



GUIDE TO CHOOSE YOUR ROUTE

February 2026 Version

This document serves as a guide for choosing the appropriate route based on each participant's physical capabilities.



ULTRAFONDO >> 2 START TIMES AVAILABLE:

Saturday at 2:30 am

- ➔ Required for all women aiming for the scratch ranking.
- ➔ Recommended for participants and teams averaging less than 16 km/h, including breaks / total race time over 14 hours.

For additional guidance, here is a summary of neutralization points:

Neutralization Point	Distance Covered	Elevation Gained	Neutralization Time	Maximum Race Time	Minimum Average Speed from Start
Conthey (Tour Lombarde)	57km	≈ 1,800mD+	8:30 am	6h00	≈ 10km/h
Crans-Montana (Ycoor)	116km	≈ 4,200mD+	12:00 am	9h30	≈ 13km/h
Vercorin	151km	≈ 5,100mD+	2:30 pm	12h00	≈ 13km/h
Bif. des Reynards (Les Collons)	190km	≈ 6,300mD+	4:30 pm	14h00	≈ 14km/h
Haute-Nendaz	224km	≈ 7,750mD+	6:45 pm	16h15	≈ 14km/h
La Tzoumaz	233km	≈ 8,150mD+	7:30 pm	17h00	≈ 14km/h
Croix-de-Cœur	242km	8,848mD+	8:30 pm	18h00	≈ 13km/h

Saturday at 5:00 am

Required for men and teams aiming for the scratch ranking, with an average speed of over 16 km/h, including breaks.

For additional guidance, here is a summary of neutralization points:

Neutralization Point	Distance Covered	Elevation Gained	Neutralization Time	Maximum Race Time	Minimum Average Speed from Start
Conthey (Tour Lombarde)	57km	≈ 1,800mD+	8:30 am	3h30	≈ 19 km/h
Crans-Montana (Ycoor)	116km	≈ 4,200mD+	12:00 am	7h00	≈ 18 km/h
Vercorin	151km	≈ 5,100mD+	2:30 pm	9h30	≈ 17 km/h
Bif. des Reynards (Les Collons)	190km	≈ 6,300mD+	4:30 pm	11h30	≈ 17 km/h
Haute-Nendaz	224km	≈ 7,750mD+	6:45 pm	13h45	≈ 16 km/h
La Tzoumaz	233km	≈ 8,150mD+	7:30 pm	14h30	≈ 16 km/h
Croix-de-Cœur	242km	8,848mD+	8:30 pm	15h30	≈ 16 km/h



SUPERFONDO >> SINGLE START TIME: 5:30 am

For additional support, here is a summary of neutralization points:

Neutralization Point	Distance Covered	Elevation Gained	Neutralization Time	Maximum Race Time	Minimum Average Speed from Start
Conthey (Tour Lombarde)	57km	≈ 1,800mD+	10:00 am	4h30	≈ 11 km/h
Bif. des Reynards (Les Collons)	133km	≈ 4,250mD+	4:30 pm	11h00	≈ 13 km/h
Haute-Nendaz	166km	≈ 5,700mD+	6:45 pm	13h15	≈ 13 km/h
La Tzoumaz	177km	≈ 6,100mD+	7:30 pm	14h00	≈ 13 km/h
Croix-de-Cœur	185km	6,800mD+	8:30 pm	15h00	≈ 13 km/h



MARMOTTE GRANFONDO >> 4 START TIMES: 6:30 am - 6:50 am - 7:10 am (women) - 7:30 am

For additional support, here is a summary of neutralization points based on the latest start time:

Neutralization Point	Distance Covered	Elevation Gained	Neutralization Time	Maximum Race Time	Minimum Average Speed from Start
Bif. des Reynards (Les Collons)	81km	≈ 2,150mD+	4:30 pm	9h20	≈ 9 km/h
Haute-Nendaz	114km	≈ 3,600mD+	6:45 pm	11h35	≈ 10 km/h
La Tzoumaz	123km	≈ 4,000mD+	7:30 pm	12h20	≈ 10 km/h
Croix-de-Cœur	133km	4,700mD+	8:30 pm	13h20	≈ 10 km/h



MEDIOFONDO >> 4 START TIMES: 8:00 am – 8:15 am (women) – 8:30 am – 8:45 am

For your assistance, here is a summary of neutralization points based on the latest start time:

Neutralization Point	Distance Covered	Elevation Gained	Neutralization Time	Maximum Race Time	Minimum Average Speed from Start
Haute-Nendaz	55km	≈ 1,750mD+	6:45 pm	10h00	≈ 6 km/h
La Tzoumaz	65km	≈ 2,150mD+	7:30 pm	10h45	≈ 6 km/h
Croix-de-Cœur	74km	2,850mD+	8:30 pm	11h45	≈ 6 km/h