



UBS × SALOMON

SIERRE ZINAL®

LA COURSE DES CINQ 4000



SIERRE-ZINAL: 3 DAYS TO GO
YOU'RE NEARLY THERE!



Sierre-Zinal is just around the corner! In three days, you will take the start of the 53rd edition, and we cannot wait to experience it with you.



FINAL STRETCH BEFORE THE START

Race bib, start wave and getting to Sierre: check the final details before Saturday.



**COLLECT YOUR RACE
BIB**



**CHECK YOUR START
WAVE**



PLAN YOUR JOURNEY
Check your route and
allow enough time to

Collect your race bib from Sierre Town Hall. Friday is the recommended option.

RACE BIB COLLECTION

Check the email from Datasport to find out your start time.

START LIST

reach the mandatory welcome area.

TRANSPORT



FOR A GREAT AND SAFE RACE
FOR EVERYONE

Keep an eye on our safety updates.

In the event of an important announcement or change, we will communicate through our website, social media channels and by email.

On race day, our volunteers will be there to support you, look after your safety and ensure that the regulations are respected. Thank you for following their instructions.



BEFORE YOU SET OFF

Collecting your race bib from Sierre Town Hall

Enter from the railway station side. You will then exit onto Place Centrale, where you can discover the Sierre-Zinal event village and enjoy its stands.

Leave your poles and headphones at home.
They are prohibited along the entire course.



WHEN YOU ARRIVE IN ZINAL

Bags and showers
Available until 7:00 p.m.

Participants' meal
Served under the main marquee from 10:30am. to 6:00pm.

These reminders do not replace the official regulations. Make sure you read them before the start.

REGULATIONS

COURSE MAP



AFTER THE EFFORT, IT'S TIME TO CELEBRATE!

Stay in Zinal after the race and enjoy the prize-giving show under the main marquee from 4:45 p.m., attended by the leading athletes in the sport and followed by a complimentary round of digestifs.

SATURDAY PROGRAMME

YOUR FINISH-LINE GIFTS

Your race bib gives you access to all the gifts and services provided at the finish.



1 PAIRE DE CHAUSSETTES DE L'ÉDITION

Cours avec style en portant les chaussettes officielles offertes rien que pour toi.



VIDÉO PERSONNALISÉE DE TA COURSE

Revis chaque moment épique de ton aventure avec ta vidéo personnalisée et unique.



MÉDAILLE COLLECTION DES CINQ 4000, ZINALROTHORN

Porte fièrement le symbole de ton endurance et de ta détermination.



DIPLÔME

Accroche le certificat officiel de ta participation.



REPAS OFFERT SOUS LA TENTE

Savoure un délicieux repas avec boisson pour reprendre des forces après la course.



TRANSPORT POUR LA DESCENTE

Ne te soucie pas du retour nous nous en chargeons. Sur présentation du dossard



PHOTO OFFERTE LORS DE LA REMISE DU DOSSARD

À l'hôtel de ville de Sierr le vendredi 7 août 2026.



MASSAGE OFFERT

Détends-toi après la course avec un massage bien mérité à la salle polyvalente.



SOIRÉE FESTIVE

Tournée de génépi offerte
Concert disco-funk avec Time Machine
DJ Feel King






YOUR 3-DAY CHECKLIST

Before packing your bag, make sure everything is ready :

- ☐ I have checked the start time of my wave
- ☐ I know how to reach my welcome area
- ☐ My clothing is suitable for the forecast conditions
- ☐ I have prepared my belongings for the finish in Zinal
- ☐ I have checked the latest information on the website

☐ I have allowed time to enjoy the prize-giving ceremony and the evening celebrations

PRACTICAL INFORMATION



FIND THE SHOP IN SIERRE AND ZINAL

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

[VIEW THE SHOP](#)



FIVE OBSTACLES RACE — AGES 4 TO 9

A FEW PLACES ARE 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!

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

Registration remains open while places are available.

[REGISTER MY CHILD](#)

ONE LAST QUESTION BEFORE SATURDAY?



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Sierre-Zinal: one course, thousands of ways to experience it.

- The Sierre-Zinal Team

Information is subject to change. The race regulations, instructions issued by the authorities and on-site signage shall prevail. Latest updates: sierre-zinal.com



Rue Centrale 6 | 3960, Sierre | +41 79 710 96 09 | info@sierre-zinal.com

