

SWISS
HIGHLANDS
TRAIL

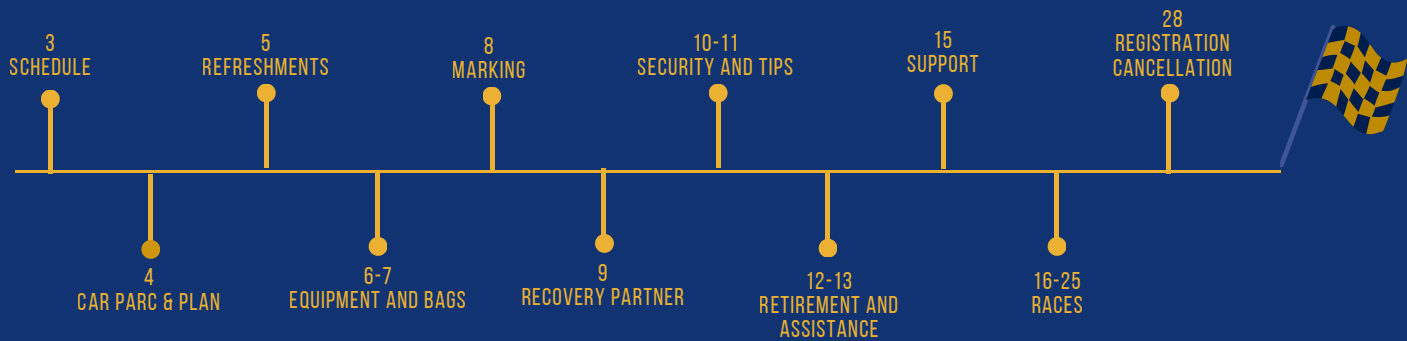


ROADBOOK



v1 - SEPTEMBER 17TH 2026

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SCHEDULE

FRIDAY, SEPTEMBER 25TH

06:00 - 08:00 p.m. : Bib pickup

Kirchgemeindehaus

Untergstaadstrasse 8 Gstaad (See map)



At bib pickup, participants will be required to present a valid ID and undergo a mandatory gear check. Please also bring the email sent 2 to 3 days before the race containing your bib number. A third party may collect your bib on your behalf, provided they meet the same requirements.

The bib number must be worn visibly on the chest or abdomen throughout the race.

To avoid unnecessary stress before the start, we strongly recommend not arriving at the last minute. Bib pickup closes 30 minutes before the race start, and queues may occur.

SATURDAY, SEPTEMBER 26TH

From 04:30 A.M. : Bib pickup

(Promenade 58, Gstaad)

START

06:00 A.M. : Highlander 60 start

08:00 A.M. : Highlander 42 start

10:45 A.M. : Highlander FAMILY start

11:00 A.M. : Highlander 25 start

01:30 P.M. : Highlander 15 start

02:30 P.M. : Overall podium ceremony for the 60, 42, 25 and Family races

03:30 P.M. : Overall podium ceremony for the 15 race and all age categories



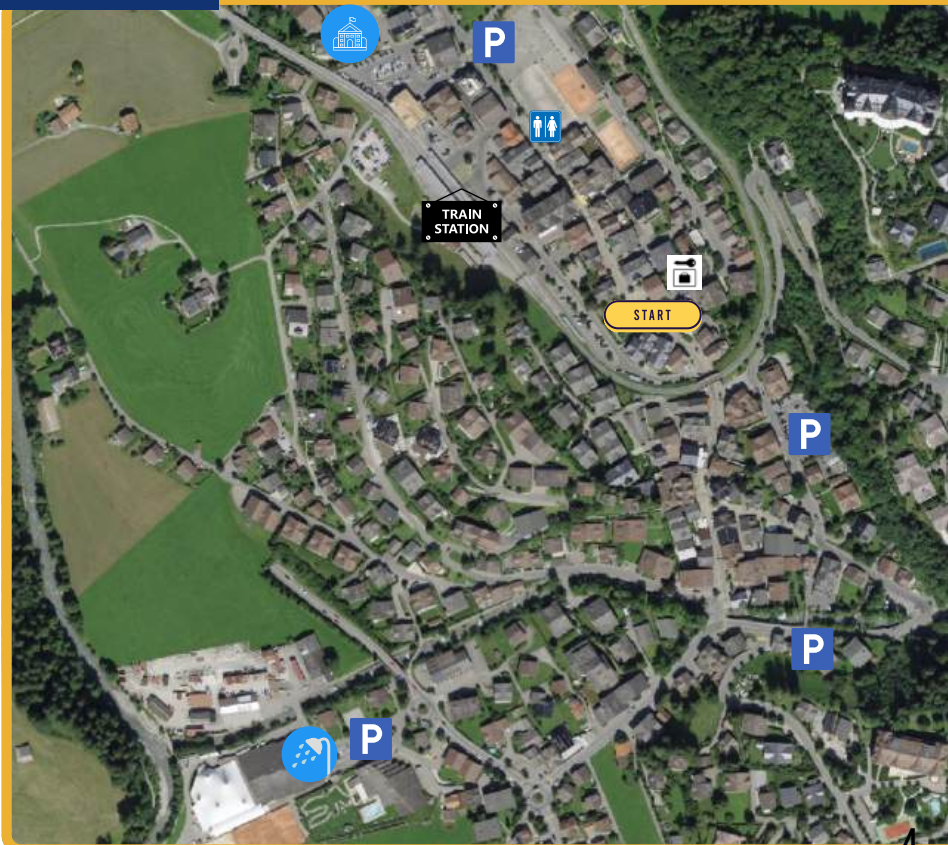
CAR PARK & PLAN

Of course, travelling by train remains a highly recommended and pleasant option, with the railway station located just 100 metres from the start/finish area. Several parking facilities are also available nearby.

Please note that there is no free parking, and parking fees are NOT included in the race entry fee.

The Unter-Gstaad Parking is conveniently located halfway between the bib pickup area and the start line (approximately 400 m on foot).

Additional parking facilities, beyond those shown on the map, are available [here](#).



REFRESHMENT

REFRESHMENT



Drinks: still and sparkling water, isotonic sports drinks, Coca-Cola, coffee, tea, squash, soup/broth.

Food: energy bars, cakes, savoury biscuits, chocolate, bananas, oranges, dried fruit, cheese, cured meats, and bread.

This list is intended as a general guide. Additional food and drink items may also be available at individual aid stations.

WISPILE (60 AND 42KM)

This aid station, located 7 km from the start, will offer liquid refreshments only.

GELTENHÜTTE (60KM)

Due to the alpine location, the range of products available at this aid station will be limited. However, participants will be allowed to purchase additional food and drinks directly from the mountain hut.



EQUIPMENT

Late-September weather in the region can be highly unpredictable, with a risk of precipitation and significant temperature variations. The organisation may activate one of the three weather plans described below and make the corresponding equipment mandatory up to 12 hours before the start.

Regardless of the weather conditions, the use of sunglasses, sunscreen, and gloves is strongly recommended. Foot care, blister treatment, and K-tape application will not be provided by the organisation.

To be prepared for any situation, we strongly recommend that all participants arrive at the start with their full mandatory equipment.

STANDARD MANDATORY KIT

See the details in the section dedicated to each race course.

COLD CONDITIONS KIT

- Insulated hooded down jacket
- Waterproof overtrousers (rain pants)
- Warm waterproof gloves
- Beanie



BAD WEATHER KIT

- Waterproof hooded jacket (10,000 mm waterproof rating)
- Warm long-sleeved top



¹ The jacket must be made with a waterproof membrane (recommended minimum: 10,000 mm Schmerber rating) and be breathable (recommended RET rating below 13).

If you choose to use trekking poles, you must carry them for the entire duration of the race or leave them at the base camp (where applicable).

PERSONAL BELONGINGS



Participants may leave their personal belongings at the start area in Gstaad (Saturday only) and collect them after finishing at the same location.

The organisation accepts no responsibility for any loss, theft, or damage to personal belongings.

A luggage tag bearing the participant's bib number will be provided and must be attached to the participant's personal bag. Bags may be collected upon presentation of the bib number and must be retrieved no later than **Saturday, 26 September at 21:00** from the same location. After this time, any unclaimed bags will be stored by the organisation.

MARKING

MARKING

The course is marked with course tape, directional signs, and red flags, placed at regular intervals along the route.

Participants are advised to:

- Remain attentive to the course markings at all times.
- Not follow other groups without first checking the route markings.
- Report any missing or damaged markings to the organisation immediately.

In addition to the physical course marking, participants are strongly encouraged to carry the official GPX track of the route.

If in doubt, turn back to the last visible course marker.



RECOVERY PARTNERSHIP

RECOVER LIKE A HIGHLANDER WITH POTASCHI SAUNA CHALET

After the effort comes recovery!

We are delighted to have Potaschi Sauna Chalet as one of the partners of the Swiss Highlands Trail.

During the event, two saunas will be available to participants:

- A sauna located directly in the Trail Village, ideal for relaxing your muscles after your race.
- A second sauna in Gsteig, at Heiti Lodge, where you can extend your recovery experience in an exceptional alpine setting.

Swiss Highlands Trail participants benefit from a 25% discount with the code **HIGHLANDS26**.

⚠ Advance booking is mandatory to guarantee your place.

The Gstaad sauna will be available until Sunday, 27 September. After that date, participants will still be able to enjoy the sauna facilities in Gsteig at Heiti Lodge.



INFOS ET RÉSERVATIONS



SECURITY

PERSONAL INSURANCE

We strongly recommend that all participants hold personal insurance covering search, rescue, and evacuation costs in Switzerland. A helicopter evacuation can cost up to CHF 5,000, and it is not uncommon for runners to have to cover such expenses themselves due to a lack of adequate insurance.

Participants are free to purchase this coverage from the insurance provider of their choice. For example, REGA offers an annual membership for CHF 40, which includes search and rescue coverage. The International Trail Running Association (ITRA) also offers an insurance policy with worldwide coverage. For more information, please visit the [REGA website](#) or the [ITRA insurance page](#).

+41 (0)77 528 23 49

+41 (0)76 210 62 68

PC COURSE

SWISS MOBILE



The free SwissMobile app can also be a valuable tool, as it includes the official hiking trails on which the race routes are based.



TIPS

PLAN FOR DIMINISHING DAYLIGHT

Late September brings a rapid decrease in daylight. Under forest cover, it can become effectively dark up to 20 minutes before sunset.

Recommendations:

- Carry a headlamp, even for the shorter distances.
- Check the sunset time before the start of your race.
- Wear or carry reflective elements to improve visibility in foggy or low-light conditions.

Being prepared for changing light conditions can greatly enhance both safety and comfort on the course.

MANAGING SLIPPERY GROUND AND FALLEN LEAVES

Wet leaves can conceal roots, rocks, and holes, while also becoming extremely slippery when damp, significantly increasing the risk of falls.

Recommendations:

- Shorten your stride when running through leaf-covered sections.
- Reduce your speed on descents.
- Wear trail shoes with good grip and traction.
- Stay particularly vigilant in shaded and damp areas.

Remember that hidden obstacles may lie beneath the leaves. Always watch your footing and adapt your pace to the conditions.

PREPARE FOR TEMPERATURE VARIATIONS

Mornings can be cold and damp, while afternoons, especially during climbs, may feel significantly warmer. Once you stop moving, your body cools down much faster than it warms up again.

Recommendations:

- Use a layering system to adapt easily to changing conditions.
- Carry a lightweight windproof jacket.
- Bring a warm layer for post-race recovery or extended stops.

Proper clothing management can make a significant difference to both comfort and performance throughout the race.



ABANDON



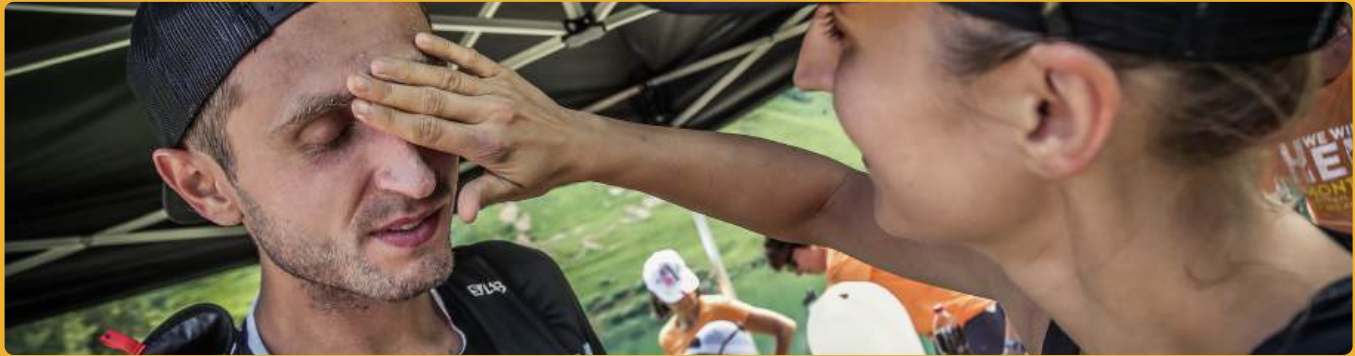
ABANDONMENT PROCEDURE

Except in case of injury, runners may only withdraw at an official checkpoint. They must inform the staff at the checkpoint, who will then invalidate their bib number. Depending on the time and location, repatriation may take some time. Thank you for your understanding.

If a runner has not restarted before the time cut-off, they will be declared OUT OF THE RACE. Any runner who has been disqualified and wishes to continue may do so only after returning their race number, and entirely at their own risk and expense.

Any runner leaving the course without informing the organizers will be responsible for any search and rescue costs incurred. In the event of adverse weather conditions causing a partial or total cancellation of the race, the organizers will arrange transportation for all stranded runners from the aid stations as quickly as possible.

ASSISTANCE



- The assistants are required to comply with the regulations, otherwise the runner will be disqualified.
- The person in charge of the aid station has the right to exclude any assistant who disrupts the runners participating in the race or does not respect the rules. They may also limit the number of assistants if they deem it disrupts the smooth operation of the aid station.
- Personal assistance is permitted only and exclusively at refueling stations, in an area designated for this purpose and under the responsibility of the site manager.
- The assistant can bring spare clothes and shoes, food and/or nutritional supplements for the runner.
- The areas dedicated to rest, showers and medical assistance are strictly and exclusively reserved for runners; access is prohibited to accompanying persons.
- Any form of personal assistance outside of aid stations is prohibited, under penalty of disqualification of the runner.
- Supporters/accompanying persons must respect road traffic restrictions. Any violation will result in the runner's disqualification.

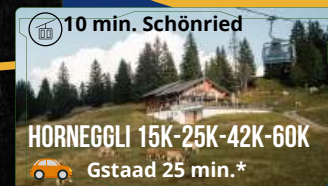


SWISS
CRAFT DRINKS

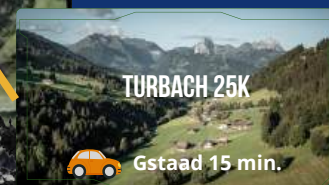
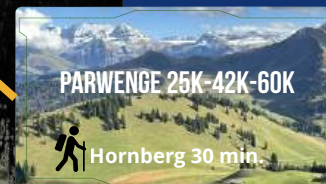
Boisson artisanale Suisse



“SPOTS” FOR ACCOMPANYING PERSONS



*via Saanenmöser





THE RACES

HIGHLANDER 60

DETAILED INFORMATION



	PLACE	DATE	HOURLY
BIB COLLECTION	GSTAAD PARISH HALL	SEPTEMBER 25 SEPTEMBER 26	18H-20H 04:30-05:30
RACE START	KAPPELIPLATZ, GSTAAD	SEPTEMBER 26	6H00
SCRATCH PODIUM CATEGORIES PODIUM	KAPPELIPLATZ	SEPTEMBER 26	14H30 3:30 PM

REQUIRED EQUIPMENT

Water reserve (minimum 1 liter), waterproof jacket with hood (10,000 mm/h), headlamp with spare batteries, spare headlamp, personal water bottle, survival blanket, whistle, food supply, long running pants (leggings or leggings and high socks permitted), warm long-sleeved shirt (free-sleeved shirts permitted), mobile phone switched on and working in Switzerland

RECOMMENDED EQUIPMENT

Gloves, spare t-shirt, cap or bandana, sunglasses, sunscreen

TIME BARRIERS (EXIT)

Lauenen - 15km: 09:30 Türlü - 37km: 14:30 Horneggli - 52km: 18:15 Gstaad (finish): 20:00



COLD KIT *

- Warm jacket with down hood
- Waterproof overtrousers
- Warm and waterproof gloves
- Bonnet

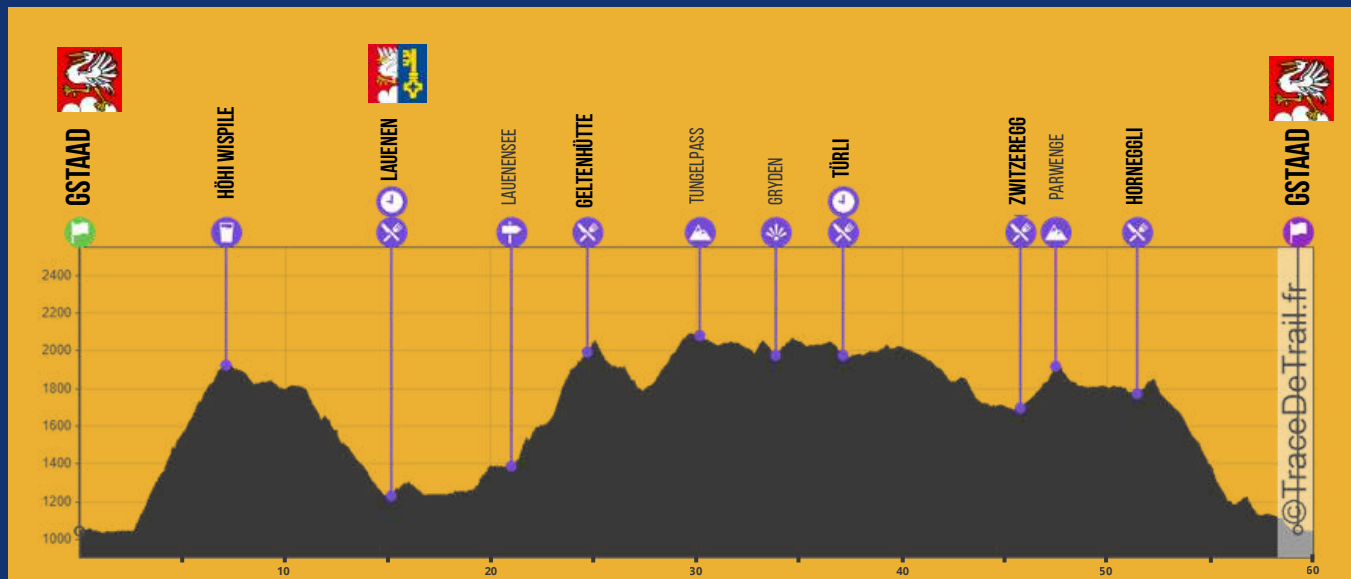
*Activity details will be communicated by email at least 12 hours before departure



¹ The jacket must be designed with a waterproof membrane (minimum recommended: 10000 Schmerber) and breathable (RET recommended less than 13).

If you choose to use poles, you must wear them throughout the entire race.

HIGHLANDER 60



↗ 2'935M+
↘ 2'935M-

HIGHLANDER 42



DEPARTURE
SATURDAY,
SEPTEMBER 26

	PLACE	DATE	HOURLY
BIB COLLECTION	GSTAAD PARISH HALL	SEPTEMBER 25 SEPTEMBER 26	18H-20H 04H30-07H30
RACE START	KAPPELIPLATZ, GSTAAD	SEPTEMBER 26	8:00 AM
SCRATCH PODIUM CATEGORIES PODIUM	KAPPELIPLATZ	SEPTEMBER 26	14H30 3:30 PM

DETAILED INFORMATION



¹ The jacket must be designed with a waterproof membrane (minimum recommended: 10000 Schmerber) and breathable (RET recommended less than 13).

If you choose to use poles, you must wear them throughout the entire race.

REQUIRED EQUIPMENT

Water reserve (minimum 0.5 litre), waterproof jacket with hood (10,000 mm/h), individual water bottle, survival blanket, whistle, food reserve, mobile phone working in Switzerland (switched on).

RECOMMENDED EQUIPMENT

Gloves, spare t-shirt, cap or bandana, sunglasses, sunscreen

TIME BARRIERS (EXIT)

Türli - 21km: 1:30 PM Gstaad (finish): 6:00 PM



COLD KIT*

- Warm jacket with down hood
- Waterproof overtrousers
- Warm and waterproof gloves
- Bonnet
- *Activity details will be communicated by email at least 12 hours before departure

HIGHLANDER 42



HIGHLANDER 25

DETAILED INFORMATION



	PLACE	DATE	HOURLY
BIB COLLECTION	GSTAAD PARISH HALL	SEPTEMBER 25 SEPTEMBER 26	18H-20H 09H00 - 10H30
RACE START	KAPPELIPLATZ, GSTAAD	SEPTEMBER 26	11:00
SCRATCH PODIUM CATEGORIES PODIUM	KAPPELIPLATZ	SEPTEMBER 26	14H30 3:30 PM

REQUIRED EQUIPMENT

Water reserve (minimum 0.5 litre), waterproof jacket with hood (10,000 mm/h), individual water bottle, survival blanket, whistle, food reserve, mobile phone working in Switzerland (switched on).

RECOMMENDED EQUIPMENT

Gloves, spare t-shirt, cap or bandana, sunglasses, sunscreen

TIME BARRIERS

Gstaad (arrival): 5:00 p.m.



COLD KIT*

- Warm jacket with down hood
- Waterproof overtrousers
- Warm and waterproof gloves
- Bonnet
- Activation could be communicated by email until 12 hours before the start.

¹ The jacket must be designed with a waterproof membrane (minimum recommended: 10000 Schmerber) and breathable (RET recommended less than 13).

If you choose to use poles, you must wear them throughout the entire race.

HIGHLANDER 25 (+ FAMILY)



25.1 KM

1'342M+
1'342M-

HIGHLANDER 15

DETAILED INFORMATION



	PLACE	DATE	HOURLY
BIB COLLECTION	GSTAAD PARISH HALL	SEPTEMBER 25 SEPTEMBER 26	18H-20H 10:00 A.M. - 1:00 P.M.
RACE START	KAPPELIPLATZ, GSTAAD	SEPTEMBER 26	13H30
SCRATCH PODIUM CATEGORIES PODIUM	KAPPELIPLATZ	SEPTEMBER 26	3:30 PM

REQUIRED EQUIPMENT

Water reserve (minimum 0.5 litre), personal cup, mobile phone working in Switzerland activated, survival blanket.

RECOMMENDED EQUIPMENT

Gloves, spare t-shirt, cap or bandana, sunglasses, sunscreen

TIME BARRIERS

Gstaad (arrival): 6:00 p.m.



COLD KIT*

- Warm jacket with down hood
- Waterproof overtrousers
- Warm and waterproof gloves
- Bonnet

*Activity details will be communicated by email at least 12 hours before departure

¹ The jacket must be designed with a waterproof membrane (minimum recommended: 10000 Schmerber) and breathable (RET recommended less than 13).

If you choose to use poles, you must wear them throughout the entire race.

HIGHLANDER 15



15.3 KM



910M+
910M-

HIGHLANDER FAMILY

DETAILED INFORMATION



	PLACE	DATE	HOURLY
BIB COLLECTION	GSTAAD PARISH HALL	SEPTEMBER 25 SEPTEMBER 26	18H-20H 09H00 - 10H30
RACE START	KAPPELIPLATZ, GSTAAD	SEPTEMBER 26	10H45
SCRATCH PODIUM CATEGORIES PODIUM	KAPPELIPLATZ	SEPTEMBER 26	14H30

COLD KIT*

- Warm jacket with down hood
- Waterproof overtrousers
- Warm and waterproof gloves
- Bonnet

*Activity details will be communicated by email at least 12 hours before departure

REQUIRED EQUIPMENT

Water reserve (minimum 0.5 litre), waterproof jacket with hood (10,000 mm/h), individual water bottle, survival blanket, whistle, food reserve, mobile phone working in Switzerland (switched on).

RECOMMENDED EQUIPMENT

Gloves, spare t-shirt, cap or bandana, sunglasses, sunscreen

TIME BARRIERS

Gstaad (arrival): 5:00 p.m.



RACE PROCEDURE

The child sets off through the streets of Gstaad for about 1km and then passes the baton to the adult who sets off alone on the Highlander 25. The two teammates meet at the relay panel (Hotel Alpina - 46.476203, 7.289850) about 1km before the finish and then finish together.

¹ The jacket must be designed with a waterproof membrane (minimum recommended: 10000 Schmerber) and breathable (RET recommended less than 13).
If you choose to use poles, you must wear them throughout the entire race.



YOUR KEY TO GSTAAD

SINCE 1970



SALES | RENTALS | ADMINISTRATION

Gschwendstrasse 2 | CH-3780 Gstaad | T +41 33 748 45 50 | www.gerax.ch



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PÉNALITÉS

CONTRÔLE ANTIDOPAGE

Tout concurrent peut être soumis à un contrôle antidopage pendant l'épreuve ou à l'arrivée. En cas de refus ou d'abstention, l'athlète sera sanctionné de la même manière que s'il ou elle avait été contrôlé(e) positif(ve).



Les concurrents refusant de se conformer à ces règles peuvent être éliminés, notamment pour :

- Absence de dossard
- Falsification du dossard
- Coupe de parcours
- Arrivée tardive au départ de la compétition (selon le retard)
- Omission de se présenter aux postes de contrôle
- Pollution ou dégradation des sites traversés (coupure de sentiers, abandon de déchets)
- Refus d'être examiné par le personnel médical
- Non-assistance à un concurrent en détresse
- Absence de matériel obligatoire

Toute personne souhaitant déposer une réclamation doit le faire par écrit auprès du Comité de course à l'arrivée.

JURY DE COURSE

Il est composé de :

- Le directeur de course
- Le vice-président de l'organisation
- Le responsable technique
- Les responsables des postes concernés
- Ainsi que toute personne compétente désignée à la discrétion du Président du Comité d'organisation

Le jury est habilité à statuer, dans un délai compatible avec les exigences de la course, sur tout litige ou toute disqualification survenant durant l'épreuve. Ses décisions sont sans appel.

PENALTIES

ANTI-DOPING CONTROL

All competitors may be subject to doping controls during the event or upon arrival. In case of refusal or abstention, the athlete will be sanctioned in the same way as if he or she had tested positive.



Competitors refusing to comply with these rules may be eliminated; in particular for:

- No race number
 - Bib falsification
 - Course cut
 - Late arrival at the start of the competition (depending on the delay)
 - Failure to report to checkpoints
 - Pollution or degradation of sites crossed (cut-off trails, littering)
 - Refusal to be examined by medical staff
 - Failure to assist a competitor in distress
 - Absence of mandatory equipment
-
- Anyone wishing to lodge a complaint must do so in writing to the Race Committee upon arrival.

Race Jury:

It consists of:

- The race director
 - The vice-president of the organization
 - The technical manager
 - The heads of the relevant departments
 - As well as any competent person appointed at the discretion of the Chairman of the Organizing Committee
-
- The jury is authorized to rule, within a timeframe compatible with the requirements of the race, on any dispute or disqualification arising during the event. Its decisions are final.

ANNULATION D'INSCRIPTION



Tout participant peut souscrire à la garantie d'annulation au moment de l'inscription, à condition que le paiement soit effectué en ligne par carte de crédit. Le coût de cette garantie est ajouté aux frais d'inscription dans la même transaction.

L'objectif de cette garantie est de permettre le remboursement des frais d'inscription à la course si le coureur demande l'annulation pour l'un des événements suivants :

- Accident, maladie grave ou décès du coureur.
- Maladie grave nécessitant une hospitalisation, ou décès du conjoint/partenaire du coureur, ou d'un ascendant ou descendant au premier degré, survenant dans les trente jours précédant l'événement.
- En cas d'accident ou de maladie grave touchant le coureur, un certificat médical attestant l'incapacité à participer doit être fourni. Toute autre raison d'annulation doit être justifiée par un document officiel émis par l'autorité compétente.
- En cas d'accouchement prévu pour le participant ou son conjoint pendant la course. Une décision peut être prise jusqu'à 24 heures avant la course de la personne concernée.

Toute demande d'information, de remboursement, de précision supplémentaire, ainsi que toute réclamation doit être adressée exclusivement à :

Helvetica Trail Sàrl

Rte de Pierre-Ozaire 2B

CH-1073 Savigny

E-mail: info@helvetica-trail.ch

REGISTRATION CANCELLATION



Any participant can purchase cancellation insurance at the time of registration, provided that payment is made online by credit card. The cost of this insurance is added to the registration fee in the same transaction.

The purpose of this guarantee is to allow for the reimbursement of race registration fees if the runner requests cancellation for one of the following events:

- Accident, serious illness or death of the runner.
- Serious illness requiring hospitalization, or death of the runner's spouse/partner, or of a first-degree ascendant or descendant, occurring within thirty days preceding the event.
- In the event of an accident or serious illness affecting the runner, a medical certificate attesting to their inability to participate must be provided. Any other reason for cancellation must be justified by an official document issued by the competent authority.
- In the event of a planned birth for the participant or their partner during the race, a decision may be made up to 24 hours before the race for the person concerned.
- All requests for information, refunds, further clarification, and all complaints must be addressed exclusively to:

Helvetica Trail Sàrl
Rte de Pierre-Ozaire 2B
CH-1073 Savigny
E-mail: info@helvetica-trail.ch



Ensemble, tout est possible!

Encourager le bénévolat ou transformer durablement notre système énergétique : ces défis ne peuvent être relevés qu'en travaillant ensemble. C'est pourquoi l'Association Suisse de l'Industrie Gazière soutient Swiss Volunteers, sans qui de nombreuses manifestations ne pourraient tout simplement pas avoir lieu.

En unissant leurs forces, les deux organisations continueront à s'engager avec conviction et détermination pour répondre à ces enjeux sociaux. Parce qu'ensemble, nous pouvons faire bouger les choses.

Pour en savoir plus : gazenergie.ch et swissvolunteers.ch



Together, anything is possible!

Encouraging volunteering or sustainably transforming our energy system: these challenges can only be met by working together. That's why the Swiss Gas Industry Association supports Swiss Volunteers, without whom many events simply could not take place.

By joining forces, the two organizations will continue to work with conviction and determination to address these social challenges. Because together, we can make a difference.

For more information: gazenergie.ch and swissvolunteers.ch



SUIVEZ LA COURSE

RÉSEAUX SOCIAUX



Fil d'actualité sur les réseaux sociaux
Naturellement, de nombreuses informations en direct seront disponibles sur nos principales plateformes numériques. Restez connectés.

suivi LIVE



La course peut être suivie avec l'application Live Trail



FOLLOW THE RACE

SOCIAL NETWORKS



Social media feed: Naturally, plenty of live information will be available on our main digital platforms. Stay connected.

Live tracking



The race can be followed with the Live Trail app.



GSTAAD

COME UP - SLOW DOWN



MERCI À NOS PARTENAIRES



THANK YOU TO OUR PARTNERS

