

FROM THE PALM TREES TO THE ETERNAL ICE

2026



SWISSMAN
XTREME TRIATHLON

ROADBOOK

V1, April 25, 2026



WINFORCE®

MAMMUT



Dear SWISSMAN Athletes and Supporters

We are very much looking forward to welcoming you to **SWISSMAN 2026** in Ascona on **June 19, 2026**. We're just as excited as you are!

The SWISSMAN Xtreme Triathlon was created for you, with the aim of offering you a unique experience - set in breathtaking landscapes and surrounded by a family-like atmosphere. It's not about the time; it's about the experience.

You are one of the 250 athletes taking on the SWISSMAN challenge. Prepare yourself well. Plan your day carefully together with your supporter, who is an important part of your SWISSMAN weekend and who will cross the finishline on Kleine Scheidegg together with you after a long and unforgettable day.

If you still have any questions after reading the roadbook and watching the briefing, please don't hesitate to reach out to us. We'll also be at the **Bagno in Ascona on Thursday and Friday**, happy to answer all your questions in person.

On behalf of the entire SWISSMAN Crew



Katrin Simioni & Sampo Lenzi, Co-Presidents

Das SWISSMAN OK: Katrin Simioni, Sampo Lenzi, Beat Stadelmann, Rachel Joelson, Fabian Helg, Stephan Simioni, Erwin Waldvogel, Martin Mattmüller, Stefania Koller, André Widmer, Herbert Burren, Hansruedi Nef, Christian Pötzsch, Christian Bernhard, Francis Froberg



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Plan B1: Running instead of swimming
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Important!

Please read and review this roadbook together with your supporter. Careful preparation is essential for a successful SWISSMAN.

Even if you have participated in the event multiple times, it is important to go through the roadbook thoroughly, as there are several updates related to safety. We highly recommend bringing a printed copy of the roadbook with you to SWISSMAN, so your supporter always has it at hand – even if digital devices like tablets should fail.

The roadbook contains essential information without which your supporter will not be able to navigate the course properly.

Thursday, June 18, 2026

14:00 – 18:00: Check-in Bagno Pubblico Ascona

- Registration must be done together with your supporter.
- Parking at the Bagno is very limited; additional parking is available at the Airport (see page 11).

At the check-in you receive:

- 1 Swim buoy
- 1 Swim cap
- 1 GPS-Tracker (must be returned at the finish)
- 1 Raceresult Chip (must be returned at the finish)
- 2 car stickers (attach to the supporter vehicle – see briefing)
- 1 athlete wristband, 1 supporter wristband (for using the Jungfrau Railway on Saturday and Sunday)
- 1 supporter badge (required for entering the transition zones)
- 2 SWISSMAN clothing bags for spare clothes at the finish (for transport: Ascona – Kleine Scheidegg)
- 1 Bib number-Sheet with Stickers for Bike and Helmet (see Briefing)



GPS-Tracker



You can follow athletes live: the link will be published on Friday on www.suixtri.com and on Facebook.

Each athlete will be equipped with a GPS tracker provided by RaceTracker (racetracker.no). Please leave the tracker visible in the swim transition area so it can be replaced if necessary. Make sure the tracker has a clear signal overnight. Do not press any buttons. The tracker transmits your location at 5-minute intervals.

Raceresult Chip



As an additional safety measure, each athlete must wear a Raceresult chip around the ankle during the entire race (including the swim). This allows the SWISSMAN organization to verify when an athlete boards the boat, exits the water, and passes important checkpoints (e.g., running course control points, Furka Pass - Galenstock curve).

WhatsApp Group

One week before the event, you will receive a link to a WhatsApp group that will provide you with information during the SWISSMAN. At the check-in, there will also be QR codes for another opportunity to join the group. Only officials will be able to post information in the group.

Friday June 19, 2026

9:00 Morning Swim

A social swim will take place at 9:00 AM at Bagno, followed by coffee and croissants. Participation is at your own risk. Important reminders:

- Weather can change rapidly; if there are any signs of a thunderstorm or dangerous weather, leave the water immediately.
- Always follow the SWISSMAN crew's instructions.

10:00 – 15:00: Check-in Bagno Pubblico Ascona

Information as per Thursday.

Online Briefing

The online briefing will be available at www.suixtri.com from **June 15, 2026, 8:00 PM** and is mandatory!

15:00 Welcome Risotto and short briefing

To officially kick off the SWISSMAN, we will offer you a real Ticino-style risotto between 3:00 and 4:00 PM at the Bagno, along with a short briefing covering the most important details. This is a great opportunity to connect, exchange tips, and clarify any last questions. We look forward to seeing you!

16:00 – 17:00: Baggage Drop in front of the Bagno

One SWISSMAN clothing bag per athlete and supporter with warm spare clothes for the finish. Label the bags with your race number.

- 2 bags are included in your starter package. Additional bags can be purchased in the shop for CHF 5.
- Remember: The finish is at 2,061 meters above sea level! Pack enough warm clothing.

Overnight stay in Ascona

Athletes organize their own accommodation.

Recommendations: <https://hotelmoretina.ch> or www.ascona-locarno.com

Bike shop in Ascona

Dorina Decurtins (www.decdo.ch) provides cycling gear, equipment, and food if needed.

Saturday June 20, 2026

3.00 – 4.00: Transition Zone Ascona Setup and Registration for the Swim

- Between 3:00 and 4:00 AM: Set up the transition zone together with your supporter (or the supporter sets it up alone).
- Attach the bike tag to your bike.
- Registration by 4:00 AM at the boat dock (see map).
- No bikes can be placed in the transition zone after 4:00 AM.
- Leave your running shoes and running clothes in the transition area so you're ready in case the swim is canceled.

3.30 – 4.00: Boarding the Boat

- By 4:00 AM: All athletes must be on board.
- 4:15 AM: Departure to the Brissago Islands. Missing the boat means the SWISSMAN is over for you!
- The trip takes about 20 minutes. Toilets are available at the dock and on the boat.
- The Brissago Islands are a private botanical garden. Do not leave anything behind

Swim buoy and orientation in the water

- A swim buoy (swim-bag) is mandatory and must be inflated before boarding the boat.
- A boat with a yellow-orange flashing light will lead the way. At the start, a sailboat with a red light chain and a white light will also guide the swimmers. The first athletes will overtake the sailboat, which will then stay with the main group.
- A large flashing light near the transition zone at the Bagno in Ascona serves as an orientation point.

- Seven motorboats on each side will flank the swim channel. Outside the swim channel, there are kayaks. If you see a kayak next to you, you have drifted off course. Please pay attention to the signals from the kayaks and motorboats; they will help guide you back to the direct line!
- Athletes who need assistance should wave to attract attention.

5.00: Start of the SWISSMAN Xtreme Triathlon

- 4:50 AM: Athletes enter the water to the start line formed by kayaks.
- 5:00 AM: The cowbells signal the start!

Transition T1 Ascona: Swim – Bike

- Supporters must have their badge to enter the transition zone.
- Supporters can assist athletes.
- Supporters are responsible for ensuring athletes carry their GPS tracker upon leaving.

7:15 AM: Last chance to leave the T1 transition zone.

Bike: Ascona – Brienz

- The use of caravans or campers as support vehicles is not permitted.
- Supporters must use the highway to Bellinzona and can wait for the athletes at the Bellinzona highway rest area with a coffee. No additional nutrition is needed before Bellinzona.
- It is the athlete's responsibility to follow the correct route. The course is only marked at key points.
- There are no aid stations on the bike course.

- Spare clothing for the Alpine passes is essential – it can get very cold!

Supporter meeting points on the bike course

The possible meeting points are marked on the maps. Please only park in the designated areas shown on the maps!

Between Realp and the top of the Furka Pass, and between the Furka Pass and the Grimsel Pass summit, **no support is allowed!**

Bike rules:

- Bib number must always be clearly visible on the back.
- Bikes may not be exchanged. In case of an irreparable technical problem, a bike change must be reported to race management via the following number: +41 77 275 88 48.
- No pacing or riding alongside the athlete with another bike.
- No drafting.
- **Traffic rules must be strictly obeyed!** We are required to have 30 police officers monitoring the event.
- Supporters must always yield to athletes on the road.
- It is not permitted to drive directly in front of, next to, or behind the athlete. Drive straight to the next meeting point.
- Athletes may **not** receive anything from a moving vehicle.
- **Front and rear lights on the bike are mandatory**, as there are several tunnels on the descents.
- Where separate routes for athletes and supporters are defined, **supporters must not use the athletes' route** (see GPS route). Any violation of this rule will result in **immediate disqualification** of the athlete.
We recommend that supporters go directly to the Brienz transition zone once their athlete has passed Innertkirchen.
- We strongly recommend that all athletes carry a mobile phone to stay in contact with their support crew and be reachable.

- Headphones are strictly prohibited and will lead to immediate disqualification. Athletes must stop at the roadside if they need to make a call.
- **Caution:** In some areas, the road surface is uneven and cracked. Please ride carefully!
- It is part of the **SWISSMAN philosophy** that all athletes and supporters help each other.

Cut-offs:

- **12:00 PM** is the latest time to pass Motto Bartola.
- **3:00 PM** is the latest time to pass the Furka Pass.

Furka Pass

- **No support is allowed on the entire climb to the pass (12 km).**
- All supporter vehicles must wait in the parking area at Realp until their athlete has passed the Galenstock curve. You will receive an SMS when it's time (approximately 1 hour). After that, drive directly to the top of the pass without stopping at any point.
- It is not permitted to stand along the course without a car, to walk up the pass, or to hand anything to the athlete from a moving vehicle. Traffic flow must not be obstructed under any circumstances.
- The only permitted support points are Realp and the top of the pass (see map). Police checks will be in place. Anyone violating the support ban will be disqualified without warning.
- Athletes must be able to ride in a straight line on the right edge of the road during the climb. Athletes showing signs of unsafe riding will be disqualified.
- The climb is steep – make sure your gearing is appropriate and don't burn all your energy on the Gotthard!

Transition T2 Brienz: Bike – Run

- The supporter badge entitles the supporter to enter the transition zone.
- The supporter is allowed to assist the athlete during the transition.
- The transition must take place within the official transition zone.

6.15 pm is the last possibility to leave the transition zone!

Run: Brienz – Kleine Scheidegg

The run course begins with a steep ascent to the Giessbach waterfalls. There is an aid station with Winforce products in Burglauenen and Alpiglen.

Start:

The run course leads over a hiking trail to Giessbach waterfall. This trail includes stairs and **cannot be accompanied by bike**. Support riders must take the road to Giessbach waterfall.

Supporter Meeting Points:

There are four meeting points with parking along the run course from Brienz to Grindelwald (see maps).

Important: Your athlete may be too fast to meet at every point. Agree on specific meeting points in advance. Athletes must carry food and drink with them at all times.

There is a Toitot toilet available in Burglauenen – please use it.

Rules:

- Internet reception in the valleys is weak. The GPS network coverage of the tracker is not always complete. Therefore,

athletes must carry a phone with them during the entire run to stay reachable by their support crew.

- Where separate routes for athletes and supporters are defined, supporters **must not** drive on the athletes' course (see GPS route). Violation of this rule will result in the disqualification of the athlete.
- Accompanying athletes by mountain bike or on foot is allowed (note: **new route since 2024** at the start).
- Supporters must prepare two backpacks, which will be checked and marked at the checkpoint before the athlete arrives.
- Each athlete **must be accompanied** by a supporter on the final climb from Grindelwald Grund to Kleine Scheidegg.
- **Trekking poles are prohibited** along the entire run course.

Each backpack must contain:

- 0.5 L drink and 2 energy bars or equivalent food
- one pair of long pants
- a sweater or long-sleeve shirt
- a jacket
- a hat and gloves
- a headlamp (if after 6:00 PM)
- an emergency blanket

Additionally, supporters must carry the mobile phone that was registered during registration. Any changes must be updated via the link in the confirmation email **before** the race.

Parking:

Only use the Grindelwald Terminal parking garage (maximum height 2.3 meters, no roof racks!).

Please **do not** drive to the parking area near the checkpoint – it would block helpers and athletes, and overnight parking is not allowed there.

Cut-off times for meeting points on the Run Course

- If an athlete reaches a meeting point after the cut-off time, they must end their SWISSMAN.
- The SWISSMAN officials at the meeting points are authorized to stop athletes who are too late. Continuing at your own risk is not permitted.
- The cut-off times do **not** guarantee that an athlete will reach the next cut-off or the Grindelwald checkpoint on time.

Cut-off Times:

- Bönigen: 8:00 PM
- Wilderswil: 8:10 PM
- Burglauenen: 9:15 PM
- Checkpoint Grindelwald: 10:00 PM

Return transport of the athlete and supporter to Grindelwald Grund

The Jungfrau Railway will operate between Grindelwald Grund and Kleine Scheidegg until 1:00 AM (see schedule in the appendix). For athletes and supporters wearing the SWISSMAN wristband, train rides are free on Saturday and Sunday.

Free Train Transport Grindelwald – Kleine Scheidegg for SWISSMAN Spectators on Saturday

Guests can obtain a free guest wristband for the Jungfrau Railway at check-in or at the Grindelwald Grund checkpoint on Saturday. The wristbands must be worn on the wrist.

All spectators traveling to Alpiglen or Kleine Scheidegg or returning to Grindelwald Grund must inform themselves in advance about the Jungfrau Railway schedule.

Route Marking

- The entire course is available as a GPS file.
- Important intersections are marked.
- Every athlete is responsible for knowing the route!
- Athletes must study the first 45 km of the bike course in advance!
- Recommendation: Ride the race route from Ascona to Biasca beforehand.
- The run course is marked at key points with red signposts.

Restaurant Eigernordwand

Special deal for athletes and supporters: "Ghackets mit Hörnli" (minced meat with pasta), 5 dl drink, and a hot beverage for CHF 24.50 per person.

If you quit early

Please inform the SWISSMAN officials as quickly as possible at the following number: +41 77 275 88 48
Please return the GPS tracker and Raceresult chip according to the SWISSMAN officials' instructions.

In case of a medical emergency

In case of a medical emergency, please call the following number as soon as possible: +41 77 275 58 09.

Sunday June 21, 2026

Finisher ceremony at Kleine Scheidegg

The wristband for athletes and supporters is valid for the Jungfrau Railway on Saturday and Sunday for the ride to and from Kleine Scheidegg (24 minutes). Wristbands must be worn on the wrist. Please allow enough time to pick up your Finisher Shirt before 10:30 AM.

Train schedule Grindelwald Grund – Kleine Scheidegg for the Finisher Ceremony:

- Take the train from Grindelwald Grund at 8:53 AM (arrival Kleine Scheidegg 9:17 AM) or
- 9:23 AM (arrival Kleine Scheidegg 9:57 AM).

For guests:

The guest wristband is only valid for Saturday, not for Sunday. Guests with a guest wristband on their wrist can purchase discounted tickets at the Grindelwald Grund train station on Sunday. Without a guest wristband, the full price must be paid.

09.30 – 10.30: Distribution of the SWISSMAN Finisher- and Supporter-Shirts

- Every SWISSMAN finisher will receive a Finisher Shirt.
- Every SWISSMAN supporter will receive a Supporter Shirt.
- Athletes who started but did not finish will receive a SWISSMAN Shirt without the "Finisher" print.
- Supporters will still receive a Supporter Shirt.
- Shirts must be picked up at Kleine Scheidegg on Sunday and will not be mailed.

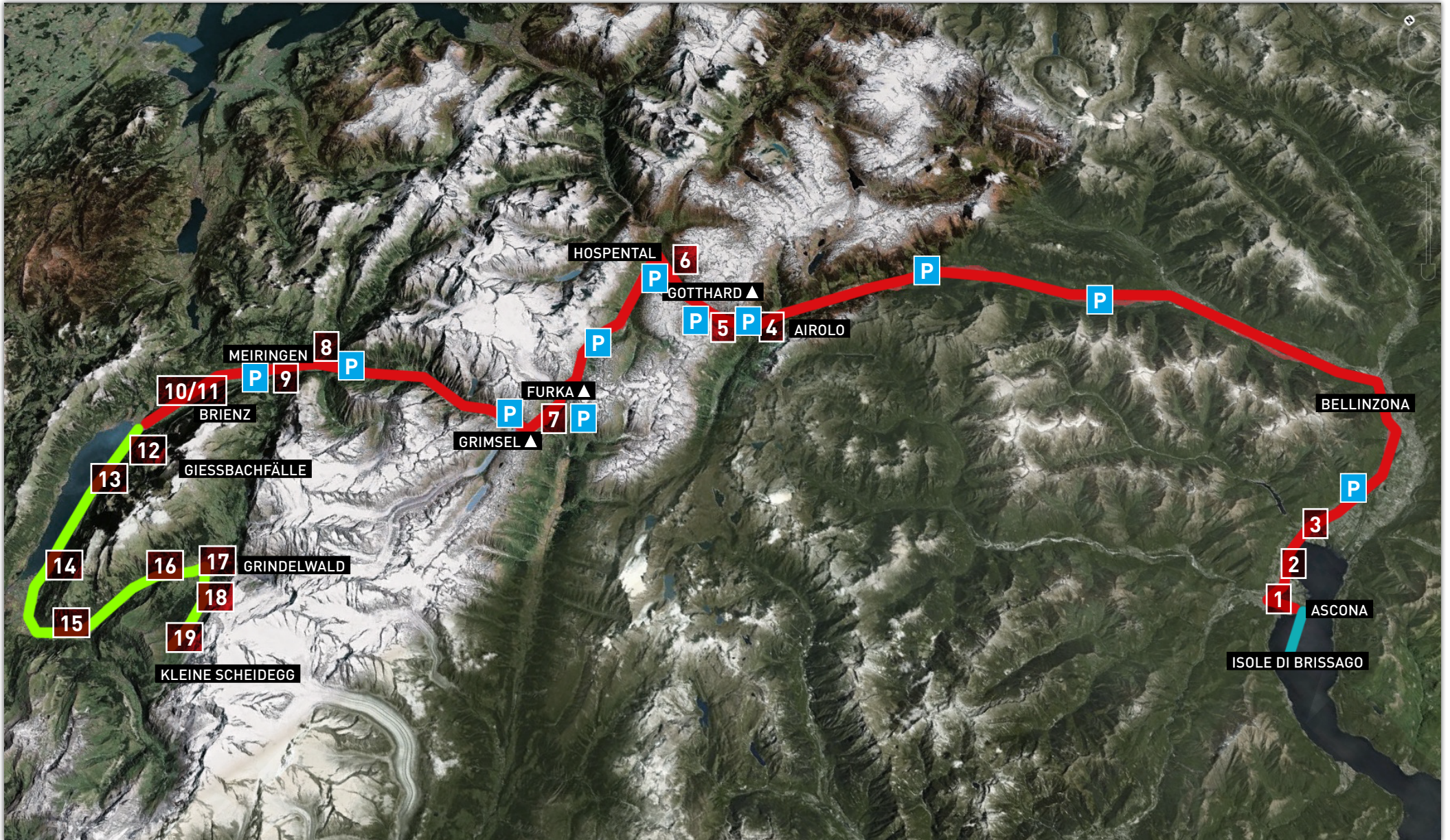
10.30 – 11.30: Finisher ceremony and group photo

At the Finisher Ceremony, we will honor the top three women and men of the SWISSMAN and celebrate all finishers and supporters. A group photo of all finishers and supporters will be taken. This marks the conclusion of SWISSMAN!

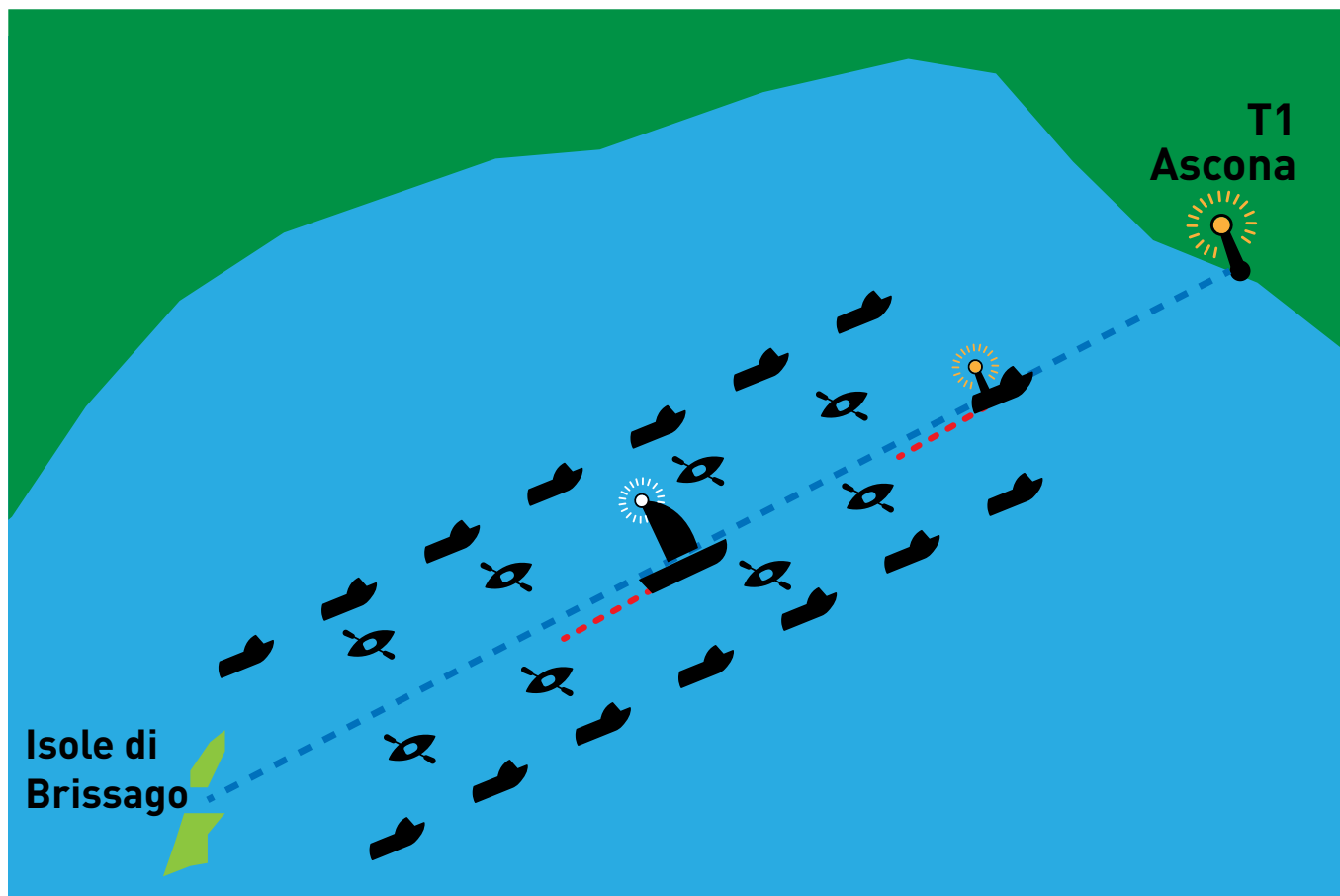
Evening timetable June 20 2026

Grindelwald Grund Departure	Kleine Scheidegg Arrival
18:53	19:15
20:00	20:22
21:05	21:27
22:35	22:57
23:40	00:02
00:45	01:07

Kleine Scheidegg Departure	Grindelwald Grund Arrival
19:25	19:55
20:30	21:00
22:00	22:30
23:05	23:35
00:10	00:40
01:15	01:45












SWIM



- The athletes orient themselves by the lights of the sailboat, lead boat, and flashing light in Ascona.
- The kayakers are not used for orientation but are part of the safety concept. If athletes are next to a kayak, they are swimming outside the swim line and will be instructed to correct this.
- Athletes needing assistance should attract attention by waving.

Legend for maps

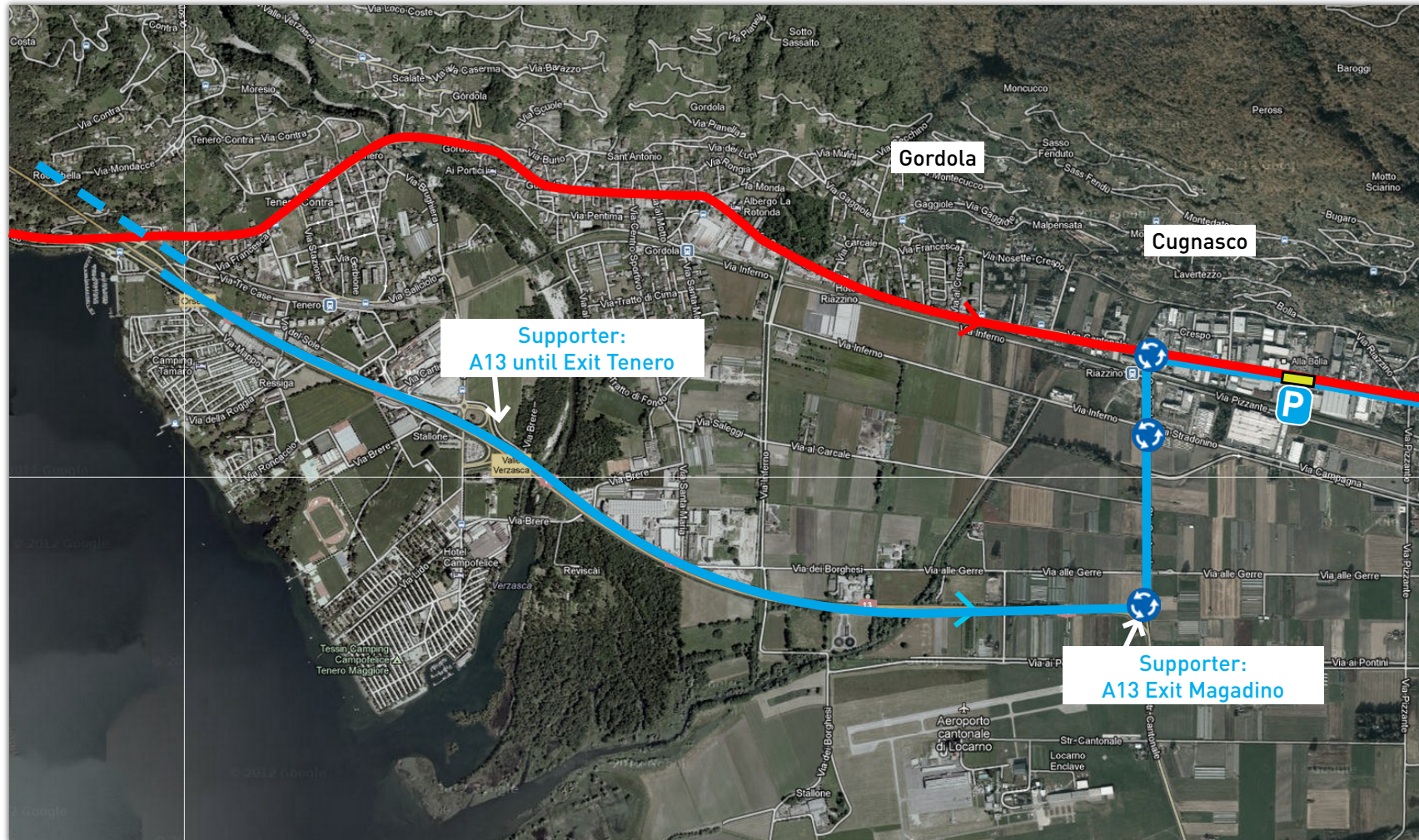
-  Meeting point
-  Transition Zone
-  Boat registration
-  Roundabout
-  Recommended supporting zone
-  Water station
-  Parking
-  Check point
-  View point



2 LOCARNO

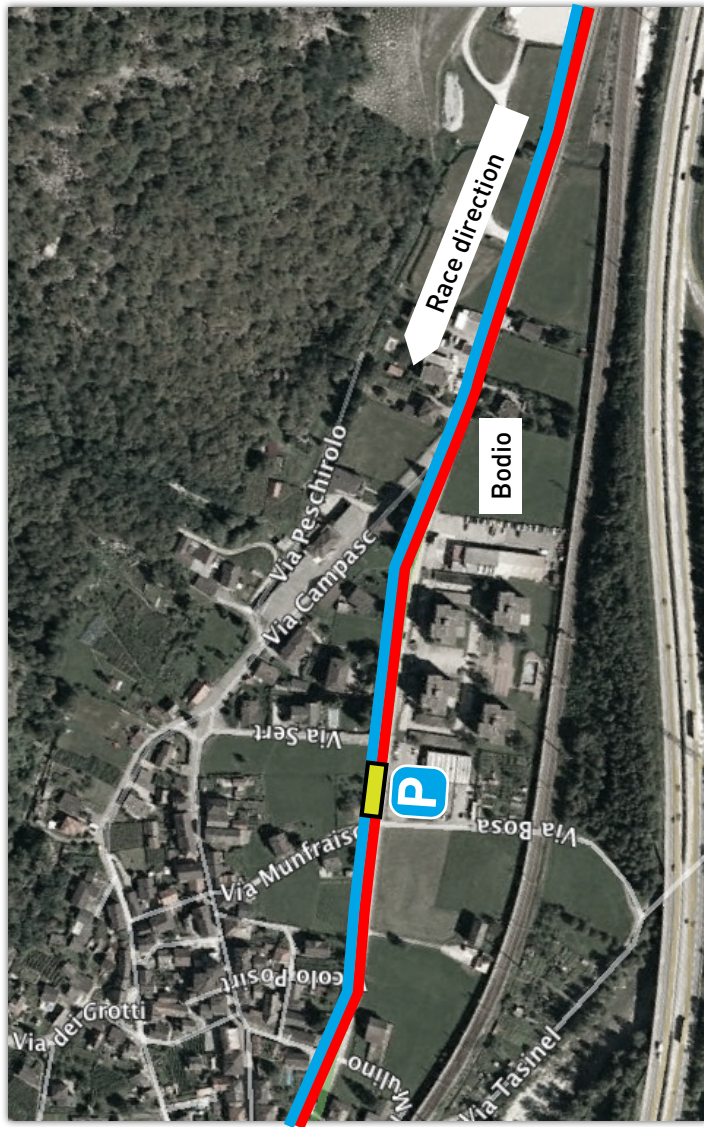


3 MAGADINO



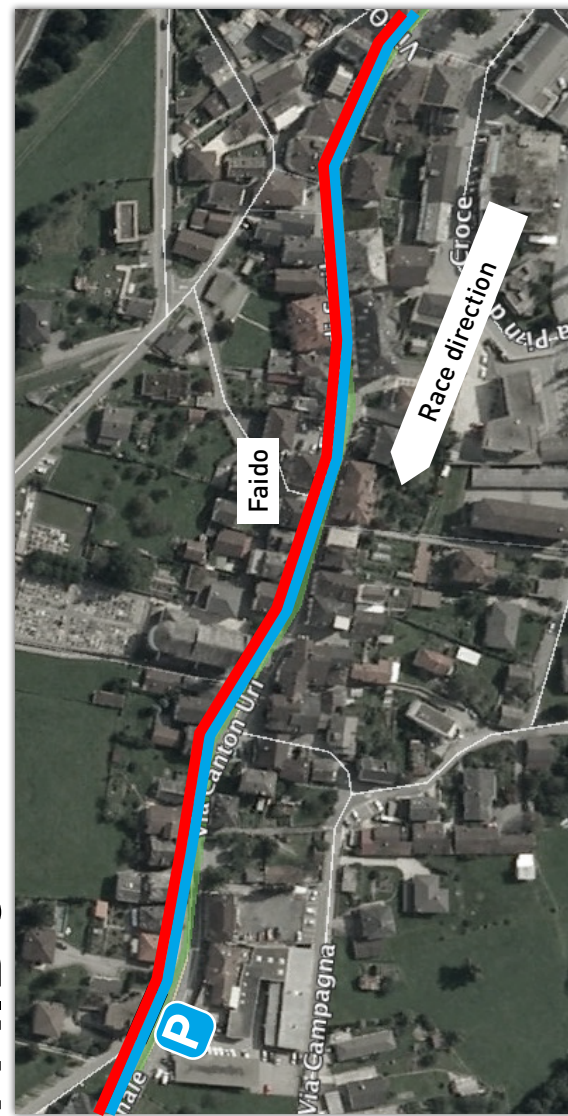
BODIO

SUPPORTER ZONE

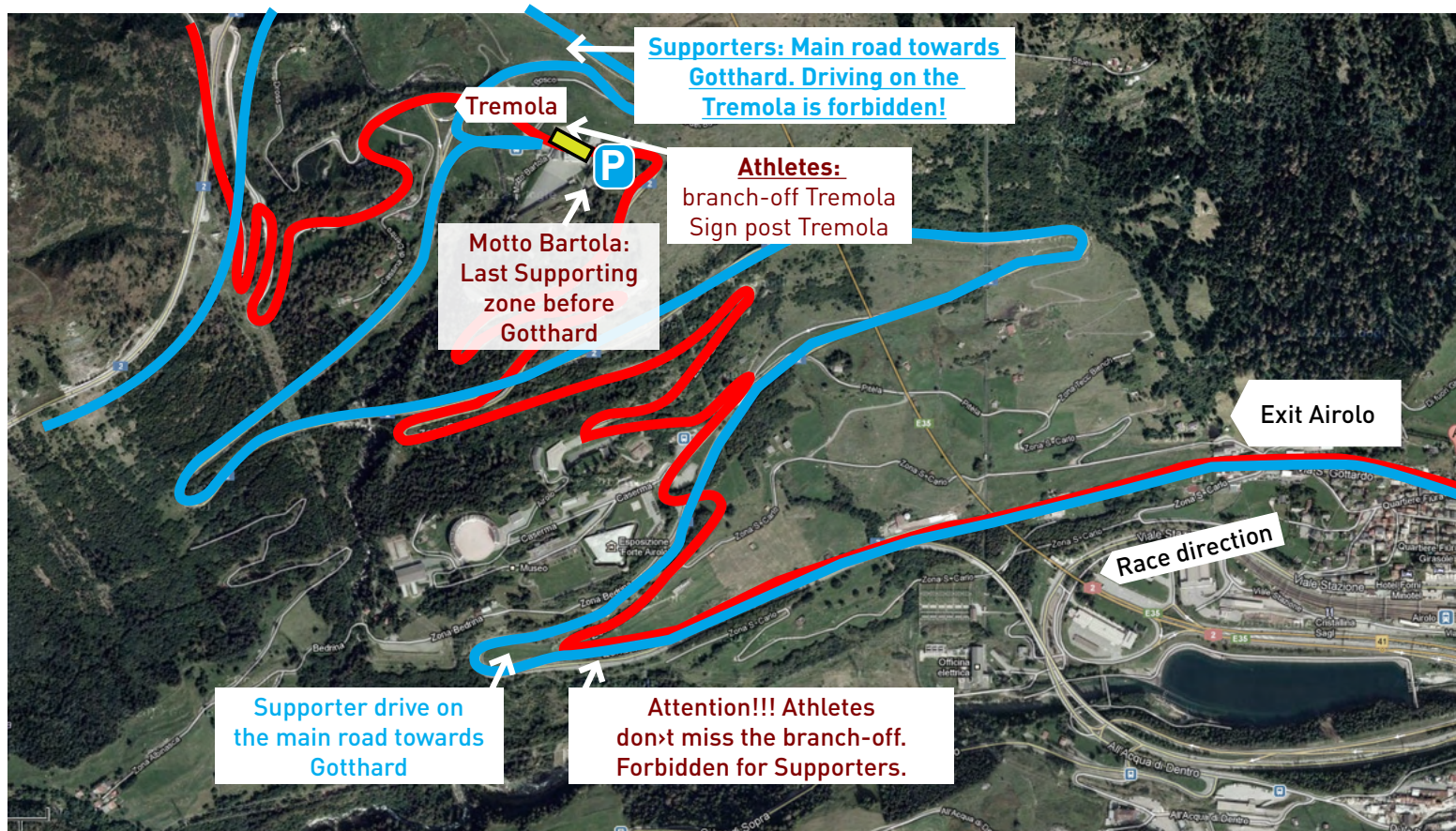


FAIDO

SUPPORTER ZONE



4 TREMOLA



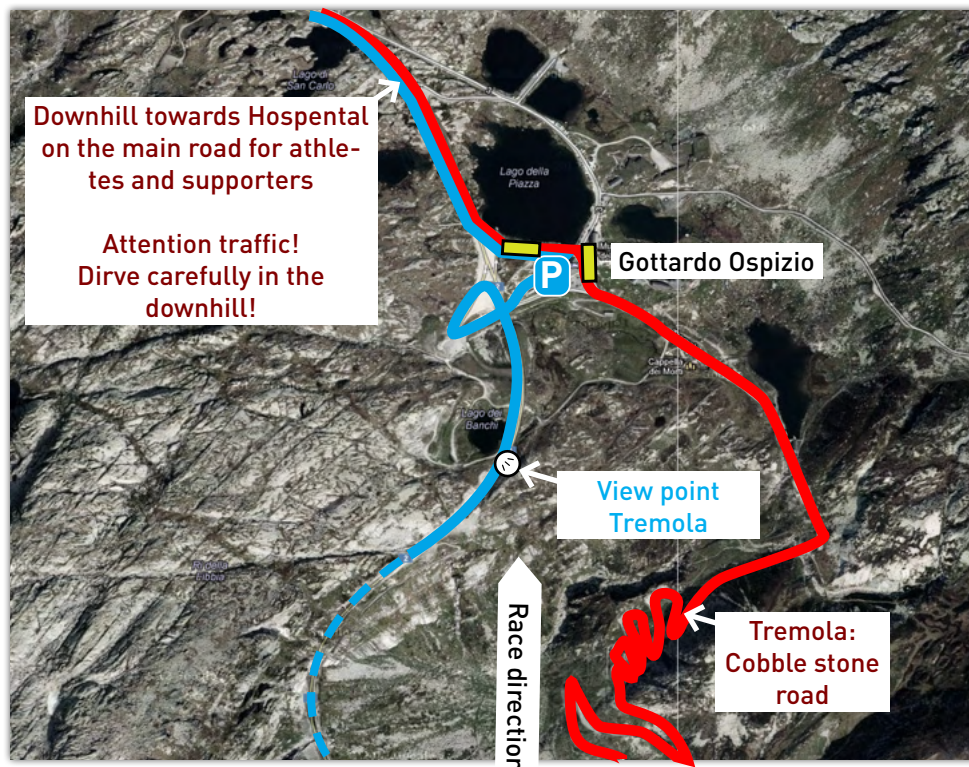
SUPPORTER

- Approx. 500 m after the last houses of Airolo take the new street towards Gotthard.
- Out of respect for the athletes it is not allowed to drive on the old road with the support cars!
- Supporter parking at the exit Motto Bartola.
- This is the last supporter zone before the top of Gotthard.

ATHLETES

- Attention! Approx. 500 m after the last houses of Airolo take the old road towards Gotthard. (White sign)
- Entrance Tremola Watch signs Tremola. Approx. 8 km until the top of Gotthardspass, thereof approx. 5 km on a cobble stone road!

5 SAN GOTTARDO OSPIZIO



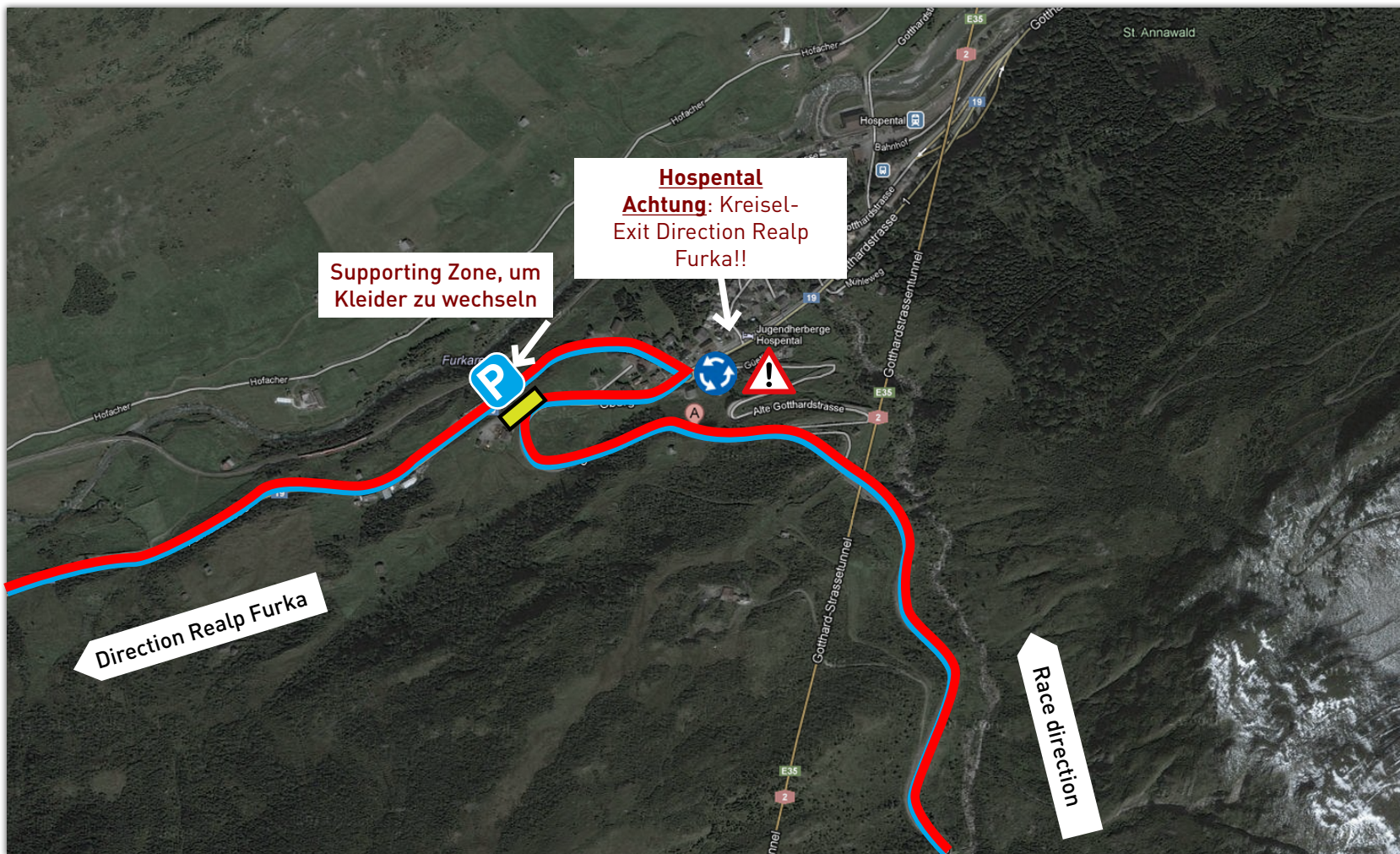
SUPPORTER

- Around Ospizio there are enough parking spaces.
- Please be aware, that the Ospizio is a touristic attraction.

ATHLETES: 2091 m. a.s.l.

- The Passo San Gottardo is done! You have left the historical road with cobble stone behind you: <http://www.gottardo.ch>
- Here you cross the language border from the Italian part to the German part of Switzerland... and also the weather divide between the southern and northern part of Switzerland.
- It is worthwhile to put on some warm clothes for the descent to Hospental.
- Pay attention to the traffic and ride carefully!
- San Gottardo Ospizio is an attractive and popular place for tourists.

6 HOSPENTAL



SUPPORTER

- Attention: In the roundabout take the exit to Realp Furka!

ATHLETES: 1500 m. a.s.l.

- Attention! In the roundabout take the exit to Realp Furka!

REALP

SUPPORTER ZONE

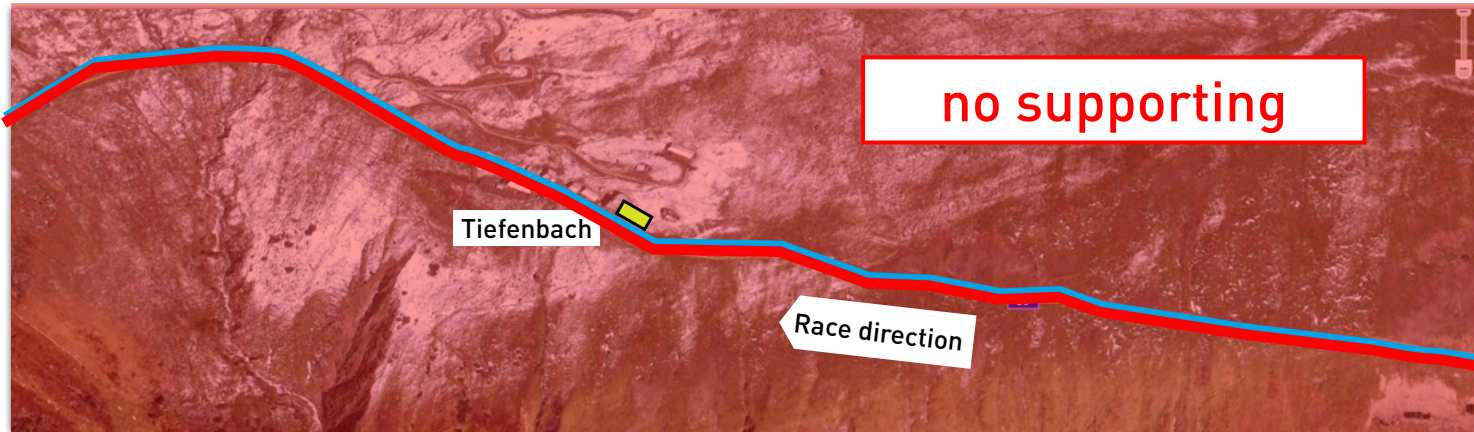


SUPPORTER

- Any stopping between Realp and the Furkapass summit is prohibited.
- Supporter vehicles passing Realp after 11:30 a.m. must wait in the Realp parking lot until their athlete has passed the Galenstock curve.
- The security personnel on the Furkapass road monitor compliance with these rules, and non-compliance leads to immediate disqualification

ATHLETES: 1538 m. a.s.l.

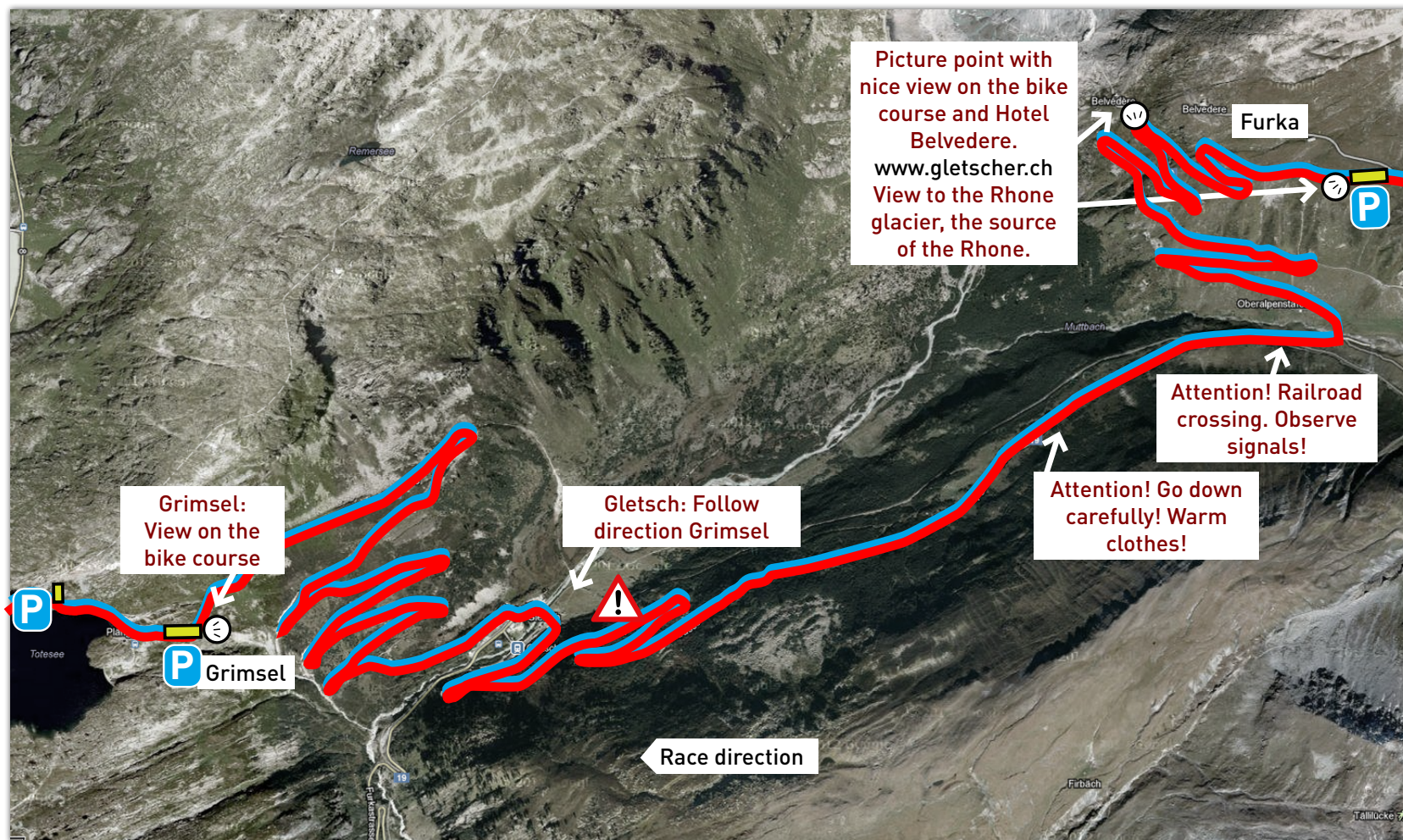
- Attention: Prepare for not using any support until the top of Furkapass.
- **Athletes who exhibit unsafe driving will be taken out of the race.**



FURKA

SUPPORTER
ZONES

7 FURKA/GRIMSEL



SUPPORTER

- Supporters drive on the same road as athletes. Please leave the right of way to the athletes.
- **Absolutely no overtaking!!!**
- **During the whole down hill any support is forbidden!!!**
- **In Gletsch stehen keine Parkplätze zur Verfügung.**

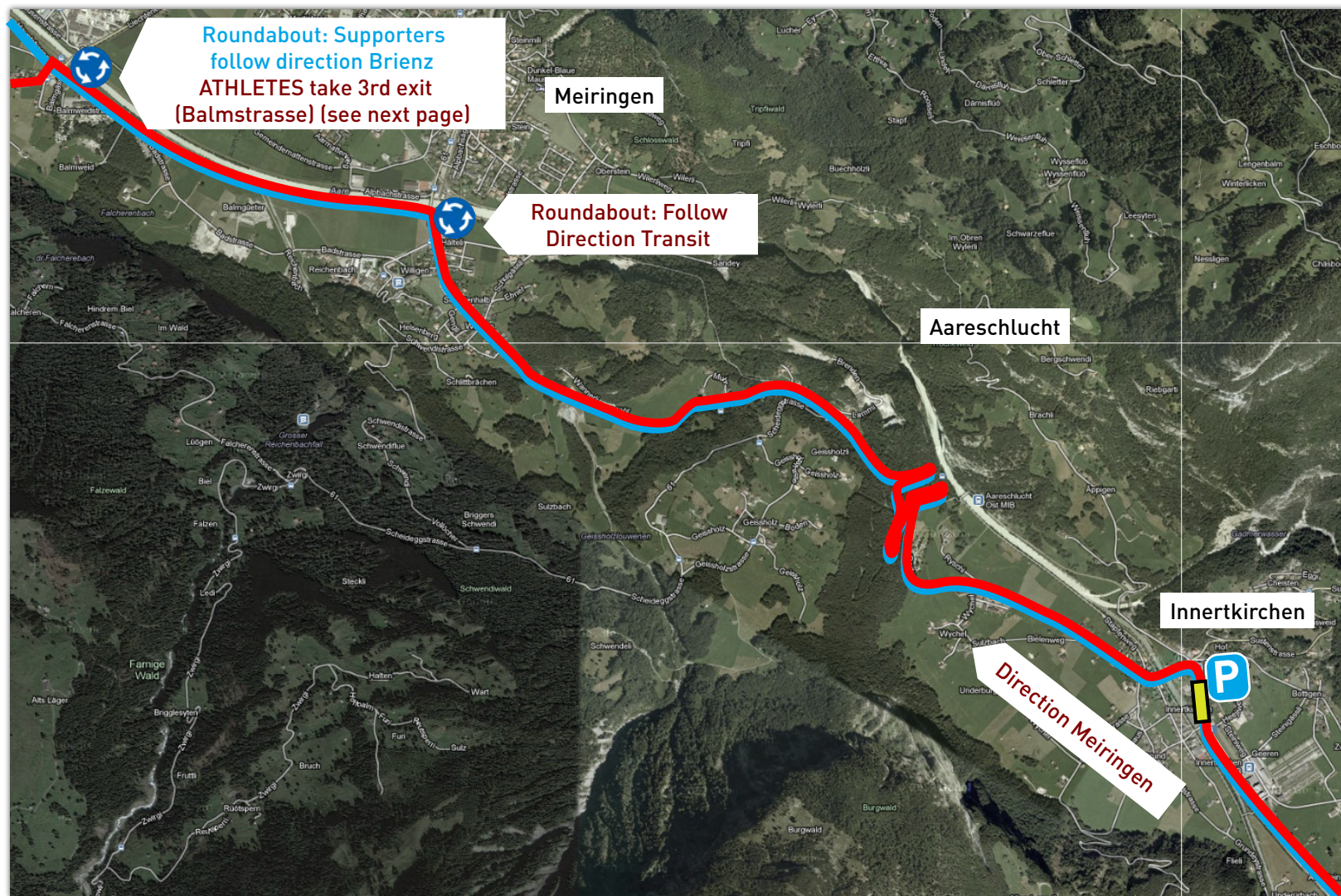
ATHLETES

Furka 2429 m.ü.M
 Gletsch 1757 m.ü.M
 Grimsel 2164 m.ü.M

Furkapass > Grimselpass: 16km

- Now you are in the Alps. Depending on the weather, conditions can be very heavy. Please see that you are dressed warm enough!
- Mind overtaking actions in the descents from the Gotthard and Grimsel pass. Ride carefully and pay attention to the traffic!
- Attention: Do not miss the road to Grimsel in Gletsch!
- After reaching the pass you drive down to Innertkirchen. There are several tunnels on the way down from Grimsel. The lights have to be turned on during the descent from Grimsel!

8 INNERTKIRCHEN



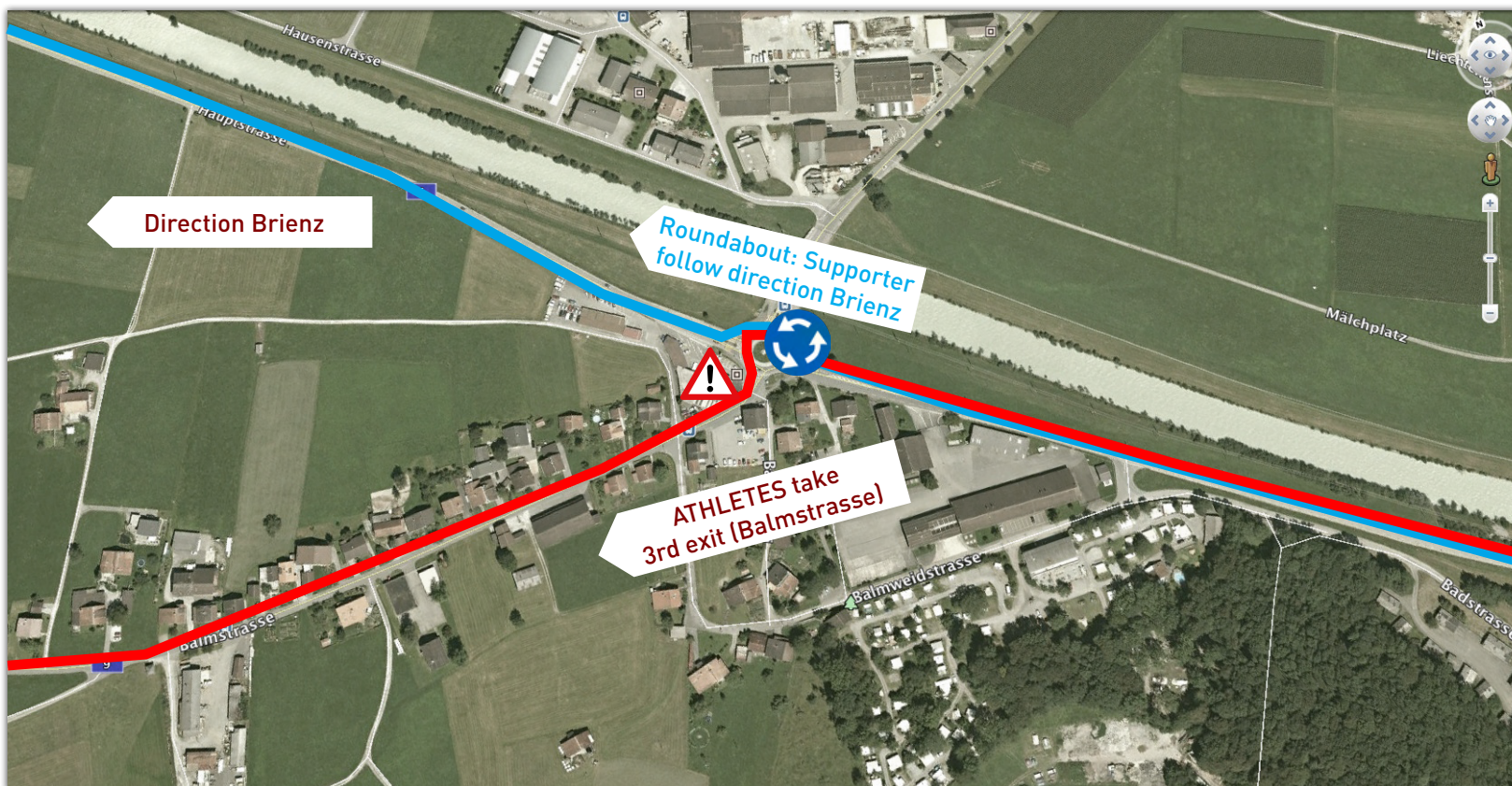
SUPPORTER

- Last Supportzone on the bike course
- Parking with toilet at the turning towards Susten
- Supporters drive on the same road as athletes. Please leave the right of way to the athletes.

ATHLETES

- Supporters drive on the same road as athletes until the second roundabout in Meiringen.
- In Innertkirchen follow direction Meiringen.
- At the roundabout before Meiringen follow direction Transit (Brienz).
- Second roundabout direction Balmstrasse (3rd exit).

9 2. KREISEL MEIRINGEN



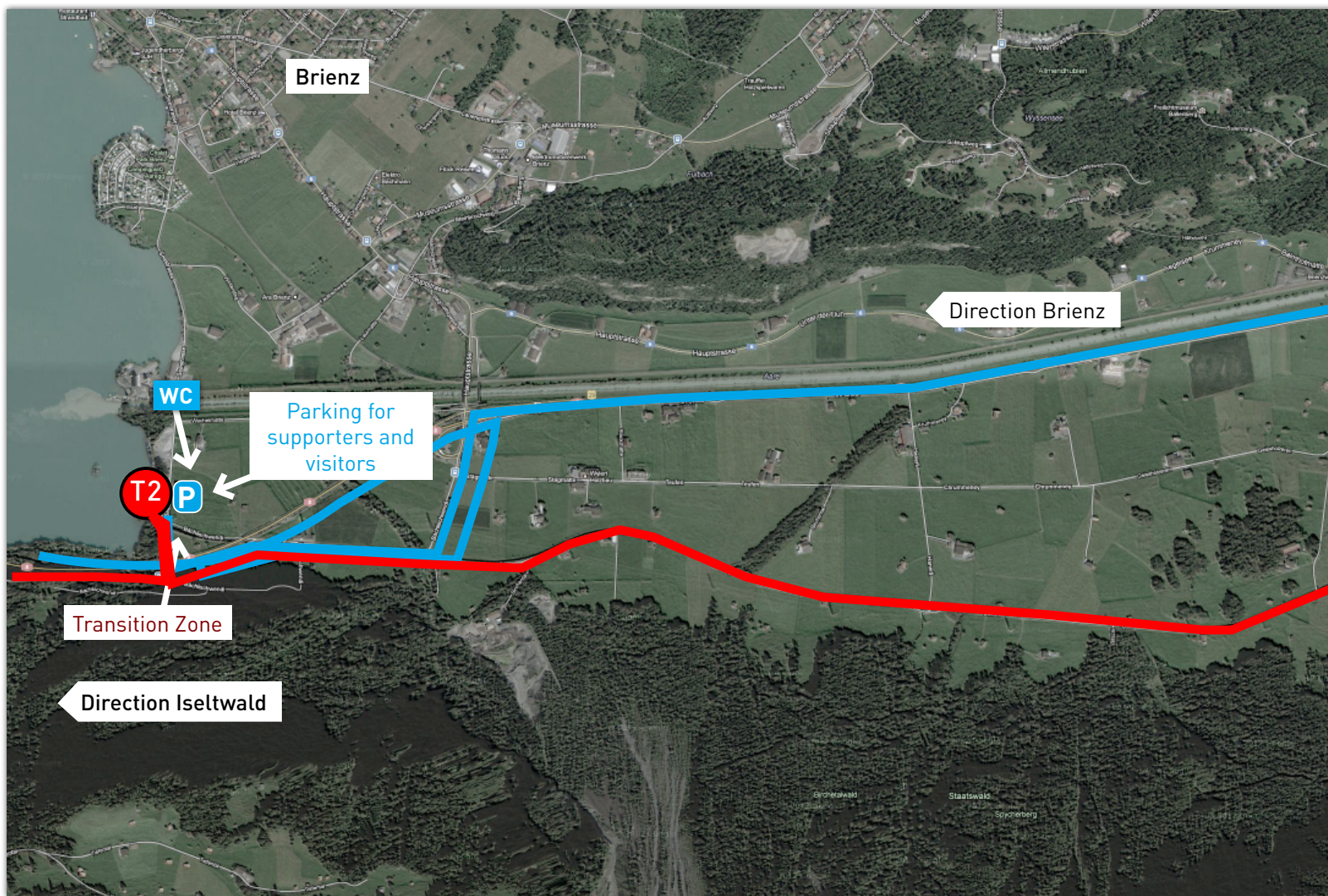
SUPPORTER

- Supporter take the second exit and follow direction Brienz.
- After the roundabout it is forbidden for support cars to drive on the bike course (Balm > Brienz)!!

ATHLETES

- ATHLETES take the third exit towards Balmstrasse

10 BRIENZ



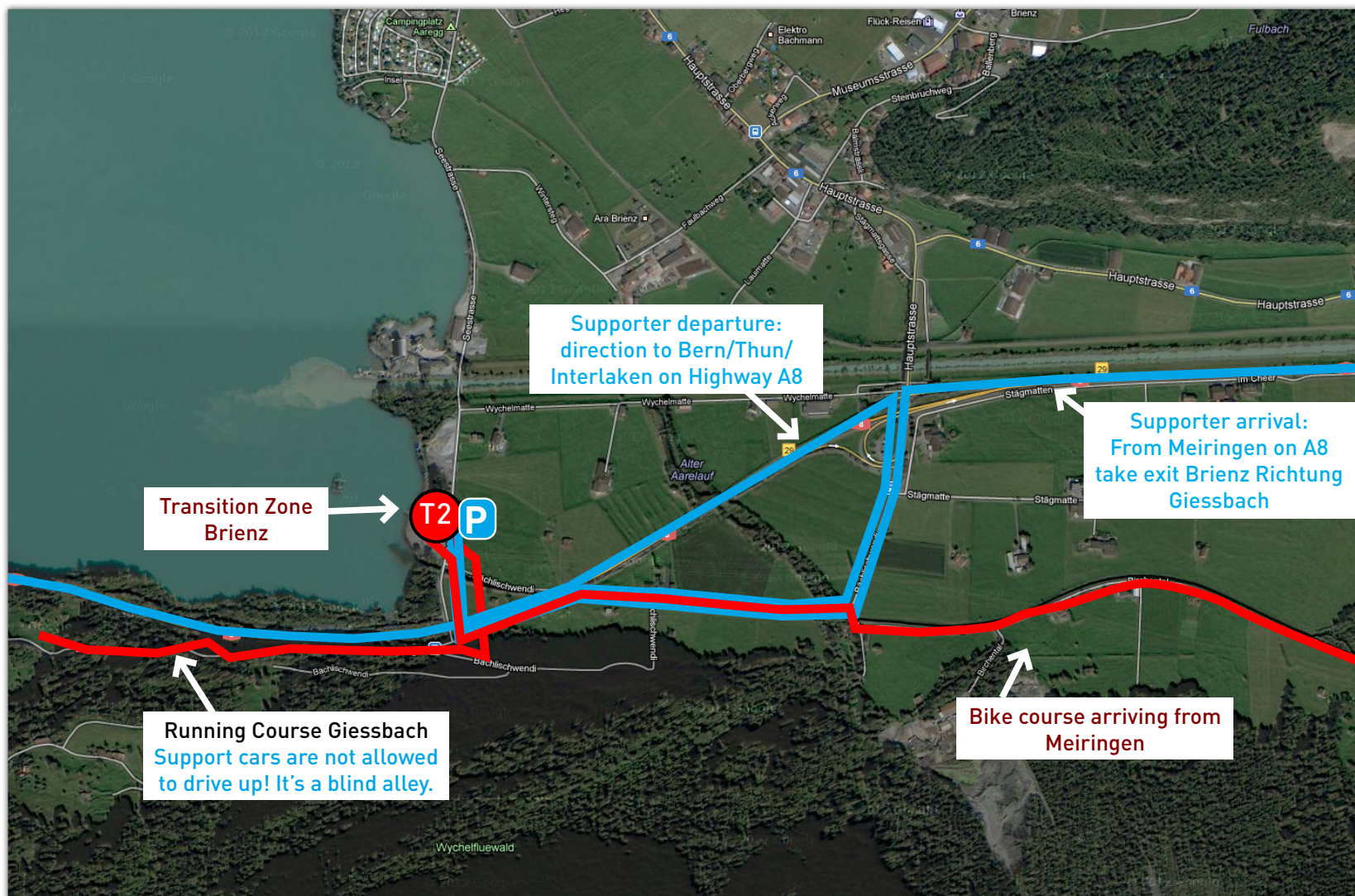
SUPPORTER

- Supporters stay on the main road until exit Brienz
- Friends and spectators please park on the parking at the transition zone.
- Support by car on the running course towards Giessbach is prohibited! Next supporting zone is Iseltwald (approx. km 8.5).

ATHLETES

- The ATHLETES follow the bike path towards Brienz.
- The running course follows the bike-/ and hiking trail towards Giessbach/Interlaken.

11 T2 BRIENZ



SUPPORTER

- **Anfahrt:**
From highway A8 take exit Brienz towards Giessbach. The transition zone is located at Aaregg Forsthaus.
- **Parking Forsthaus:**
Enough parking is available for Supporters and Spectators.
- **Departure Supporter:**
Drive from the transition zone to the highway A8 and follow direction Interlaken.
- **Support by car on the running course towards Giessbach is prohibited!**
- Supporting athletes on foot or bike is allowed.

ATHLETES

- The athletes follow the bike path towards Brienz.
- The running course follows the bike- and hiking trail towards Giessbach/Interlaken.
- The running course starts with a steep uphill just after T2.

12 GIESSBACH WATERFALLS APPROX. KM 2.5



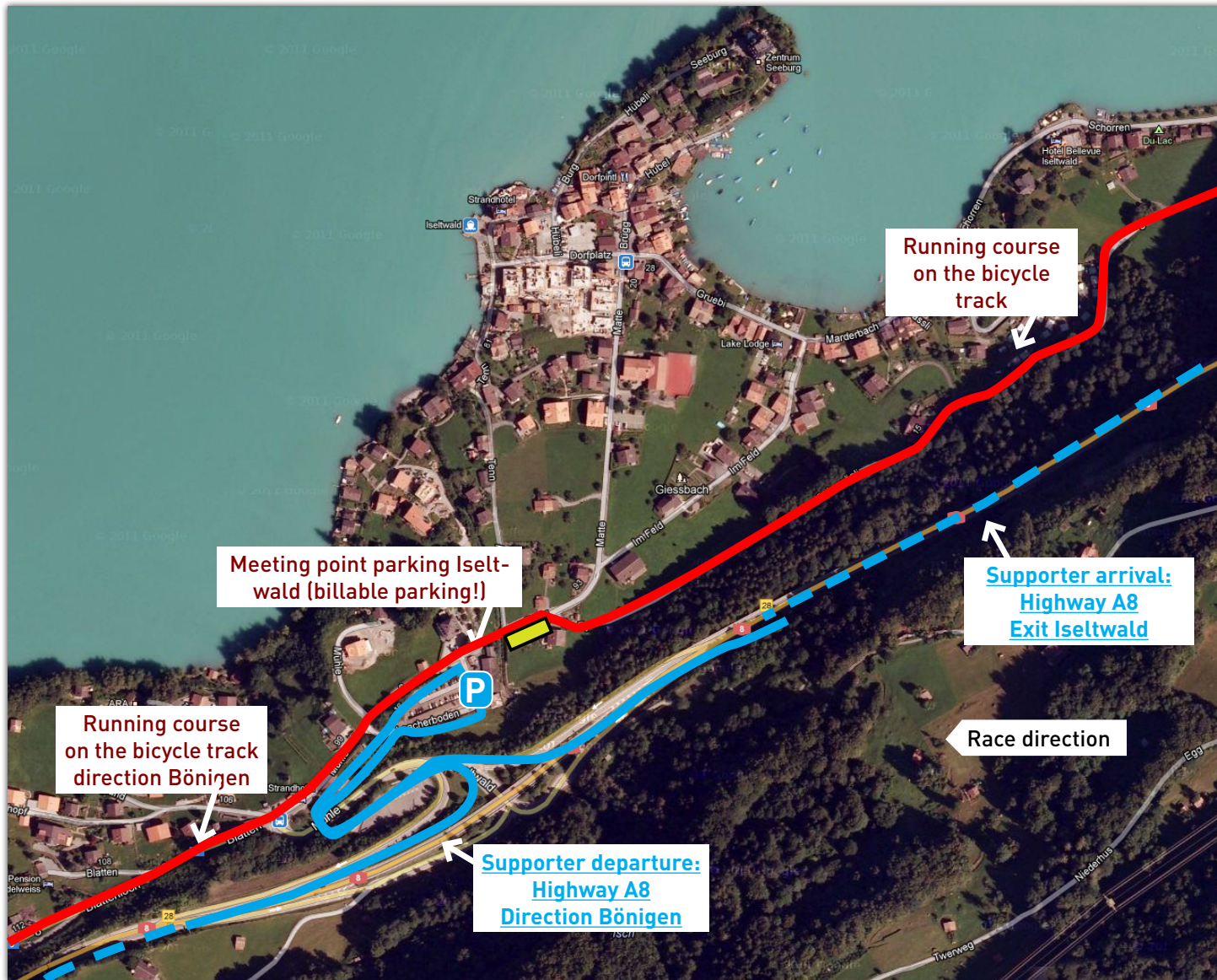
SUPPORTER

- It is not allowed to drive up to Giessbach by car! The road is a blind alley. For the next meeting point with the athlete exit the highway A8 at Iseltwald.
-
- Support up to Iseltwald by foot or bike is possible.

ATHLETES

- In the beginning of the running course the road climbs very steeply up to Grandhotel Giessbach.

13 ISELTWALD CA. KM 8,5



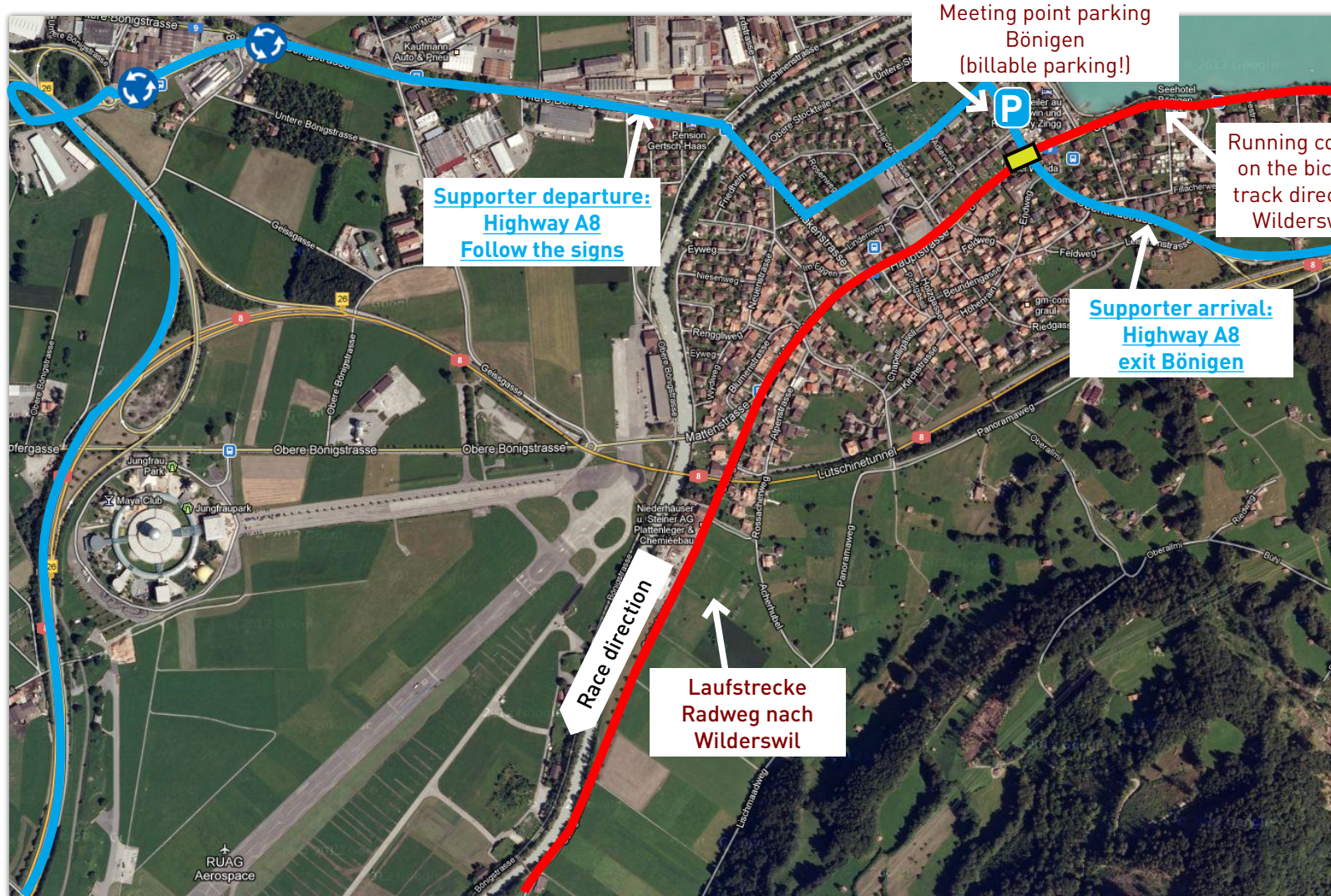
SUPPORTER

- Exit A8 at Iseltwald
Park your car on the parking Iseltwald. Parking for SWISSMAN supporters are reserved. Please follow the directions of the SWISSMAN crew.
- It is not allowed to drive on the running course in any direction (Giessbach and Bönigen)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- After the meeting point Iseltwald, the road climbs steeply about 600 m.
- Thereafter you get down to the lake and are running along the lake until Bönigen.

14 BÖNIGEN CA. KM 14



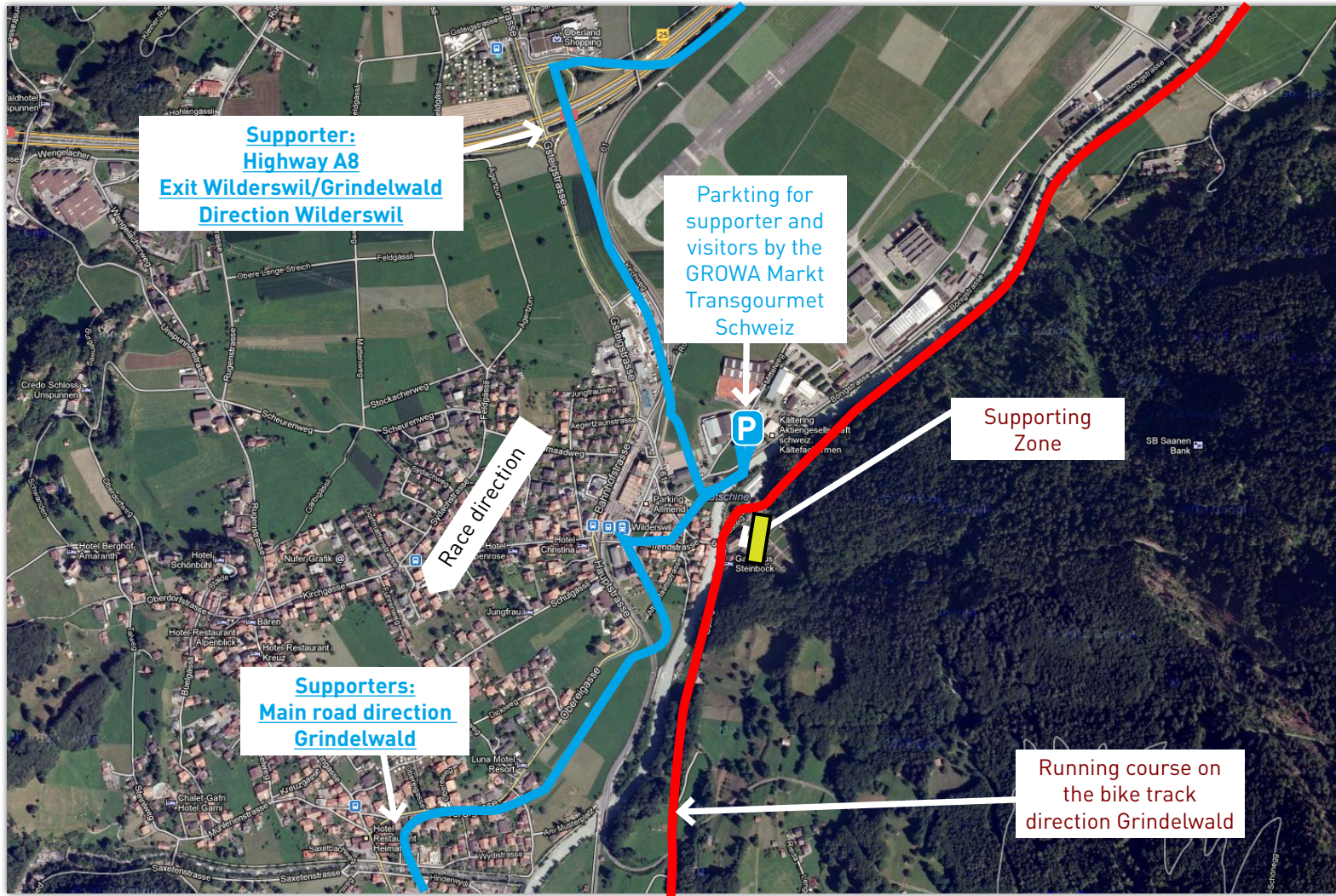
SUPPORTER

- Drive on the highway A8 and take exit Bönigen.
- Park your car on the parking Bönigen. Attention, you have to pay for parking!
- It is not allowed to drive on the running course in any direction (Iseltwald and Wilderswil)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- After the meeting point in Bönigen, the running course continues towards Wilderswil.

15 WILDERSWIL APPROX. KM 17,5



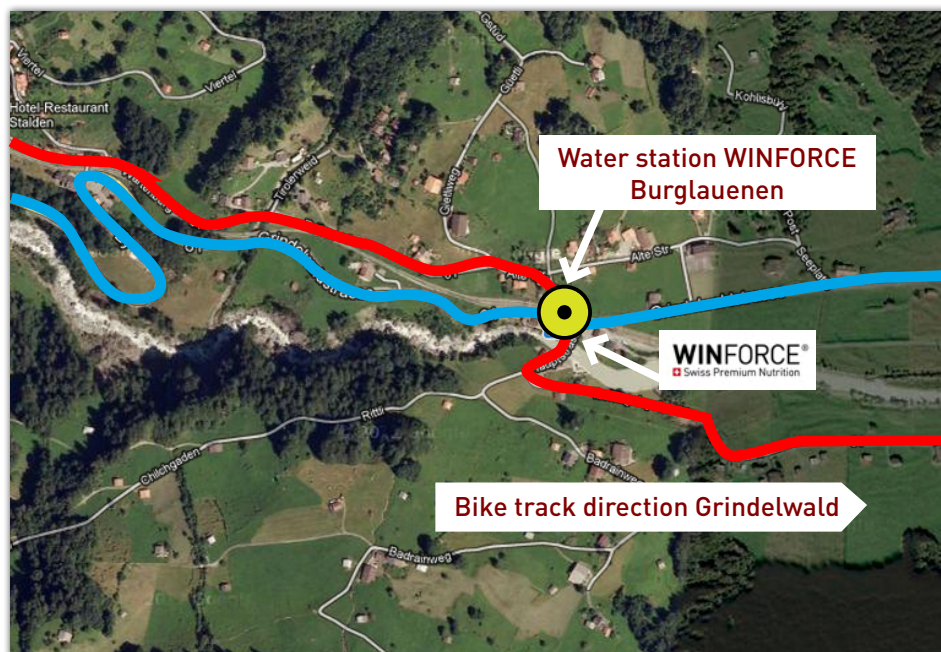
SUPPORTER

- Exit A8 Wilderswil/ Grindelwald
In Wilderswil turn left just before the station where the signs indicate RUAG/P Schinige Platte. Follow the road to the GROWA Markt Cash & Carry parking area.
- Continue on the main road towards Grindelwald to get to the meeting point Zweilütschinen.
- The parking of the Rega/Ruag is reserved for us. Fans and friends are very welcome!
- It is not allowed to drive on the running course in any direction (Bönigen and Zweilütschinen)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- After the meeting point in Wilderswil there are some small climbs on the way to Zweilütschinen.

16 BURGLAUENEN APPROX. KM 28,5



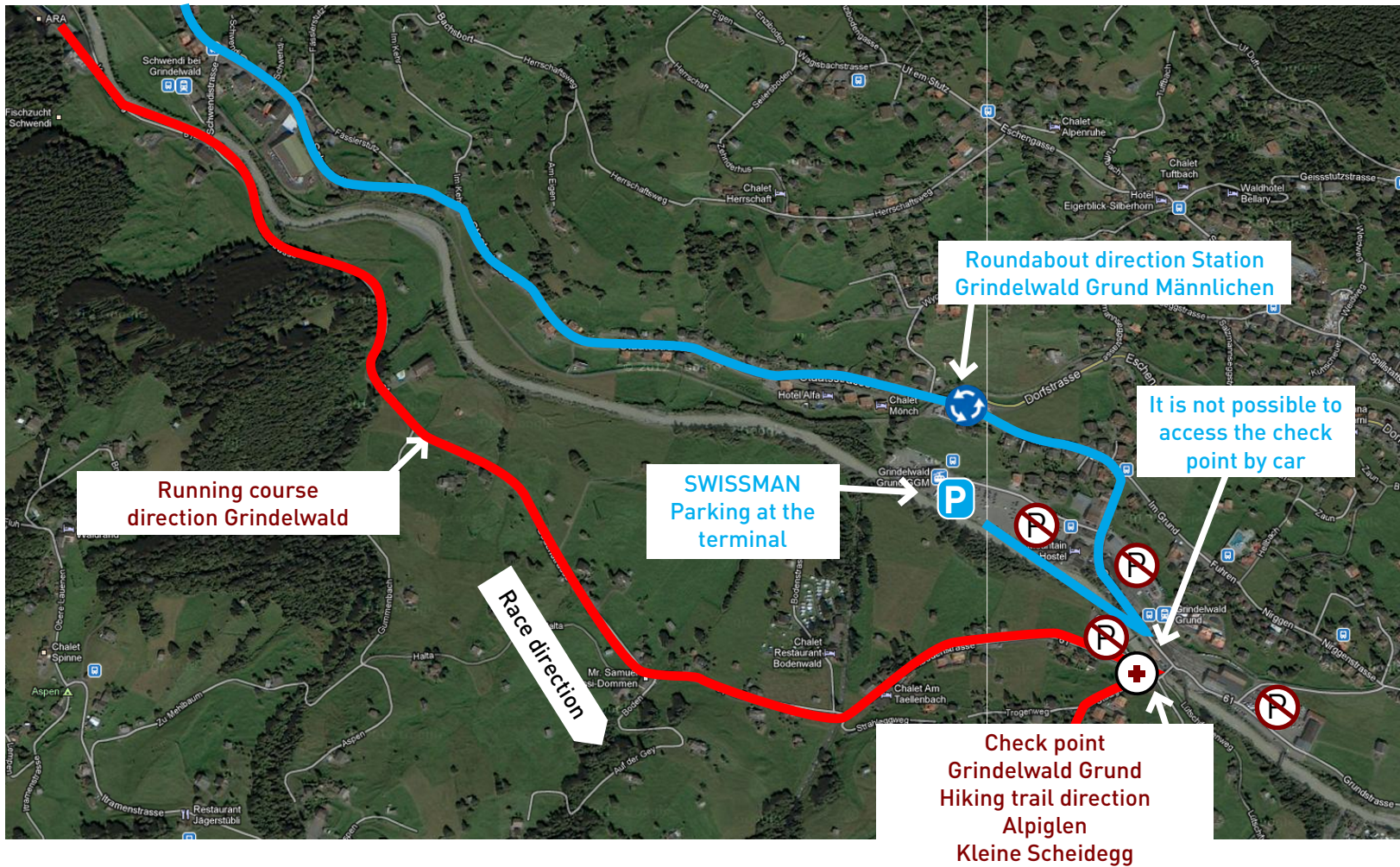
SUPPORTER

- No parking for supporters.
- It is not allowed to drive on the running course in any direction (Wilderswil and Grindelwald)!
- Support by foot or bike is allowed during the whole running course.

ATHLETES

- There is a water station with WINFORCE products in Burglauenen
- You have managed the first inclination step!
- When crossing the tracks the signalling is to be strictly observed. Non-observance will lead to disqualification.

17 GRINDELWALD APPROX. KM 33

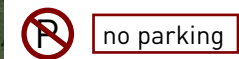


SUPPORTER

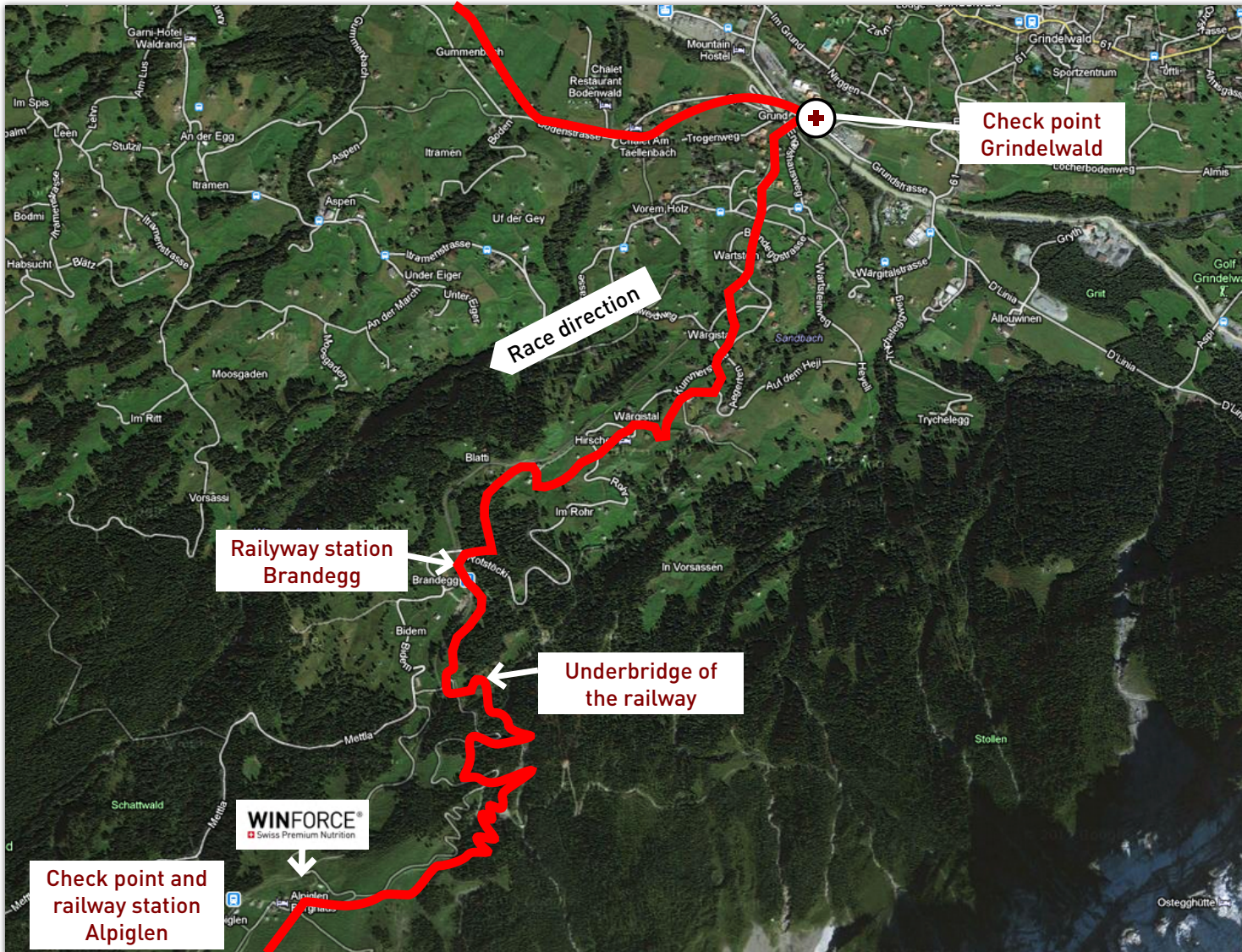
- Attention SWISSMAN parking is chargeable!
- It is mandatory that the supporter accompanies the athlete by foot on the last climb to the finish.
- Check of the mandatory backpack for athlete and supporter at the check-point in Grindelwald.
- Without the supporter or without the checked and marked backpack no athlete gets the allowance to continue the race! Also not on their own risk!

ATHLETES

- Continue with your supporter towards the finish line. Ready for the final!

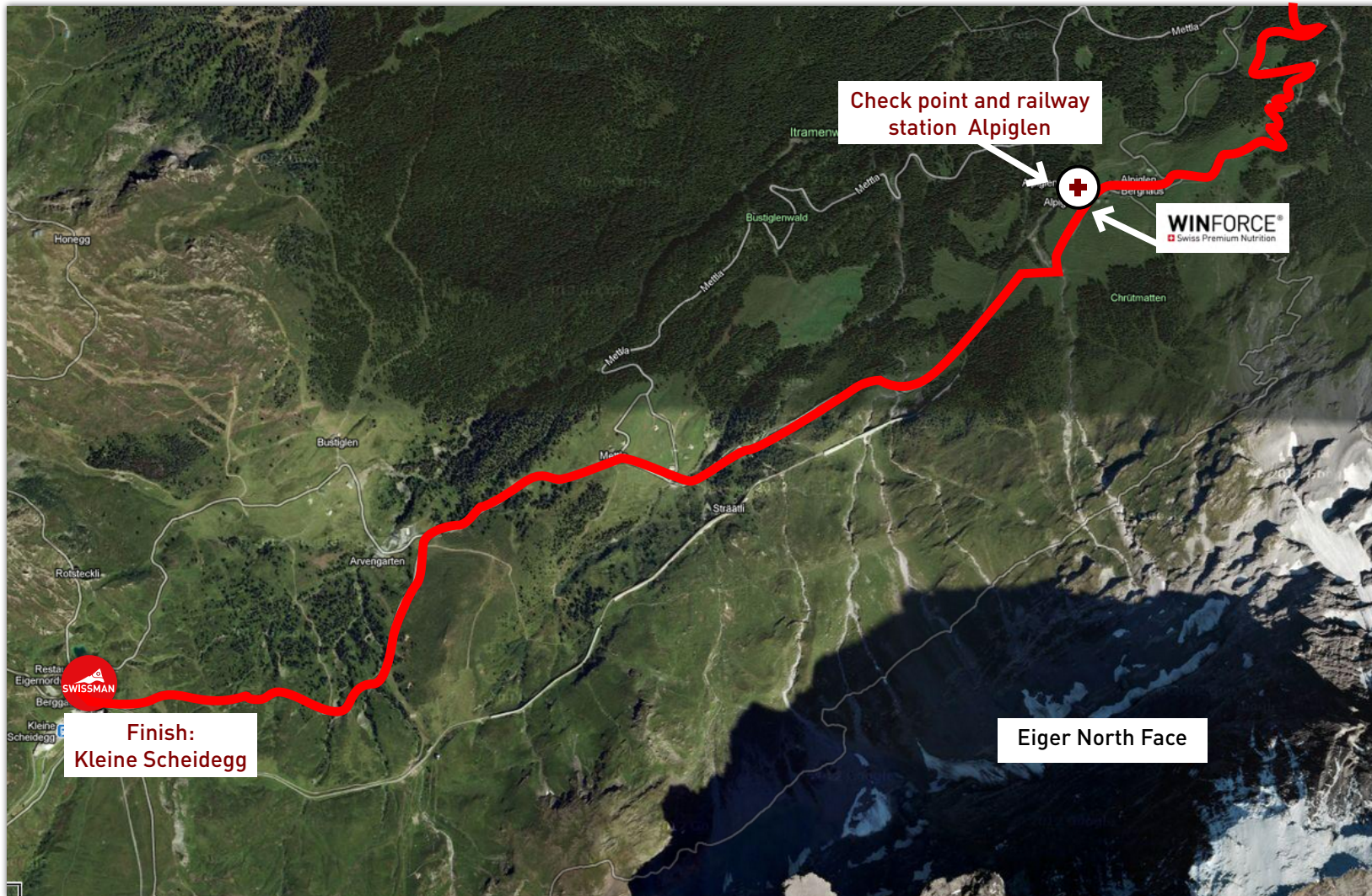


18 BRANDEGG/ALPIGLEN



- SUPPORTER/ATHLETES**
- Athletes and supporters follow the hiking trail towards Kleine Scheidegg.
 - The path is marked with bands and necessary signs.

19 ALPIGLEN/FINISH



SUPPORTER/ATHLET

- Last check point before the finish
-
- Last possibility to end the SWISSMAN early.

Attachment

Plan B1 and B2: The alternative Routes

Dear athletes and supporters

There are several factors that contribute to making SWISSMAN an Xtreme Triathlon. One of these is the extreme weather that can occur.

- Thunderstorms may arise in the morning when we are scheduled to swim.
- It may be extremely cold, and it could snow in the mountains.
- It may be extremely hot on the first 30 kilometers of the run course, and again very cold at Kleine Scheidegg.

Whether we are confronted with such extreme weather conditions or not – and which ones – is EXTREMELY unpredictable!

To be as well prepared as possible for any scenario, we have **Plan B1** for the swim and **Plan B2** for the bike course.

Plan B1: Running instead of swimming

It is possible that we may not be able to swim due to local thunderstorms early in the morning.

By Friday afternoon, we will already have a clear idea of the thunderstorm risk. We will keep you informed about the weather forecasts.

If the situation appears uncertain, we will notify you via SMS to prepare your running gear for Saturday morning. If swimming is not possible, you will be informed directly in the transition zone.

In this case, instead of swimming, you will complete an approximately 10 km flat run (2 laps of about 5 km each) before transitioning to the bike.

Plan B2: One or more alpine passes are closed

At altitudes above 2,000 meters above sea level — which the SWISSMAN course crosses multiple times — snowfall is possible throughout the year.

If the **Furka Pass** or **Grimsel Pass** must be closed due to heavy snowfall or other unforeseen natural events, the route will be diverted **after the Gotthard Pass** via the **Susten Pass**. The alternative route will be clearly marked.

If this decision is made during the night before Saturday, you will be informed in the transition zone and via SMS.

The distance and elevation gain of the alternate route will be equivalent to the original course, with the difference that the Susten Pass will replace both the Furka and Grimsel Passes after the Gotthard.

Attention!!!

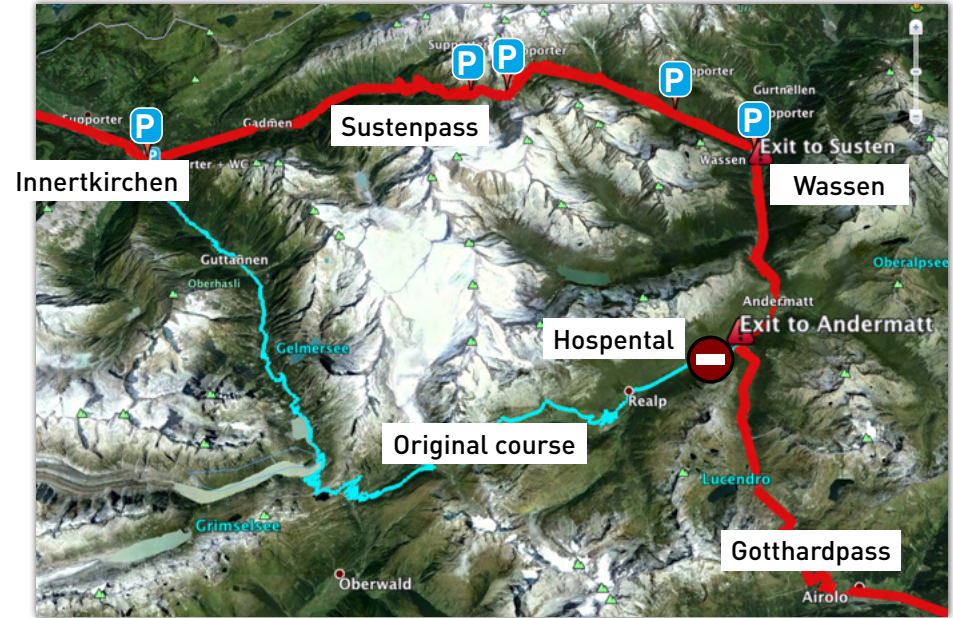
The descent through the **Schöllenen Gorge** between Andermatt and Göschenen is heavily frequented by tourists. Ride carefully and strictly obey traffic regulations!

Of course, we hope that neither of these plans will need to be activated. However, should unforeseen circumstances make it impossible to carry out the SWISSMAN on the original route, we want to be as well prepared as possible.

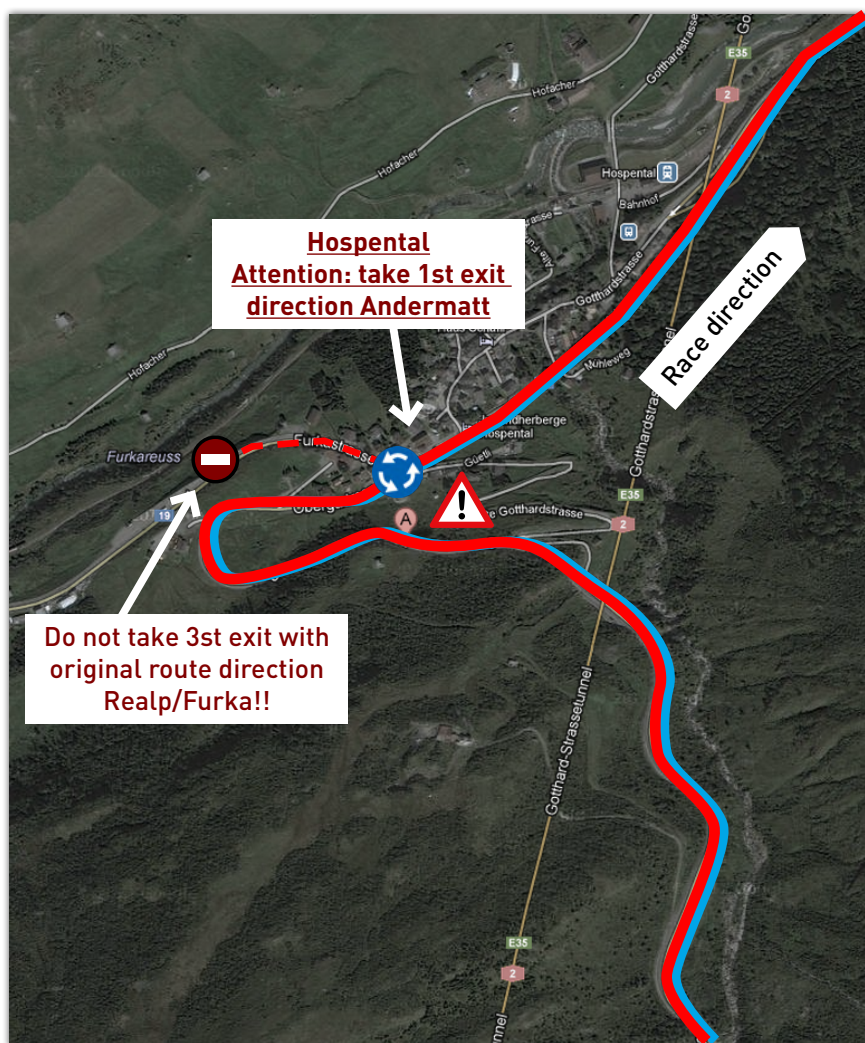
B1 RUN COURSE ASCONA



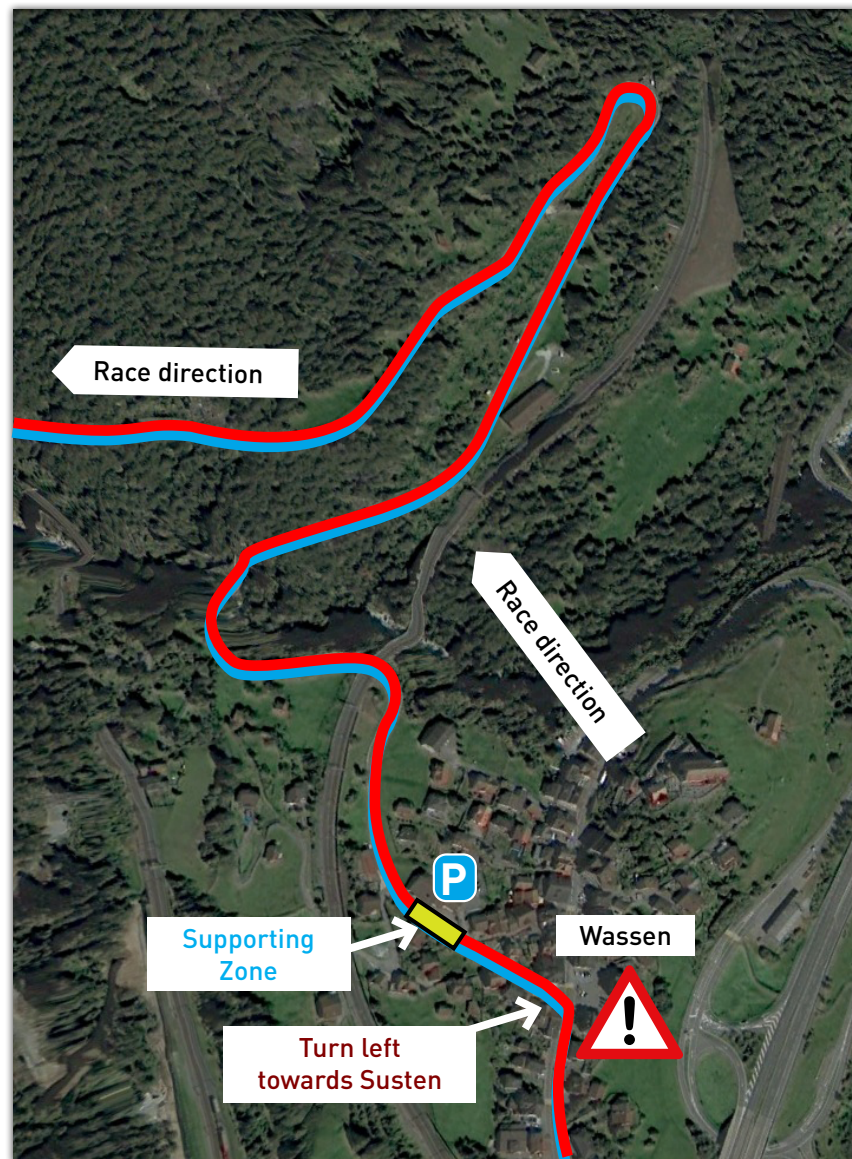
B2 SUSTENPASS



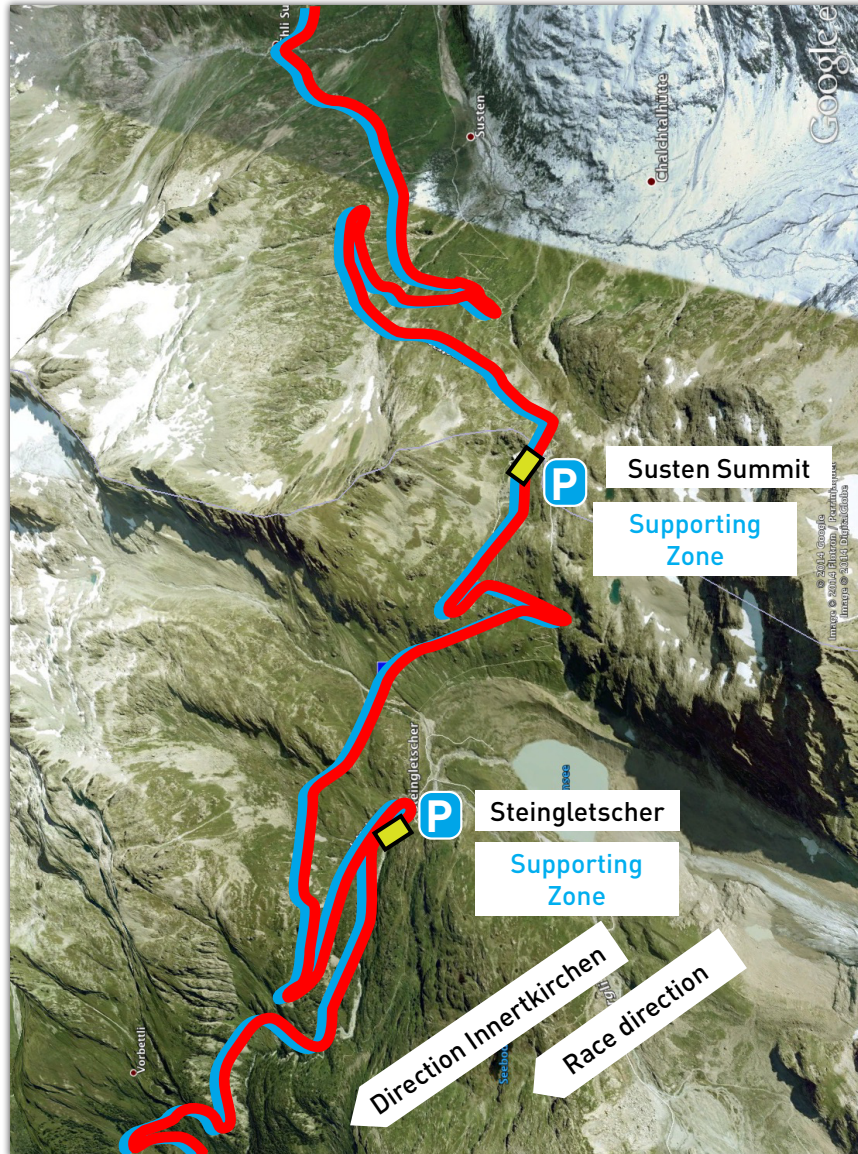
B2 SUSTEN: HOSPENTAL



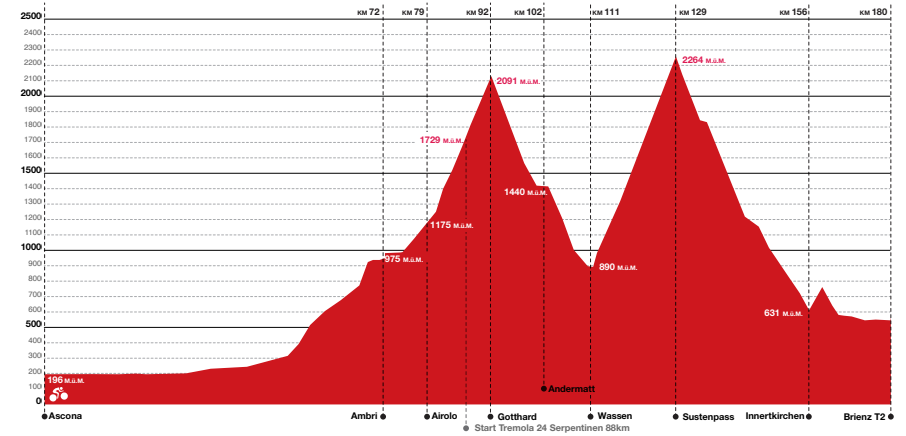
B2 SUSTEN: WASSEN



B2 SUSTEN: SUMMIT



B2 SUSTEN: HEIGHT PROFILE





Together we can do it!

Whether it's promoting volunteer work or the sustainable restructuring of the energy system: we can only achieve both if we pull together. That's why the Swiss Gas Association also supports Swiss Volunteers, without whose helpers many events would not be able to take place. The two organisations will continue to tackle these social challenges with passion and commitment in the future. Because we want to make a difference together. Find out more at gazenergie.ch and swissvolunteers.ch

