

Event-Informationen

Swissalpine

20.12.2024

Organiser:

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1. General

The documents “Event Information” and “Event Regulations” are integral parts of the contract between the participants and the organizer. The organizer reserves the right to make amendments and additions at any time. The documents can only be accessed online via Swissalpine.

The Swissalpine in Flims is the official successor to the Swissalpine, which took place in Davos from 1986 to 2021. History, statistics and results will be updated from 2025/ 37th edition as part of the Swissalpine in Flims.

The Swissalpine offers formats in the areas of “Running” and “Hiking”.

2. Running formats

2.1 Course data

K104 104.2km, +/- 4'642m, start/finish in Flims

K46 45.5km, +/- 1'867m, start/finish in Flims

K19 19.2km, +/- 648m, start/finish in Flims

2.2 Start and maximum times

K104 Start Saturday 04:00, maximum time 30 hours

K46 Start Saturday 09:30, maximum time 13 hours

K19 Start Saturday 11:30 am, maximum time 8.5 hours

2.3 Cut-off and run-through times

These will be announced later.

3. Hiking formats

3.1 Course data

H19 19.2km, +/- 648m, start/finish in Flims

3.2 Start and maximum times

H19 Individual start Saturday 11:30 am - 12:00 pm

Group start Saturday 12:00 noon

Maximum time 8 hours

3.3 Cut-off and run-through times

These will be announced later.

4. Registration

4.1 Registration and entry fee

Registration takes place online at www.swissalpine.ch. The entire registration procedure is carried out by Datasport. There are no participant limits. The entry fee in brackets applies to young people (U18).

Registrations until 28.02.2025 (phase 1)

K104	CHF 120.00
K46	CHF 80.00
K19	CHF 50.00 (40.00)
H19	CHF 50.00 (40.00)

Registrations from 28.02 - 30.04.2025 (Phase 2)

K104	CHF 150.00
K46	CHF 100.00
K19	CHF 60.00 (50.00)
H19	CHF 60.00 (50.00)

Registrations from 01.05 - 18.07.2025 (Phase 3)

104	CHF 180.00
K46	CHF 130.00
K19	CHF 70.00 (60.00)
H19	CHF 70.00 (60.00)

4.2 On-site registrations

Changes and late registrations on site at the start number distribution are possible for a surcharge of CHF 10.00. These can only be paid in cash or with TWINT in CHF or Euro (exchange rate 1:1). Debit / credit cards are not accepted.

4.3 Services included

The following services are included in the entry fee:

- Start number
- starter mail
- Starter bag
- Swiss Runners Ticket
- Snacks
- Running bag depot
- Medical service
- Timekeeping with passive transponder
- Start and ranking list with split times (online download only)
- Diploma (online download only)
- gift
- Organization fee & VAT

4.4 Cancellation of registration

If a participant is unable to start due to illness/accident or other reasons, the entry fee cannot be refunded and cannot be carried over to the following year.

Participants are recommended to take out cancellation insurance with the organizer when registering. This enables the entry fee to be refunded in the event of accident or illness. The premium is 10% of the entry fee.

4.5 Transfer / re-registration to another category & late registration

Participants can transfer their starting place to another person for a fee of CHF 20.00 or change their registration to another distance independently online until July 15, 2025 (midnight). After July 15, 2025, a transfer to another person is no longer possible.

The difference in the entry fee will not be refunded if the participant changes to a shorter distance, and must be paid if the participant changes to a longer distance.

4.6 Registration deadline

Online registration for personalized race numbers closes on 13 July 2025 (midnight). Online late registrations are possible until 18 July 2025 (midnight), but start numbers can no longer be personalized.

5. Starter mail and start number distribution

5.1 Starter mail

The starter mail contains the following information:

- Personal start number
- Promocode Swiss Runners Ticket
- Most important information (race number distribution, luggage depot, start times, etc.)

5.2 Race number issue / collection

The race number is personal and must be worn clearly visible on the chest, stomach or leg during the entire race. It authorizes access to refreshments, first aid and baggage drop-off. It is forbidden to pass on the personal start number to another person (see Cancellation).

Friday, 18.07.2025

18:00 - 19:30 K104, K46, K19 & H19: Prau la Selva Flims

Saturday, 19.07.2025

02:45 - 03:45 K104: Prau la Selva Flims

08:15 - 09:15 K46: Prau la Selva Flims

10:15 - 11:15 K19 & H19: Prau la Selva Flims

6. Timekeeping

6.1 Passive transponder

Timekeeping will be carried out by our partner "Datasport". To ensure accurate timekeeping, participants will receive a start number with an integrated timing chip, which does not have to be returned.

6.2 Categories

The following age categories are listed for women and men in the K104/ K46 / K19 ranking lists:

W8 / M8 (8-11) only for K19
W11 / M11 (11-14) only for K19
W14 / M14 (14-17) only for K19
W18 / M18 (18-19)
W20 / M20 (20-29)
W30 / M30 (30-39)
W40 / M40 (40-49)
W50 / M50 (50-59)
W60 / M60 (60-69)
W70 / M70 (70-79)
W80+ / M80+ (from 80)

The H19 will have a list of finishers in alphabetical order without age categories.

7. Outward / return journey by public transport

For ecological reasons, it is highly recommended to use public transportation. This also makes the outward and return journeys as well as the journeys in the running region an unforgettable experience.

All participants benefit from a free journey by public transport from their place of residence, Swiss border station or airport to the event venue and back via GA travelcard routes in 2nd class.

With personal promo codes, a free public transport ticket for the outward journey and one for the return journey (valid for 1 calendar day in each case) in 2nd class can be printed out on swissrunners.

Flims is very easy to reach from Zurich in 1:53h, from Bern in 3:06h, from Basel in 3:04h. Arrival at the start of the K46 (09:30) is possible as follows:

Zurich from 06:25, Bern from 05:29, Basel from 05:33, St.Gallen from 06:25, Flims Waldhaus to 08:36. The journey to the start of K19/H19 (11:30h) is even possible from Geneva: departure 05:42h / arrival in Flims 10:36h. Please consult the current timetable.

You can find the current timetable **here**.

8. Overnight stay

The destination offers various accommodation options:

- Hotels
- vacation apartments
- campsites
- pitches

It is advisable to book early.

Accommodation overview

9. Running luggage

Running luggage must be labeled with at least the start number for all races. Luggage labels will be provided at the race number distribution. Participants are responsible for collecting their own luggage (even if the race is abandoned, etc.). Luggage handed in cannot be forwarded. Participants can hand in their running luggage before the start.

Drop-off Saturday, 19.07.2024

02:45 - 03:45 K104: Prau la Selva Flims

08:15 - 09:15 K46: Prau la Selva Flims

10:15 - 11:15 K19/H19: Prau la Selva Flims

10. Refreshments

The distances between the controls will generally be 8 - 12km. In one case it is 19km. Participants must therefore equip themselves with a bottle/cup and self-cater between the controls.

The catering plan will be announced later.

11. Checkrooms, toilets and showers

Checkrooms, showers and toilets are located in the start/finish area in Flims.

12. Lost property

Lost property must be handed in or collected at the information point at the finish on the days of the race. They cannot be kept or forwarded.

13. Prizes

All participants will receive a commemorative gift. No gifts will be sent retrospectively or in the event of non-participation in the race. The first classified (ranks 1-3 women and men) of each distance will receive prizes in kind.