



GTWS
SALOMON | kinomap



UBS × SALOMON

SIERRE ZINAL® 
LA COURSE DES CINQ 4000



SIERRE-ZINAL: 8 DAYS TO GO!

53RD EDITION

“

In just eight days, make Sierre-Zinal come alive!

Whether you are coming to cheer on the participants along the course, following the race from home or enjoying the weekend's events, here is everything you need to plan your Sierre-Zinal weekend.

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CHOOSE WHERE TO EXPERIENCE **THE RACE**

From the first start in Sierre to the final strides in Zinal, choose your spot to follow the race, cheer on the participants and soak up the atmosphere along the course and in the three fan zones.



THE HIGHLIGHTS

4:45 am

"Tourist" category start

10:15 am

"Junior" category start in Chandolin

10:30 am

Women's "Runner" category start

11:00 am

Mixed "Runner" category starts

From 1:25 pm

First elite athletes arrive in Zinal

4:45 pm

Prize-giving show under the main marquee, attended by the biggest names in the sport, followed by a complimentary round of digestifs.



FROM SIERRE TO ZINAL

See the participants in **Sierre**, **Niouc**, **Chandolin**, **Tignousa** and **Zinal**. Along the course, the three fan zones will raise the atmosphere with flags, cheers and collective energy.

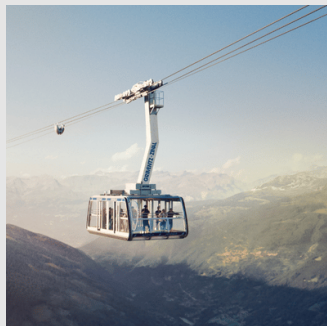
WHERE TO CHEER ON THE PARTICIPANTS

JOIN THE SPECTATOR AREAS

Plan your journey in advance and use the transport services provided to reach the different spectator areas.



SUPPORTERS' BUS



ZINAL VIA GRIMENTZ



PLAN YOUR RETURN

From Sierre, travel to Chandolin and then Zinal by bus and make the most of the race.

[BOOK NOW](#)

Park in Grimentz and reach Zinal easily by cable car.

[FIND OUT MORE](#)

Several options are available to travel back from Zinal to Sierre after the race.

[BOOK NOW](#)

Spectator parking is available in Zinal. Several traffic restrictions will be in place on race day, so check the information before setting off.

[PLAN MY JOURNEY](#)



WATCH LIVE

In Switzerland, watch the race live on RTS and Canal 9, and internationally on several channels, including Eurosport. The race will also be available on various online platforms, with a replay later on YouTube.

On site, giant screens will broadcast the race in Sierre, Chandolin, Tignousa and Zinal.

[LIVE COVERAGE INFO](#)

SIERRE-ZINAL: AN EXPERIENCE TO ENJOY OVER SEVERAL DAYS

From Thursday to Sunday, open-air cinema, the Five Obstacles Race, the elite athlete presentation, race finishes, the prize ceremony, a concert and brunch: a whole weekend to enjoy around Sierre-Zinal.



THURSDAY IN ZINAL

Open-air cinema, music and films about mountain running to kick off the weekend.

[FIND OUT MORE](#)



FRIDAY IN SIERRE

The Five Obstacles Race, elite athlete presentation and a concert in front of the Hôtel de Ville.

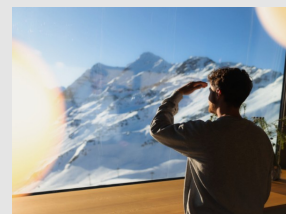
[FIND OUT MORE](#)



SATURDAY IN ZINAL

Race finishes, the prize ceremony, complimentary génépi and a free concert under the big tent.

[FIND OUT MORE](#)



SUNDAY BRUNCH

Brunch at Espace Weisshorn and a special moment with the athletes.

[BOOK THE BRUNCH](#)

[FULL PROGRAMME](#)



FIVE OBSTACLES RACE — AGES 4 TO 9

A FEW PLACES STILL AVAILABLE

On Friday 7 August in Sierre, from 5:00 to 6:30 p.m., children will be able to take part in the Five Obstacles Race and meet Sierre-Zinal's top athletes, who will be presented to them on the stage in front of Sierre Town Hall.

Five obstacles to tackle, encouragement all along the course and the joy of crossing the finish line to applause: a wonderful experience to enjoy and share as a family.

Registration remains open, subject to availability.

[REGISTER MY CHILD](#)



NOUVELLE COLLECTION 2026

Find items from the shop in Sierre on Friday, in Zinal on Saturday, and online.

[VISIT THE SHOP](#)



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ADJUSTMENTS

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Sierre-Zinal: one race, a thousand ways to experience it.

- The Sierre-Zinal Team

Information is subject to change. Race regulations, instructions issued by the authorities and on-site signage take precedence. Find the latest updates on sierre-zinal.com



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