

# RACEMAGAZIN

5. JULY 2025

22. GORNERGRAT ZERMATT MARATHON

EN





# Matterhorn Gotthard

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# CONTENT



## Gornergrat Zermatt Marathon

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## Design

PUNKT. Grafik & Design  
[www.punktgrafik.ch](http://www.punktgrafik.ch)

## Photo credits

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St. Niklaus

Technik fürs Leben

OUR GOLD  
IS FOR  
EVERYONE.



Alkoholfreier Biergenuss aus dem Berner Oberland.



# OLIVIER ANDENMATTEN

**After a winter in white, the Matterhorn Valley presents itself in a glorious mountain spring dress.**

**«The new way is the goal or the goal is the new way»?**

Last year, we were unfortunately unable to enjoy this beautiful spring and were suddenly surprised by water and mudslides in the Upper Valais. The Mattertal was also hit hard and we unfortunately had to cancel the GZM 2024 with a heavy heart.

Now the new path and a new attempt are ready for the 22nd GZM. Our running event on the most beautiful mountain in the world, with the start in the deepest valley in Switzerland. Welcome to the GZM 2025!

Everyone has the same goal. The runners want to cross the finish line after the start. Our volunteers are at the

start - on the way and of course also at the finish. The OC wants to offer a great organization from the start to the finish. Friends, family and GZM fans will be waiting at the start and many will travel to the finish on the moving grandstand of the Matterhorn Gotthard Bahn and then the Gornergrat Bahn. See you all at the finish. On the Riffelberg 2585 m above sea level or at the finish on the Gornergrat 3089 m above sea level!

New family highlight at the GZM 2025 - the 1st Hörnli Kids Run for our youngest runners will take place on Friday, July 4 in the afternoon in Zermatt. SiSu from Grächen & Wolli from Zermatt will meet for the first time and will make the children

shine at the start and finish «kobere Matten». True to the motto - the future of running belongs to our youngest participants!



**Olivier Andenmatten**

Gornergrat Zermatt Marathon  
Board & OC President





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ENGRAVED ON MY HEART.



# INTERVIEW

**Claudio Furrer, Olivier Andenmatten and Andrea Schneider with a look back at the cancellation of the marathon in July 2024.**



**Why does your Stuff wear the 2024 helper shirt?**

Many people will remember the severe storms in Upper Valais on June 21 and 29/30, 2024, which ultimately led to the Gornergrat Zermatt Marathon being canceled. Many of our EDEL volunteers were personally affected. In memory of this - and in the spirit of sustainability - they will be wearing the 2024 helper shirt in 2025. In this way, we also want to send a signal of solidarity..

**What comes to mind when you think of June 21?**

After the first reports and images from the Matternal - including a rail disruption lasting at least seven days - we were immediately motivated to do everything we could to still hold the GZM on July 6, 2024.

**Did the team consider canceling at the time?**

No, at this point, canceling the event was not an issue for the OC and the board. Our priority was to analyze the challenges in the areas of infrastructure transport, runner logistics and route damage.

**How did your partners react to the decision to go ahead with the run anyway?**

The damage to the railroad initially gave rise to justified concerns - particularly because of the transportation of 4000 to 5000 people. But our efforts paid off: Together with the Matterhorn Gotthard Bahn and Postauto Oberwallis, we developed a bus concept with over 30 additional buses especially for GZM participants within just a few days - in addition to the 30 or so regular replacement buses that were already running

two days after the first event.

**Then came the second storm on June 28/29. What went through your mind?**

The situation escalated dramatically. On Sunday night, the Upper Valais experienced the highest discharge of the Rhone since 1965 - 588 m<sup>3</sup>/second. Many streams in the Saas and Matter valleys could no longer withstand the masses of water.

I was on duty at my employer in Visp from 06:00 and later discussed the new damage with railroad employees. It quickly became clear that it would be impossible to carry out the operation. Especially when the damage in the side valleys became known, which also affected a number of our noble helpers personally, even our otherwise imperturbable OC president Oli realized that we would have to cancel.

**The solidarity was great.**

Yes - from helpers, partners and the entire region. An impressive sign of solidarity. It's not for nothing that we keep talking about our marathon family.







CERVO

# BEYOND EXPLORING

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# ANDREA SCHNEIDER

## 20 years of passion, mountains and movement.

When I took over the management of the Zermatt Marathon in 2005, the race had 500 participants and consisted solely of the marathon distance. Today - 20 years later - our event comprises five formats with over 2,700 runners from all over the world. It's incredible what has grown in two decades.

The special moments that have given us emotions and goosebumps over the years remain unforgettable: the wedding couple who said «I do» in running shoes on 7 July 2007.

The Mountain Running World Championships long distance in 2015, where we had the honor of hosting the best mountain runners in the world. And, of course, the 2019 European Mountain Running Championships - a sporting celebration at the highest level.

But there were also challenging times. The Covid pandemic presented us with unprecedented hurdles in 2020. And the weather-related cancellation in 2024 - a decision that hurt but was unavoidable in terms of safety. Moments like these have taught us humility - and made the importance of community and cooperation even clearer.

What makes this race so special is not just the spectacular route, but above all the people behind it: The team, our golden volunteers, the partners and sponsors - and of course the runners themselves, who year after year form the heart of the Gornergrat Zermatt Marathon with their energy, joy and endurance. It is you who make this race come alive.

After two decades as managing director, the time has come for me to let go - but with a heart full of gratitude. I have been able to watch this race grow, I have witnessed countless moving stories, I have been part of a community that connects far beyond the finish line.

I wish all participants an unforgettable running experience in the midst of our unique mountain world. Run with open eyes and an open heart - and perhaps with a little smile when you think of all the stories that have already been written here. New ones are added every year. And that's the best thing about the Gornergrat Zermatt Marathon: it never stops moving us.

A. Schneider

**Andrea Schneider**

Gornergrat Zermatt Marathon  
Leiterin der Geschäftsstelle





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## Mach das Beste aus deiner Marathon-Vorbereitung



Stein-  
Zeit



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Zeit



Klet-  
Zeit



Arbeits-  
Zeit



Geschenke-  
Zeit



Pärchen-  
Zeit



Entdecke deine

# Wander-Zeit





FREE RIDE ON THE RUNNING WEEKEND!

# FREE OF CHARGE TO YOUR DESTINATION

**The confirmation of participation together with an official ID entitles the holder to a free ride from Thursday to Saturday from Zermatt and/or Brig/Visp to St. Niklaus to collect the starting documents.**



All participants travel free of charge on the following routes during the running weekend from Friday, July 4 to Sunday, July 6, 2025: Brig – St. Niklaus – Zermatt (MGBahn), St. Niklaus – Grächen (Postauto), Zermatt – Gornergrat (GGB) und Zermatt – Sunnegga (funicular).

## **Attention!**

The race ticket is integrated in the race number. All participants will receive the train ticket together with the starting documents at the race office in St. Niklaus. The train ticket is integrated into the start number, presentation of the start number entitles the holder to

a free ride on the routes mentioned. In the event of misuse, the race number will be withdrawn without refund.

## **Baggage drop-off in St. Niklaus**

Marathon runners, ULTRA runners and 1st relay runners: Drop off at the trucks in the start area by 08:15 on Saturday at the latest (see map on page 21).

## **Baggage drop-off in Zermatt**

2nd relay runners, half marathon and TOP20RUN Saturday from 08:30 am between Hotel Bahnhof and Gornergrat Bahn entrance opposite Zermatt station ticket hall (see map on page 23).

## **Collecting the bib**

for all competitions in St. Niklaus:

Thursday 15:00 – 19:00 Uhr

Friday 10:00 – 20:00 Uhr

Saturday 06:45 – 08:15 Uhr

## **Important!**

On Saturday, pick-up for the half marathon and TOP20RUN is only possible at the information stand in Zermatt from 08:00!



# FUELING IS POWER



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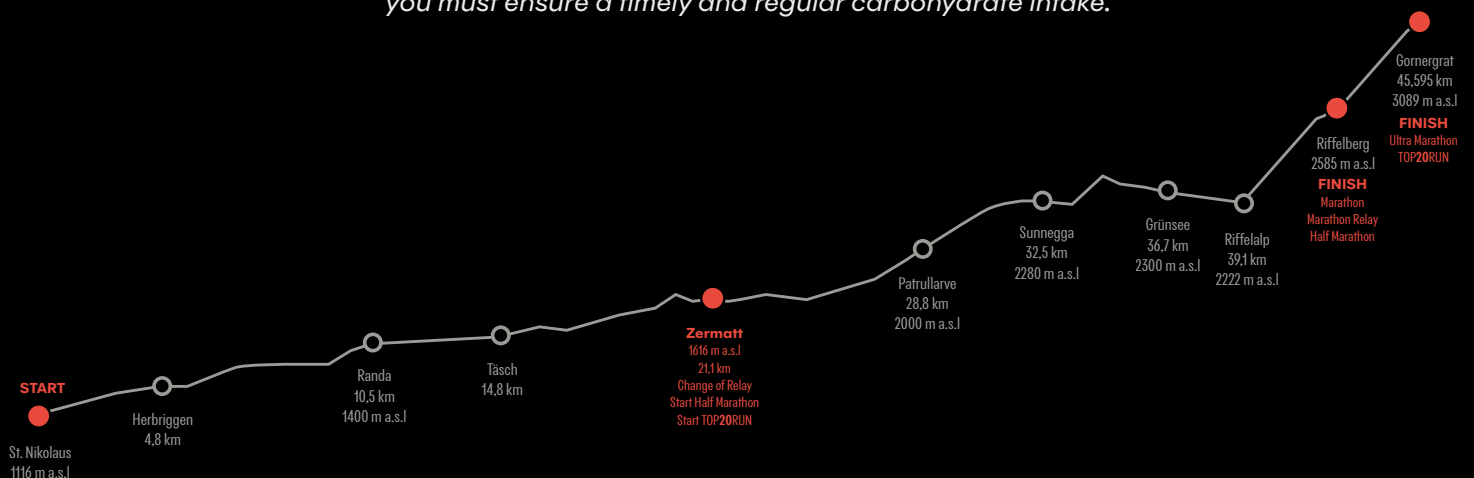
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Carbohydrates are important for reaching your full performance potential during a long running event. A common nutritional mistake during the race is, either the wrong time of intake or the wrong amount of carbohydrates - in addition to suboptimal hydration. If you want to reach your full performance potential, you must ensure a timely and regular carbohydrate intake.



More about  
nutrition:



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ZERMATT**  
**marathon**



# HAVE YOU HEARD OF THE BLACK LINE?

Powerbar has a secret weapon: the **Black Line**. A sports nutrition system, which uses the latest scientific findings and a sophisticated carbohydrate system to help endurance athletes absorb more energy.

„The Black Line products from Powerbar have impressed me right from the start. Both the Fuel 90 Sports Drink and the Fuel gels are very well tolerated, taste refreshing and give me the energy I need to maintain my performance for a long time.“

Dioni Gorla, internationally successful trail runner, relies on the Black Line products from Powerbar in training and competition.



With 3,000 meters of elevation gain spread over a whopping 45.2 kilometers the World Mountain and Trail Running Championships Innsbruck-Stubai was one of the toughest races of her career, states Powerbar athlete Dioni Gorla from Innsbruck. To achieve top performance, in addition to optimal training, the supply of nutrients during the competition plays an enormous role.

During exertion such as an ultra trail, athletes consume around 600 calories per hour in addition to fluids and electrolytes! The body therefore continuously needs new energy. At the same time, according to current knowledge, humans can only absorb and oxidize 90 g of carbohydrates per hour. "This is where our product line comes in," explains Philipp Rauscher, nutrition expert at Powerbar.

bohydrates each and the Fuel Sports Drink with 90 g of carbohydrates, athletes can always put together the optimum supply for their training or race before and during exercise without complicated calculations. By the way: With the recovery product Build Whey Protein and a range of high-quality supplements, the Black Line covers the entire supply before, during and after exercise.

## Science meets performance

With the new Powerbar Black Line, science meets top athletic performance. Thanks to the special blend of glucose and fructose sources in a ratio of 1:0.8, athletes can now consume more than 90 g, and with nutrition training up to 120 g of carbohydrates per hour. Additionally with the best possible tolerance.

## Practically dosed, without calculating

Thanks to the carbohydrate system, the Black Line products can be easily combined for the quantities of 30/60/90 g carbohydrates or more. From the Fuel gels and the Iso Fuel Isotonic Sports drink with 30 g of car-

## New in the portfolio

Regeneration on a new level: The new Powerbar Refuel Clear Recovery drink with 70 g of carbohydrates and 20 g of protein supports muscle recovery and also replenishes your carbohydrate stores after intensive training sessions and competitions. A special ingredient here is CherryPURE®. Studies\* show that sour cherry powder inhibits muscle inflammation, reduces oxidative stress and allows you to start your next training session or competition much more refreshed.

**NEW**



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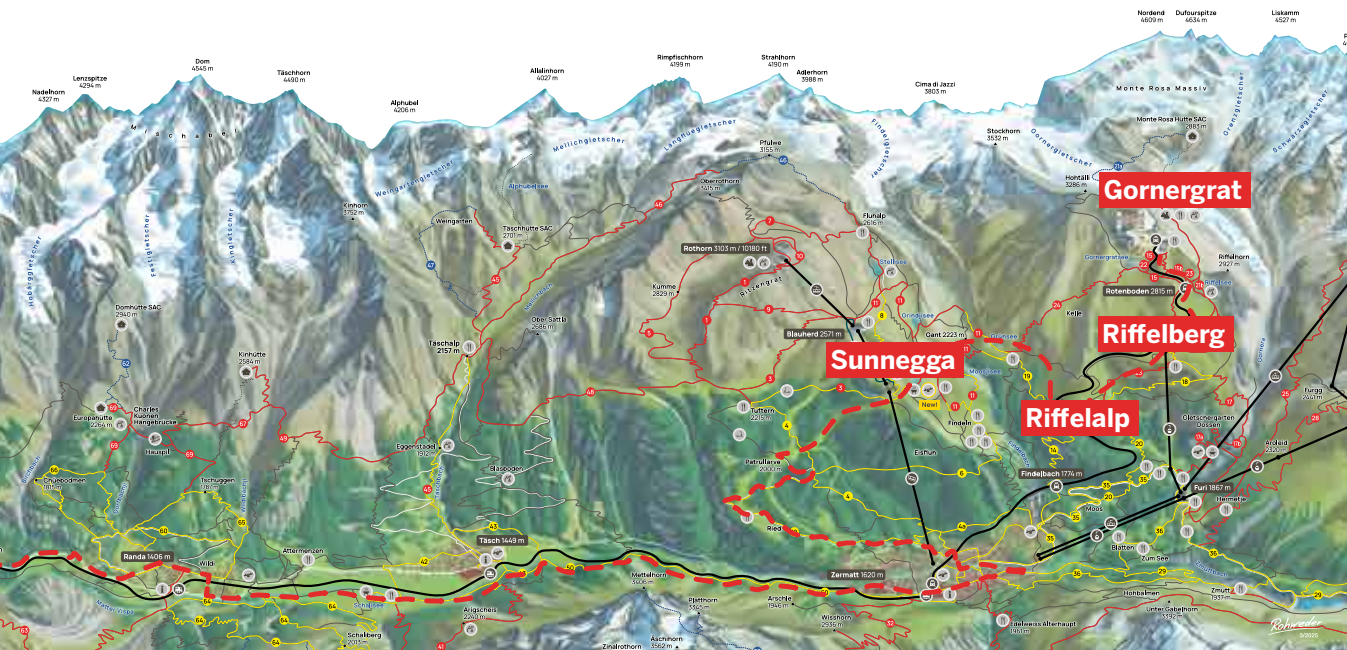
[sport.postauto.ch/en](https://sport.postauto.ch/en)



EVERYTHING AT A GLANCE

# ROUTE MAP & REFRESHMENTS

	km	m ü. M.	Water	ISO	Coca Cola	Tea	Bouillon	Banane	Gel	Bars	Sponge	Paramedic	Top20Run
St. Niklaus	Start	1116	●			●						●	
Herbriggen	5.0	1235	●	●							●	●	
Randa	10.0	1410	●	●					●	●	●	●	
Täsch	14.3	1439	●	●				●	●	●	●	●	
Zermatt 1	20.3	1604	●	●		●	●	●	●	●	●	●	
Zermatt 2	24.5	1603	●	●	●				●	●	●		
Patrullarve	28.6	2000	●	●	●			●	●	●	●		4.8
Sunnegga	32.0	2262	●	●	●	●	●	●	●	●	●	●	8.2
Grünsee	36.7	2300	●	●	●		●	●	●	●	●	●	12.9
Riffelalp	39.0	2222	●	●	●	●	●	●	●	●	●	●	15.2
Riffelboden	40.4	2355	●	●	●				●	●		●	16.6
Riffelberg	42.2	2585	●	●	●	●	●	●		●		●	
Abzw. Ultra	42.0	2606	●	●	●			●	●	●	●	●	18.2
Rotenboden	44.0	2815	●	●	●		●		●	●		●	20.2
Gornergrat	45.7	3089	●	●	●	●	●	●		●		●	21.9







  
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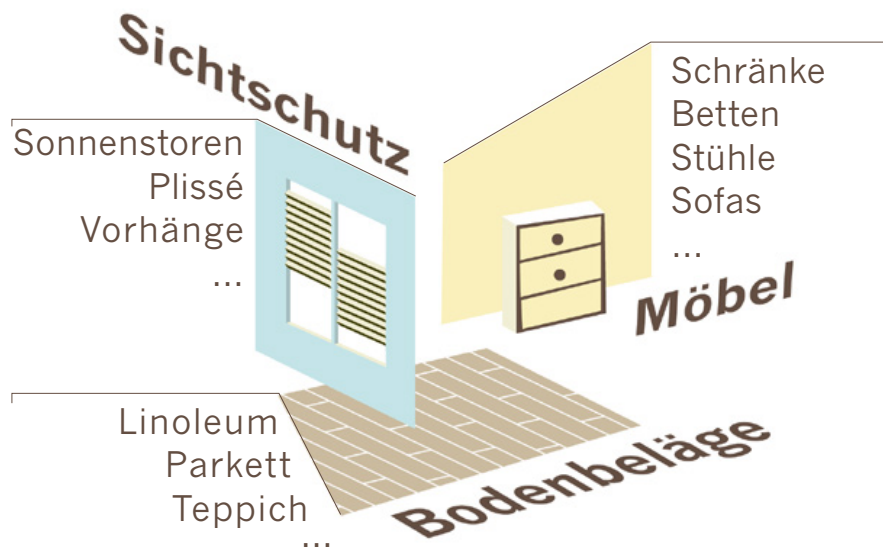
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# A HELPING HAND IN DIFFICULT TIMES

TEXT: TABEA ROSA, IMAGE: SRF

*What happens to a family when their child is diagnosed with an incurable illness? It's an almost unimaginable thought. Yet for around 10,000 affected individuals in Switzerland, this thought is a daily, exhausting reality. The Pro Pallium Foundation stands by these families.*



For severely ill Oliver, it's a highlight: once a month, volunteer Tanja Kälin visits the Good family in Mels. She looks after Oliver but also spends time with his brother Aurel — playing together or going on small excursion. These visits bring relief to the entire family. Oliver has Trisomy 21 and was born with a heart defect, malformations of the esophagus and gastrointestinal tract. Additionally, he has a fragile immune system, which means that he requires oxygen whenever he catches a major infection. «For us, Tanja's visits are incredibly valuable,» says Oliver's mother, Martina Vetsch. Tanja Kälin has been supporting Oliver

for six years now, and over time, she has become a trusted companion to his family.

Tanja Kälin is one of around 120 volunteers currently working with the Pro Pallium Foundation. Pro Pallium is funded entirely by donations and aims to support families with severely ill children in their daily lives. Volunteers spend time with the sick child or give attention to siblings, whose needs often get overlooked in the challenges of everyday family life. They also help with administrative tasks or accompany families to medical appointments. The

scope of their support is tailored to each family's individual needs before their first assignment.

All volunteers receive professional training through a multi-day foundational course that thoroughly prepares them for their demanding role.

Pro Pallium's support is free of charge for affected families — and it extends beyond the possible passing of a child. The foundation offers grief support groups where bereaved families can pause amidst their daily routines, find strength in one another, and share their experiences. If needed, Pro Pallium also provides individual grief counseling for families, parents, siblings, or close relatives.

Find out more about Tanja Kälin's volunteer work and the Pro Pallium Foundation in the SRF program *mitenand*:

[www.srf.ch/pro-pallium](http://www.srf.ch/pro-pallium)

**Pro Pallium is the social partner of the Gornergrat Zermatt Marathon**

Support our foundation with a donation and help us assist more families with severely ill children in their everyday lives:

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[donate.raisenow.io/sdmv](https://donate.raisenow.io/sdmv)



# Making the Medicines of Tomorrow

Lonza is the preferred partner for the pharmaceutical, biotech and nutrition markets. Our site in Visp is the largest and oldest site in a global network of more than 30 locations and one of the most important for research and development as well as production.

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# Lonza



Foto: Andreas Peters

## Lonza makes you fit

Lonza Visp is committed to a healthy working environment and supports employees in maintaining and improving their physical health and mental fitness. Numerous offers from our company health management program help to promote the motivation and well-being of all employees.

**We wish all runners of the Zermatt Marathon 2025 lots of success and fun!**



[www.lonza.com/visp](http://www.lonza.com/visp)



# STARTING AREA IN ST. NIKLAUS

**So that you are well prepared, you will find all the important details about the start zone, route, timing and organization of the Gornergrat Zermatt Marathon here.**

## Ring Road St. Niklaus

The overview map shows the starting area of the Gornergrat Zermatt Marathon in St. Niklaus and helps you to find your way around. Important points such as the race office, the train station, parking facilities and bag drop-off (by 08:15 at the latest) are marked.

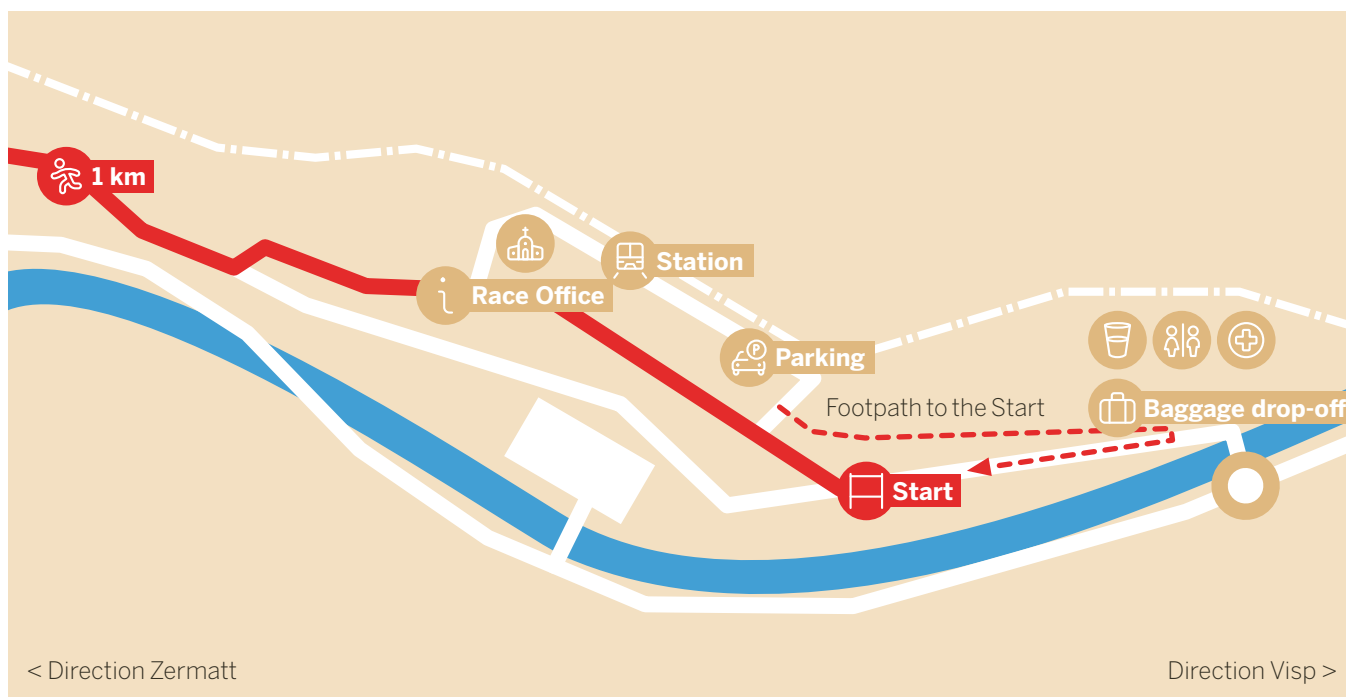
The bypass road ensures smooth traffic flow, while the footpath to the start is marked.

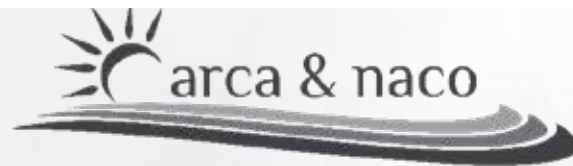
## Start times

The start takes place in several waves: Elite and Block 1 runners followed by

the relay runners. The remaining participants will begin in block starts. To ensure a fair and smooth process, all runners are asked to line up in the designated areas approximately 15 minutes before their start time.

The time is measured using the chip integrated in the start number, which triggers the net time when crossing the start line. With the exception of the Elite and Block 1, the gross running time counts.





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We wish all the participants good luck  
and a good rest.



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**WIR WÜNSCHEN EINEN TOLLEN LAUF**

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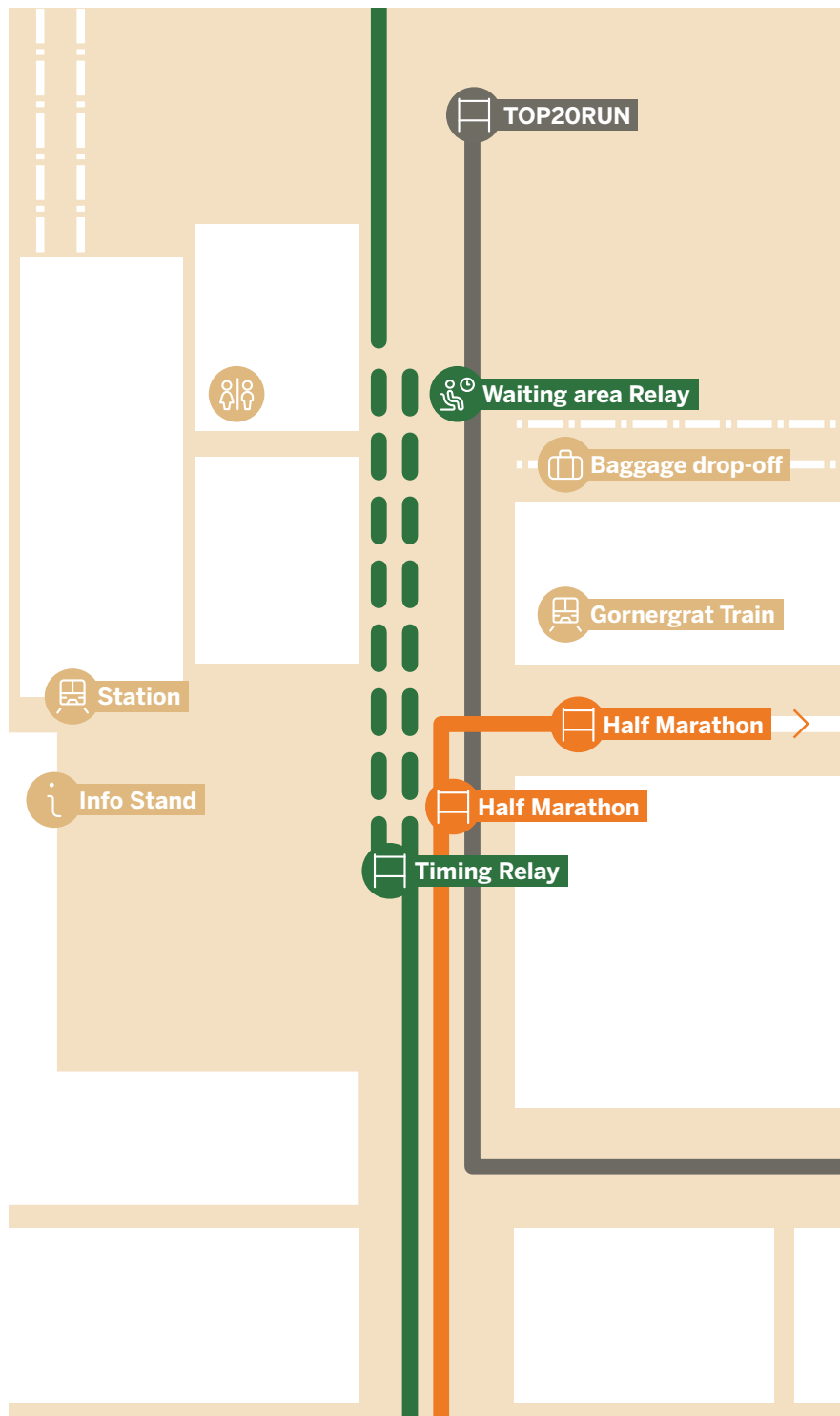
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EVERYTHING AT A GLANCE

# STARTING AREA IN ZERMATT



-  Info Stand: Pick up of start numbers for half marathon and TOP20RUN on Saturday from 08:00 am.
-  The 2nd relay runner accompanies his partner for about 60 meters to the finish and then runs on alone.
-  Baggage drop-off half marathon, 2nd relay runners and TOP20RUN only in the original runner bags from 08:30 am until 20 minutes before the start at the latest.
-  Runners in the half marathon must assemble at the start area on the upper mats by 09:55 at the latest. The start will then take place in blocks.
-  Meeting point for the start of the TOP20RUN by 09:10 at the latest.

# Erlebnisbank\_

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**Erlebnisbank\_**

RAIFFEISEN Mischabel-Matterhorn





# Region

Sie, liebe **Läuferinnen und Läufer** wissen es schon: «Diese Region ist ein Erlebnis.»

Und Erlebnisse wollen erlebt und weitergegeben werden, damit sich mehr Menschen daran erfreuen können.

Mit dem Kauf eines Erlebnisregion-Gutscheines können Sie aus vielen Erlebnissen oder Angeboten wählen und den Gutschein bei jedem der Anbieter wie Bargeld einlösen.

Der «Erlebnisregion-Gutschein» wird mit einem Wert von CHF 10.00, CHF 20.00 und CHF 50.00 angeboten und kann in jeder Geschäftsstelle der Erlebnisbank oder online unter **[www.erlebnisregion.ch](http://www.erlebnisregion.ch)** erworben werden.

Wir wünschen Ihnen grossartige Erlebnisse beim Zermatt Marathon.



ULTRA GLIDE 3

# DYNAMIC COMFORT

Noch nie war Laufen so bequem.



**SALOMON**



**ANTON LOCHMATTER AG**

EST. 1979

Vertrauen als Prozess entsteht durch Zuverlässigkeit, Diskretion und Konstanz. Das machen wir seit über 40 Jahren in zweiter Generation mit Erfolg als Immobilien-Dienstleister in Zermatt.

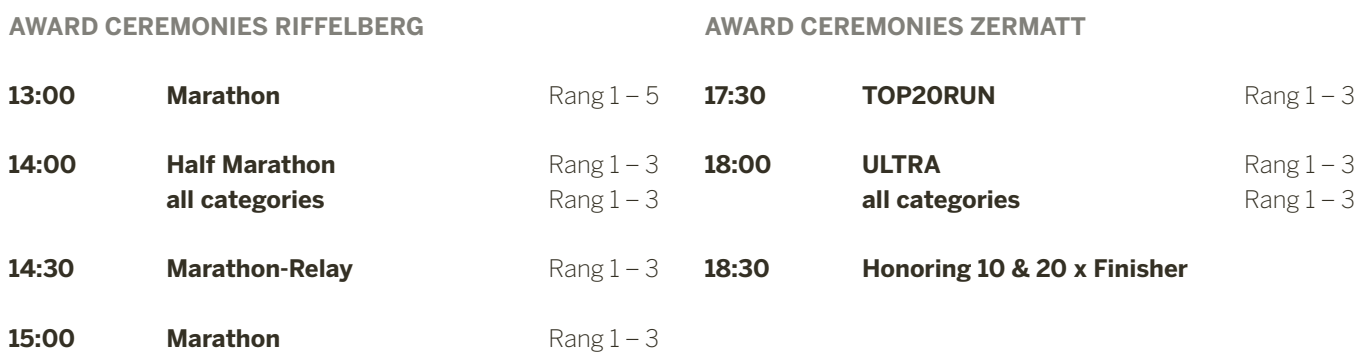
La confiance en tant que processus naît de la fiabilité, de la discrétion et de la constance. C'est ce que nous faisons depuis plus de 40 ans, en deuxième génération, avec succès en tant que des services immobiliers à Zermatt.



Bahnhofplatz 2, 3920 Zermatt [www.alag.swiss](http://www.alag.swiss) - [info@alag.swiss](mailto:info@alag.swiss) - 027/ 967 20 01



# FINISH AREA AT RIFFELBERG





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Weg der Stille

Riffelalp  
Riffelberg  
Gornergrat

23

Trail-Toleranz  
Dieser Wald ist einem Naturschutzgebiet  
und Mischwald ausgemerzt



200m  
Verpflegung



Zermatt  
Marathon

WELL INFORMED ON THE MOVE

# INFO COMPACT

**You can find everything you need for your race day here: compact information on timetables, routes, catering, transportation and much more.**



## Abandonment / Abort

If a participant abandons the race or if it is stopped by the jury, every participant is obliged to report to the nearest course marshal as quickly as possible and to strictly follow the instructions of the course marshals. Under no circumstances should you attempt the descent to Zermatt on your own.

## Afternoon for children

Friday, July 4 from 12:30 pm at the Obere Matten marquee in Zermatt.

13:00 Childrens concert with Nadia and Svenja & face painting with Dolores

15:30 Uhr Start Hörnli-Kidsrun

## Awards / Prizes

Finisher shirt, medal (+5 CHF at regis-

tration), non-cash prizes for the first three in all categories, online certificate to print out.

## Award ceremonies

### Riffelberg

13:00 pm Overall 1 – 5  
Marathon Women & Men

14:00 pm Overall 1 – 3  
Halbmarathon Women & Men

All categories Rank 1 – 3

14:30 pm Rank 1 – 3  
Marathon-Relay all categories

15:00 pm Rank 1 – 3  
Marathon all categories

### Obere Matten, Zermatt

17:30 pm Rank 1 – 3  
TOP20RUN all categories

18:00 pm Overall 1 – 3  
ULTRA-Marathon Women & Men

All categories Rank 1 – 3

18:30 pm  
Honoring 10- und 20x Finisher  
Only persons who are present at the award ceremony are entitled to prizes. No prizes / prize money will be sent out.

## Baggage

All participants will receive a luggage bag together with their start number at the start number distribution, which will be marked with their personal start number. Only the official luggage bags will be transported to the finish. Participants who arrive by train from their place of residence on the day of the marathon and return home by public transport in the evening can have their personal luggage (as small as possible, please) transported to the finish line.

## Baggage Half Marathon

The half marathon runners luggage will be transported from Zermatt to the Riffelberg.

Drop-off: by 09:45 at the latest between the Hotel Bahnhof and the Gornergrat Bahn entrance (opposite the Zermatt train station ticket hall).

## Baggage Marathon

The luggage of the marathon participants will be transported to the Riffelberg. Drop-off: by 08:15 at the latest at the start area, St. Niklaus.

## Baggage Relay

The luggage of the first relay runner will



be transported from St. Niklaus to Zermatt (Bahnhofplatz).

Drop-off: by 08:15 at the latest in the start area, St. Niklaus.

The luggage of the second relay runner will be transported from Zermatt to the Riffelberg.

Drop-off: by 09:45 at the latest between the Hotel Bahnhof and the Gornergrat Bahn entrance (opposite the Zermatt train station ticket hall).

### Baggage ULTRA + TOP20RUN

Luggage will be transported to the Riffelberg.

Drop-off ULTRA: by 08:15 at the latest at the start area, St. Niklaus.

Drop-off TOP20RUN: by 09:10 am at the latest at the start area, Zermatt.

### Baggage return

Luggage can be collected at the finish on the Riffelberg until 17:30. Luggage not collected at the finish can be collected from the information stand on Bahnhofplatz from 18:30.

### Camping

There are public campsites in Randa, Täsch and Zermatt.

### Changing room Half Marathon

Changing rooms are available in the basement of Zermatt station by the toilets (follow the instructions).

### Categories

#### Marathon

M/W 18, 30, 40, 45, 50, 55, 60, 65, 70+

#### Relay

Women, Men, Mixed, Women 90+, Men 90+, Mixed 90+

#### ULTRA & TOP20RUN

M/W 18, 30, 40, 45, 50, 55, 60, 65, 70+

#### Half Marathon

M/W 18, 30, 40, 45, 50, 55, 60, 65, 70+

### Checkrooms / showers

Separate changing rooms for women and men in the race office in St. Niklaus (follow the instructions on site). Separate changing rooms and hot showers are available for women and men in the Riffelberg finish area until 5:00 pm.

### Closing Time

#### Relay, first runner

Zermatt 11:50 am

#### Relay

Riffelberg 15:45 pm

#### Marathon

Riffelberg 15:45 pm

#### Half Marathon

Riffelberg 15:45 pm

#### TOP20RUN

Gornergrat 15:30 pm

#### ULTRA

Gornergrat 16:45 pm

### Control times / Cut-offs

Marathon, relay and ULTRA marathon Zermatt, Bahnhofplatz km 21.1: check-point closing time: 11:50 am

Restaurant Sunnegga

km 32,4: Control time: 13:45 pm

Hotel Riffelalp Resort

km 39,1: Control time: 14:55 pm

ULTRA/Riffelberg

km 42: Control time: 15:15 pm

Gornergrat, Finish

«CUT-OFF» ULTRA 16:45 pm

«CUT-OFF» TOP20RUN 15:30 pm

After these times, medical assistance is no longer guaranteed. The start numbers of runners who pass the check-points after the end of the race and still wish to continue will be marked in color with a felt-tip pen. Race exclusions and disqualifications do not entitle to a refund of the entry fee (not even partially).

### Disqualifications / protests

The jury (race management) decides on disqualifications. Protests must be submitted in writing to the finish line manager no later than 15 minutes after the finish (deposit: CHF 50.00). Anyone behaving in an unsportsmanlike manner (shortcuts, disregarding instructions and doping) will be disqualified.

### Doping control

Doping tests can be carried out.



# CRAFT

*Trail running : quand la nature devient terrain de jeu*

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3927 Herbruggen 079 434 85 51 [www.amikuechen.ch](http://www.amikuechen.ch)



Hausgerätepartner



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**SIEMENS**

**GAGGENAU**

**Miele**



**SCHULTESS**

**AMI**  
imooden  
Ihr Küchen-Spezialist



## Equipment

The marathon leads through high alpine terrain. Please pack warm clothing and weather protection.

## Handover Relay

The handover zone is located in Zermatt on the station square. Both times are recorded and listed separately.

## Late entries

Late registrations are possible on Thursday and Friday at the race office in St. Niklaus (+ CHF 20.-). And only on the courses that are still available.

## Liability / Insurance

Each participant must be in possession of personal accident insurance. The organizer declines all liability towards participants, spectators and third parties.

## Lost and found

The lost and found office is located at the information stand on the Bahnhofplatz in Zermatt.

## Organisation

Gornergrat Zermatt Marathon, Eye 1,  
3924 St. Niklaus, +41 76 525 29 49  
info@zermattmarathon.ch  
zermattmarathon.ch

## Parking

Parking is available in St. Niklaus from Friday to Sunday. Paid parking is available in Täsch and Grächen.

## Pasta-Party Obere Matten Zermatt

Friday, 4. Juli: 12:30 – 21:00 pm  
Saturday, 5. Juli: 15:00 – 23:00 pm

## Race Office

School building  
Dorfstrasse 17, 3924 St. Niklaus

## Rankings

The ranking list will be available on datasport on Saturday evening from around 18:00.

## Relocation Finish ULTRA & TOP20RUN

In the event of unfavorable weather conditions, the Executive Board reserves



ves the right to move the destination from the Gornergrat to the Riffelberg at short notice.

The participants separately will still be rated.

## Security

Instructions from the race doctors and course marshals must be strictly followed. Failure to follow these instructions will result in disqualification.

## Starting times

Elite	08:30 am
Relay	08:33 am
Marathon	08:36 am
ULTRA	08:36 am
TOP20RUN (Zermatt)	09:30 am
Half Marathon (Zermatt)	10:12 am

## Starting bib

The start number is personal and non-transferable!

## Starting bib distribution St. Niklaus\*

Thursday, 3rd July: 15:00 – 19:00 pm  
Friday, 4th July: 10:00 – 20:00 pm

Saturday, 5th July: 06:45 – 08:15 pm

\* additionally Saturday: start numbers for half marathon and TOP20RUN at the information stand in Zermatt from 08:00 am.

## Valuable items

Valuables can be handed in at the baggage drop-off point before the start. The valuables will be transported to the finish (Riffelberg) in a guarded container.

## Walking aids etc.

Walking aids in the form of walking or hiking poles, ski poles and the like are not permitted. Assistance from third parties or dogs is also not permitted. Failure to comply will result in disqualification.

## Finish Gornergrat

At the finish on the Gornergrat, all finishers receive a thermal wrap to protect them from the wind and cold. Shuttle trains take the runners from the Gornergrat to the Riffelberg every 12 minutes, where their luggage can be collected and warm showers are available.

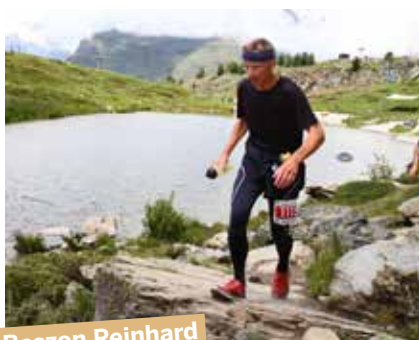
OUR ANNIVERSARY RUNNERS

# SPECIAL HONOR

**We celebrate the runners who have been loyal to the Gornergrat Zermatt Marathon for many years. Their perseverance, passion and loyalty make this event so special.**



Ballut Jean-Christophe



Beszon Reinhard



Casier Gino



Dowley Nicholas



Ehrbar Jean-Luc



Fallert Wolfgang



Hellweg Stephanie



Hug Monica



Keiser Walter





Keller Markus



Kipper Gisela



Kobler Cyrill



Kunz Matthias



Neuhaus Daniel



Stahel Andreas



Stirnimann Manuel



Wörner Frank



Wyss Andrea



Wyss Sascha



Zihlmann Edith



von Rohr Peter

## Anniversary ceremony - Saturday, July 5 6:30 p.m. in the «Obere Matten» Zermatt

We are celebrating our most loyal runners! All participants starting for the 10th or 20th time will be honored in a festive ceremony - and will be on the road with an exclusive anniversary bib number.



Bättig Adrian

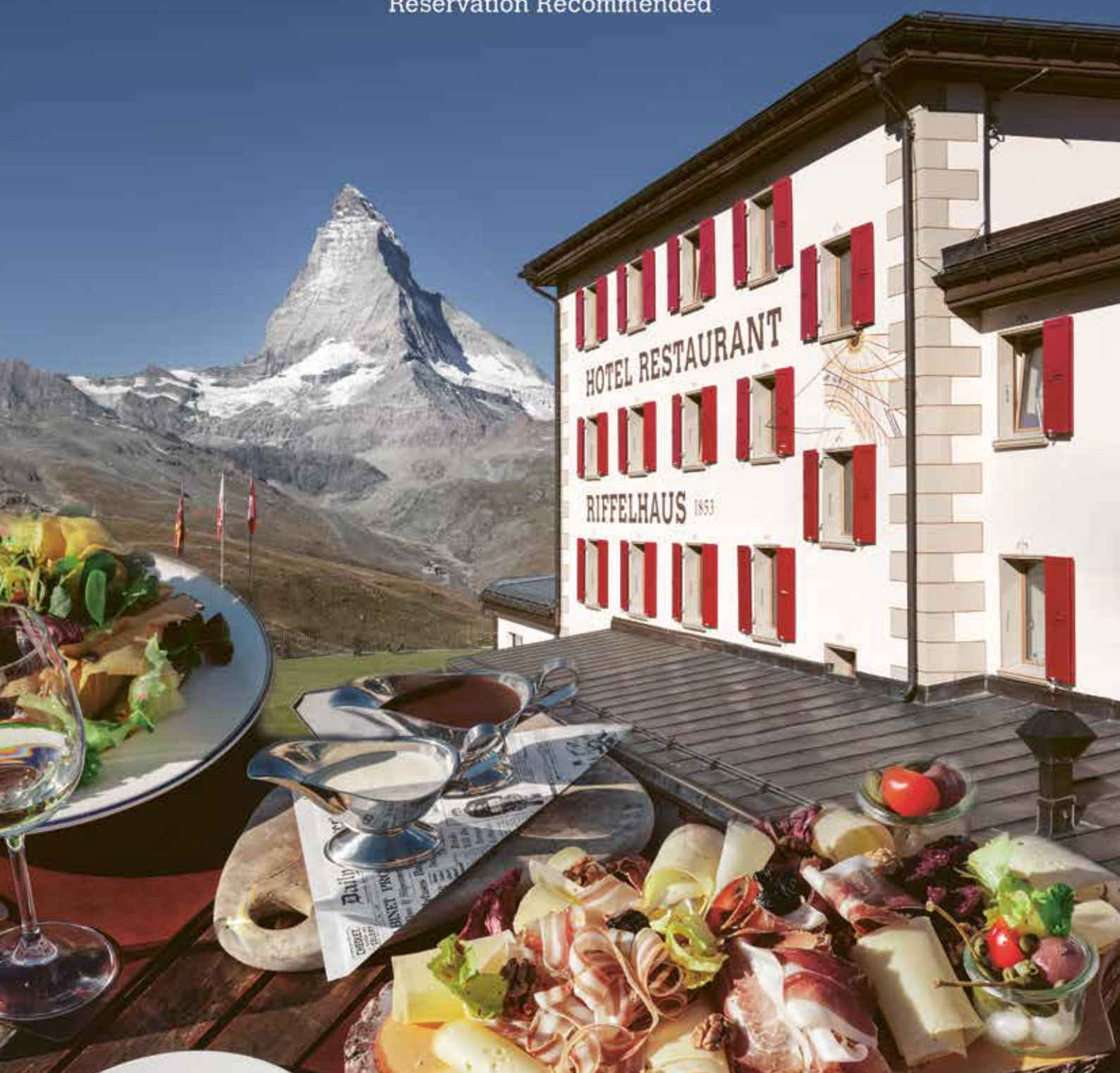


# RIFFELHAUS

1853

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Panang Curry Sauce  
Coconut, Coriander

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Protein  
**31g**

## VEGAN BOWL

Quinoa, Falafel, Edamame  
Grated Carrots, Teriyaki Sauce  
Coriander

VEGAN | LACTOSE-FREE

**YOUR GO-TO  
REFUELLING POINT**

📍 **Gornergrat Railway station**



OUR MAIN PARTNER

# GORNERGRAT TRAIN

**Your exciting day on the Gornergrat: Natural wonders, moments of pleasure and special encounters.**

A short walk takes you to Lake Riffelsee – a magical place. The moment when the first light of day hits the Matterhorn and its silhouette is reflected in the still



How does a day in the midst of the mightiest four-thousand-metre peaks in the Alps sound, with quiet morning moments, cuddly Blacknose sheep, culinary highlights and breathtaking views? That is exactly what you can expect on the Gornergrat – and much more. Whether you like getting up early or starting the day at a leisurely pace: here you will find the perfect experience whatever the

time of day.

Zermatt is still in darkness when you set off on the sunrise trip on the Gornergrat Railway early in the morning. As you travel to Rotenboden station, the sky begins to change colour – a transition from night to day. Experience the awakening mountain world in a special atmosphere.

water is something you will never forget. Afterwards, look forward to a hearty breakfast on the Gornergrat with fresh bread, regional specialities and a warming coffee.

After recharging your batteries, visit the viewing platform on the Gornergrat and enjoy the best view of the Matterhorn and 28 other four-thousand-metre



peaks. In addition, the panoramic view extends over the impressive Gorner Glacier and far into the surrounding valleys. It's one of those rare moments when you really feel like you're «in the flow».

How about a hike afterwards? The trails around the Gornergrat lead you through breathtaking landscapes – from rocky heights and Alpine meadows to idyllic mountain lakes and shady Swiss pine forests. This is how to experience Swiss Alpine nature up close. And best of all: you decide which station you walk to – you can take the Gornergrat Railway back to Zermatt from any station on the Gornergrat.

During your hike, it's worth taking a detour to the Alpine Garden at Rotenboden station. Discover the fascinating

flora of the Alps on more than 5,000 m<sup>2</sup>: delicate, sometimes rare mountain flowers that only appear in the short window of time between July and August.

Stopping off to see the famous Valais Blacknose sheep is a special experience. Use your mobile phone to locate these cuddly woolly friends and get really close to them. After this unique encounter, continue your hike and round off the day with a drink or a coffee with the best view of the Matterhorn and reflect on the day.

### Top tip: Gourmet Ticket

Experience the Gornergrat from its most delicious side! Your Gourmet Ticket invites you on a culinary voyage of discovery between the highest peaks in the Alps. Start with an extended aperitif in the Restaurant saycheese! before enjoying an exquisite two-course meal in the historic Riffelhaus.

To round off your trip, a delicious dessert awaits you in the Alphitta with a direct view of the Matterhorn. Stroll from station to station and discover the Gornergrat in a whole new way.





SPEECHLESS,  
9:30 AM

FROM CHF 230  
[AIR-ZERMATT.CH](http://AIR-ZERMATT.CH)

WE WILL BE THERE





ON THE OBEREN MATTEN IN ZERMATT

# PROGRAM IN THE FESTIVAL TENT

**Experience a great atmosphere in the festival tent with a varied program, music, culinary delights and a good mood - the perfect end to an unforgettable day of racing!**

## Friday, 4th July 2025

from 12:30 pm	Pasta-Party
from 13:00 pm	Childrens concert with Nadia and Sven-ja ace painting with Dolores
from 15:30 pm	Hörnli-Kids-Run
18:00 pm	Opening Ceremony 22nd Gornergrat Zermatt Marathon Favorites presentation Saturday race



## Saturday, 5th July 2025

from 15:00 pm	After-Pasta-Party
17:30 pm	Award ceremony TOP20RUN
18:00 pm	Award ceremony ULTRA
18:30 pm	Honoring 10- & 20fach-Finisher
19:00 pm	Concert with the Grängjerbüebe



# Peak performance **meets pure energy.**

Wishing all runners an electrifying  
marathon experience.

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# DRÄKSAK

**Together for waste separation - with Dräksak at the Zermatt Marathon.**



On 5 July 2025, we will be using the innovative Dräksak waste separation system for the first time at the Gornergrat Zermatt Marathon - a pilot project that will be tested in the Riffelberg and Gornergrat finish areas with the three containers for PET, aluminum and residual waste.

The aim is to use simple means to improve waste separation directly on site and thus further minimize our ecological footprint as a major event. Dräksak stands for a well thought-out and visible system consisting of robust, color-coded bags - making it easier for all participants, spectators and helpers to separate PET, aluminum and residual waste. We would like to thank you all today for your active help! Together we can show that a major alpine event can be not only sporty, but also environmentally conscious and future-oriented. Let's run clean - for the Matterhorn, the mountains and all of us. Help us to leave no trace and separate the waste so that future generations can also admire the beauty of the mountains and nature.



# Gut vorbereitet oder gut vorgesorgt?



**Jürg Hallenbarter**, Generalagent  
Telefon 027 948 42 01  
juerg.hallenbarter@swisslife.ch

Swiss Life Generalagentur Visp-Oberwallis  
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[www.swisslife.ch/visp](http://www.swisslife.ch/visp)

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HIGHLIGHTS ALONG THE WAY

# HIGHLIGHTS ALONG THE WAY

**Breathtaking locations and impressive scenery await along the marathon route - perfect opportunities to enjoy the surroundings.**

## Zermatt

from 9:30 am



## Riffelalp

Food station



## Gornergrat

Food station

Surrounded by 29 four-thousand-meter peaks

Fantastic view

## St. Niklaus

from 8:30 am



## Grünsee

Food station

Alphorn sounds with the alphorn group

«ALETSCHE-GOMS»

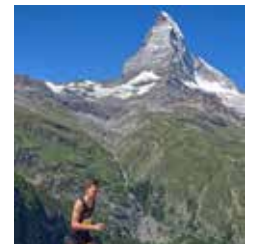


## Riffelberg

Food station

Alphorn sounds with the alphorn group

«STOCKHORN»



EXPERIENCE RUNNING UP CLOSE

# MOVING GRANDSTAND

**Want to cheer on your loved ones up close without running yourself? Then get ready for a very special highlight: the Moving Grandstand!**



Spectators aboard the train experience firsthand how the field battles its way up the elevation, how frontrunners break away, and how the mountain landscape around the Matterhorn transforms into a breathtaking stage for sport.

## **Timetable**

Departure St. Niklaus	08:50 am
Arrival Zermatt	09:50 am

## **Reservation required**

[info@zermattmarathon.ch](mailto:info@zermattmarathon.ch)

This way, the marathon experience begins even before the first step – and stays unforgettable right through to the finish line.

Whether it's family, friends or fans – the special train of the Matterhorn Gotthard Bahn offers everyone the chance to follow the runners along a large part of the course. While the athletes push

their limits outside, the atmosphere rolls along inside the train: the best views of the race, emotional moments along the route – all from the comfort of a seat on rails.

Secure your seat now – and witness the mountains turn into a stage for sport, emotion and team spirit.

## **Travel to the event by public transport – convenient, stress-free and climate-friendly**

The Matterhorn Gotthard Bahn has long been committed to strong public transport – especially during events. If you're heading to the race, the train gets you there comfortably, stress-free and with minimal environmental impact. Forget traffic jams and parking hassles – enjoy a relaxed journey with breathtaking views, all in the spirit of sustainable mobility.







# Quadcenter Heinzmann

3924 St. Niklaus



Dein POLARIS Händler  
im Oberwallis

[www.Quadcenter-Oberwallis.ch](http://www.Quadcenter-Oberwallis.ch)

IMPORTANT TRAFFIC INFORMATION

## ROAD CLOSURES



**Please note the road closures along the marathon route and plan your travel times accordingly to avoid delays.**

### St. Niklaus

- Dorfstrasse 06:30 bis 09:30 am
- St. Niklaus – Schwiedernen – Mattsand 08:20 bis 10:30 am

### Randa

- Village passage: 8:50 bis 10:40 am

### Zermatt

- Getwing- und Spisstrasse: 08:00 until 12:15
- Bahnhofstrasse from Bahnhofplatz until Kirchplatz: 08:00 bis 12:15
- Seilerwiesenstrasse: 09:45 until 10:45 am

**We would like to thank the local population, tourists, spectators and runners for their consideration and understanding.**

[www.vermietung-raron.ch](http://www.vermietung-raron.ch)



**IMBODEN**

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[info@peakstage.ch](mailto:info@peakstage.ch)



# TIMETABLE FOR THE MARATHON

Here you will find all the important connections for your arrival and departure to the Gornergrat Zermatt Marathon.

Brig ab	05:17	05:51	06:22	06:51	07:22		Fahrende Tribüne	08:22	09:22	10:22	11:22	12:22					
Visp ab	05:30	06:11	06:37	07:11	07:37	08:11	08:50	08:37	09:11	09:37	10:11	10:37	11:11	11:37	12:11	12:37	13:11
Stalden-Saas	05:39	06:21	06:50	07:21	07:50	08:21		08:50	09:21	09:50	10:21	10:50	11:21	11:50	12:21	12:50	13:21
Kalpetran	05:46	06:28	06:58	07:28	07:58	08:28		08:58	09:28	09:58	10:28	10:58	11:28	11:58	12:28	12:58	13:28
St. Niklaus	05:55	06:38	07:09	07:38	08:09	08:38		09:09	09:38	10:09	10:38	11:09	11:38	12:09	12:38	13:09	13:38
Herbriggen	06:05	06:48	07:18	07:48	08:18	08:48		09:18	09:48	10:18	10:48	11:18	11:48	12:18	12:48	13:18	13:48
Randa	06:15	06:57	07:27	07:57	08:27	08:57	09:50	09:27	09:57	10:27	10:57	11:27	11:57	12:27	12:57	13:27	13:57
Täsch	06:20	07:02	07:32	08:02	08:32	09:02		09:32	10:02	10:32	11:02	11:32	12:02	12:32	13:02	13:32	14:02
Zermatt an	06:33	07:17	07:50	08:17	08:50	09:17	09:50	09:50	10:17	10:50	11:17	11:50	12:17	12:50	13:17	13:50	14:17

Brig ab	13:22		14:22		15:22		16:22		17:22		18:22		19:51	20:51	22:22	23:22	
Visp ab	13:37	14:11	14:37	15:11	15:37	16:11	16:37	17:11	17:37	18:11	18:37	19:11	20:11	21:11	22:37	23:33	
Stalden-Saas	13:50	14:21	14:50	15:21	15:50	16:21	16:50	17:21	17:50	18:21	18:50	19:21	20:21	21:21	22:50	23:42	
Kalpetran	13:58	14:28	14:58	15:28	15:58	16:28	16:58	17:28	17:58	18:28	18:58	19:28	20:28	21:28	22:58	23:49	
St. Niklaus	14:09	14:38	15:09	15:38	16:09	16:38	17:09	17:38	18:09	18:38	19:09	19:38	20:38	21:38	23:09	23:58	
Herbriggen	14:18	14:48	15:18	15:48	16:18	16:48	17:18	17:48	18:18	18:48	19:18	19:48	20:48	21:48	23:18	00:06	
Randa	14:27	14:57	15:27	15:57	16:27	16:57	17:27	17:57	18:27	18:57	19:27	19:57	20:57	21:57	23:27	00:13	
Täsch	14:32	15:02	15:32	16:02	16:32	17:02	17:32	18:02	18:32	19:02	19:32	20:02	21:02	22:02	23:36	00:17	
Zermatt an	14:50	15:17	15:50	16:17	16:50	17:17	17:50	18:17	18:50	19:17	19:50	20:17	21:17	22:17	23:48	00:28	

			Läufer & Zuschauer zum Start														
Zermatt ab	05:37	06:06	06:37	06:52	06:55	07:06	07:37	08:06	08:37	09:06	09:37	10:06	10:37	11:06	11:37	12:06	12:37
Täsch	05:51	06:21	06:51	07:06	07:07	07:21	07:51	08:21	08:51	09:21	09:51	10:21	10:51	11:21	11:51	12:21	12:51
Randa	05:57	06:27	06:57	07:10	Ab Täsch:	07:27	07:57	08:27	08:57	09:27	09:57	10:27	10:57	11:27	11:57	12:27	12:57
Herbriggen	06:05	06:35	07:05	07:19	Bus nach	07:35	08:05	08:35	09:05	09:35	10:05	10:35	11:05	11:35	12:05	12:35	13:05
St. Niklaus	06:17	06:47	07:17	07:28	St. Niklaus	07:47	08:17	08:47	09:17	09:47	10:17	10:47	11:17	11:47	12:17	12:47	13:17
Kalpetran	06:28	06:58	07:28			07:58	08:28	08:58	09:28	09:58	10:28	10:58	11:28	11:58	12:28	12:58	13:28
Stalden-Saas	06:38	07:08	07:38			08:08	08:38	09:08	09:38	10:08	10:38	11:08	11:38	12:08	12:38	13:08	13:38
Visp an	06:47	07:19	07:47			08:19	08:47	09:19	09:47	10:19	10:47	11:19	11:47	12:19	12:47	13:19	13:47
Brig an	07:01	07:32				08:32		09:32		10:32		11:32		12:32		13:32	

Zermatt ab	13:06	13:37	14:06	14:37	15:06	15:37	16:06	16:37	17:06	17:37	18:06	18:37	19:06	19:37	20:06	21:06	22:06
Täsch	13:21	13:51	14:21	14:51	15:21	15:51	16:21	16:51	17:21	17:51	18:21	18:51	19:21	19:51	20:21	21:21	22:21
Randa	13:27	13:57	14:27	14:57	15:27	15:57	16:27	16:57	17:27	17:57	18:27	18:57	19:27	19:57	20:27	21:27	22:27
Herbriggen	13:35	14:05	14:35	15:05	15:35	16:05	16:35	17:05	17:35	18:05	18:35	19:05	19:35	20:05	20:35	21:35	22:35
St. Niklaus	13:47	14:17	14:47	15:17	15:47	16:17	16:47	17:17	17:47	18:17	18:47	19:17	19:47	20:17	20:47	21:47	22:47
Kalpetran	13:58	14:28	14:58	15:28	15:58	16:28	16:58	17:28	17:58	18:28	18:58	19:28	19:58	20:28	20:58	21:58	22:58
Stalden-Saas	14:08	14:38	15:08	15:38	16:08	16:38	17:08	17:38	18:08	18:38	19:08	19:38	20:08	20:38	21:08	22:08	23:08
Visp an	14:19	14:47	15:19	15:47	16:19	16:47	17:19	17:47	18:19	18:47	19:19	19:47	20:19	20:47	21:19	22:19	23:17
Brig an	14:32		15:32		16:32		17:32		18:32		19:32	20:01	20:32	21:01	21:32	22:32	23:32

## SHUTTLEZÜGE



Täsch and Zermatt / Zermatt and Täsch

every 20 minutes



Zermatt – Gornergrat – Zermatt

every 24 minutes



Zermatt – Sunnegga – Zermatt

every 10 - 20 minutes



Extra ride Postbus: Grächen – St. Niklaus

07:15 am



Have you ever  
heard total  
silence?



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