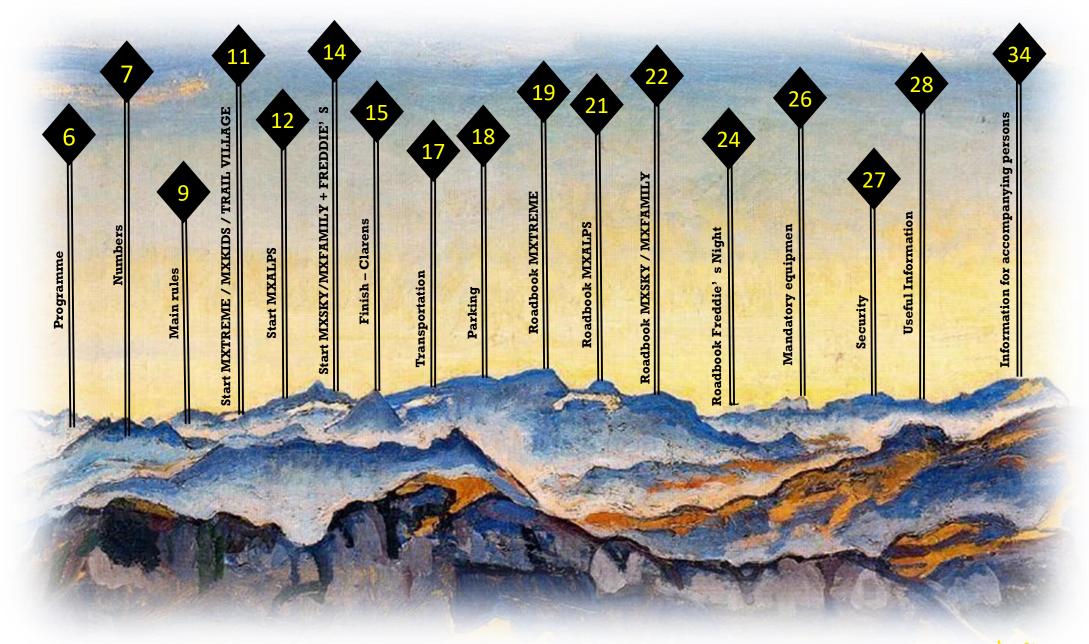


ROADBOOK WE WILL BELL YEU









The Montreux Trail Festival team is very happy to welcome you for a 7th edition with its share of novelties but also some "reunions".

One of the lesser-known anthems of the band Queen, which has accompanied us at our event since 2017, suggested "Lazing around on a Sunday afternoon"; so we had to find a good reason to offer you a programme where after a good run you could just do that. Our new arrival location on Clarens beach, about 1.5 km from Montreux, should hopefully motivate you to enjoy an "After Party" on the shores of Lake Geneva. And, as we like to challenge ourselves, a new date has been set to see if the snow melts as fast as recent weather conditions seem to indicate.

Our emblematic race, Freddie's Night, will have a single start this year for both the 15 and 7 km course, which should make everything even more festive, always in front of the statue of Freddie Mercury in Montreux. Never change a winning team! But we are especially pleased that all the routes will pass through the magnificent Chauderon gorge near Montreux after a few years of being closed. We would like to thank the Montreux forestry services who worked for several months to reopen the gorge (for us).

This year the Montreux Trail Festival will fall in the same weekend as the World Championships which take place in Austria, but for our organisation you are obviously all our own World Champions!







One Team, one Passion

What do an ultra-trail champion and a lover of the Himalayan mountains do when they meet?

The idea of the Montreux Trail Festival was born in 2015 when Diego Pazos and Cédric Agassis met during the Humani Trail, a race created by the latter to help children in the Nepalese mountains. The two enthusiasts got on well and a few months later the project to create a new trail between the Riviera and the Vaud Alps took shape thanks to the support of the Municipality of Montreux and the Canton of Vaud.

Since 2016, more than a thousand volunteers have given their time to make this event a success. We would like to express our gratitude to everyone, past and present.

After 6 beautiful editions and a 7th one which is almost there, we have an organising committee of about fifteen people who commit themselves throughout the year. Among these people, we cannot hide Michaela Senft, our favourite G.O. (friendly (fr. Gentil) Organiser) and Paul van der Linden, the most Swiss of the "Oranjes", without whom nothing would be possible.

This event also allowed us to work with, in addition to Montreux, our partner communes of Bex, Aigle and Corbeyrier, great providers of volunteers and good ideas. Many thanks to these towns and their inhabitants.



The programme



From 14H00

Bibs MXKIDS, MXTREME, MXALPS in Bex

17H00 - 20H00

Bibs MXSKY, MXFAMILY, FREDDIE'S in Clarens

17H15 - 18H50

MXKIDS à Bex

17h15 Béliers verts filles 17h30 Béliers verts garçons 17h45 Béliers rouges filles 18h00 Béliers rouges garçons 18h20 Béliers bleus filles 18h40 Béliers bleus garçons

17H00

Shuttle departure 1 Montreux-Villeneuve-Bex

18H30

Shuttle departure 2 Montreux-Villeneuve-Bex

18H45

Pasta-Party (MXTREME + MXALPS only) in Bex. Concert of the Yellow Dogs

20H00

Briefing MXTREME in Bex

21H00

Start MXTREME in Bex



05H15

Shuttle departure MXALPS Montreux-Villeneuve-Aigle

05H30-06H45

Bibs MXALPS in the Castle of Aigle

07H00

nne

AY

K

Start MXALPS in Aigle

06H30-09H00

Bibs MXSKY, MXFAMILY in Montreux (Place du Marché)

09H10

Start MXFAMILY in Montreux (Place du marché)

09H30

Start MXSKY in Montreux (Place du marché)

14H30

Podiums MXSKY and MXFAMILY in Clarens

15H00

Podiums MXTREME (scratch) in Clarens

16H00

Concert Chango Monks in Clarens

17H00-18H45

Bibs FREDDIE'S 15 & 7 in Montreux (Place du Marché)

19H00

10th

June

ATURDAY

Start Freddie's Night 15 & 7 in Montreux (Place du Marché)

19H30

Podiums MXALPS (scratch) in Clarens

19H45

Concert « Queen Tribute Band » in Clarens

22H30

Podiums FREDDIE'S NIGHT in Clarens

Dès 22H30

«MXT After Party» with DJ Vanever in Clarens (Salle omnisports)

08H00

Last «Finishers», coffee offered by Horizonte
Coffee Roasters

10H00

Podiums MXALPS by category

10H30

AY

Podiums MXTREME by category

FRIDAY June 9th

Timetable for number collection



MXTREME

MXALPS

14H00 - 20H30

MXSKY

MXFAMILY

FREDDIE'S

17H00 - 20H00

MXKIDS

FRIDAY

14H00 - 20H30 in Bex

COMMUNE DE

BEX

in Bex

17H00 - 20H00 in Clarens

CLARENS

in Clarens

CLARENS

17H00 - 20H00

in Clarens

CLARENS

14H00 - 17Hh00

in Bex



SATURDAY

05H30-06H45 in Aigle

COMMUNE DE BEX



6H30 in 9H00 in Montreux Market square



6H30 in 9H00 in Montreux Market square 17H00 in 18H45 in Montreux Market square









Key points of the race regulation



PERSONAL ASSISTANCE

Personal assistance will only be permitted at official refreshment posts.

For reasons of fair-play, the accompaniment of a rider during all or part of the course is forbidden. The only exception: lkm before and/or after the refreshment stations on the MXTREME and MXALPS courses.

TIME BARRIERS

Time barriers are calculated to enable participants to reach the finish within a realistic but imposed maximum time. They are indicated on the various course sheets in this document. The time announced for the time barrier is the deadline by which competitors must **leave** the checkpoint. In certain cases, the organiser may decide to modify these barriers for safety reasons.

PODIUMS

The following categories of men and women will be awarded at the end of the race:

- Scratch: the first 3 on all courses
- Categories: the winners only on MXTREME, MXALPS, MXSKY and MXFAMILY

REST AREA

No blankets will be provided for the paid accommodation in Bex or for the area located at the Clarens sports hall, a sleeping bag is therefore recommended.

WITHDRAWALS & REPATRIATION

Unless you have an injury that prevents you from moving, please go to the nearest refreshment post.

ALTERNATIVE

ROUTE

In the event of heavy rainfall or significant natural hazards, a B route may be decided upon by noon on Friday. There is also a C route in the event of forecasted thunderstorms (situation 2019).

MARKINGS

The race markers do not bear the name of the event. They all have a reflective area for night-time movement and a classic red-white marker. In some cases, the same tape may be suspended.

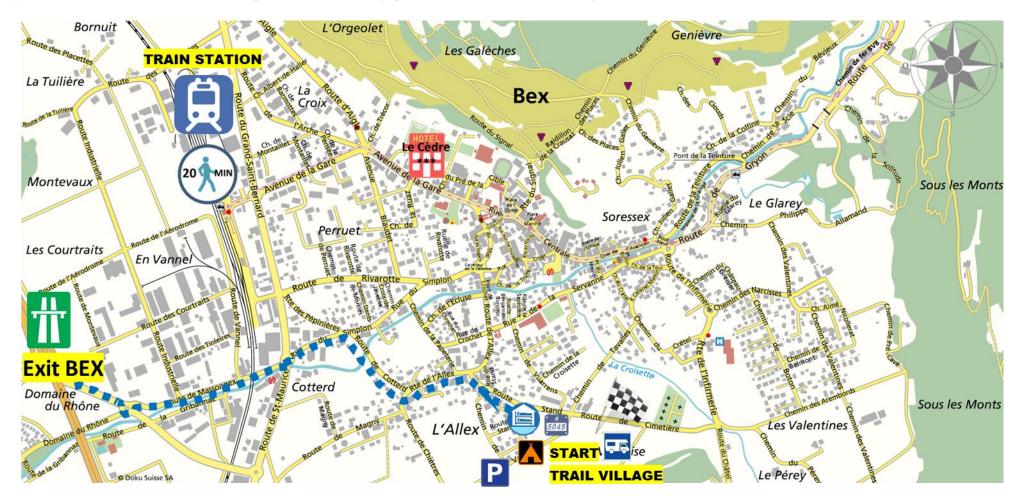
MANDATORY EQUIPEMENT

See page 26





START MXTREME / MXKIDS / TRAIL VILLAGE in BEX



Rue du Stand 11, 1880 Bex

A unique starting area will be set up at the Ancien Stand de Vauvrise in Bex (Rte du Stand 42). In addition to the bib distribution, the pasta party (registration required) and the briefing for the MXTREME (8.00 pm), the MXKIDS will also take place in this area from 5.15 pm. This "Start Village" also allows MXALPS riders to sleep in the civil protection shelter (CHF 10.- to be paid on site) or to pitch a tent free of charge. Motorhomes can also park until Saturday noon. Please note that if you wish to return to Bex after the race, you will have to make your own arrangements via the Montreux-Bex CFF line. The shuttle bus only runs between Bex and Villeneuve (free parking).

START MXALPS

Please note that on Friday 9 June, MXALPS race numbers will only be distributed at the MXTREME start village in Bex. On Saturday morning, June 10, they will be distributed in the Castle of Aigle. For MXALPS runners it is possible to sleep at the PC shelter in Bex on Friday evening for a fee of CHF 10.00 (registration required). A shuttle will be organised on Saturday morning for these runners.







Il était une fois, sur l'alpage...

Passion et labeur de toute une famille d'agriculteurs de montagne. Les plus savoureuses fleurs d'altitude.

Fabriqué exclusivement sur feu de bois.

Découvrez l'univers de ce fromage d'exception.

ETIVAZ-AOP.CH









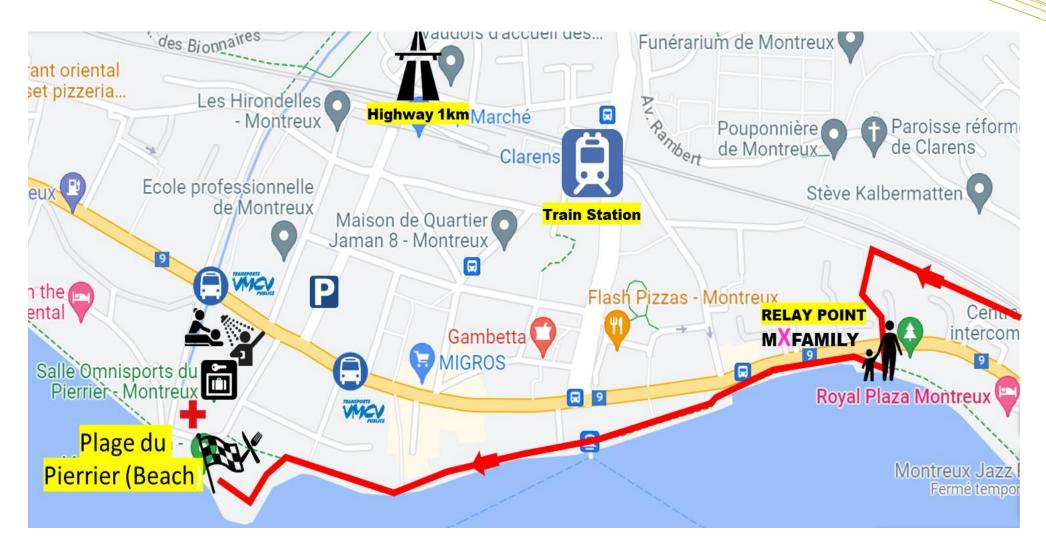
START MXSKY/MXFAMILY/FREDDIE'S NIGHT

MONTREUX (Place du Marché)



FINISH AREA CLARENS (Plage du Pierrier)

All races





Plan de transports

MXTREME + MXALPS

SHUTTLE BUS MONTREUX-VILLENEUVE-START

The shuttle bus is above all reserved for runners who have announced themselves via our <u>questionnaire</u> sent at the end of May.

SCHEDULE

Friday, direction Bex (shuttle 1)

• 17h00 : Place du Marché, Montreux

• 17h20 : Villeneuve, Tronchenaz

Friday, direction Bex (shuttle 2)

• 18h30 : Place du Marché, Montreux

• 18h50 : Villeneuve, Tronchenaz

Saturday, direction Aigle:

• 05h15 : Place du Marché, Montreux

• 05h30: Villeneuve, Tronchenaz

SHUTTLE BUS - RETURN

From Clarens, participants will be able to use the VMCV public bus no. 201 to Villeneuve - Eau froide stop (approx. 15 min. journey). Please note that between 24:30 and 5:30, a shuttle of the organization will replace the public bus. Attention: no shuttle bus to Bex or Aigle!

PARKING - RECOMMENDED

Unless you are accompanied, we strongly recommend that you use the free car park at **Villeneuve** (Rte de la Tronchenaz 22)

MXSKY + MXFAMILY

PARKING

It is of course possible to use the paying car parks in Montreux. In this case the return journey from Clarens will be offered by our partner VMCV (line 201). The alternative is to park for free in Clarens. Please note that parking spaces are limited at the Avenue du Châtelard. It is also possible to use the Parking Relais (P+R) at the Montreux exit for CHF 7/day. Here too, the VMCV (204) will take you to the start in Montreux.

Please note that the Pierrier car park in Clarens will not be accessible for participants.



FREDDIE'S NIGHT

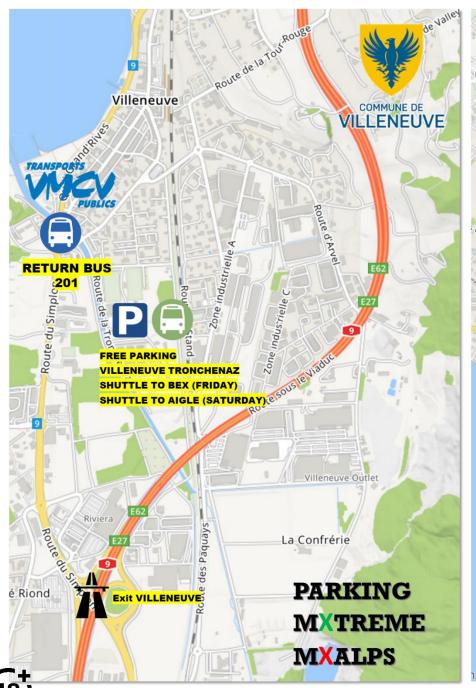
PARKING

Given the late hour, participants of Freddie's Night will be able to use the blue parking zones in Montreux or Clarens, in addition to the paid car parks at night rates. In case of parking in Montreux, the return trip from Clarens will be offered by our partner VMCV (line 201). The alternative is to park for free in Clarens. Please note that parking spaces are limited at the Rue du Grammont. It is also possible to use the **Parking Relais** (P+R) at the Montreux exit for CHF 7/day. Here too, the VMCV (204) will take you to the start in Montreux.

TRANSPORTATION VOUCHER

If you have to use the VMCV public transport before receiving your race number, please present the transport voucher <u>download here</u> in case of control.

A transportation voucher is also detachable from your bib.





MXTREME



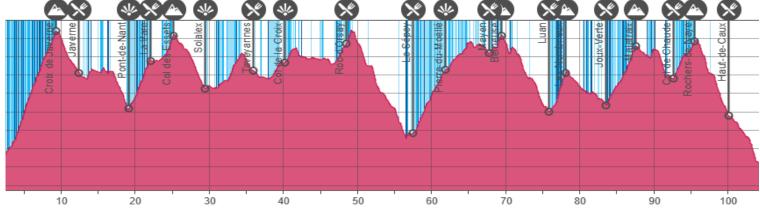












Location	Alt.	Cumul			Intermediate			m	Missa Tissaid	D	Curacial Food	
Location	AIt.	Dist.	m+	m-	Dist.	m+	m-	Type	Time Limit	ьад	Special Food	
Bex	436	0	0	0	0	0	0	Start		✓		
Croix de Javerne	2083	9,2	1684	36	9,2	1684	36	Summit				
Javerne	1629	12,3	1690	495	3,1	6	459	Aid Station				
Pont-de-Nant	1243	19,1	1907	1100	6,8	217	605	Place of follow-up				
La Vare	1759	22	2438	1115	2,9	531	15	Aid Station				
Col des Essets	2048	25,1	2731	1119	3,1	293	4	Summit				
Solalex	1459	29,4	2731	1708	4,3	0	589	Place of follow-up				
Taveyanne	1649	35,9	3168	1955	6,5	437	247	Aid Station	SA 08:00			
Col de la Croix	1742	40,1	3378	2072	4,2	210	117	Lieu de suivi				
Roc-d'Orsay	1946	48,4	3824	2315	8,3	446	243	Ravitaillement			strawberry roll	
Le Sépey	972	57,4	4060	3524	9	236	1209	Life Base	SA 16:00	ü	Watermelon/Pasta Napoli	
Pierre-du-Moëllé	1662	61,9	4748	3524	4,5	688	0	Place of follow-up				
Mayen	1844	67,7	5119	3711	5,8	371	187	Ravitaillement			jambon/melon	
La Berneuse	2036	69,4	5333	3733	1,7	214	22	Place of follow-up				
Luan	1207	75,8	5422	4651	6,4	89	918	Aid Station	SA 22:00		Tabbouleh	
Les Nombrieux	1631	78	5846	4651	2,2	424	0	Summit				
Joux-Verte	1279	83,5	5916	5071	5,5	70	420	Aid Station			Avocado	
Malatraix	1920	87,6	6568	5084	4,1	652	13	Summit				
Col de Chaude	1566	92,6	6702	5572	5	134	488	Aid Station	SU 03:00		Raclette/potatoes	
Rochers-de-Naye	1969	95,4	7134	5603	2,8	432	31	Summit				
Haut-de-Caux	1159	100	7148	6425	4,6	14	822	Aid Station				
Clarens	375	108,9	7185	7245	8,9	37	820	Finish	SU 08:00	✓		

At each refreshment post, the classic drinks (coke, isotonic drinks, syrup, tea,...) will be available as well as a food base composed of cereal bars, fruits, broth, salted biscuits, chocolates,...).



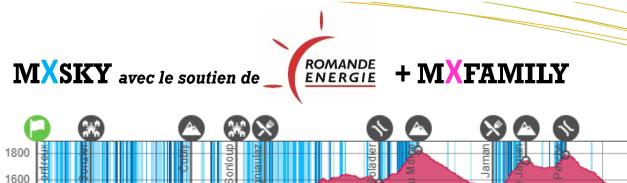








Location	Alt.	Cumul			Intermediate			Turno	Time a Limeia	Doo
		Dist.	m+	m-	Dist.	m+	m-	Туре	Time Limit	Bag
Aigle	439	0	0	0	0	0	0	Start		✓
Panex	938	4,1	531	33	4,1	531	33	Place for follow-	-up	-
Roc-d'Orsay	1948	11,5	1622	113	7,4	1091	80	Aid Station		-
La Forclaz	1260	17,5	1775	954	6	153	841	Place for follow-	-up	-
Le Sépey	974	20,4	1857	1322	2,9	82	368	Aid Station	SA 13H00	-
Pierre du Moëllé	1662	24,9	2543	1322	4,5	686	0	Summit		_
Mayen	1847	30,5	2915	1507	5,6	372	185	Aid Station		-
Berneuse	2039	32,4	3125	1524	1,9	210	17	Summit		-
Luan	1217	38,7	3213	2433	6,3	88	909	Aid Station		_
Les Nombrieux	1634	41,1	3638	2443	2,4	425	10	Summit		-
Joux-Verte	1279	46,5	3705	2863	5,4	67	420	Aid Station		-
Malatraix	1917	50,5	4354	2876	4	649	13	Summit		-
Col de Chaude	1578	55,7	4503	3364	5,2	149	488	Aid Station		
Haut-de-Caux	1159	63	4937	4217	7,3	434	853	Aid Station		-
Clarens	375	71	4976	5039	8	39	822	Finish	SU 08:00	✓









Location	Alt.		Cumul			Intermediate	9	Turno	Time Limit
	AIL.	Dist.	m+	m-	Dist.	m+	m-	Туре	
Montreux	376	0	0	0	0	0	0	Start	
Sonzier	656	1,9	283	4	1,9	283	4	Place of follow-up	
Sonloup	1157	7	916	134	5,1	633	130	Place of follow-up	
Cergniaulaz	1284	8	1049	142	1	133	8	Aid Station	
Col de Soladier	1583	12,1	1456	251	4,1	407	109	Summit	
Cape au Moine	1829	13,4	1703	251	1,3	247	0	Summit	
Col de Jaman	1516	16,1	1706	566	2,7	3	315	Aid Station	SA 13:30
Dent de Jaman	1752	17,3	1940	566	1,2	234	0	Summit	
La Perche	1792	18,6	2038	621	1,3	98	55	Summit	
Haut de Caux	1159	22	2041	1258	3,4	3	637	Aid Station	
Gorges du Chauderon	668	25,8	2048	1754	3,8	7	496	Place of follow-up	
Montreux (vieille ville)	446	28	2073	2003	2,2	25	249	Place of follow-up	
Clarens	376	30,7	2073	2073	2,7	0	70	Finish	

MXFAMILY

20 min. before the start of the MXSKY, the child runs 1 km before passing a token to the adult runner who can then will start the MXSKY course. The child must stay under the responsibility of an adult (outside the organisation). Thanks to the LiveTrail mobile application, it will be possible to obtain an estimate of the time of arrival on the Jean-Jacques Rousseau quays in Clarens (see map on page 14) in order to finish hand in hand with the adult from the relay point located approximately 900 metres before the finish line. The transport of the child between the different points of the course is not under the responsibility of the organiser.



Pour refaire le plein d'énergie

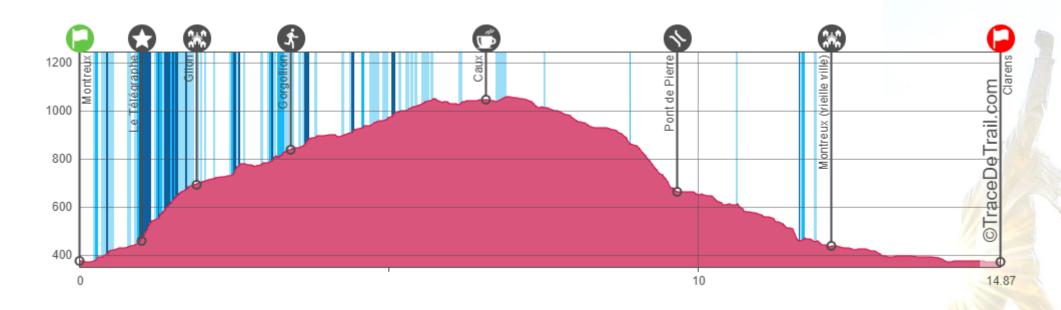
Migros Montreux a le plaisir de vous accueillir dans son supermarché à deux pas de l'arrivée.

Place du Marché 6 1820 Montreux 058 573 66 00 Lundi - Vendredi 08h00 - 20h00 Samedi 08h00 - 19h00 Dimanche 10h00 - 18h00

MIGROS MONTREUX

FREDDIE'S NIGHT 15





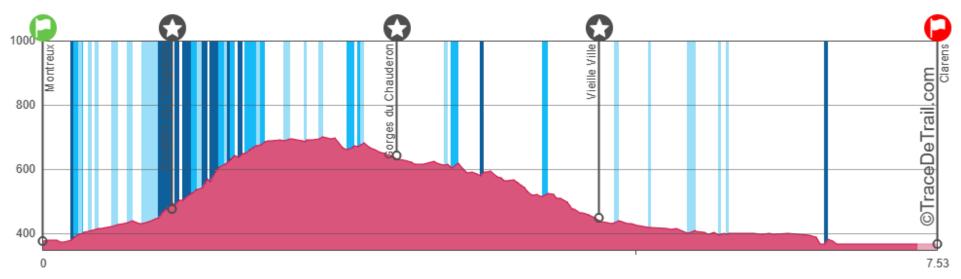
A lot of difference in altitude of course, but also a lot of music all along the 15 km!

For this 7th edition, the course will start with the "terrible" Telegraph stairs and its famous 1'055 steps between the St Vincent church and Glion.

For this edition which starts as usual near the statue of Freddie Mercury in Montreux, a concert of the " Queen Tribute Band " will welcome you on the beach of Clarens to the sound of the hits of the famous British group - WE WILL ROCK YOU!

FREDDIE'S NIGHT 7





In order not to make anyone jealous, this year and for the first time in 7 editions, the two courses start at the same time (7 pm).

Once again, after the ascent towards the old town of Montreux, it will be a question of reaching Glion by the terrible 1'055 steps of the Telegraph Stairs.

After the Gorges du Chauderon, your finish in front of the Queen Tribute Band concert on the Plage de Clarens will be the icing on the cake

WE WILL ROCK YOU!



Equipement



	MXTREME	MXALPS	MXSKY /	F KEDDIE		
			MXFAMILY	NIGHT A		
Control of material only on the course in a random way.	Water reserve (minimum lL) Waterproof jacket (10'000 mm/h) with hood¹ Headlamp with spare batteries Spare headlamp Cup Survival blanket Whistle Food reserve Long-legged running trousers or tights (corsets + leggings accepted) Long-sleeved warm clothing (cuffs accepted) Mobile phone working in Switzerland and switched on	Réserve d'eau (minimum 1L) Waterproof jacket (10'000 mm/h) with hood¹ Headlamp with spare batteries Cup Survival blanket Whistle Food reserve Long-legged running trousers or tights (corset + leggings accepted) Long-sleeved warm clothing (cuffs accepted) Mobile phone working in Switzerland and switched on		Water supply (minimum 0.5L) Headlamp with spare batteries (if more than 2 hours running) Cup Mobile phone working in Switzerland and switched on		
RECOMMANDED	Gloves Spare T-shirt Cap or bandana Sunglasses Sun cream	☐ Gloves ☐ Spare T-shirt ☐ Cap or bandana ☐ Sunglasses ☐ Sun cream	Long-sleeved warm clothing Cap or bandana Sunglasses Sun cream	☐ Waterproof jacket (10'000 mm/h) with hood ☐ Survival blanket		

¹ for the MXTREME, the jacket must be made of a waterproof membrane (minimum recommended 10,000 Schmerber) and breathable (recommended RET less than 13).

² Depending on the weather conditions, the organisation will announce during the pre-race briefing the mandatory equipment that may become recommanded.

Security



For your own security, we recommend that you **install the "EchoSOS" application** available from the AppStore or Google Play. Configuration: it is necessary to allow location and notifications when the app is open. You don't have to do anything else. On the day of the race, when you are on the course, the application will automatically detect your position once opened. You will then see the Montreux Trail Festival logo.

If you need help: click on the logo "Montreux Trail Festival", a call will be made to the PC Course and your position will be automatically communicated. The number of the Race HQ remains available at any time: +41 (0)77 486 48 91 ou +41 (0)78 257 69 62

In case of security needs, we may contact you via an EchoSOS alert.

Note: this application is not used to track runners, and your position is only known in case of an emergency call.





Useful information

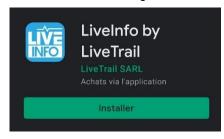




FOLLOW THE RUNNERS "LIVE"

Follow online each runner with indication of the forecasted passage at the checkpoints on montreuxtrail.livetrail.net or the free application "Live Trail".

- On the MSO terminal, near the information stand
- Follow our social networks for the latest information, news and live tracking





INSURANCE

A repatriation by helicopter in Switzerland costs more than 5'000 CHF. Every year, riders are trapped because they were not sufficiently prepared. Every rider must have personal accident insurance covering the costs of search and evacuation in Switzerland. Such insurance can be taken out with any organisation of your choice



RECOVERY AREA

As a result of the new finish site, the showers will be less spartan and will be available about 100 metres from the finish in the Clarens sports hall. Personal belongings can be collected at the same place. Massages will also be offered by our partners:

- Physio Clinics (<u>www.physio-clinics.ch</u>)
- HygiFee (<u>www.clinique-podologique.ch/</u>)

For the runners of the MXTREME and MXALPS a meal will also be served free of charge upon presentation of the race number.



RESTING AREA

An area in the Clarens sports hall (100m. from the finish line) will be available only to MXALPS and MXTREME runners to rest after their race. This is a basic comfort area and we advise you to bring a sleeping bag as no blankets will be provided..



PEROSNAL BELONGINGS

MXTREME

Your personal belongings can be deposited at the bib collection in Bex and retrieved at the recovery area in Clarens upon presentation of your bib.

Similarly, a lightweight bag can be dropped off in Bex and picked up at the main aid station in Le Sépey.

A runner abandoning the race in Le Sépey is responsible for recovering her/ his drop bag.

The organiser declines all responsibility for theft or other damage to equipment and/or valuables.

MXALPS

Your personal belongings can be deposited at the bib collection in Aigle and retrieved at the recovery area in Clarens upon presentation of your bibr.

MXSKY / MXFAMILY / FREDDIE'S NIGHT

Your personal belongings can be deposited at the bib pick-up and retrieved at the recovery area in Clarens upon presentation of your bib.





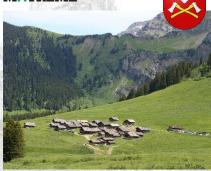
Orientation, follow the guide



TAVEYANNE

46.30396, 7.12287

MXTREME



LE SÉPEY

46.36032, 7.05241

MXTREME MXALPS



LEYSIN - LAC DE MAYEN

46.36649, 7.01420

MXTREME



LUAN-CORBEYRIER

46.35833, 6.97675



50 min. Montreux

35 min. Montreux - Aigle 15 min. Aigle - Le Sépey

30 min. Montreux + 20 min. 15 min. Leysin-Les Fers

35 min. Montreux



none

11 min. by train from Montreux to Aigle, approx. 28min. by train from Aigle to Sépey

11 min. by train from Montreux to Aigle, approx. 22 min. by train from Aigle to Leysin then cabin cars Les Fers

11 min. by train from Montreux to Aigle, approx. 30min. by bus (post)



KM 39 (MXTREME)

Schedule: SA 02h00 - SA 08h00

KM 58 (MXTREME)

Schedule: SA 04h30 - SA 16h00

KM 21 (MXALPS)

Schedule: SA 09h30 - SA 12h30

KM 68 (MXTREME)

Schedule: SA 06h15 - SA 19h00

KM 31 (MXALPS)

Schedule: SA 10h30 - SA 16h00

KM 76 (MXTREME)

Schedule: SA 07h30 - SA 22h00

KM 39 (MXALPS)

Schedule: 11h00 - 18h00



Restaurant de Taveyanne

Hôtel-Restaurant du Cerf

Refuge des Mayens, Kuklos

Le Ouart d'Heure Vaudois Épicerie des Robaleux Café de Luan



Orientation, follow the guide (2)

COL DE LA CHAUDE

46.42133, 6.99559



HAUT-DE-CAUX

46.43424, 6.94671 **MXTREME** MXALPS MXSKY / MXFAMILY





MXSKY MXFAMILY



Approx. 30 minutes from Montreux via Villeneuve



20 min. Montreux



20 min. Montreux 15 min. Col de Jaman

KM 8



40 min. Montreux



By train Montreux-Rochers de Naye and a hike of lh. \$\frac{\pi}{2}\$

30 min. depuis la gare de Montreux via la ligne du MOB 25 min. by train from Montreux to Les Avants by the MOB line and after 5 min. by funicular until Sonloup. 15 min. 🕅

40 min. by train from Montreux to Jaman by the MOB line and then 20 min. 第



KM 93 (MXTREME)

Schedule: SA 09h30 - SU 03h00

KM 56 (MXALPS)

Schedule: SA 14h00 -SU 03h30

KM 103 (*MXTREME*)

Schedule: SA 10h00 - SU 06h00

KM 64 (MXALPS)

Schedule: SA 15h00-SU 06h00

KM 22 (MXSKY / MXFAMILY) Schedule: SA 11h30-16h00

Auberge de la Cerngniaulaz

Schedule: SA 10h20 - 12h00



Schedule: SA 11h10 - 15h30



Buvette du Col de Chaude (15 min.)

Le Coucou

Le Manoïre, Buvette de Jaman Fromagerie du Revon.



KU VA,



DISPONIBLES QUELQUES HEURES APRÈS TA COURSE DIRECTEMENT SUR

www.kuva.swiss

Information for the followers



SOLALEX

There are two car parks in Solalex (CHF 5.-)

ROC D'ORSAY

Due to the time of year it is not possible to access the refreshment station by cable car but the train runs from Villars-sur-Ollon to the Col de Bretaye which is about 20 minutes walk from the refreshment station.

PIERRE-DU-MOËLLÉ

The pass of the same name, situated at an altitude of 1,661 metres, can be reached by a narrow road from Le Sépey in about twenty minutes. During the day, the restaurant will welcome you to wait for your favourite runner.site web

BERNEUSE

Although there are no refreshments at the top of the Berneuse, it is a particularly attractive place to watch the runners go by. Don't hesitate to use the cable car from Leysin. https://www.tele-leysin-mosses.ch/

PRAFANDAZ

The Chalet-restaurant de Prafandaz is just a few metres from the MXTREME and MXALPS downhill runs from La Berneuse. It's one of the easiest spots to get to from Leysin.

Cusine Suisse Chalet | Chalet-retaurantde Prafandaz | Leysin

CORBEYRIER

Nice village perched on the heights of the Rhone Valley with a spectacular view of the Dents-du-Midi. To reach the refreshment station, you have to cross the village and reach Luan 2km further up.



JOUX-VERTE

We ask those accompanying us not to go to the Joux-Verte feed station. Not only is the road dangerous with the crossing of the Sarse tunnel but the road is closed to traffic from Grand Ayerne.

CERGNIAULAZ

Please do not use the places reserved for the restaurant but the ones located a few meters above the feed station.

RIVIERA CARD

If you stay in a hotel, a holiday home, a Bed & Breakfast or a campsite during your visit to the region, the Montreux Riviera Card will be given to you on your arrival and will allow you to benefit from museums, leisure parks, boats and transport, at low prices.







FONDATION CASINO

BARRIÈRE

MONTREUX















BRASSERIE LA MINE



Acknowledgements / Thank You



We have already been able to give a dose of gratitude to all our volunteers in this Roadbook, but we cannot fail to conclude by reiterating our message of thanks to all the people who contribute to the organisation of our event.

With the many changes that are taking place in this 7th edition, one man will have been asked more questions than usual. Thank you to **Julien Chevalley**, in charge of Sports at the Montreux municipality but above all one of the people who believed in our event in 2016. With the help of the Bex Sports Commission and its representative in the Municipality, **Daniel Hediger**, almost a third of the MXTREME course can be prepared and welcome the participants to this crossing of the Vaud Alps. Without them, this XL route would simply not be possible.

Some groups also come regularly to support us actively during the race; this year we will have a special thought for **Alessandro Palmieri** and his teams of Léman Running who will have the two refreshment posts of the MXSKY in his capable hands. Some of our volunteers will go and let off steam on Freddie's Night.

With a bit of humour, we also prove to some that the mountains of Vaud are not just hills with grazing cows. Our various public and private supporters present in this Roadbook have not been mistake to settle in this beautiful region.

Finally, I would like to thank all the communes we passed through and their authorities.

YOU ROCK! THANK YOU ALL! YOU ROCK! THANK YOU ALL!















LIGHTING FOR YOUR EXTREMES

Flashlight / Headlamp / Lantern / Bike Light / Tactical Light





FACEBOOK INSTAGRAM

55-100KM





HL18R-T

№ 500 lm 🖪 82 m 🕓 43 h



HL32R-T

№ 800 lm 🔼 132 m 🔘 150 h



HM65R-T

№ 1500 lm 🔼 170 m 🕓 300 h

>100KM

