



ROADBOOK 2018

360



RAIFFEISEN



# TRAIL PROGRAMM

## Saturday September 1st 2018

When	What	Where
9 am to 2 pm	360 bibs distribution + material check	La Lagune, Bouveret
9 am to 2 pm	Free runners shuttles to Oberwald	La Lagune, Bouveret
6 pm	Athlets presentation and pasta party	Oberwald

## Sunday September 2nd 2018

When	What	Where
7.30 am	Free runners shuttles to Oberwald	La Lagune, Bouveret
10 am to 12.15 am	360 bibs distribution + material check	Oberwald
1 pm	Start of the 360	Oberwald
8 pm	First arrival at the "Binn" lifebase	Binntal

## Monday September 3rd 2018

When	What	Where
8 am	First arrival at the Eisten lifebase	Eisten
6 pm	First arrival at the Zinal lifebase	Zinal

## Tuesday September 4th 2018

When	What	Where
5 am	First arrival at the Grande Dixence lifebase	Grande Dixence
7 pm	First arrival at the Champex lifebase	Champex

## Wednesday September 5th 2018

When	What	Where
8 am	First arrival at the Champéry lifebase	Champéry
11 pm	Arrival of the SwissPeaks 360 winner	La Lagune, Bouveret

## Thursday September 6th 2018

When	What	Where
2 pm to 8 pm	170 bibs distribution + material check	La Lagune, Bouveret
3 pm	Free runners shuttles to Grande Dixence	Aquaparc, Le Bouveret

## Friday September 7th 2018

When	What	Where
7 am	Free runners shuttles to Grande Dixence	Aquaparc, Le Bouveret
8 to 10 am	170 bibs distribution + material check	Barrage de la Grande Dixence
11 am	Start of SwissPeaks 170	Barrage de la Grande Dixence
4 to 8 pm	90/45/35 bibs distribution + material check	La Lagune, Bouveret

## Samedi 8 Septembre 2018

When	What	Where
5.30 am	Free runners shuttles to Finhaut	Aquaparc, Le Bouveret
6 to 7.30 am	SwissPeaks 90 bibs distribution + material check	Finhaut
6 to 7.30 am	SwissPeaks 45 bibs distribution + material check	La Lagune, Bouveret
8 am	Start of SwissPeaks 90	Finhaut
8 am	Start of SwissPeaks 45	La Lagune, Bouveret
7.30 to 9 am	SwissPeaks 35 bibs distribution + material check	La Lagune, Bouveret
9.30 am	Start of SwissPeaks 35	La Lagune, Bouveret
4 pm	Podium Swisspeaks 35 and 45	La Lagune, Bouveret
5 to 11 pm	Live Music	La Lagune, Bouveret

## Dimanche 9 Septembre 2018

When	What	Where
7.30 to 9.30 am	SwissPeaks 15, Kids and Run/Sup bibs distribution + material check	La Lagune, Bouveret
10 am	Start of SwissPeaks 15	La Lagune, Bouveret
12.30 am	Start of SwissPeaks Kids	La Lagune, Bouveret
1.30 pm	Start of Run/sup	La Lagune, Bouveret
1.30 to 3 pm	360 Finisher ceremony, Podium kids, 360, 170, 90 and 15	La Lagune, Bouveret
4 pm	Podium Run/Sup	La Lagune, Bouveret

# RETRAIT DES DOSSARDS & CONTROLE MATERIEL

LIEU	DATE	360	170K	90K	45K	35K	15K
Bouveret (plage)	Samedi 01/09	09-14h					
	Jeudi 06/09		14-20h				
	Vendredi 07/09			16-20h	16-20h	16-20h	
	Samedi 08/09				06-7h30	06h-9h	06h-9h
	Dimanche 09/09						7h30-09h30
Oberwald	Dimanche 02/09	10-12h15					
Grande Dixence	Vendredi 07/09		08-10h				
Finhaut	Samedi 08/09			06-07h30			

Chaque dossard est remis individuellement à chaque coureur sur présentation d'une pièce d'identité.

Le contrôle du matériel obligatoire est fait lors de la remise du dossard.

Le dossard doit être porté sur la poitrine ou le ventre et doit être visible en permanence et en totalité pendant toute la course

Le dossard est le laissez-passer nécessaire pour accéder aux navettes, aires de ravitaillement, aux infirmeries, salles de repos, douches, aires de dépôt ou retrait des sacs...

Sauf en cas de refus d'obtempérer à une décision prise par un responsable de la course, le dossard n'est jamais retiré mais en cas d'abandon il est désactivé.

Each bib is given individually to each trailer on presentation of an identity document

The mandatory material check is done at the same time.

The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race

The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags...

Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

## MANDATORY MATERIALS

This list consists of the minimum required! Checks will take place during the race to avoid abuse!



- Stock of water, min 1L (Camelback ou flasks)
- Survival blanket (2,20 x 1,40m)
- Mobile phone
- 2 headlamps with replacement batteries for each
- Food reserve
- A backpack to carry all the materials
- Hooded jacket (eg: red jacket)
- Adhesive elastic band enable making a bandage or a strapping (minimum 80cm x 3cm)

- Gloves
- Cap or bandana
- Sunglasses
- long running trousers or leggings
- Goblet
- Long-sleeve sweater to withstand the cold

**In supplement in the following bag**

- Hooded jacket (eg: jacket at the left in the picture)

**This jacket can be added during the race to the list of mandatory equipment according to the weather conditions**

## **PASTA PARTY BEFORE RACE**

A pasta party will be organized the day before the start of the 360 for all riders taking part in it

See you on **Saturday 1st September at 6 pm** at the Oberwald multi-purpose hall

**Attention reservation required on our website (until 26th August 2018 maximum)**

If accompanying persons also wish to enjoy the pasta party with you, the meal must be reserved at the same time as your reservation for the sum of 12 CHF/person.

A pre-race briefing and presentation of the athletes will be given during the evening.

## SHUTTLE TO STARTING LINE

Free regional trains for runners from Bouveret to Oberwald.

**Attention registration required (see website)**

Schedule:

**Saturday 01/09 between 9h59 and 17h59**

Departure of a train every hour 59 from the Bouveret station (3h40 journey)

You must be in possession of your race number (= your train ticket) => see race number delivery schedule.

A change is made at Brig. From there you can take any train to Oberwald and stop at any station (in case you do not sleep in Oberwald)

**Sunday 02/09 at 7h59 (arrival at 11h39)**

Free parking will be available at the Bouveret to leave your car during the entire race (follow the signs that will be set up).



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Départ du Bouveret	Arrivée à Brig	Départ de Brig	Arrivée à Oberwald
Samedi 1 <sup>er</sup> septembre			
07 :59	09 :56	10 :23	11 :39
<i>Chaque heure (8x)</i>			
17 :59	19 :53	20 :23	21 :39
Dimanche 2 septembre			
07 :59	09 :56	10 :23	11 :39

## **PERSONAL LUGGAGE TRANSPORT**

Personal luggage can be left at the start of the race (Oberwald)

This baggage will then be transported on arrival (Bouveret) in the luggage storage area where you can pick up back your luggage

Please identify your luggage with a label

## **FOLLOWER BAG**

The organization will provide a bag for all runners taking part in the 360.

It will have a capacity of 50L.

This bag will follow you throughout your race in the different bases of life. No other bag will be accepted.

In case of abandonment, the bag will be returned to the finish area as soon as possible

## LIFEBASE: INSTRUCTIONS FOR USE AND ETHICS

### **On arrival in the lifebase:**

Pass control (automatic)

Receiving the follower bag (you are responsible!)

Showers and beds available (respect the exit time barrier)

Refueling with hot meal available

Accompanying persons are allowed to enter the base of life (max 2 people / runners)

Restitution of the follower bag at your exit from the base of life

Pass control (automatic)

## REPATRIATION AND WITHDRAW

Unless injured, a rider must not give up any place other than a control / refueling point. He must then inform the responsible person, who permanently invalidates his bib

Repatriation will be provided at the following refueling stations:

	360	170	90	45	35
<i>Reckingen</i>	X				
<i>Binntal</i>	X				
<i>Simplonpass</i>	X				
<i>Eisten</i>	X				
<i>Grächen</i>	X				
<i>Zinal</i>	X				
<i>Evolène</i>	X				
<i>Grande Dixence</i>	X				
<i>Le Planproz</i>	X	X			
<i>Champex</i>	X	X			
<i>Finhaut</i>	X	X			
<i>Champéry</i>	X	X	X		
<i>Torgon</i>	X	X	X		
<i>Novel</i>				X	X
<i>Blanc Sé</i>				X	

If you are in a refueling station not included in these repatriation bases, you will have to continue to the next repatriation base EXCEPT if you are unable to travel.

In this case, your first reflex is to call the racing director and follow the instructions given to you.

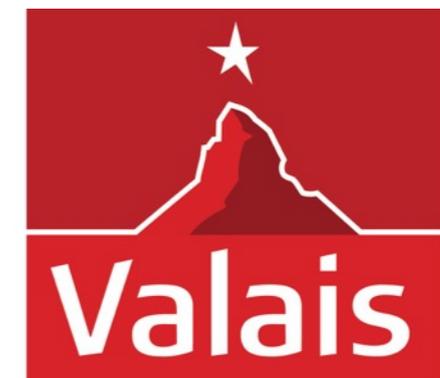
# REFUELING STATION

POSITION	15K	35K	45K	90K	170K	360	POSITION	SOLID	Mulebar Energy bars	Bananas/ bananes	Oranges/ Oranges	Pastèque/ Wassermelone	Dried Fruits/ Fruits secs	Chocolater/ Chocolat	Bread/ Pain	Cheese/ Fromage	TUC biscuits salé/ salt	biscuit sucré/ sugar biscuit	Repas chaud/ hot meal	LIQUID	Water/ eau	Isotonic drink	Tea/ Thé	Vegetables broth/ Bouillon légumes	Coca-Cola	Rivella
	15k	35k	45k	90k	170k	360k																				
Ulrichen						12.9	Ulrichen		x	x	x		x	x	x	x				x	x	x		x		
Reckingen						26.8	Reckingen		x	x	x	x	x	x	x	x	x				x	x	x	x	x	
Chäserstatt						42.8	Chäserstatt		x	x	x		x	x	x	x	x				x	x	x		x	
Binntal						56.3	Binntal			x	x	x		x	x	x	x		x		x	x	x	x	x	x
Bortelhütte						77.7	Bortelhütte		x	x	x		x	x	x	x	x				x	x	x		x	
Simplonpass						88.2	Simplonpass		x	x	x	x	x	x	x	x	x				x	x	x	x	x	
Giw						102.4	Giw		x	x	x		x	x	x	x	x				x	x	x		x	
Eisten						113.4	Eisten			x	x	x		x	x	x	x		x		x	x	x	x	x	x
Grächen						123	Grächen		x	x	x		x	x	x	x	x				x	x	x	x	x	
Jungu						131	Jungu		x	x	x		x	x	x	x	x				x	x	x		x	
Blüomatt						143.9	Blüomatt		x	x	x		x	x	x	x	x				x	x	x	x	x	
Tsahélet						150.9	Tsahélet		x	x	x		x	x	x	x	x				x	x	x		x	
Zinal						158.5	Zinal			x	x	x		x	x	x	x		x		x	x	x	x	x	x
Torrent						168.7	Torrent		x	x	x		x	x	x	x	x				x	x	x		x	
Evolène						179.4	Evolène		x	x	x	x	x	x	x	x	x				x	x	x	x	x	
Chemeuille						184.6	Chemeuille		x	x	x		x	x	x	x	x				x	x	x		x	
Grande Dixence					5.4	199	Grande Dixence			x	x			x	x	x	x		x		x	x	x	x	x	x
Grand désert						206.9	Grand désert		x	x	x		x	x	x	x	x				x	x	x	x	x	
Planproz					25	219.1	Planproz		x	x	x	x	x	x	x	x	x				x	x	x	x	x	
Cabane de Mille					36.6	231.2	Cabane de Mille		x	x	x		x	x	x	x	x				x	x	x	x	x	
Champex					53.7	248	Champex			x	x	x		x	x	x	x		x		x	x	x	x	x	x
La Giète					64.8	259.3	La Giète		x	x	x		x	x	x	x	x				x	x	x		x	
Finhaut					74.9	269.4	Finhaut		x	x	x	x	x	x	x	x	x				x	x	x	x	x	
Cabane de salanfe				13.4	88	282.6	Cabane de salanfe		x	x	x		x	x	x	x	x				x	x	x	x	x	
Cabane de susanfe				21	95.6	290.1	Cabane de susanfe		x	x	x		x	x	x	x	x				x	x	x		x	
Champéry				32	106.4	301	Champéry			x	x	x		x	x	x	x		x		x	x	x	x	x	x
Chaux Pâlin				39.4	113.8	308.4	Chaux Pâlin		x	x	x		x	x	x	x	x				x	x	x	x	x	
Morgins				50.4	124.7	319.3	Morgins		x	x	x		x	x	x	x	x				x	x	x	x	x	
Chalet Neuf				59	132.6	327.4	Conches		x	x	x		x	x	x	x	x				x	x	x	x	x	
Torgon				67.3	143.6	338.2	Torgon		x	x	x	x	x	x	x	x	x				x	x	x	x	x	
Novel		10.1	10.1				Novel		x	x	x		x	x	x	x	x				x	x	x		x	
Taney		22.9	22.9	77.9	154.1	348.7	Taney		x	x	x	x	x	x	x	x	x				x	x	x	x	x	
Blanc Sé			31.1				Blanc Sé		x	x	x		x	x	x	x	x				x	x	x	x	x	
Chalavornaire	7.5						Chalavornaire		x	x	x		x	x	x	x	x				x	x	x		x	
Bouveret	15	35	45	90.3	171	360	Bouveret			x	x			x		x	x				x				x	x

This table groups together the minimum that you can find on the refueling stations.

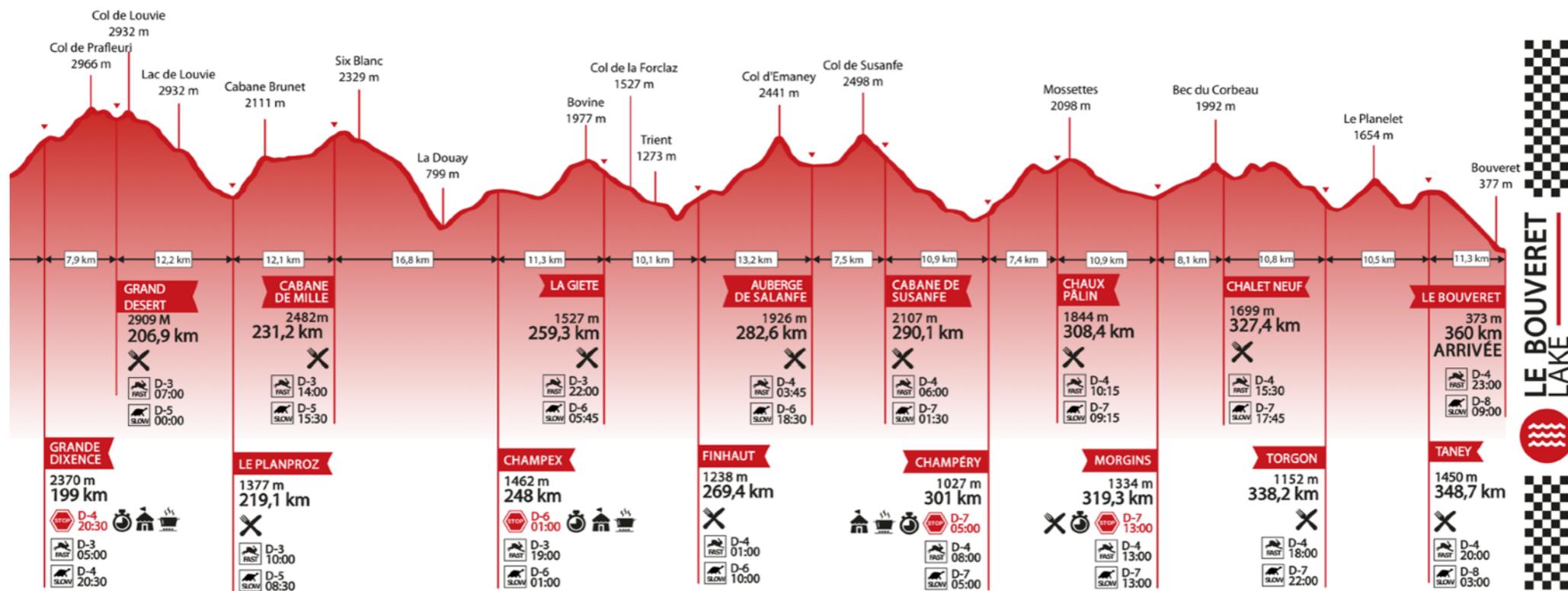
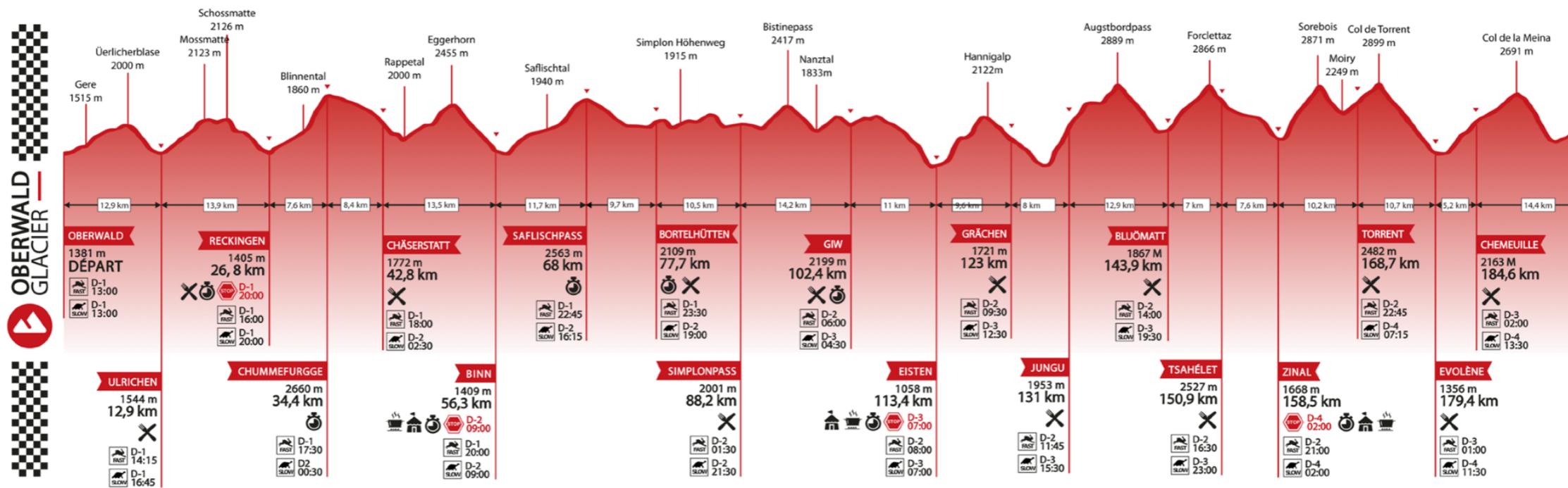
The 2018 concept is to focus on our local Valais products that will complement the basic refreshments

The meals of the bases of life will be varied to not disgust you of pasta :-)



GRAVÉ DANS MON CŒUR.

# PROFIL 360



# RACE DESCRIPTION 360

**ITRA: 6 PTS**  
**DIFFICULTY: 10/10**

Passage	Altitude	Distance intermédiaire	Distance cumulée	Intermédiaire		Cumul		Ravitaillement	Barrière horaire	assistance autorisée	Sac suiveur	le + rapide	le + lent
				D+	D-	D+	D-						
<b>Start Oberwald</b>	1379	0	0	0	0	0	0					Di 13h00	13h00
Gere	1508	2,6	2,6	191	62	191	62						
<b>Ulrichen</b>	1360	10,3	12,9	561	711	752	773	Complet		O		D1 14h15	D1 16h45
<b>Reckingen</b>	1357	13,9	26,8	956	956	1708	1729	Complet	DI 02/09 20h00	O		D1 16h00	D1 20h00
Chummefurgge	2658	7,6	34,5	1310	10	3018	1739		Lu 03/09 00h30			D1 17h30	D2 00h30
<b>Chäserstatt</b>	1779	8,4	42,9	42	921	3060	2660	Complet		O		D1 18h00	D2 02h30
Eggerhorn	2443	8.1	50,9	856	192	3916	2852						
<b>Binntal</b>	1402	5,4	56,4	5	1045	3921	3897	Base de vie	LU 03/09 09h00	O	O	D1 20h00	D2 09h00
<b>Safflisalp</b>	2561	11,6	68,1	1298	140	5219	4037		Lu 03/09 16h15	O		D1 22h45	D2 16h15
<b>Bortelhütten</b>	2097	9,6	77,8	237	700	5456	4737	Complet	Lu 03/09 19h00	O		D1 23h30	D2 19h00
<b>Simplonpass</b>	2004	10,5	88,3	491	585	5947	5322	Complet		O		D2 01h30	D2 21h30
Bistinepass	2418	6.1	94,3	556	144	6503	5466						
Nanztal	1833	3,8	98,1	3	587	6506	6053						
<b>Giw</b>	1971	4,3	102,5	370	231	6876	6284	Complet	MA 04/09 04h30	O		D2 06h00	D3 04h30
<b>Eisten</b>	1101	11.1	113,5	341	1211	7217	7495	Base de vie	MA 04/09 07h00	O	O	D2 08h00	D3 07h00
<b>Grächen</b>	1725	9,5	123,1	1169	543	8386	8038	Complet		O		D2 09h30	D3 12h30
<b>Jungu</b>	1964	8.1	131,1	891	654	9277	8692	Complet		O		D2 11h45	D3 15h30
Augstbordpass	2891	6,3	137,4	969	42	10246	8734						
<b>Blüematt</b>	1867	6,6	144	54	1079	10300	9813	Complet		O		D2 14h00	D3 19h30
Forclettaz	2872	5,3	149,4	1011	3	11311	9816						
<b>Tsahélet</b>	2523	1,6	151	0	351	11311	10167	Complet		O		D2 16h30	D3 23h00
<b>Zinal</b>	1672	7,5	158,6	18	870	11329	11037	Base de vie	Me 05/09 02H00	O	O	D2 18h00	D4 02h00
Sorebois	2865	5,1	163,7	1211	15	12540	11052						
<b>Torrent</b>	2487	5.1	168,8	254	634	12794	11686	Complet		O		D2 22h45	D4 07h15
Torrent	2910	2,6	171,5	443	20	13237	11706						
<b>Evolène</b>	1374	8.1	179,5	4	1540	13241	13246	Complet		O		D3 01h00	D4 11h30
<b>Chemeuille</b>	2132	5,2	184,7	820	63	14061	13309	Complet		O		D3 02h00	D4 13h30
Col de la Meina	2697	4,8	189,5	567	0	14628	13309						
<b>Grande Dixence</b>	2159	9,1	198,7	572	1111	15200	14420	Base de vie	ME 05/09 20H30	O	O	D3 05h00	D4 20h30
Col de Pra fleuri	2983	6,2	204,9	923	99	16123	14519						
Grand Désert	2898	1,6	206,6	61	146	16184	14665	léger				D3 07h00	D5 00h00
Grand Désert	2775	0,7	207,3	0	122	16184	14787						
Col de Louvie	2924	1,5	208,9	173	26	16357	14813						
<b>Lac de Louvie</b>	2218	5,2	214,1	26	732	16383	15545						
<b>Le Planproz</b>	1361	5,3	219,5	24	880	16407	16425	Complet		O		D3 10h00	D5 08h30
Cabane Brunet	2102	4.1	223,6	771	31	17178	16456						
<b>Cabane de Mille</b>	2482	7,5	231,2	583	203	17761	16659	Complet		O		D3 14h00	D5 15h30
Six Blanc	2330	3,3	234,5	122	273	17883	16932						
<b>La Douay</b>	799	8,1	242,7	10	1540	17893	18472						
<b>Champex</b>	1471	5,2	248,0	687	17	18580	18489	Base de vie	Ve 07/09 01H00	O	O	D3 19h00	D6 01h00
La Giète	1880	11,6	259,3	804	394	19384	18883	Complet				D3 22h00	D6 06h45
<b>Finhaut</b>	1248	10,3	269,4	371	1003	19755	19886	Complet		O		D4 01h00	D6 10h00
<b>Barrage de salanfe</b>	1933	13,1	282,6	1354	671	21109	20557	Complet		O		D4 03h45	D6 18h30
Col de Susanfe	2494	5,2	287,8	580	17	21689	20574						
<b>Cabane de Susanfe</b>	2099	2,3	290,1	0	395	21689	20969	Complet		O		D4 01h30	D6 17h00
<b>Champéry</b>	1031	10,8	301	369	1439	22058	22408	Base de vie	Sa 08/09 05H00	O	O	D4 08h00	D7 05h00
<b>Chaux Pâlin</b>	1844	7,3	308,4	971	157	23029	22565	Complet		O		D4 10h15	D7 09h15
Mossettes	2089	1,7	310,2	246	0	23275	22565						
<b>Morgins</b>	1326	9,1	319,3	24	788	23299	23353	Complet	SA 08/09 13H00	O		D4 13h00	D7 13h00
<b>Chalet Neuf</b>	1701	8.1	327,4	680	304	23979	23657	Complet				D4 15h30	D7 17h45
<b>Torgon</b>	1148	10,7	338,2	481	1034	24460	24691	Complet		O		D4 18h00	D7 22h00
Le Planelet	1666	4,6	342,8	555	37	25015	24728						
Taney	1413	5,9	348,7	380	634	25395	25362					D4 20h00	D8 03h00
<b>Arrivée</b>	372	11,2	360	66	1106	25461	26468	léger	DI 09/09 09H00		O	D4 23h00	D8 09h00

**D1: SUNDAY 02**  
**D2: MONDAY 03**  
**D3: TUESDAY 04**  
**D4: WEDNESDAY 05**  
**D5: THURSDAY 06**  
**D6: FRIDAY 07**  
**D7: SATURDAY 08**  
**D8: SUNDAY 09**

**360KM**  
**25500 D+**

**START FROM OBERWALD**  
**SUNDAY 2.09 À 1 PM**

**6 BASES OF LIFE**  
**27 REFUELING STATIONS**

**80H FOR + FAST**  
**160H FOR + SLOW**

**600 RUNNERS**  
**MAX**

# CARTE 360



# COME TO BOUVERET

By air: via Geneva airport (GVA), then take the train ([www.cff.ch](http://www.cff.ch)) from Geneva airport to the Bouveret train station

By road: plan your route with the following address: route de la plage, 1897 Port-Valais

# PARKING IN BOUVERET

