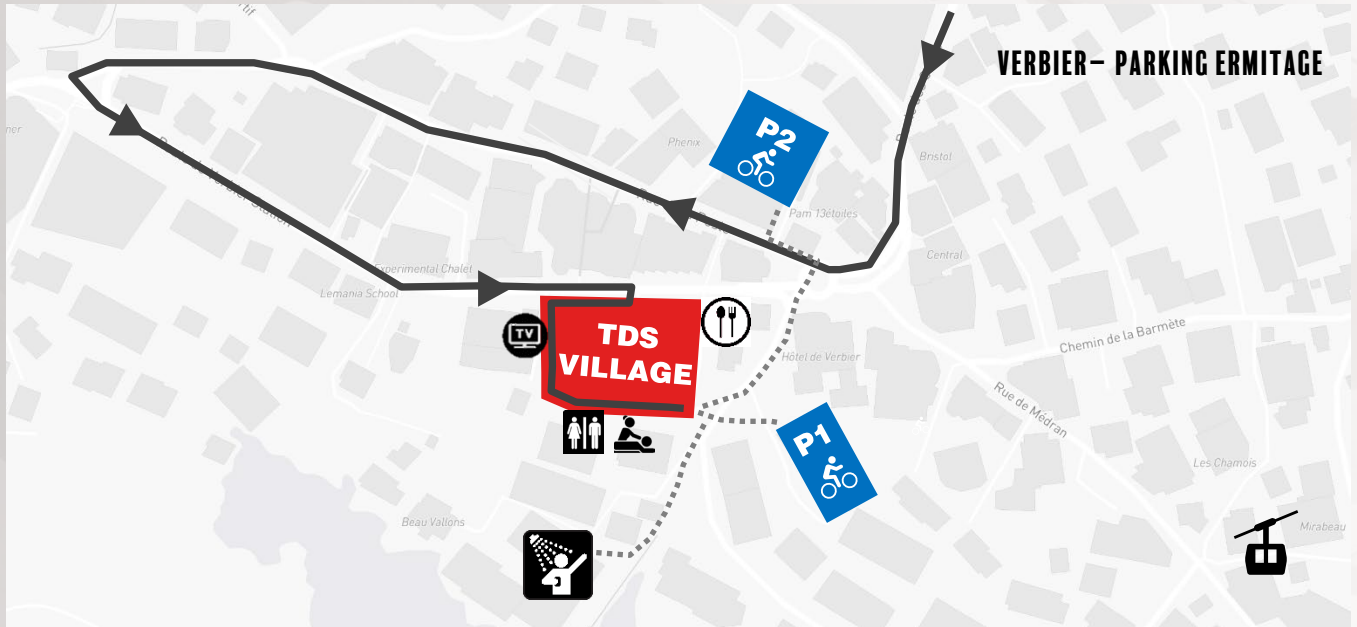
Saturday 31 August : 11h00 – 21h00

## Access :

The TDS Village is open to finishers, spectators and accompanying persons. Bikes from participants 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 parking lot
4. I go to the Pasta Party and join the public area in the TDS Village
5. I take a shower, collect my personal belongings, or have a massage.
6. I collect my bike from the bike park by presenting my voucher, which I have detached from the frame plate.



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# ROUTES GENERAL



MARMOTTE GRANFONDO SERIES

SWISS CYCLING TOP TOUR

ULTRAFONDO  
248 km  
8848 MD+

TEAM ULTRA  
RAIFFEISEN  
248 km  
8848 MD+

SUPERFONDO  
197 km  
6844 MD+

GRANFONDO  
133 km  
4700 MD+

MEDIOFONDO  
74 km  
2850 MD+

# ROUTES

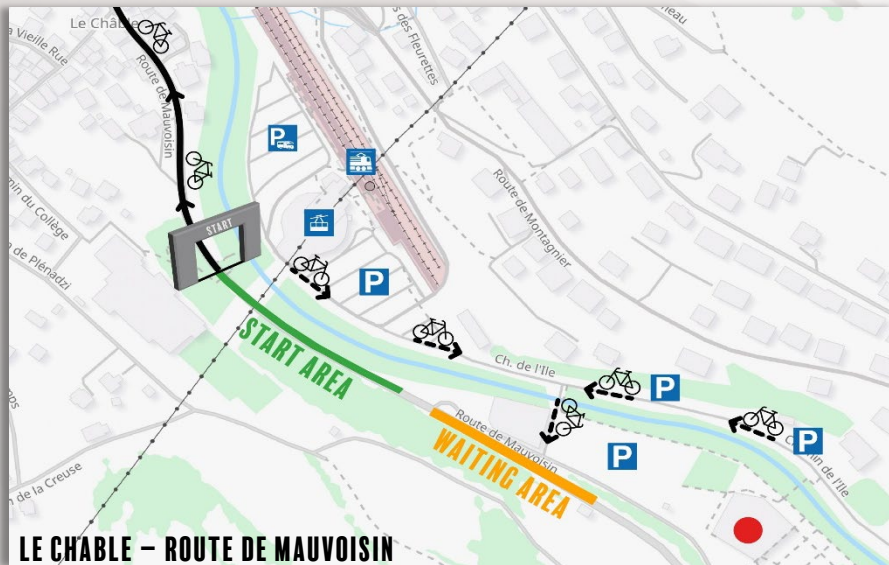
## STARTS – ADULT RACES

### Access to the start area:

- Park your car in Verbier (Parking Perin, limited places) and go to the start in Le Châble by bike (only 8km downhill) or by cable car from 05:15 am (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 11:50pm (free with your bib number).

### Waiting Area :

- Personal items can be left here and will be collected from the TDS Village in Verbier.
- Toilets



### 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).**

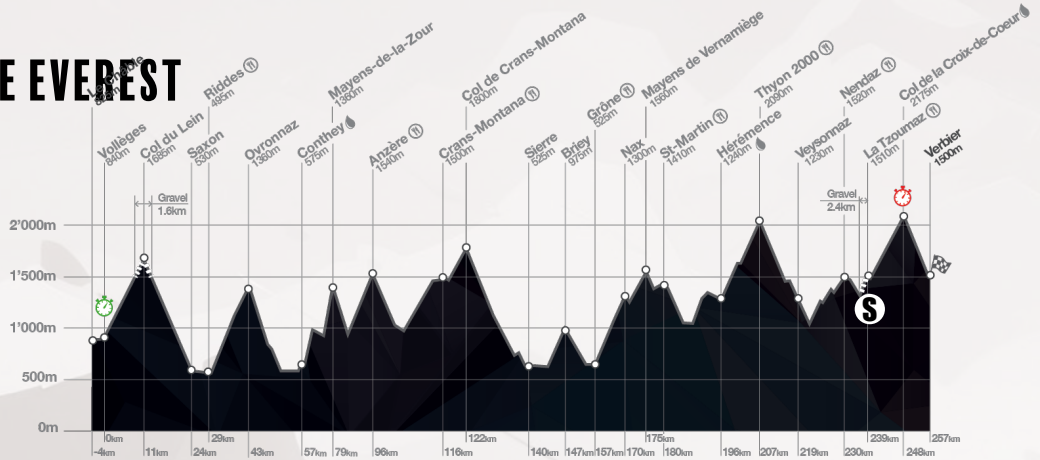
● late bibs collection  
(Espace Saint-Marc)

**Saturday 31 AUGUST**  
Route de Mauvoisin / Le Châble

Bib number	SAS starters	Access Start Area	Start
1000 – 1499	ULTRAFONDO 1	02:00 am	02:30 am
1500 – 1999	ULTRAFONDO 2	04:30 am	05:00 am
2000 – 2999	SUPERFONDO	05:30 am	06:00 am
3000 – 3499	MARMOTTE GRANFONDO 1	07:00 am	07:30 am
3501 – 3999	MARMOTTE GRANFONDO 2	07:30 am	08:00 am
4001 – 4999	MARMOTTE GRANFONDO 3	08:00 am	08:30 am
5000 – 5499	MEDIOFONDO 1	08:30 am	09:00 am
5500 – 5999	MEDIOFONDO 2	08:55 am	09:15 am
50001 – 50500	WOMEN'S WAVE*	09:15 am	09:20 am

# ROUTES

## ULTRAFONDO THE EVEREST



**ULTRAFONDO**  
THE EVEREST

**248km**  
257km TOTAL

**8848m**  
HEIGHT D+

**3.7%**  
AVERAGE SLOPE

**11**  
CLIMBS

**ATTENTION** : There are two possible start times, at 2:30 AM or 5:00 AM, depending on the ability to meet the defined time barriers. The start time for "Elite Men" is mandatory at 5:00 AM. The start time for "Elite Women" is mandatory at 2:30 AM due to television requirements.

**CHANGE OF ROUTE** : due to rockslides on the descent between Vercorin and Loye, the road is closed. As a result, the climb from Vercorin has been replaced by the Côte de Briey and the climb towards Nax via Grône, with a difference in altitude comparable to the normal version. In Grône, you can pick up your personal belongings at the new refreshment station.

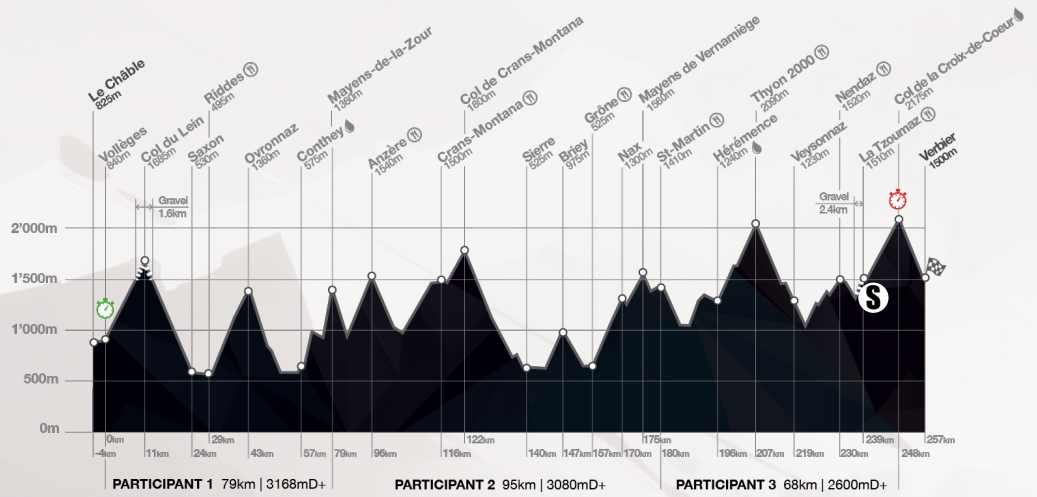
**WORK ZONE**: There will be traffic lights at Vétroz (km 55) and Euseigne (km 188). It is essential to obey the traffic lights and the instructions of the safety personnel. Failure to do so will result in a 30-minute penalty.

KM		ITINÉRAIRE HORAIRE ITINERARY TIMETABLE ULTRA FONDO	HORAIRE - TIMETABLE		
A parcourir To be run	Parcours Run		Tête de course I First rider Ultrafondo I	Tête de course II First rider Ultrafondo II	Fin de course Last rider
--	- 4	Le Châble	00:00	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	03:35	05:44	06:15
218	24	Saxon	03:55	05:58	06:35
212	30	Riddes	04:06	06:07	06:47
210	32	Leytron	04:12	06:11	06:53
200	42	Ovronnaz GPM	05:02	06:51	07:38
193	49	Chamoson	05:12	06:58	07:43
190	52	Ardon	05:15	07:00	07:45
185	57	Tour Lombarde / Conthey	05:30	07:10	08:00
182	60	Erde	05:40	07:18	08:15
172	70	Chandolin	06:27	07:40	08:55
163	79	Mayens de la Zour GPM	07:05	08:04	09:50
155	87	Grimisuat (giratoire)	07:35	08:12	10:05
146	96	Anzère GPM	08:10	08:35	10:38
140	102	Botyre	08:20	08:42	10:45
133	109	Lens	08:40	08:57	11:05
126	116	Place d'Ycoor (Crans-Montana)	09:10	09:18	11:30
120	122	Col de Plumachit GPM	09:50	09:40	12:15
106	136	Veyras	10:10	09:54	12:35
101	141	Chippis	10:20	10:03	12:50
95	147	Briey	10:52	10:22	13:25
85	157	Grône	11:22	10:40	14:00
79	163	Loye	11:45	10:48	14:15
72	170	Nax GPM	12:15	11:07	14:50
67	175	Mayens-de-Vernamiège GPM	12:35	11:22	15:15
62	180	Saint-Martin	12:45	11:32	15:28
54	188	Euseigne	13:00	11:40	15:40
48	194	Mâche	13:40	11:55	16:08
46	196	Hérémenche	13:55	12:00	16:15
35	207	Thyon 2000 GPM	15:10	12:43	17:40
22	220	Veysonnaz	15:40	12:53	17:54
20	222	Beuson	15:45	12:57	18:00
12	230	Haute-Nendaz (télécabine)	16:35	13:22	18:45
10	232	Nendaz - Les Crétaux GPM	16:47	13:27	18:55
6	236	La Scie	16:55	13:31	19:00
3	239	La Tzoumaz	17:18	13:50	19:30
0	248	Col de la Croix-de-Cœur	18:08	14:30	20:30
--	257	Verbier			



# ROUTES

## TEAM ULTRAFONDO RAIFFEISEN



**ULTRAFONDO**  
TEAM RAIFFEISEN

**248km**  
257km TOTAL

**8848m**  
HEIGHT D+

**3.7%**  
AVERAGE SLOPE

**11**  
CLIMBS

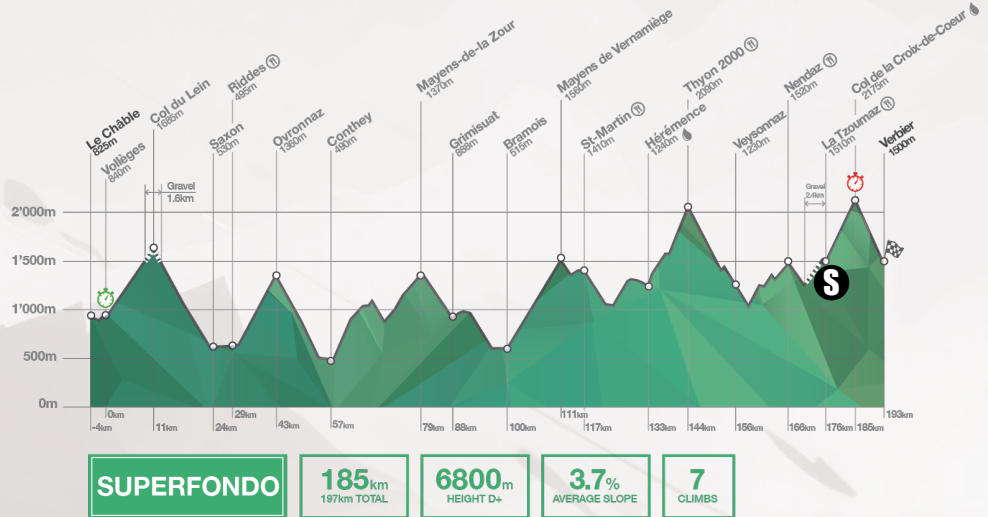
Participants in the Team Ultrafondo Raiffeisen category race in teams of three runners. The team members share out the following relays:

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

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



# ROUTES SUPERFONDO

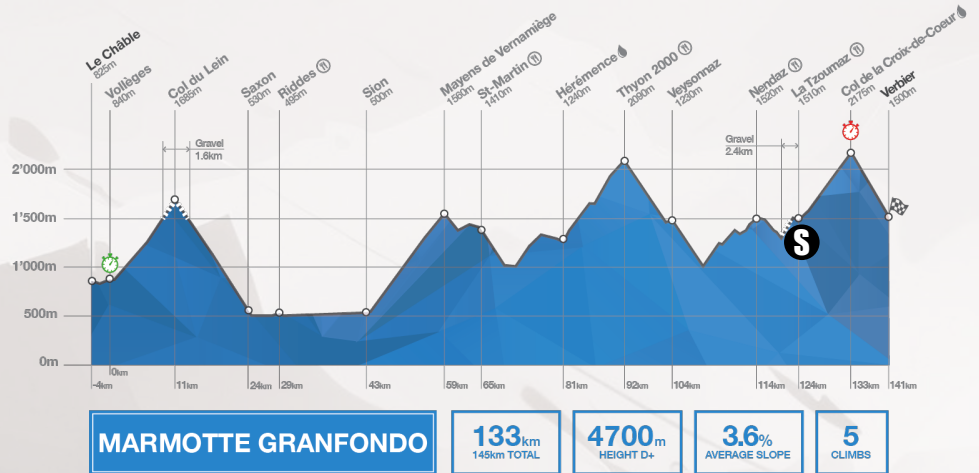


**WORK ZONE:** There will be traffic lights at Vétroz (km 55) and Euseigne (km 126). It is essential to obey the traffic lights and the instructions of the safety personnel. Failure to do so will result in a 30-minute penalty.

KM		ITINERAIRE HORAIRE		HORAIRE - TIMETABLE	
A parcourir	Parcourus	ITINERARY TIMETABLE		Tête de course	Fin de course
To be run	Run	SUPER FONDO		First rider	Last rider
--	- 4	Le Châble		06:00	--
188	0	Vollèges		06:06	06:08
182	6	Le Levron		06:22	06:45
177	11	Col du Lein GPM		06:44	07:30
164	24	Saxon		06:58	08:00
158	30	Riddes		07:07	08:13
156	32	Leytron		07:11	08:20
146	42	Ovronnaz GPM		07:51	09:40
139	49	Chamoson		07:58	10:00
136	52	Ardon		08:00	10:15
131	57	Tour Lombarde / Conthey		07:40	10:00
128	60	Erde		08:18	11:00
123	65	Bifurcation Santech		08:33	11:27
118	70	Chandolin		08:40	11:55
109	79	Mayens de la Zour GPM		09:04	12:46
101	87	Grimisuat (giratoire)		09:12	13:20
98	90	La Place (Ayent)		09:17	13:30
93	95	St-Léonard		09:24	13:40
89	99	Bramois (giratoire)		09:29	13:50
75	113	Mayens-de-Vernamiège GPM		10:25	15:30
70	118	Saint-Martin		10:35	15:45
62	126	Euseigne		10:43	16:00
57	131	Mâche		10:58	16:22
54	134	Hérémence		11:03	16:30
43	145	Thyon 2000 GPM		11:43	17:50
31	157	Veysonnaz		11:53	18:22
28	160	Beuson		11:57	17:30
20	168	Haute-Nendaz (télécabine)		12:22	18:30
18	170	Nendaz - Les Crétaux GPM		12:27	18:50
14	174	La Scie		12:31	18:55
11	177	La Tzoumaz		12:48	19:30
0	188	Col de la Croix-de-Coeur		13:25	21:00
--	194	Verbier			

# ROUTES

## MARMOTTE GRANFONDO

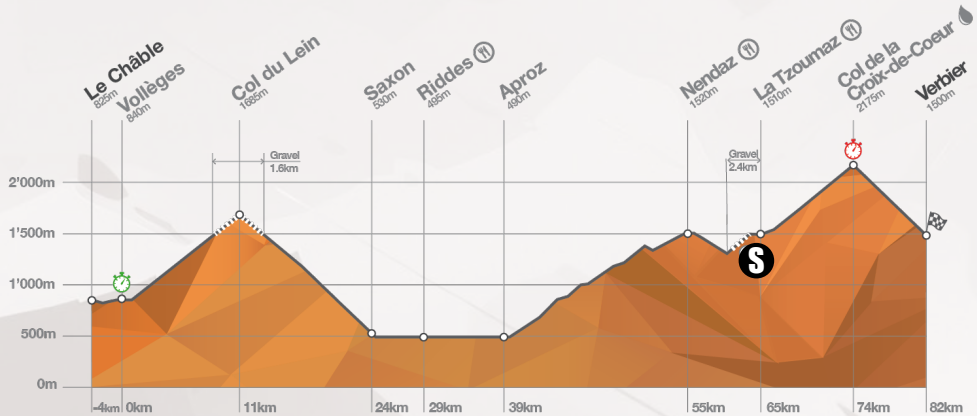


**WORK ZONE:** There will be a traffic light at Euseigne (km 73). It is essential to obey the traffic lights and the instructions of the safety personnel. Failure to do so will result in a 30-minute penalty.

KM		ITINERAIRE HORAIRE		HORAIRE - TIMETABLE	
A parcourir	Parcours	ITINERARY TIMETABLE		Tête de course	Fin de course
To be run	Run	MARMOTTE GRANFONDO		First rider	Last rider
--	- 4	Le Châble		07:30	--
133	0	Vollèges		07:36	08:38
127	6	Le Levron		07:51	09:20
122	11	Col du Lein GPM		08:12	09:58
109	24	Saxon		08:25	10:23
103	30	Riddes		08:35	10:45
94	39	Aproz		08:48	11:15
90	43	Sion		08:54	11:25
87	46	Bramois		08:59	11:35
73	60	Mayens-de-Vernamiège GPM		09:35	12:30
68	65	Saint-Martin		09:52	13:30
60	73	Euseigne		10:09	14:18
55	78	Mâche		10:23	14:50
52	81	Hérérence		10:27	15:00
41	92	Thyon 2000 GPM		11:03	16:20
29	104	Veysonnaz		11:12	17:05
27	106	Beuson		11:17	17:15
19	114	Haute-Nendaz (télécabine)		11:42	18:30
16	117	Nendaz - Les Crêtaux GPM		11:47	19:00
13	120	La Scie		11:50	19:15
9	124	La Tzoumaz		12:05	19:45
0	133	Col de la Croix-de-Cœur		12:40	21:30
--	141	Verbier			

# ROUTES

## MEDIOFONDO



**MEDIOFONDO**

**74** km  
88km TOTAL

**2850** m  
HEIGHT D+

**3.9%**  
AVERAGE SLOPE

**3**  
CLIMBS

**ATTENTION** : The Women's Wave will start at 8:30am at Espace Saint-Marc du Châble for a coffee before taking part in the 100% women's start at 9:20am.

KM		ITINERAIRE HORAIRE ITINERARY TIMETABLE		HORAIRE - TIMETABLE	
A parcourir To be run	Parcours Run	MEDIOFONDO		Tête de course First rider	Fin de course Last rider
--	- 4	Le Châble		09:00	--
74	0	Vollèges		09:06	09:23
68	6	Le Levron		09:18	10:05
63	11	Col du Lein GPM		09:38	11:00
50	24	Saxon		09:51	11:25
44	30	Riddes		10:02	11:50
35	39	Aproz		10:19	12:45
27	47	Basse-Nendaz		10:44	13:45
19	55	Haute-Nendaz (télécabine)		10:54	13:50
16	58	Nendaz - Les Crêtaux GPM		10:59	14:30
13	61	La Scie		11:03	14:40
9	65	La Tzoumaz		11:19	15:30
0	<b>74</b>	Col de la Croix-de-Cœur		11:52	17:00
	82	Verbier			



Sprint of the Green Forest by Tissot (900m / 100m elevation gain)

# ROUTES

## MAIN CLIMBS

Départ	GPM	Altitude départ (m)	Altitude GPM (m)	Dénivelé (mD+)	Distance (km)	Pente moyenne (%)	Pente max (%)
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	Briey	525	975	450	6,6	6,8	12
Grône (new)	Nax	510	1300	790	11,3	7	12
Bifurcation (sous Nax)	Mayens de Vernamiège	1225	1560	335	4,4	7,6	9
Bramois	Mayens de Vernamiège	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		1290	1390	100	900m	11,1	19



# ROUTES

## NEUTRALIZATION TIMES

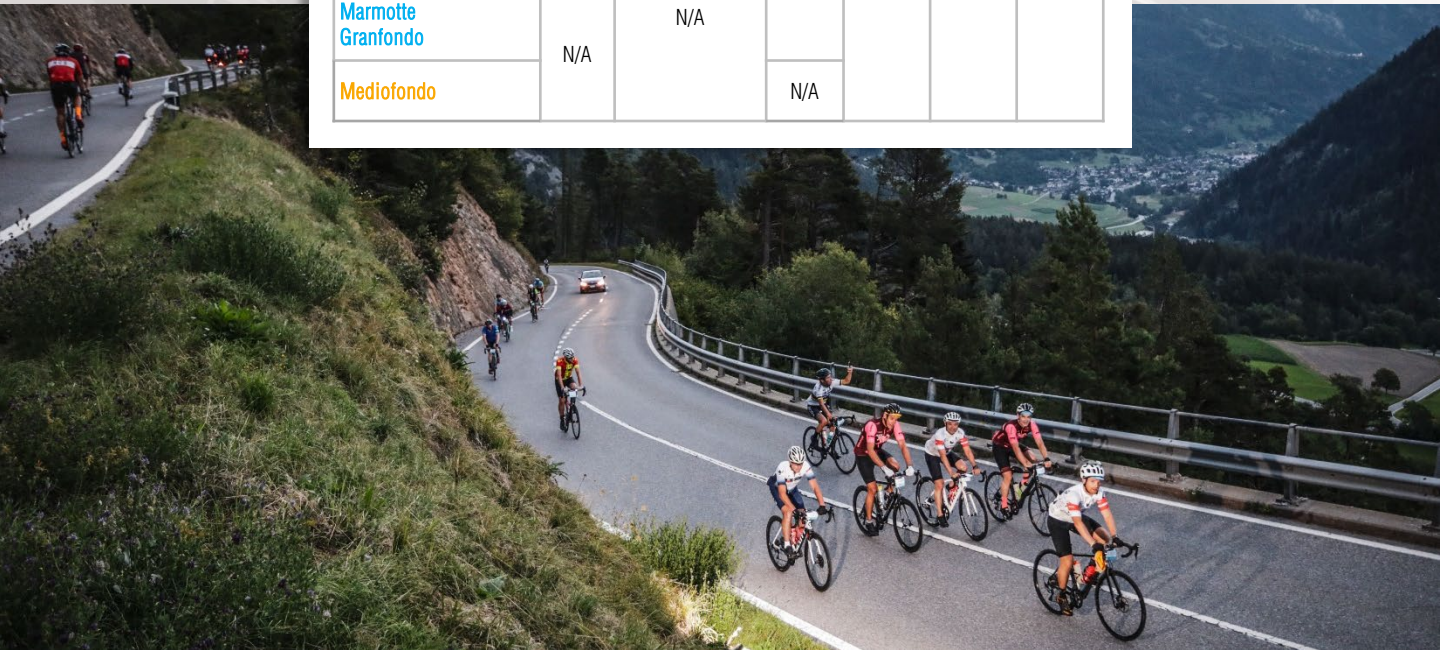
For safety reasons, runners must comply with the neutralization times.

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

If they so wish, they may continue the race under their own responsibility by signing a waiver. His or her time will be timed, but not ranked.

If a participant wishes to abandon the race, he/she must announce this at one of the checkpoints set up by the Organizer (Conthey, Crans-Montana, Grône, Hérémece, Nendaz or la Tzoumaz). They must then report to the person in charge of the checkpoint, who will take away their race number and inform them of the means of repatriation. Anyone abandoning the race outside the checkpoints must report this immediately to the race management via the emergency number on the frame plate. Failure to do so may result in costs being incurred by the competitor.

Check-points	Conthey	Crans-Montana	Grône	Hérémece	Nendaz	La Tzoumaz	Col Croix-de-Cœur
<b>Ultrafondo</b>	08h00	11h30	14h00				
<b>Superfondo</b>	10h00	N/A		16h15	18h45	19h30	20h30
<b>Marmotte Granfondo</b>	N/A						
<b>Mediofondo</b>					N/A		



# ROUTES

## STARTS - BAMBINOFONDO COOP



### Registration on site :

Children can be registered on site at the tent in the TDS Village at the following times:

- Friday 30 August : 10h00 – 17h30
- All participants must be on site and registered at 17h45.

### Routes :

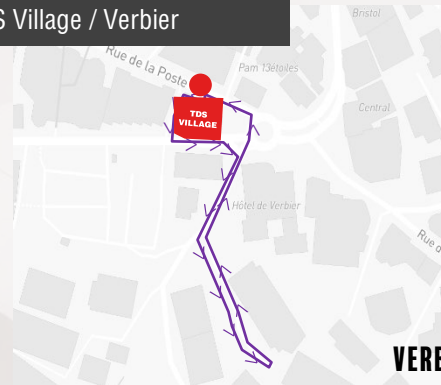
- U6 (2018) 2 tours – 1300m
- U7 (2017) 2 tours – 1300m
- U8 (2016) 5 tours – 3250m
- U9 (2015) 5 tours – 3250m
- U10 (2014) 5 tours – 3250m
- U11 (2013) 8 tours – 5200m
- U12 (2012) 8 tours – 5200m

### Podiums :

from 07:30 pm

**FRIDAY 30 AUGUST**

TDS Village / Verbier



● Bib numbers and registration in the TDS Village

**VERBIER – PARKING ERMITAGE**

Bib number	SAS starters	start time
6000 – 6999	<b>BAMBINOFONDO U6</b>	06 pm
7000 – 7999	<b>BAMBINOFONDO U7</b>	following start U6
8000 – 8999	<b>BAMBINOFONDO U8</b>	following start U7
9000 – 9999	<b>BAMBINOFONDO U9</b>	following start U8
10000 – 10999	<b>BAMBINOFONDO U10</b>	following start U9
11000 – 11999	<b>BAMBINOFONDO U11</b>	following start U10
12000 – 12999	<b>BAMBINOFONDO U12</b>	following start U11



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# REFUELLING SUMMARY

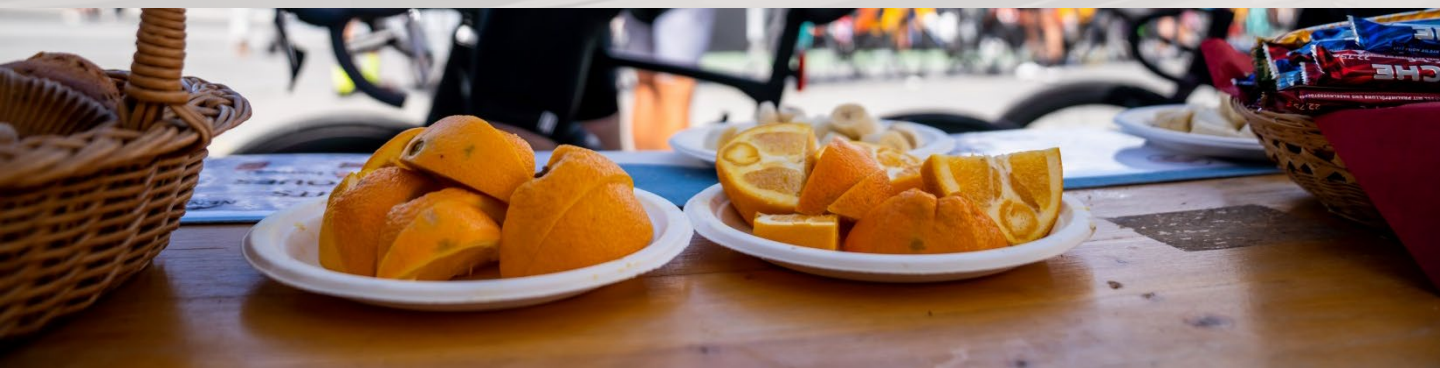
	Riddes – from 4:00 am	Conthey – from 5:30 am	Mayens-de-la-Zour	Anzère	Crans-Montana	Grône **	Saint-Martin	Thyon 2000	Nendaz	La Tzoumaz	Col Croix-de-Cœur	Verbier
<b>FOOD</b>												
Oranges and bananes	X	X	X	X	X	X	X	X	X	X		
Waffles	X	X	X	X	X	X	X	X	X	X		
Biscuits and chocolates	X	X	X	X	X	X	X	X	X	X		
Candies	X	X	X	X	X	X	X	X	X	X		
Cereal bars	X	X	X	X	X	X	X	X	X	X		
Chees	X	X	X	X	X	X	X	X	X	X		
Dried meat	X	X	X	X	X	X	X	X	X	X		
Vegetarian broth	X	X	X	X	X	X	X	X	X	X	X	
Pasta								X*				X
<b>Boissons</b>												
ENERVIT Isotonic	X	X	X	X	X	X	X	X	X	X		
Eau	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											X	
Focus												X

**ATTENTION:** 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 and Superfondo

\*\* \*\* When you collect your bib numbers in Verbier (Friday), you can leave a personal supply in a disposable bag that will be transferred to Grône, located 157km along the Ultrafondo route.



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# REPATRIATION SUMMARY

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

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

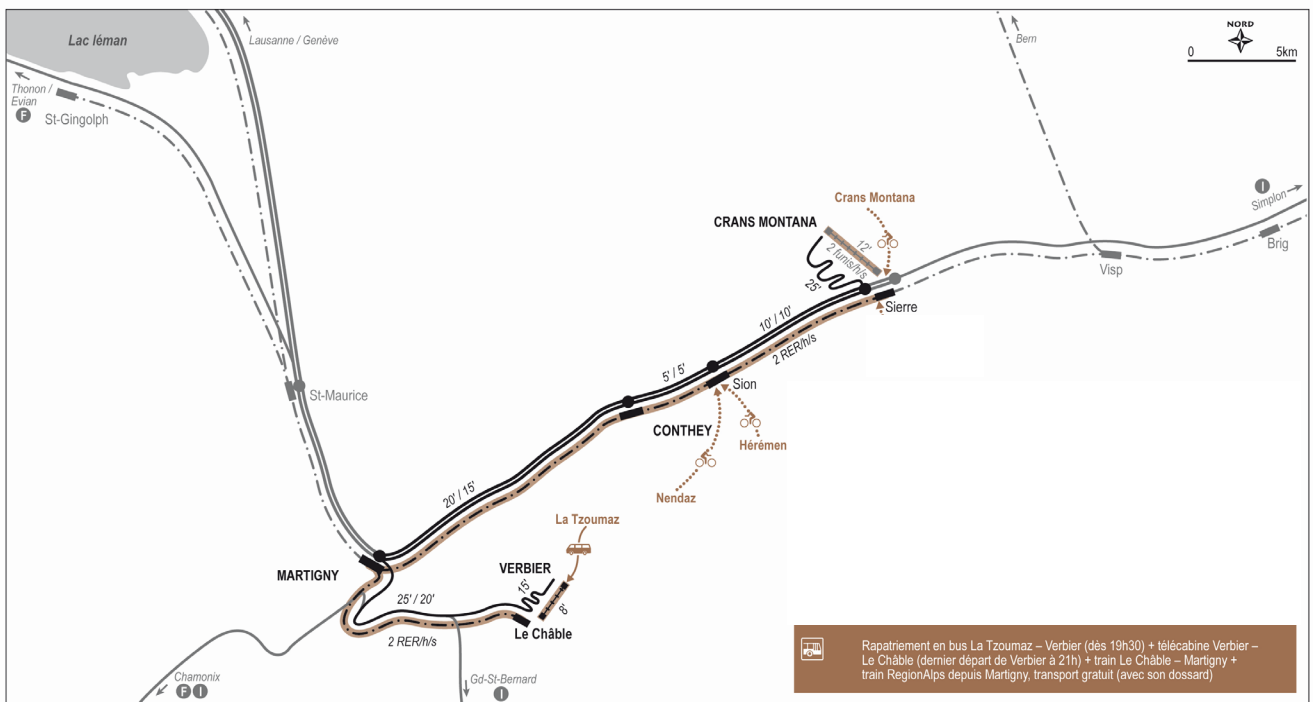
Then between le Châble and Verbier by cable car (TéléVerbier). Please report your journey by cable car to the cash desk where they hand you a free key card (bib number mandatory).

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 at the TDS Village
-  Showers, massages and changing rooms near the finish line
-  A runner's bag with various gifts
-  Prize-giving ceremony with finisher's medal for each participant
-  Collection of your personal belongings at the finish line.
-  You can check your results on the Tour des Stations website:  
[www.tourdesstations.ch/resultats](http://www.tourdesstations.ch/resultats)



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# PODIUMS

Podiums (Place de l'Ermitage, Verbier)

## • from 03:00 pm

- Mediofondo women Scratch
- Mediofondo men Scratch
- Mediofondo men 16-29 years
- Mediofondo women 16-29 years
- Mediofondo men 30-39 years
- Mediofondo women 30-39 years
- Mediofondo men 40-49 years
- Mediofondo women 40-49 years
- Mediofondo men 50-59 years
- Mediofondo women 50-59 years
- Mediofondo men 60-66 years
- Mediofondo women 60-66 years
- Mediofondo men 67 years and +
- Mediofondo women 67 years and +

## • from 04:00 pm

- Marmotte Granfondo women Scratch
- Marmotte Granfondo men Scratch
- Marmotte Granfondo men 18-29 years
- Marmotte Granfondo women 18-29 years
- Marmotte Granfondo men 30-39 years
- Marmotte Granfondo women 30-39 years
- Marmotte Granfondo men 40-49 years
- Marmotte Granfondo women 40-49 years
- Marmotte Granfondo men 50-59 years
- Marmotte Granfondo women 50-59 years
- Marmotte Granfondo men 60-66 years
- Marmotte Granfondo women 60-66 years
- Marmotte Granfondo men 67 years and +
- Marmotte Granfondo women 67 years and +

## • from 05:00 pm

- Superfondo women Scratch
- Superfondo men Scratch
- Superfondo men 16-29 years
- Superfondo women 16-29 years
- Superfondo men 30-39 years
- Superfondo women 30-39 years
- Superfondo men 40-49 years
- Superfondo women 40-49 years
- Superfondo men 50-59 years
- Superfondo women 50-59 years
- Superfondo men 60-66 years
- Superfondo women 60-66 years
- Superfondo men 67 years and +
- Superfondo women 67 years and +

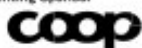
## • from 05:30 pm

- Ultrafondo The Everest women Scratch
- Ultrafondo The Everest men Scratch
- Ultrafondo The Everest men 18-29 years
- Ultrafondo The Everest women 18-29 years
- Ultrafondo The Everest men 30-39 years
- Ultrafondo The Everest women 30-39 years
- Ultrafondo The Everest men 40-49 years
- Ultrafondo The Everest women 40-49 years
- Ultrafondo The Everest men 50-59 years
- Ultrafondo The Everest women 50-59 years
- Ultrafondo The Everest men 60-66 years
- Ultrafondo The Everest women 60-66 years
- Ultrafondo The Everest men 67 years and +
- Ultrafondo The Everest women 67 years and +





Presenting Sponsor



# FLASHBACK ÉDITION 2023





# 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 partners supply 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 positiv 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

- **Waste :** 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 :** Resuable crockery and recycled cups are distributed throughout the event, significantly minimising the final production of waste.
- **Eau du Valais :** No PET bottles are used for refueling, and the spring water supply guarantees optimum refreshment and empty bins.





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Agents de circulation, agents de sécurité, encadrement des entrées et sorties, gestion des flux... Nos équipes sont formées et nos agents sont encadrés officiellement pour assurer votre sécurité et celle de votre événement.

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

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# CONTACT

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