



“

Every summer, thousands of runners take on a course that has become legendary. 31 km between Sierre and Zinal, 2,200 metres of ascent and a unique setting facing the Five 4000-metre peaks.

”

For its 53rd edition, Sierre-Zinal continues to evolve with several new features.

But first, an important date awaits you.



## 2026 SIERRE-ZINAL REGISTRATIONS

On April 2, between 12:00 and 18:00, thousands of runners will try their luck to secure a place at the start of the 53rd edition of Sierrre-Zinal.



### NO NEED TO RUSH AT NOON

Whether you log in at 12:00 or at 17:55, it makes no difference.  
At 18:00, we will consider all pre-registrations submitted between 12:00 and 18:00.  
If demand exceeds the number of available race bibs, a draw will be held.



### RESULTS ON APRIL 3

The results will be announced by email on April 3 in the afternoon.



### OUR TIP

Avoid the midday rush and register at your convenience in the afternoon.  
Take your time and choose the moment that suits you best.

LEARN MORE



# RACE UPDATES

FOR 2026



## WOMEN

### RUNNER CATEGORY

#### 👉 10:30 - Women's start

The women's elite field will set off at this time. If you want to line up against Sierre-Zinal's top female athletes and aim for an ambitious time, this start is for you.

#### 👉 11:00-11:20 - Mixed start

A mixed start block will be assigned based on your estimated finish time.

[MORE INFORMATION](#)



## CHANDOLIN-ZINAL

### JUNIOR RACE

#### 👉 Are you between 10 and 17 years old?

This year, the race is open to runners born between 2009 and 2016.

#### 👉 Turning 18 this year?

Then it's time to take on the legendary Sierre-Zinal course, just like the pros! 😊

[MORE INFORMATION](#)



## SIERRE-ZINAL

LIVE ●

On Saturday, August 8, the excitement of Sierre-Zinal will not only be felt out on the course.

The race will be broadcast live on **Eurosport**, **SSR** and **Canal 9**, allowing millions of spectators to follow the event around the world.

Today, Sierre-Zinal is one of the leading races on the international **Golden Trail World Series** and **WMRA** circuits, confirming its status as a must-watch event on the global trail running scene.

Broadcast worldwide and part of the **GTWS** circuit, Sierre-Zinal enjoys outstanding international visibility:

13.7M

TV viewers

90M

video views

102M

online impressions

*(figures expressed in millions)*

A level of reach that takes the legendary Race of the Five 4000s far beyond Switzerland.

## THE WINTER RACE IS APPROACHING AND A FEW SPOTS ARE STILL AVAILABLE



### ONLINE REGISTRATION

You can register online until Thursday, March 12 at 23:59.

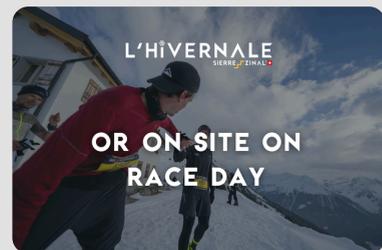
[REGISTRATIONS](#)



### SIERRE-ZINAL L'HIVERNALE

A different atmosphere, a different setting, but always the same Sierr-Zinal spirit.

[LEARN MORE](#)



### ON-SITE REGISTRTION

You can also register on site on race day for L'Hivernale.

[DETAILS](#)



# NEWSLETTER

## LANGUAGE PREFERENCE

👉 Prefer to receive the newsletter in English?  
Simply fill in this form and select **English**.

RECEIVE THE NEWSLETTER IN ENGLISH



# GET READY FOR

## SIERRE-ZINAL

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THE CHILDREN'S  
RACE  
REG. OPENS APRIL 2

”

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

- Sierre-Zinal Team



**SIERRE ZINAL**®   
LA COURSE DES CINQ 4000

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