

ROADBOOK GB


CHAMONIX-MONT-BLANC



MARATHON^{du} MONT-BLANC

26 - 29
JUIN 2025



new balance


ulirun.fr
RUNNING-TRAIL, OUTDOOR FITNESS


Julbo


ATMB


mx3
NUTRITION


VILLES DE CHAMONIX-MONT-BLANC
CHAMONIX-MONT-BLANC


La Région
Savoie


haute savoie
Le Département


TIGER BALM
AROMATISÉS


AIGLONS
Savoie


SHOUKA
Lampes frontales


LAGO
Lampes frontales


LAGO
Lampes frontales



Hierro





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FRIDAY JUNE 27th, 2025

Chamonix - Place du Triangle de l'Amitié



- 04:00 am** 90 km du Mont-Blanc (two waves)
- 2:30 pm** First finishers of the 90 km du Mont-Blanc
- 4:00 pm** KM Vertical (1 departure every 15 sec.)

Chamonix - Planpraz



- 5:00 pm** First finishers of KM Vertical

Chamonix - Place du Triangle de l'Amitié



- 09:00 pm** KMV prize giving ceremony and lottery

SUNDAY JUNE 29th, 2025

Chamonix - Place du Triangle de l'Amitié



- 06:45 am** 42 km women elites start
- 07:15 am** 42 km du Mont-Blanc (men elites' start + 6 starting waves)
- 10:45 am** **First finishers of the 42 km**
- 4:50 pm** Presentation of Club des Sports de Chamonix solidarity ceremony
- 5:00 pm** Duo étoilé and 42 km du Mont-Blanc prize-giving ceremony



BIBS PICK-UP

From Thursday, June 26th to Saturday, June 28th : 9:00 am - 9:00 pm
Appointments required EMC2 Room - Trail Camp - Place du Mont-Blanc

TRAIL CAMP

From Thursday, June 26th, to Saturday June 28th
9:30 am - 7:00 pm

SATURDAY JUNE 28th, 2025

Chamonix - Aire des parapentes



- 8:00 am** 23 km du Mont-Blanc (6 starting waves)

Chamonix - Planpraz



- 10:00 am** First finishers of the 23 km du Mont-Blanc

Chamonix - Aire des parapentes



- 10:30 am** 10 km du Mont-Blanc (6 starting waves)

- 11:00 am** First finishers of 10 km du Mont-Blanc

- 2:00 pm** Mini-Cross start- 800 km

- 2:15 pm** Mini-Cross start - 2 km

- 2:45 pm** Mini-Cross start - 3 km

Mini Cross lottery by the end of the races.

Chamonix - Place du triangle de l'Amitié



- 3:00 pm** The Young Race
- 3:05 pm** Mont-Blanc 90 km, 23 km, and 10 km prize-giving ceremony
- 4:00 pm** First finishers of The Young Race
- 5:00 pm** Mini Cross and The Young Race prize-giving ceremony
- 6:00 pm** Elite presentation followed by autograph session.
- 7:00 pm** The Young Race party at "The House of Mountain" - Brasserie de l'M.
- 7:30 pm** Duo Étoilé
- 7:45 pm** Preview screening of the movie "Montagn'Art"
- 9:45 pm** First finishers of Duo Etoilé



Program

before
your race

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after
your race



trail camp

**OVER 20 HOURS OF LIVE COMMENTARY
PROVIDED BY TRAIL EXPERTS ON THE OFFICIAL
YOUTUBE CHANNEL OF THE MONT-BLANC
MARATHON.**



Scan to view the live

Live



FRIDAY JUNE 27th, 2025

LIVE 90km: 8:45 AM - 6:00 PM ●

02:30 pm first finisher man

04:00 pm first finisher woman

SATURDAY JUNE 28th, 2025

LIVE 23KM: 9:10 AM - 10:45 AM ●

10:00 am first finisher man (Planpraz)

10:15 am first finisher woman

LIVE THE YOUNG RACE: 2:45 PM - 5:30 PM ●

04:00 pm first finisher (U18)

04:30 pm first finisher (U20)

SUNDAY JUNE 29th, 2025

LIVE 42KM: 6:30 AM - 11:45 AM ●

10:45 am first finisher man

10:55 am first finisher woman

**The 42km race will be aired live
from 8:40 am to 11:00 am on:**

la chaine
L'ÉQUIPE

SPEAKERS

90km / 42km / 23km



Martin Gaffuri



Eric Lacroix



Hillary Gerardi



Michel Lanne

42 km



Alexis Rosset

42 km

THE YOUNG RACE



Mathis Dumas



Martin Gaffuri



Robin SCHMITT



Program

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Trail
camp

Before your race

Bibs pick-up

Each bib is personally given to the runner upon the presentation of their bib pick-up ticket, which was sent via email on June 22, along with a photo ID and their race bag that includes all the required equipment.

The exchange of bibs with a third party is not permitted; any individual who returns their bib will have it canceled immediately, with no possibility of a refund.

No race numbers will be distributed on the morning of the 90km race. For the 23km and 42km races, a designated time slot on the morning of the events is available for runners residing within a 2-hour radius of Chamonix (by appointment only).

For the Mini-Cross, race bibs can be picked up without appointment on Thursday June 26 and Friday, June 27, from 9:30 am to 7 pm, or on Saturday, June 28, from 9:30 am to 1 pm at the "Vaincre les maladies Lysosomales," stand situated near the EMC2 at the Trail Camp.



Information

Competitors are advised to confirm their details in their runner's account (gender, date of birth, first name, last name, mobile phone number). **No complaints will be accepted after the start.**

Runners' bags (for the 23km and the KM Vertical): only use the bag supplied by the organization; personal luggage will not be accepted.

Please be aware that there is no drop-off service available at the bib collection point, and you will not be permitted to leave your bags. If you abandon personal items, the organization cannot be held liable for any loss or theft.



Appointment scheduling is necessary in your runner's area prior to June 20 at 5:00 p.m.

How can one schedule an appointment?

You can schedule your appointment to collect your bib pick-up directly in the runner's digital account !

You can find the link in your registration confirmation e-mail, or scan the **QR code**.



Instructions :

- Please provide your email address along with your booking code.
- If you are unsure of your reservation code, please enter your email address and then click on "I do not know my reservation code."
- You will receive an email containing the link that grants you access to your runner area.



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trail camp

Personal accident insurance

Each competitor is required to have obtained personal accident insurance that covers search and evacuation expenses in France and Switzerland. This insurance can be acquired from Assur-connect by following this link: [I obtain personal accident insurance.](#)

Helicopter evacuations in Switzerland incur a fee, similar to those in France conducted by private helicopter. The decision regarding evacuation rests solely with the organizers, who will consistently prioritize the safety of the runners.



WARNING !

For adults, if you have not submitted your "Health Prevention Pathway" ("PPS") to the organization, you will be unable to collect your bib. No PPS will be accepted on-site. The PPS remains valid for a duration of 3 months.

Transportation in the Chamonix Valley

To facilitate your journey to the Mont Blanc Marathon and to reduce the environmental impact of the event, we encourage you to utilize public transportation in the Valley or to share rides whenever feasible.

Public transportation in the Chamonix Valley:

Train = free with a guest card or via cham card.

Bus = free with a lift pass or a Via Cham card. The carte d'hôtes gives you discounted bus prices

Map of Chamonix



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trail camp

Before your Mont-Blanc 90km race



Due to the collaboration between the Sports Club and ATMB (Autoroutes et Tunnel du Mont-Blanc), **we organize shuttles to the starting lines for 90km and 42km runners.**

Special buses or trains from Les Houches and Vallorcine will enable runners and their companions to access Chamonix without the need for their cars.

Free access is available upon registration through the link provided opposite or directly on the transport page of the website.



Please click on this link to complete your registration.

[Registration](#) >

Reaching the beginning of the 90km start :

Chamonix > Vallorcine :

ROUTE

VALLORCINE - CHAMONIX



Free

From Vallorcine, a train will transport the runners and their companions.

Limited availability of spots.

RESERVATION NECESSARY HERE!



Chamonix :

ROUTE

Les Houches - Chamonix

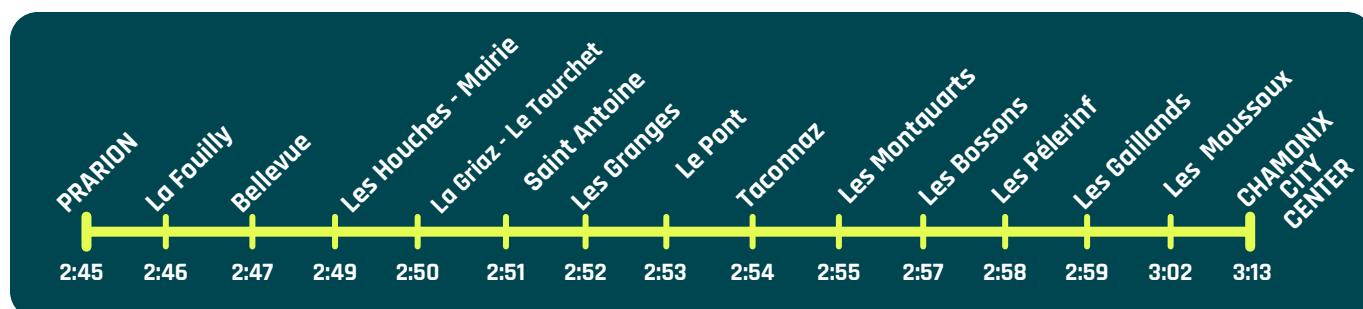


Free

From Les Houches, a shuttle organized by the event will transport the runners and their companions.

Limited availability of spots.

RESERVATION NECESSARY HERE!



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trail camp

Before your Mont-Blanc 42 km race

Special coaches or trains from St-Gervais, Les Houches, and Vallorcine will enable runners and their companions to travel to Chamonix without the need for their cars.

Complimentary access, restricted availability, registration through the link provided opposite or directly on the transportation page of the website.

Reaching the beginning of the 42km Mont-Blanc

RESERVATION

NECESSARY HERE!

Limited availability of spots

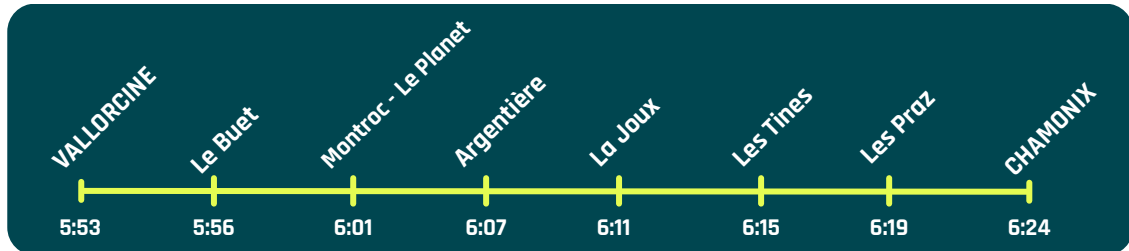
ROUTE VALLORCINE - CHAMONIX

Free

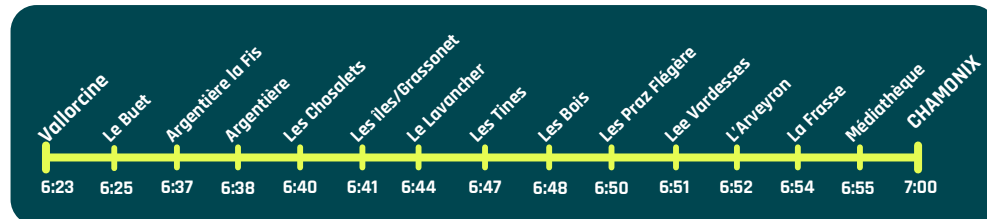
From Vallorcine, a complimentary special train departs at 5:53 am, followed by a free special bus at 6:23 am.



TRAIN



BUS

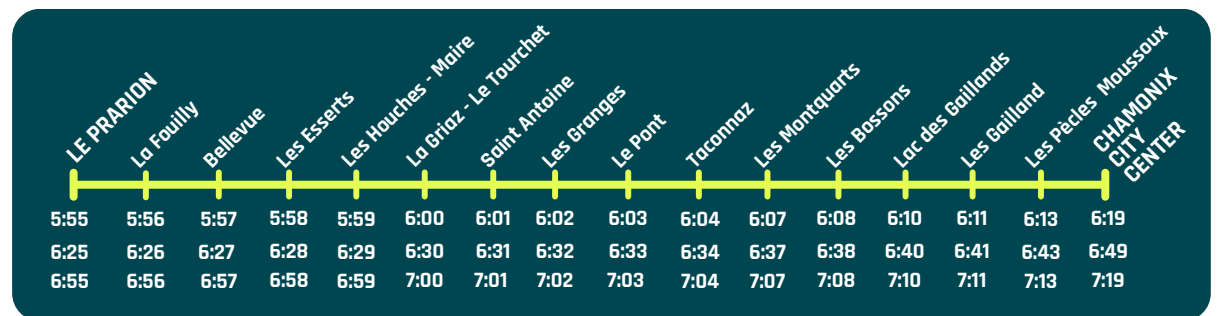


ROUTE LES HOUCHES - CHAMONIX

From Les Houches, take line 1, which is free for departures at 5:55 am, 6:25 am, and 6:55 am, but only for individuals who have made a reservation in advance.



BUS

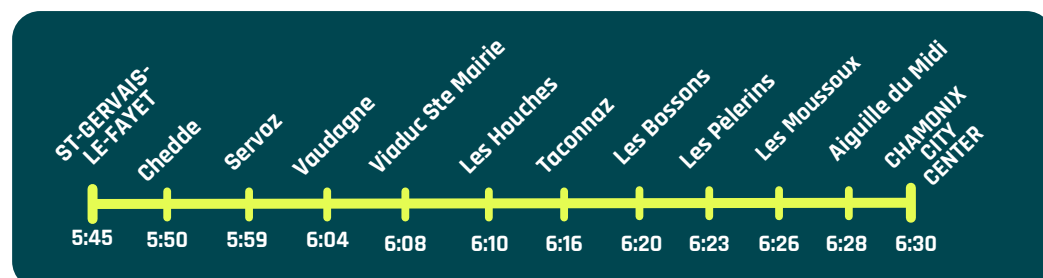


ROUTE ST GERVAIS - CHAMONIX

From St-Gervais, complimentary special train at 5:45 am



TRAIN



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before
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trail camp

L'été n'aura jamais duré aussi **longtemps...**

ATMB partenaire mobilité du Marathon du Mont-Blanc
vous propose une offre exceptionnelle.

jusqu'au 24 juillet

24 mois
d'abonnement
télépéage
OFFERTS*



www.atmb.com



* voir le détail des conditions de l'offre
Image conçue avec l'apport de l'IA

During your race

Refueling during races

Food

Soup, bread, cheese, sausage, pastries, Tucs, oranges, bananas, apricots, peaches, watermelon (if extremely hot), MX3 energy bars.

Beverage

Still water, sparkling water infused with MX3 electrolytes, sparkling water with mint and Coca-Cola syrup, tea (in case of inclement weather), MX3 energy beverage.

Regional supplier partners:

- Sausages produced by the Mont-Blanc curing industry
- Tommes sourced from the farms of Montroc and Vallorcine
- Maulet Primeur Fruits
- Breads and pastries from Richard's bakery and cake shop

Arrival provisions

Food

Diots hot dogs (vegetarian option available), sweet pastries, oranges, apricots, peaches, watermelon (if extremely hot).

Beverage

Still water, sparkling water infused with mint syrup and Coca-Cola, tea (in case of inclement weather).

Additionally, for the 90km only

Food

Röstis will be available at the Emosson refreshment station from 11:30 am to 2:30 pm.

Pizzas are available at the Bois refreshment stand from 6 pm to 10 pm.

Pasta will be available at the Montenvers refreshment stand from 7 pm to 9 pm.

No cups, bowls, or utensils at the refreshment stations!

In alignment with our environmental commitments, we do not supply any cups, bowls, or cutlery at race aid stations. Each runner is required to bring their own equipment for the duration of the race.

Race Regulations

You can find the rules of the Mont Blanc Marathon on the official event website: [SITE LINK](#), or by clicking on this link: [RULES LINK](#). Please remember that during your registration, you confirmed that you had read and accepted the rules.



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trail camp

During your race

Respect for the environment and its inhabitants

The Mont Blanc Marathon race routes navigate a distinctive and delicate ecosystem. To honor the area, please avoid littering and adhere strictly to designated trails. Runners who do not comply with this guideline will face penalties.

We kindly request that you refrain from walking in the fields along the paths, as these areas are utilized by farmers to harvest hay for feeding their animals during the winter. Continuous trampling hinders the regrowth of subsequent vegetation.

Please refrain from disposing of waste in natural environments and exercise caution when sorting your waste!



Essential information:

- We have removed all plastic bottles containing still water, sparkling water, and Coca-Cola. We utilize tanks for still water in the absence of potable running water, and we produce our own sparkling water. This is prepared either with MX3 electrolytes or with mint or Coca-Cola syrup.
- All organic waste generated at the refreshment points is gathered by the Ecotravelo association and composted in Chamonix.
- The boxes that hold the fruit available at the refreshment stands are sent back to the greengrocer for reuse.
- Other residual waste is sorted and recycled whenever feasible.
- The organization does not assume responsibility for the waste generated by accompanying individuals (such as picnic items, bottles, etc.). It is the responsibility of accompanying individuals to manage and dispose of their own waste.



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trail camp

During your race

In case of race withdrawal

The competitor is required to inform a member of the organization (such as a signaller, volunteer, or first aider) and clearly communicate their bib number to prevent the organization from unnecessarily searching for runners who have withdrawn from the race.

In the case of withdrawal, the runner's bib number will be relayed to Race PC, the bottom right corner of the bib will be removed by the race post manager, and the runner will be instructed to use public transport to return to Chamonix. It is advisable to carry a small amount of money for the public transport fare.

For the KM Vertical and the 23km, the bags of runners who have withdrawn will be sent to the Race PC (located at the Chamonix Sports Club).

In the Duo Étoilé, if one participant withdraws, the other must also withdraw.

If no member of the organization is nearby when you decide to abandon, please send an SMS with your bib number followed by the word ABANDON and your location to the race PC at the telephone number indicated on your bib: **+33 (0)6 10 55 12 11**.



Assistance

Assistance is allowed only 100 meters before and 100 meters after the refreshment point.

Accompanying individuals are not allowed in the refreshment area (with the exception of accredited individuals).

Any refuelling outside these zones will be penalized.

Race stewards and volunteer post chiefs are authorized to enforce the regulations and promptly impose a penalty in cases of non-compliance with these areas.



Security

To improve runner safety during the Mont Blanc Marathon races, our timekeeping system allows the organisation to identify runners accumulating excessive delays during the race, and to trigger a potential alert. In this case, Race HQ may call you on your cell phone.

Please **remember to leave your cell phone switched on with the ring tone activated throughout the race**. Please check that your cell phone number is accurate in your registration profile.

Also, 90km runners are required to have a telephone plan that covers Switzerland (path crossing Emosson).

In case of emergency

Call these emergency numbers: **+33 (0)9 79 98 18 22**
or **+33 (0)6 10 55 12 11**
or **112**
or **go to a first-aid station.**



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trail camp

After your race



Ski lifts

For the cable car ride down at the conclusion of the 23km Mont-Blanc or the KM Vertical, the race bib can be used as a ticket.



Care area - Tiger Balm

A treatment area is being established at the Richard Bozon Sports Center, where physiotherapists and podiatrists will be available throughout the event weekend. The treatment teams will utilize, among other products, Tiger Balm, the official partner of the Mont Blanc Marathon.

You can access it both prior to and following your race by presenting your bib. The hours of operation are as follows:

- Saturday, June 28th : 9:00 am - 6:30 pm
- Sunday, June 29th : 10:00 am - 7:00 pm



Care area - Cryoptim

To enhance your muscle recovery following exercise, head to the treatment area to experience the pressotherapy boots provided by Cryoptim, our official supplier. These boots improve circulation, alleviate muscle soreness, and facilitate quicker recovery.



The showers

Showers are provided at the Richard Bozon Sports Center. Access is granted upon presentation of your bib number.

The hours of operation are as follows:

- Friday, June 27th : 7:00 pm to 5:00 am
- Saturday, June 28th : 9:30 am to 2:30 am
- Sunday, June 29th : 10:00 am to 7:00 pm



Cristal IPA Mont Blanc Brewing Company

Discover Cristal IPA, the blonde IPA crafted by Brasserie du Mont Blanc.

Infused with fragrant hops, it captivates with its floral flavor, gentle freshness, and mild bitterness.

To be found at the end of your race (refreshment area).



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trail camp

After the race

The bibs chips

The chip affixed to your bag and the one located on the back of your race number are **recyclable**. You will find bins at the conclusion of your race to deposit them. Our service provider will handle the recycling process. Don't forget!



Price giving ceremony



Prize will be awarded to the top ten men and women in the scratch, along with the top three men and women in each FFA age category represented in the race.



Prize will be awarded the first three men and women in the scratch, along with the top three men and women in each FFA age category represented in the race.



Prize will be awarded to the top ten men and women in the scratch race.



Prize will be awarded to the top three men and women in each FFA age category participating in the race.



Prize will be awarded to the first three men's teams, the first three women's teams, and the first tree mixed teams.



Prize will be awarded to the top boys and girls in each age group.

Lottery

After the awards ceremony, a raffle for the relevant races will occur. To enter, runners are required to deposit their ticket in the designated box located at the Place du Triangle de l'Amitié, 30 minutes prior to the start of the awards ceremony.

For the mini-cross, the raffle will occur immediately following the race, right in the paragliding area.

The results will be revealed live, and the winner is required to be present in person to receive their prize. If they are absent, their prize will be returned to the pool. No prizes will be mailed.

Prize to be won : paragliding flights, dining experiences at the finest restaurants in Chamonix, sunglasses, athletic apparel, shopping vouchers, and numerous other prizes...



Program

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trail camp

Where runners can be followed ?

Free public transportation

Protect the environment surrounding the Mont Blanc Marathon by utilizing the free trains or shuttles provided by the organization to support your runner.

Road closure:

- The road leading to Montroc on the 23km will be closed on Saturday, June 28th, from 7:30 am to 11 am
- The road leading to the 42km Tour will be closed on Sunday, June 29th, from 7:30 am to 11 am

To reach Montroc or Le Tour, you must utilize the free public shuttles.

Elite presentation and autograph session

Saturday, June 28th at 6:00 pm on the Place du Triangle de l'Amitié:
meet the 42km elites for an official presentation followed by a signing session.



FAN ZONE Vertical Kilometer

Situated directly above the Brévent cable car (GPS: 45°55'32.8"N 6°51'40.7"E), the i-Run fan zone guarantees an electrifying environment to support the runners as they truly deserve!

Discover all the registration details on i-Run's social media platforms and join us on Friday, June 27th, from 10 am to 2 pm at **The House of Mountains** (Brasserie de l'M) to pick up your i-Run token. This token will enable you to obtain your supporter pack directly in the fan zone.

From 4 pm to 6 pm, join us in sharing the energy and supporting the participants in a distinctive atmosphere with Mont Blanc as the backdrop!

(by reservation and limited availability).

FAN ZONE 42 km du Mont-Blanc



Immerse yourself in the excitement of the Tour fan zone: a vibrant atmosphere, resounding cheers, and stunning views of the mountains – the ideal spot to experience the pulse of the riders in a spectacular environment!

Complimentary shuttles for accompanying individuals to reach the fan zone.

On the agenda: DJ, coffee, and snacks... just what you need to energize yourself to cheer on the runners as they truly deserve!



Tour Refueling



7:00 am to 11:00 am

Companions behavior

Dear participants, we kindly request that you show respect for the farmers and residents of the villages along the route of the Mont-Blanc Marathon. Parking is strictly prohibited in any location you choose: on the road, at the roadside, in fields, or near local homes. Any acts of incivility of this nature will result in the **disqualification** of the runner you are supporting from the race.

We would like to remind you that shuttle services are available **for the 90 km, 23 km, and 42 km.**

These shuttles will enable you to support your runner at no cost, alleviating any concerns about parking.



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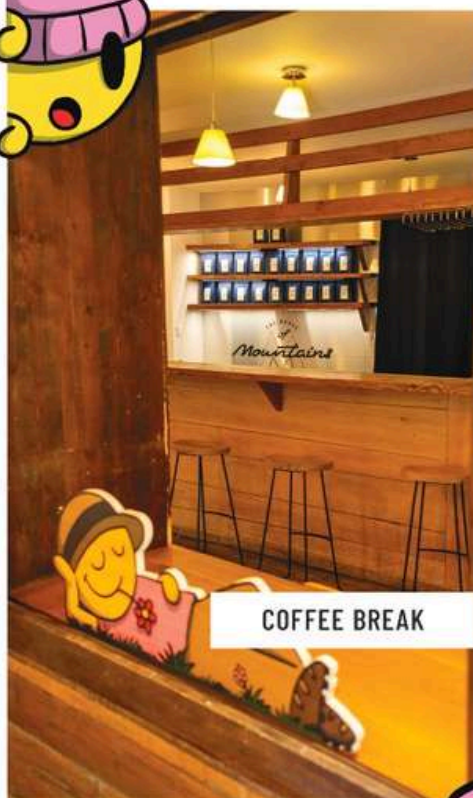
trail camp

THE HOUSE
of
Mountains

li-run × Fraich' TOUCH

CET ÉTÉ, LA MYTHIQUE BRASSERIE DE L'M DEVIENT THE HOUSE OF MOUNTAINS, UN LIEU ÉPHÉMÈRE IMAGINÉ PAR I-RUN ET FRAICH'TOUCH, DÉDIÉ AUX PASSIONNÉS DE TRAIL ET D'OUTDOOR.

- Découvrez les dernières innovations produits testées et approuvées par les athlètes.
- Profitez d'un espace recovery sur rendez-vous et de cafés Shoukâ pour recharger les batteries.
- Un univers unique signé par l'artiste toulousain Supraw et son personnage iconique Wilfried.



COFFEE BREAK



CONCEPT STORE



PASSIONATE STORIES



DU 12 JUIN AU 1^{ER} SEPTEMBRE

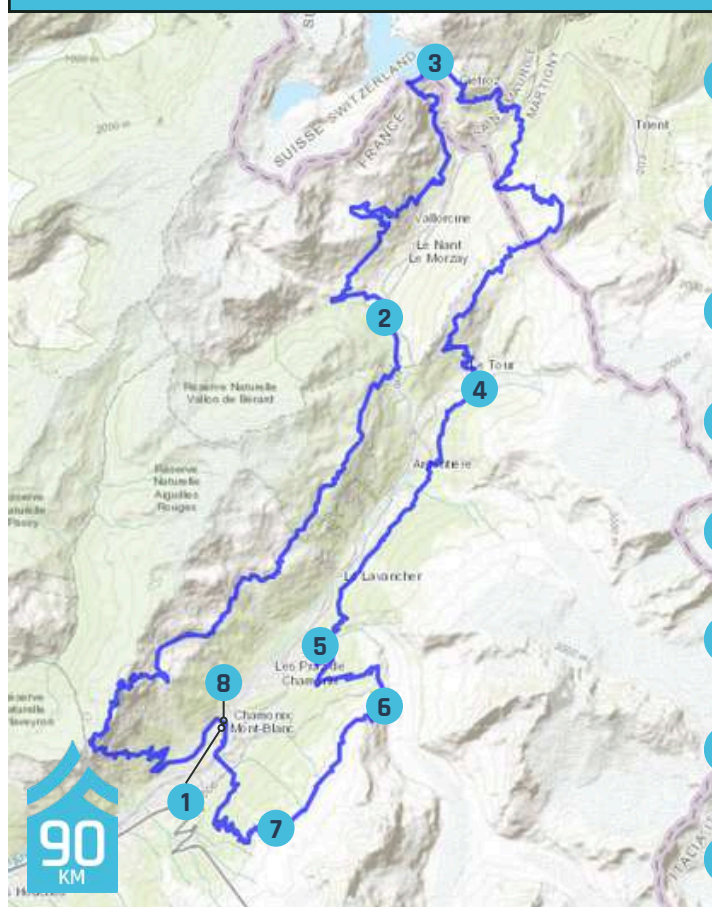
81 RUE JOSEPH VALLOT
74400 CHAMONIX MONT-BLANC

Retrouvez le
programme ici :



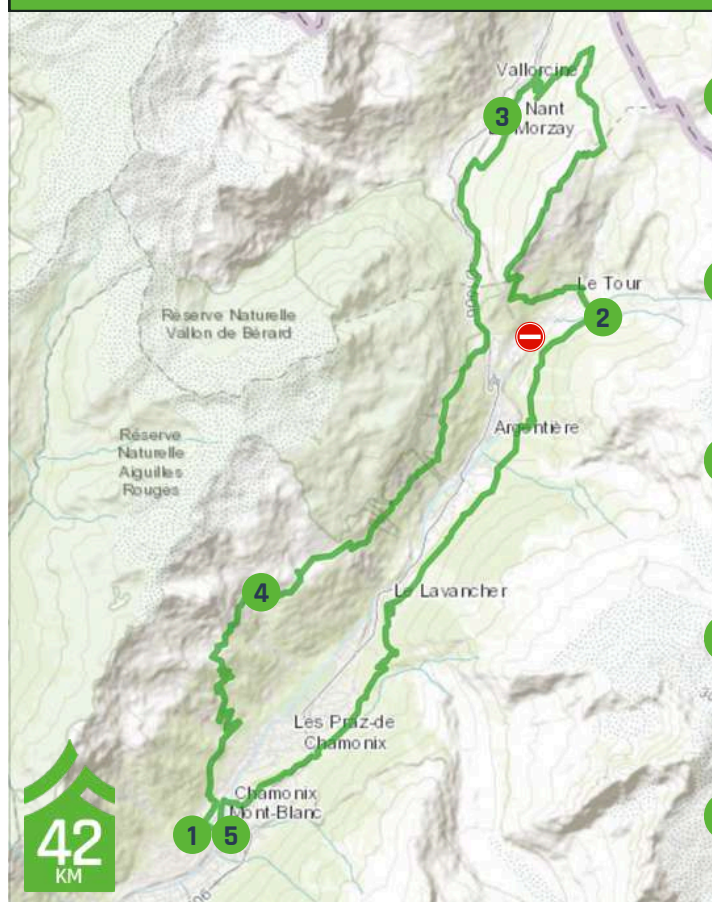
Where runners can be followed ?

90 km du Mont-Blanc



Location	Altitude	1st runner	Last runner	Access
1 Start - Place du Triangle de l'amitié	1036m	04:00 am	04:10 am	walking
2 Le Buet	1347m	06:44 am	10:27 am	Mont Blanc Express Train or Shuttle arrangement
3 Emosson	1970m	08:42 am	02:47 pm	Organisation shuttle
4 Le Tour	1470m	11:23 am	08:37 pm	City bus line 2
5 Les Bois	1090m	12:22 am	10:51 pm	Mont Blanc Express Train or City Bus (Line 2)
6 Montenvers	1904m	1:10 pm	01:11 am	Montenvers Railway
7 Refuge du Plan de l'Aiguille	2190m	02:00 pm	02:50 am	Cable car and walking
8 Finish - Place du Triangle de l'amitié	1036m	02:36 pm	05:10 am	walking

42 km du Mont-Blanc



Location	Altitude	1st runner	Last runner	Access
1 Start - Place du Triangle de l'Amitié	1036m	6:45 am / 7:15 am	08:05 am	walking
2 Le Tour	1465m	7:45 am	10:30 am	Shuttle service OR City bus (line 2) Road closed to all other vehicles
3 Vallorcine	1276m	08:54 am	01:15 pm	Shuttle service OR Mont Blanc Express Train
4 La Flegère	1894m	10:13 am	04:22 pm	Shuttle service OR Urban bus (line 2) + Aerial tramway
5 Finish - Place du Triangle de l'Amitié	1036m	10:45 am	6:05 pm	walking



Program


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Where runners can be followed ?

23 km du Mont-Blanc



Location	Altitude	1st runner	Last runner	Access
Start - Aire des parapentes Chamonix	1036m	8:00 am	8:50 am	walking
Montroc	1363m	08:43 am	11:20 am	Shuttle service OR Mont Blanc Express Train OR Urban bus (line 2)  Road closed to all other vehicles
Flégère	1894m	09:27 am	1:20 pm	Shuttle service OR Urban bus (route 2) + Aerial tramway
Arrival - Planpraz	2048m	10:00 am	2:50 pm	Shuttle service and Aerial tramway



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trail camp

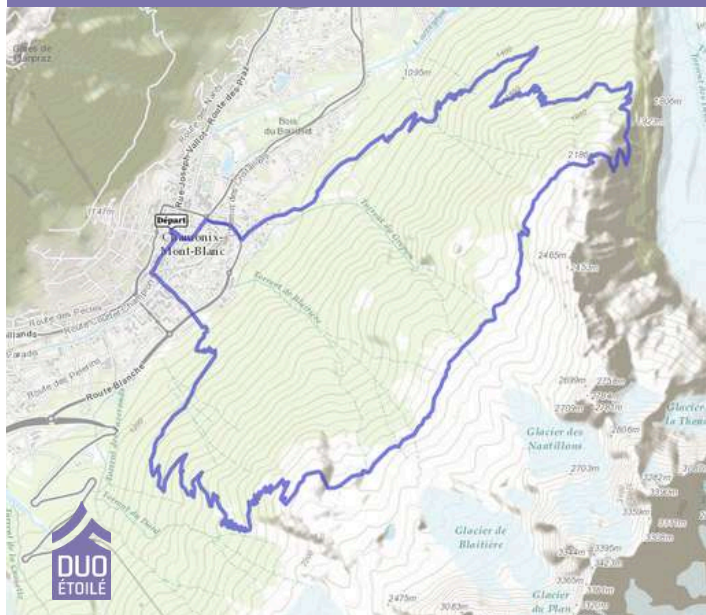
Where runners can be followed ?

10 km du Mont-Blanc



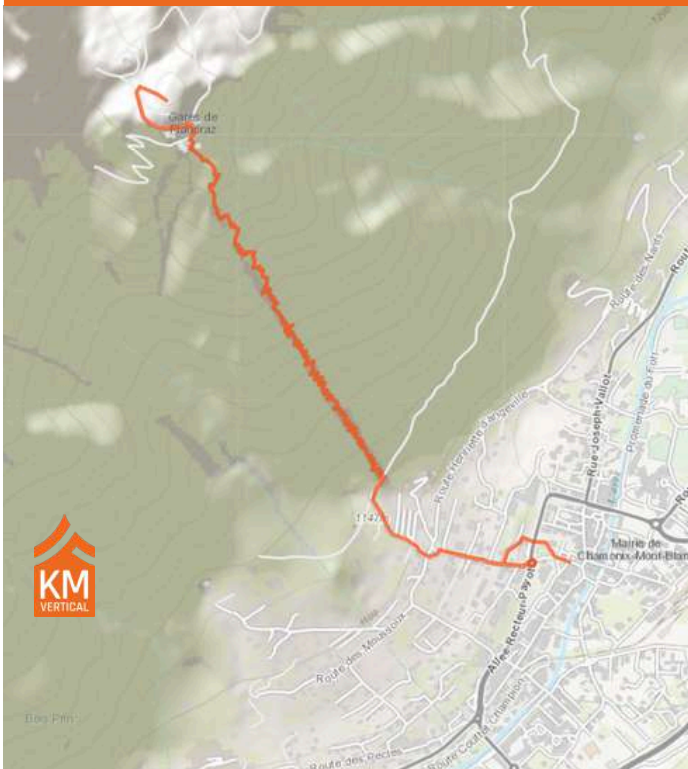
Access to start and finish lines by foot, at the paragliding site in Chamonix.

Duo Étoilé



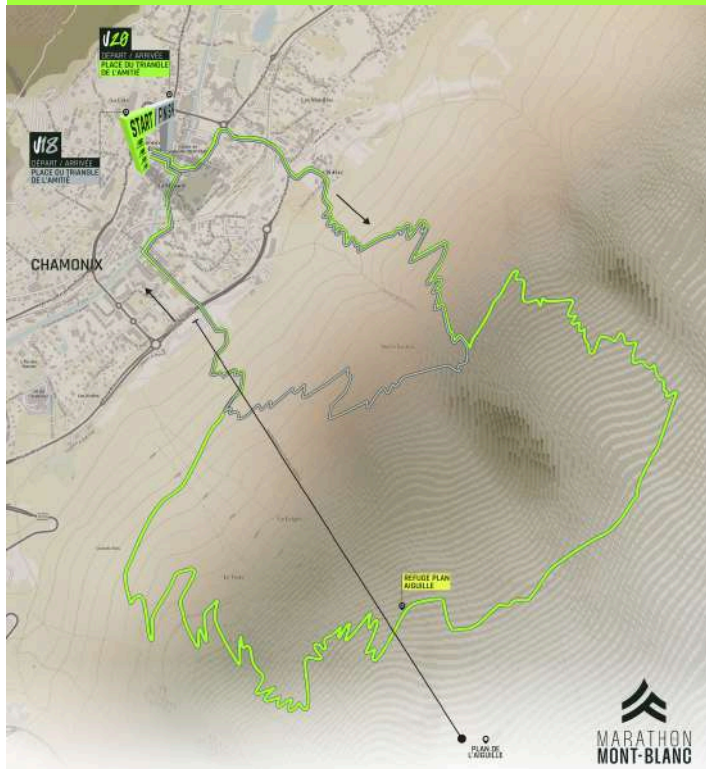
Night race: the lifts are closed during race time, so access is only possible by foot.

Vertical Kilometer



Free access to the KMV finish line via the Planpraz gondola, from 4:00 pm to 6:30 pm, with a voucher to be collected at the bib pick-up. **Final ascent at 7:30 pm**

The Young Race



Departure and arrival at the heart of Chamonix.



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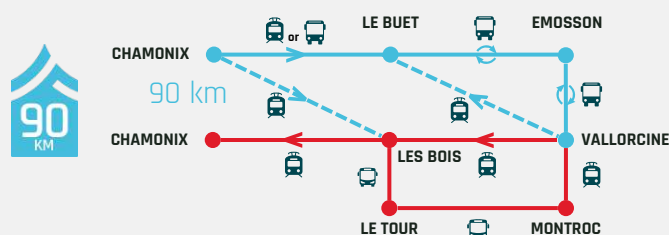
trail camp

Where runners can be followed ?

Access

Free shuttles will be operating for runners companions, to reduce the use of their personal cars.

Friday, June 27th, 2025



Free

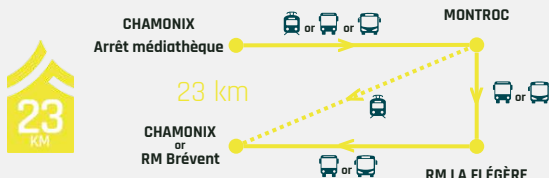
Train from Chamonix to Le Buet: 6:22 am
Shuttle from Chamonix to Le Buet: 7:15 am
Shuttle from Le Buet - Emosson: 8:00 am to 11:00 am
Shuttle from Emosson - Vallorcine: 11:00 am to 4:00 pm

Paying

Train from Vallorcine to Chamonix.
Train from Vallorcine to Montrroc.
Bus from Montrroc - Le Tour - Les Bois - Chamonix.

RESERVATION NECESSARY HERE!

Saturday, June 28th, 2025

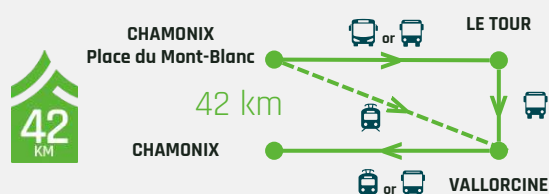


Free

Shuttle Chamonix - Montrroc: from 8:00 am to 9:00 am
Shuttle Montrroc - La Flégère - Chamonix: from 9:30 am to 11:30 am

RESERVATION NECESSARY HERE!

Sunday, June 29th, 2025



Free

Shuttle Chamonix - Le Tour : from 6:45 am to 8:30 am
Shuttle Le Tour - Vallorcine : from 9:00 am to 11:00 am
Shuttle Vallorcine - Chamonix : from 11:00 am to 2:00 pm

RESERVATION NECESSARY HERE!



The Vallorcine cable car was closed on Friday, June 27th. It will reopen at 9:00 am on Saturday, June 28th.



Access to the villages of Montrroc and Le Tour will be restricted for vehicles (with the exception of organization shuttles and regular buses) from 7:30 am to 11 am on Saturday, June 28th, and Sunday, June 29th.

Nature reserves serve as a means of safeguarding natural environments. They preserve regions, species, and geological and/or biological heritage.

Four organized races traverse the Aiguilles Rouges Nature Reserve:

the 90 km, the 42 km, the 23 km, and The Young Race. This remarkable location offers a unique vantage point, overlooking the glaciers and summits of the Mont Blanc massif.



OPTIMAL PRACTICES TO IMPLEMENT

- Do not deviate from the paths.
- Avoid taking shortcuts both when ascending and descending, as this can lead to erosion.
- Adhere to the course markings and the permanent indicators.
- Refrain from using a drone.
- It is advisable to practice during the day, as disturbances tend to increase at night.
- Develop the practice of placing your waste in a pocket that prevents it from falling out.
- When encountering a wild animal, reduce your speed and allow the animal to retreat at its own pace.
- Understand the appropriate behaviors to exhibit when around livestock protection dogs.
- Avoid sharing your digital footprints, particularly if they are inaccurate!



Remember to keep your eyes fully open:

Ibex on the ridges, elusive chamois, alpine flowers... The display is omnipresent. However, in this place, you are in their habitat.

Honor their tranquility.



Program

before
your race

during
your race

after
your race



trail camp

FACE THE INTENSITY

SPECTRON 3 PANORAMIC GLASS / VENTILATED DISPLAY /
TEMPLES AND NOSE WITH GRIPTECH / FLEXIBLE SLIM TEMPLES



Athlete: Malen Osa



INTENSITY

INTENSITY glasses are incredibly lightweight and provide outstanding support. Vents strategically positioned on the lens guarantee optimal airflow. Shift into high gear. Be prepared, it's going to be intense.

© Ben Becker
*encounters the intensity ** increasingly more cycling

#MOREWAYSTORUN **

The Julbo logo, featuring a stylized, bold 'J' shape above the brand name 'Julbo' in a sans-serif font.

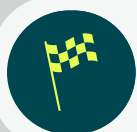
Distance

92 kmElevation
increase**D+/-
6330m**Maximum
duration**25h**Maximum number of
participants**1000**

90 km

 MARATHON
MONT-BLANC

Distance

92 kmElevation
increase**D+/-
6330m**Maximum
duration**25h**Maximum number of
participants**1000**

Start

Friday, June 27

from 4:00 am

Place du Triangle de l'Amitié

Chamonix

Starting wave n°1

4:00 am

Starting wave n°2

4:10 am



2024 Winners



Mityayev Dmitry

at 10:44:14

M



Mityaeva Ekaterina

at 12:40:04

F



Refreshments

7 complete + 1 light at Plan de l'Aiguille +
1 at finish line.



Transportation

Free shuttle from Les Houches and free train
from Vallorcine to **go to the start.**

Mandatory booking.

Think about free shuttles for companions !

For more information :

[Click here](#)

Other info

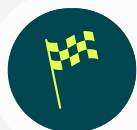
Open to "Espoir" category.

Poles allowed - if you choose to take poles,
you must keep them with you along the whole
race. It is forbidden to pick up poles during the
race.



Bibs pick-up

Each runner must book an appointment to pick-up his
bib (on his runner' digital account). Each race bib must be
hand-delivered to the runner, who presents his race bib
pick-up ticket, ID with photo and race bag including all
mandatory equipment.



SAFETY

The 90 km du Mont Blanc is an extremely technical race!

Although the course exclusively utilizes hiking trails, these can occasionally be narrow and exposed. Certain segments of the course are entirely situated in the snow, and runners often find themselves fluctuating between altitudes of 2000m and 2500m, necessitating a degree of acclimatization. The weather can vary quickly in the mountains (wind, precipitation, heat/cold) and don't forget that running at night can sometimes increase the feeling of difficulty of a section.

To take part in this race, it is recommended to have a good experience of mountain running, to be comfortable with all terrain and to be self-sufficient for several hours. The maximum allowed race time is 25 hours.



WARNING

To have access to the start, you must have a headlamp.



Registration

It includes: race bib, race and finish refreshments, tee-shirt (for those who requested one when registering), finisher's gift, finisher's medal.

To finish the 90 km du Mont-Blanc before 25 hours, the average running speed is 3,7 km/h.



Cut offs and maximum allowed time race

The cut offs purpose on the 90km du Mont-Blanc is to guarantee the runners' safety. Indeed, competitors who are unable to cross these time limits within the given times are considered to be unfit to pursue the race.

The various cut offs are determined by taking into account not only the terrain profile (positive and negative elevation changes), but also the time spent at refreshment points, any checkpoints encountered and any slowdowns that may occur along the way.

Any runner refusing to comply with the cut offs or disrespecting the volunteers in charge of enforcing them will be disqualified for life from the Mont-Blanc Marathon.

Warning! Cut offs are determined according to the official start time of the last starting wave. The maximum allowed race time is determined by the official start time of your starting wave.

Distance

92 kmElevation
increase**D+/-
6330m**Maximum
duration**25h**Maximum number of
participants**1000**

Mandatory equipment

**Cellphone**

Functioning cell phone with a mobile phone plan suitable for France and Switzerland

**ID card with photo**

Borders crossing

**Water supply**

1 liter minimum

**Waterproof jacket**

With hood (Gore-tex type) and fitted to size

**Second layer**

Warm second layer (with long sleeves) adapted to your size

**Headlamp**

Headlamp or chestlamp with spare batteries

**Blanket**

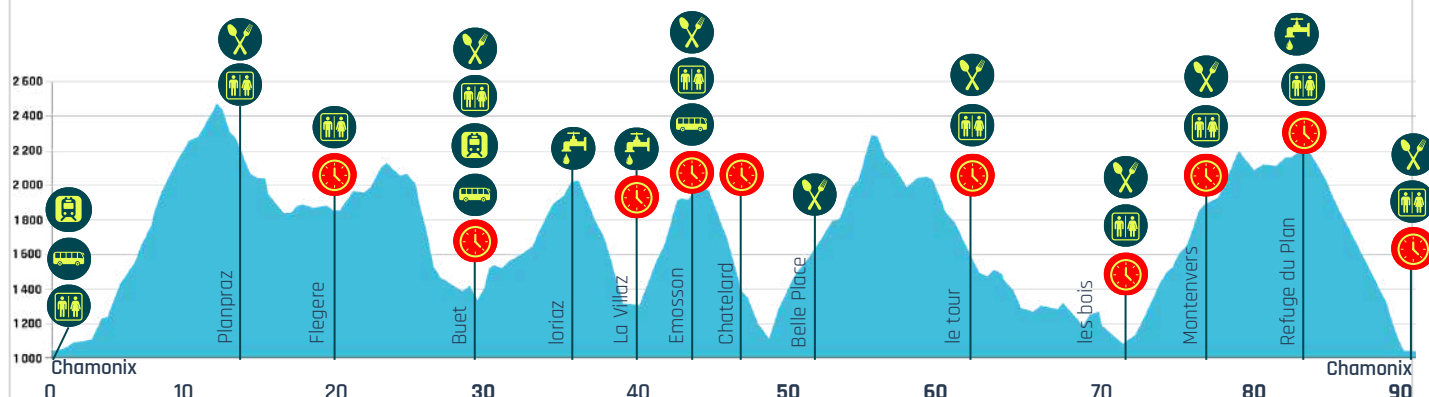
Emergency blanket (140cmx200cm)

**Whistle****Cup****Bowl & cutlery****Cash money**

Bus/train payment if withdrawal

RACE INFORMATION - 90 KM DU MONT-BLANC

LOCATION NAME	REFRESH- MENT	INTERDISTANCE BETWEEN REFRESHMENTS	CUMU- LATED DISTANCES KM	ALTITUDE	ELEVATION + METERS	ELEVATION - METERS	FIRST RUNNER ESTIMATED TIME	LAST RUNNER ESTIMATED TIME (MAX 25H)	CUT OFFS + AVERAGE RUNNING SPEED
CHAMONIX START			0.0	1036	0	0	4.00	4.10	4.1 km/h
BELLACHAT			8.4	2154	1118	0	04.58	06.18	
BRÉVENT			11	2471	1435	0	05.15	06.57	
PLANPRAZ	full	14 km	14	2016	1435	455	05.26	07.23	
FLEGERE			19	1865	1665	850	05.51	08.26	Departure H last starting wave + 4h30
TÊTE AUX VENTS			22.5	2120	1938	860	06.14	09.22	4.6 km/h
COL DES MONTETS			27	1461	1938	1519	06.36	10.10	
LE BUET	full	15 km	29	1347	1938	1633	06.44	10.27	Departure H last starting wave + 6h30
LORIAZ	water		36	2020	2611	1633	07.32	12.16	4 km/h
LA VILLAZ	water		39	1316	2611	2337	07.54	13.03	Departure H last starting wave + 9h
COL DU PASSET			43	1950	3245	2345	08.34	14.29	2.6 km/h
EMOSSON	full	16 km	45	1970	3265	2345	08.42	14.47	Departure H last starting wave + 11h
LE CHÂTELARD			48.5	1148	3285	3167	09.07	15.39	Departure H last starting wave + 12h
DEPARTURE CHAIRLIFT BELLE PLACE	full	7 km	52	1651	3788	3170	09.49	17.04	3.7 km/h
ALPAGE DE CATOGNE			54	2061	4200	3170	10.15	6.02	
TÊTE DE L'AROLETTE			56.4	2333	4472	3170	10.39	18.57	
TÊTE DE BALME			57	2321	4472	3190	10.43	19.06	
COL DES POSETTES			59	1996	4472	3520	10.54	19.30	
ARDOISIERES			61	2046	4530	3520	11.02	19.48	
LE TOUR	full	12 km	64	1470	4530	4100	11.23	20.37	Departure H last starting wave + 16h15
LE PLANET			67	1402	4540	4170	11.37	21.10	4.4 km/h
LA ROSIERE			69	1256	4540	4350	11.46	21.30	
LE LAVANCHER			71	1198	4650	4450	12.03	22.08	
LE BOIS	full	10.5 km	74.5	1090	4697	4650	12.22	22.51	Departure H last starting wave + 18h30
LES MOTTETS			77	1623	5300	4650	12.55	00.26	2.3 km/h
MONTENVERS	full	5.5 km	80	1904	5650	4650	01.10	01.11	Departure H last starting wave + 21h
LE SIGNAL			82	2200	6000	4650	13h30	01.54	2.9 km/h
REFUGE DU PLAN DE L'AIGUILLE	light	6 km	86	2190	6320	5180	14.00	02.50	Departure H last starting wave + 23h
CHAMONIX FINISH	full	6.5 km	92.5	1036	6330	6330	14.36	05.10	Max race time = H start of each wave + 25h00



Full refreshment



Organisation shuttle



WC



Water supply



SNCF Train station



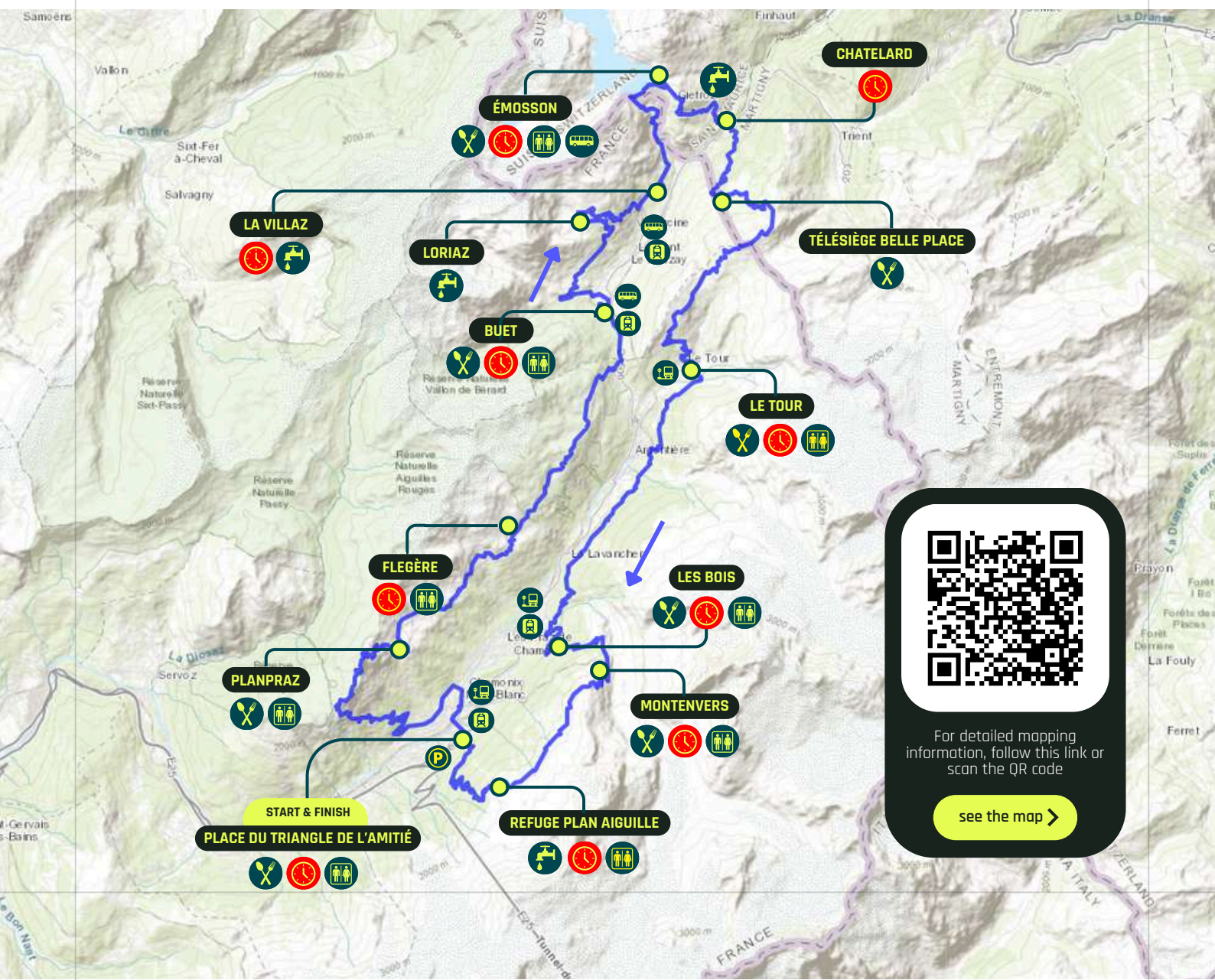
Shower



Cut-off



Bus stop



For detailed mapping
information, follow this link or
scan the QR code

see the map >



TIGER BALM®
BAUME DU TIGRE®

POWER IS IN YOUR HANDS*

* LE POUVOIR EST ENTRE VOS MAINS



*Votre partenaire
idéal pour le*



AVANT L'EFFORT

Effet chauffant

- Le **BAUME ROUGE** pour une action ciblée lors de votre préparation à l'effort.
- La **LOTION** pour une action élargie sur les grandes parties du corps.

APRÈS L'EFFORT

Effet froid

- Le **BAUME BLANC** pour une action ciblée pour votre récupération après l'effort.
- Le **PATCH¹** pour une action durable avec un effet froid jusqu'à 6H.

¹Dispositif médical. Ce dispositif médical de Classe I est un produit de santé réglementé qui porte, au titre de cette réglementation, le marquage CE. Reportez-vous à la notice complète pour plus d'informations. Demandez conseil à votre médecin ou votre pharmacien. Fabriqué par Haw Par Healthcare Ltd. 2505.



Tiger Balm France



tigerbalm_fr

www.tigerbalm.com/fr



KM Vertical du Mont Blanc

KMV

P31

Time-trial race

UTMB index > 0

Distance

3,8 km

Elevation
increase

**D+/-
1000m**

Maximum number of
participants

700

**km
vertical**

MARATHON
MONT-BLANC



Program

before
your race

during
your race

after
your race



trail camp

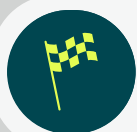
Distance

3,8 km

Elevation gain

**D+
1000m**

Runners

700


Start

Friday, June 27th

Starting at 4:00 pm

Place du Triangle de l'Amitié

Chamonix

The start is given every 15 seconds, according to the estimated time you indicated at registration. Please arrive 10 minutes before your start time in the Chamonix start zone. The start time is indicated on your race bib collection card.



2024 Winners


POCHAT Gideon
00:37:03

M


DEWALLE Christel
00:43:22

F



Refreshments

1 at the Planpraz finish line



Runners bags

Bags drop-off is situated next to the Chamonix church, close to the Mollard roundabout, from 3:00 pm to 6:30 pm, with collection available at the finish line in Planpraz.

Please be aware: if you withdraw, the bag will be returned to the Race PC after the race concludes.



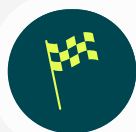
Other info

Open to the Junior category. Sticks are not permitted.



Bibs pick-up

An appointment is necessary (please register in your runner's area). To retrieve your race number, you must appear in person with your race number collection card, your race bag that includes all the required equipment, and your photo identification.



SECURITY

Alpine race conducted as a time trial, featuring an aerial finish that incorporates via ferrata elements such as steps, cables, and handrails, culminating at an elevation of 2000 meters.



Registration

It comprises: bib, refreshments, t-shirt, and runner's bag (for those who requested it during registration), finisher's medal, and descent by cable car from Planpraz.



Cable car

Free access to the Planpraz gondola from 4pm to 7:15pm by presenting a countermark ticket to be picked up at the bib pick-up point, for companions to watch the KMOV finish.

Mandatory equipment



Water supply

0.5L minimum



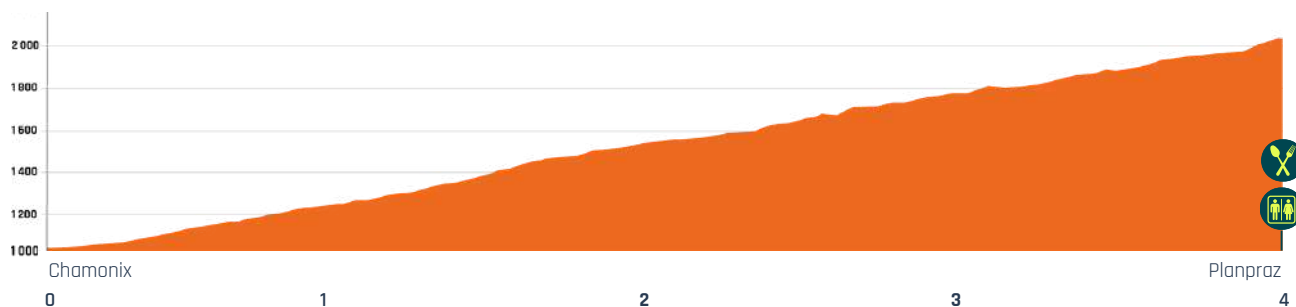
Cup



Cell phone

Functioning cell phone





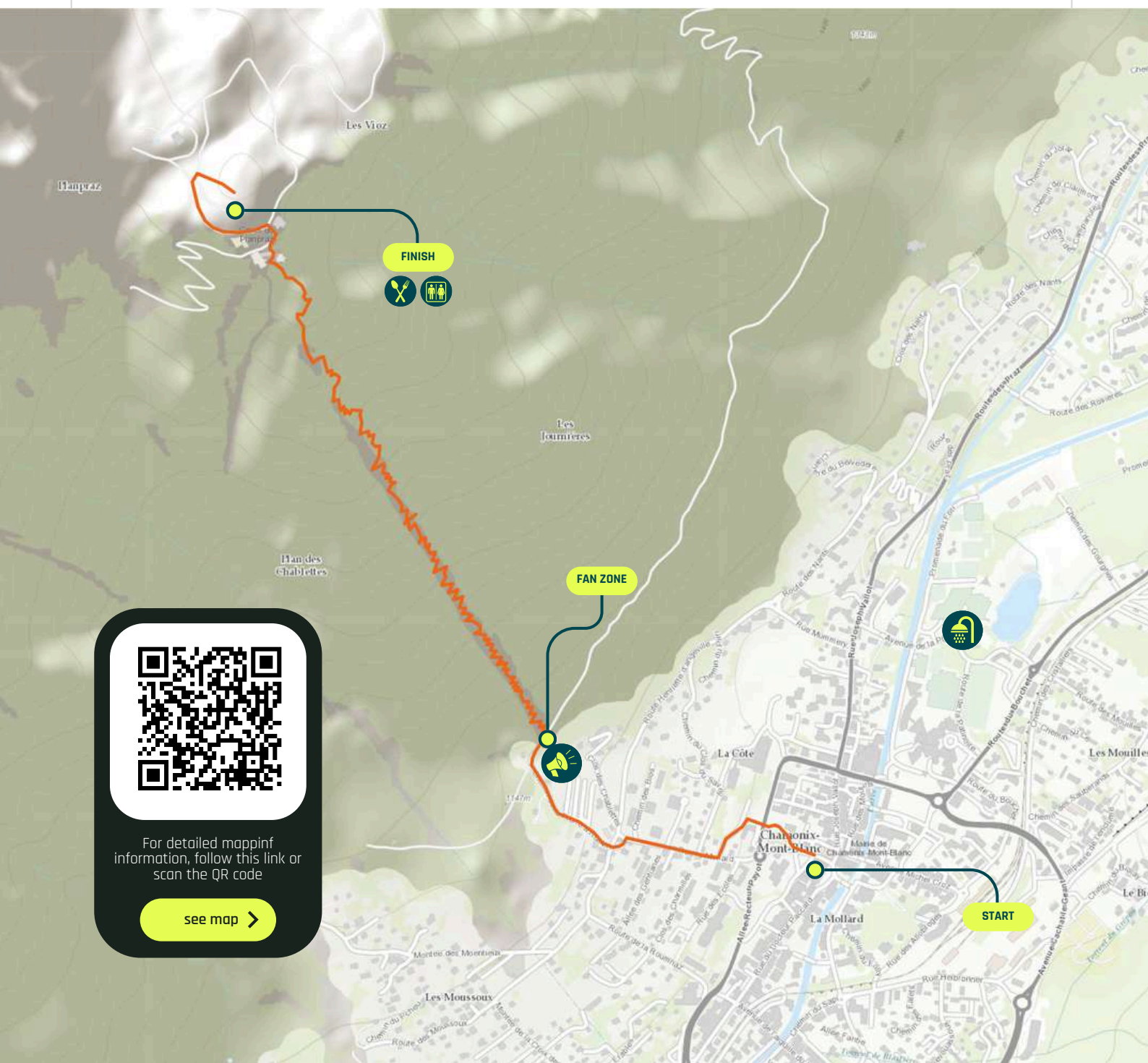
Full refreshment



WC



Shower



For detailed mapping
information, follow this link or
scan the QR code

[see map >](#)

CRYOPTIM

CENTRE DE CRYOTHÉRAPIE

➤➤ **EXPÉRIMENTEZ L'OPTIMISATION
DE LA PERFORMANCE ET DU BIEN-ÊTRE**

**NOUVEAU
À SALLANCHES**

Récupération sportive

Bien-être & Performance

Détente & Relaxation

Prévention de blessure

Régénération & Cicatrisation

**VOTRE PARCOURS PERSONNALISÉ
ADAPTÉ À VOS OBJECTIFS**



RÉSERVEZ EN LIGNE SUR NOTRE SITE WEB
WWW.CRYOPTIM.FR

P36

Semi-independent short trail

UTMB index > 270
(recommended)

Distance

23 km

Elevation gain

D+ 1680m
D- 870mMax allowed
race time**6h**

Runners

2000

P37

Semi-independent short trail

UTMB index > 270
(recommended)

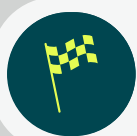
Distance

23 km

Elevation gain

D+ 1680m
D- 870mMax allowed
race time**6h**

Runners

2000

Start

Saturday, June 28th

Start at 8:00 am

Aire des parapentes

Chamonix

Starting wave n°1

8:00 am

Then 5 starting waves every 10 minutes.



2024 Winners



CARDIN Thomas

at 02:04:55

M



BONDOUX Anaëlle

at 02:22:56

F



Refreshments

2 full refreshments + 1 at finish line



Runners bags

Drop-off at the speed ring is scheduled from 7:00 am to 8:30 am, with collection at the finish line of the race in Planpraz.

Please be aware that if you withdraw or fail to meet the deadline, your bag will remain at the Race PC.



Other info

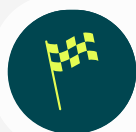
Open to "Espor" catégorie.

Poles allowed : If you decide to bring poles, you are required to retain them for the entire duration of the race. It is not allowed to retrieve poles during the course.

Bibs pick-up

An appointment is necessary (please register in your runner's area). To retrieve your race number, you must appear in person with your race number collection card, your race bag that includes all the required equipment, and your photo identification.

To finish the 23 km of Mont Blanc in 6 hours, the average running speed is 3.8 km/h.



SAFETY

The 23km Mont Blanc trail exclusively utilizes hiking paths, which can be narrow and exposed at times. Weather conditions in the mountains can change rapidly.

To take part in this race, it is advisable to possess strong mountain running experience, to feel at ease on various terrains, and to be self-sufficient for several hours.



Registration

It includes: bib, refreshments, t-shirt, and runner's bag (for those who requested it during registration), finisher's medal, and descent by cable car from Planpraz.



Cuts-offs and maximum allowed time race

The main objective of the time barriers in the 23 km Mont Blanc race is to guarantee the safety of the runners. Participants who fail to meet these time barriers within the specified limits are considered unfit to proceed with the race.

The different time barriers are determined by considering the terrain profile, including both positive and negative elevations, as well as the time spent at refreshment points, any checkpoints encountered, and potential slowdowns that may occur during the course.

Any runner who fails to adhere to the time limit and does not show respect to the volunteers tasked with enforcing these regulations will face a lifetime disqualification from the Mont Blanc Marathon events.

Please be aware! Time barriers are determined according to the official start time of the final wave.

The maximum race time is determined based on the official time of your start wave.

Distance

23 km

Elevation gain

D+ 1680m
D- 870m

Max allowed
race time

6h

Runners

2000

Mandatory equipment


Cell phone

Functioning cell phone with a mobile phone plan
suitable for France and Switzerland

Water supply

0,5 litre minimum


Waterproof jacket

With hood (Gore-tex type) and fitted to size


Blanket

Emergency blanket (140cmx200cm)


Cash

Bus/train payment if withdrawal


Cup

Whistle


P40

Semi-independent short trail

UTMB index > 270
(recommended)

Full refreshment



Organisation shuttle



WC



Water supply



SNCF Train station



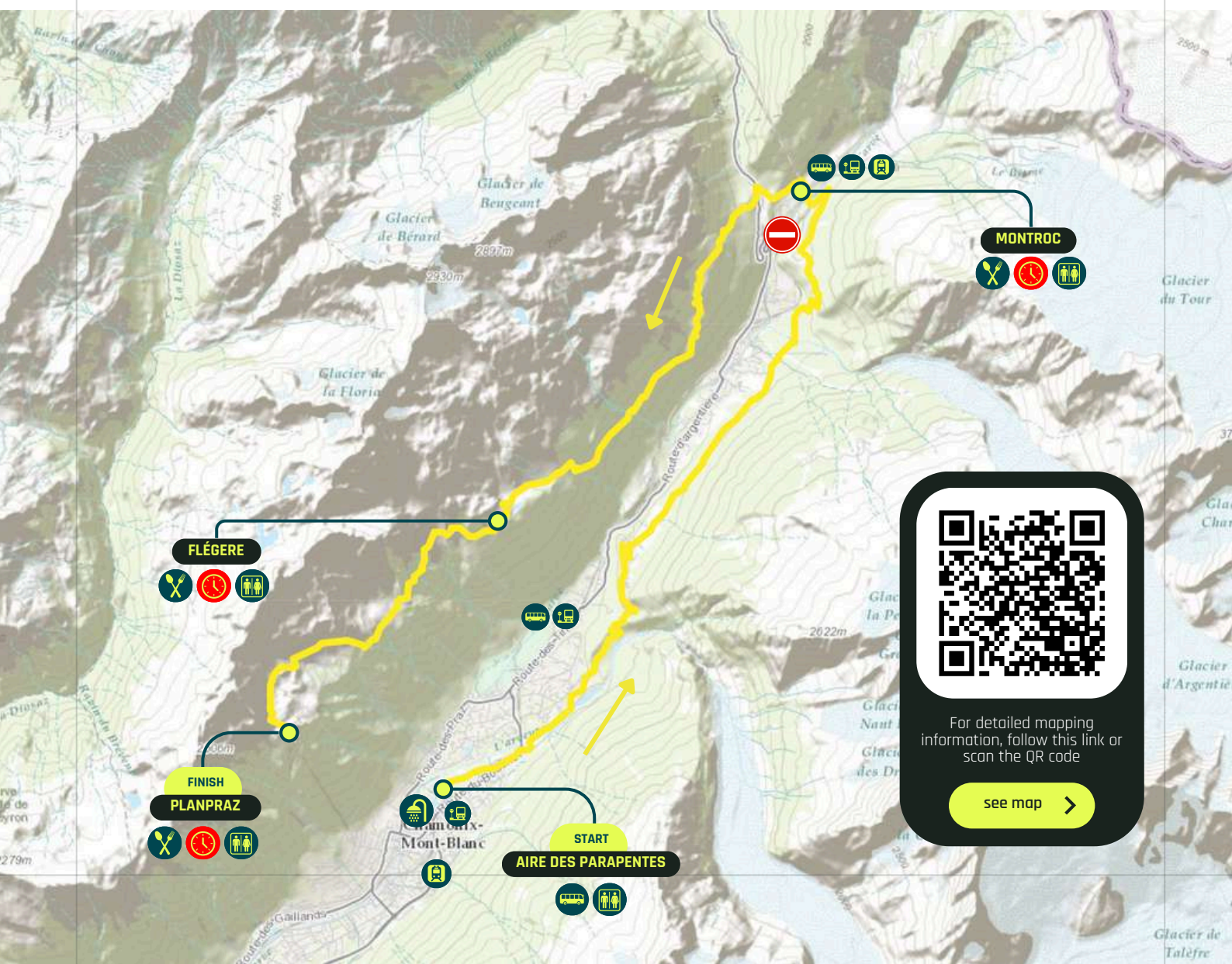
Shower



Cut-off



Bus station

For detailed mapping
information, follow this link or
scan the QR code

see map



RACE DETAILS - 23 KM DU MONT-BLANC

LOCATION NAME	REFRESH- MENT	INTERDISTANCE BETWEEN REFRESHMENTS	CUMU- LATED DISTANCES KM	ALTITUDE METERS	ELEVATION + METERS	ELEVATION - METERS	FIRST RUNNER ESTIMATED TIME	LAST RUNNER ESTIMATED TIME (MAX 6H)	CUT OFFS + AVERAGE RUNNING SPEED
CHAMONIX START AIRE DES PARAPENTES			0	1036	0	0	8.00	8.50	
LES BOIS			2,3	1090	41	0	8.06	09.29	4.5km/h
LE LAVANCHER			5	1200	218	56	08.17	10.06	
LA ROSIÈRE			7,7	1252	354	134	08.27	10.34	
ARGENTIERE			8.8	1270	374	139	8.30	10.44	
LE PLANET			10	1382	502	163	08.37	11.03	
MONTROC	full	11.5 km	11.5	1363	574	246	08.43	11.20	Departure H last starting wave + 2h30
TRE LE CHAMP			12	1385	604	257	08.46	11.22	3.5km/h
LE BÉCHAR			14	1700	886	270	08.59	12.00	
PLAGNOLET FOREST			15	1451	886	509	09.03	12.30	
BAS DU TÉLÉSIÈGE DE LA TRAPPE			16,7	1740	1174	555	09.13	12.54	
LA FLÉGÈRE	full	7 km	18,4	1894	1321	555	09.27	13.20	Departure H last starting wave + 4h30
THE CHARLANON			21	1810	1363	844	09.43	14.27	3.3km/h
PLANPRAZ FINISH	full	5 km	23,5	2048	1680	874	10.00	14.50	Max race time = H start of each wave + 6h00

Distance

10 kmElevation
increase**D+/-
325m**Maximum
duration**2h30**Maximum number of
participants**2000**

10 km

MARATHON
MONT-BLANC

Distance

10 kmElevation
increase**D+/-
325m**Maximum
duration**2h30**Maximum number of
participants**2000****2024 Winners**Tristan Vachat
at 00:38:19

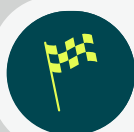
M

Elodie Alexandre
at 00:46:41

F

**Refreshments**

1 at the finish line

**Start****Saturday, June 28th**

from 10:30 am

Aire des parapentes

Chamonix

Starting wave n°1

10:30 am

then 5 starting waves every 5 minutes

**Other info**

Open to "Cadet" category

Poles forbidden

**Bibs pick-up**

Each runner must book an appointment to pick-up his bib (on his runner' digital account). Each race bib must be hand-delivered to the runner, who presents his race bib pick-up ticket, ID with photo and race bag including all mandatory equipment.



Registration

It includes: bib, refreshments, finisher medal, and runner's t-shirt (for those who requested it during registration).

Mandatory equipment



Water supply

0,5 liter minimum



Cup



Cell phone

Functioning cell phone



Maximum allowed time race

The maximum allowed race time for the entire course is 2h30. After this time, runners will not be classified and will be stopped by the broom wagon, so they will not be allowed to cross the finish line.

Warning! The maximum allowed race time is calculated from the official time of your starting wave.



Getting to the start

ROUTE

ST GERVAIS - CHAMONIX



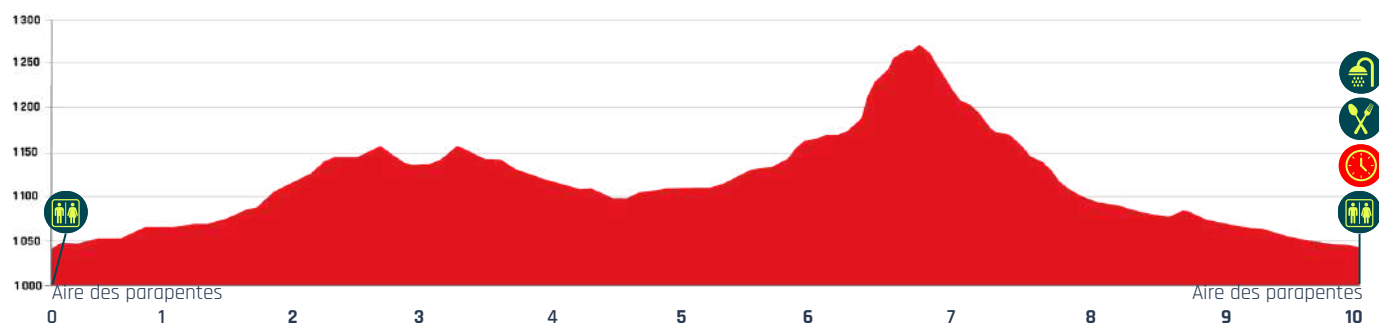
MANDATORY REGISTRATION HERE!

An additional free train from Saint-Gervais will take passengers to Chamonix.

Places are limited.

FREE





Full refreshment



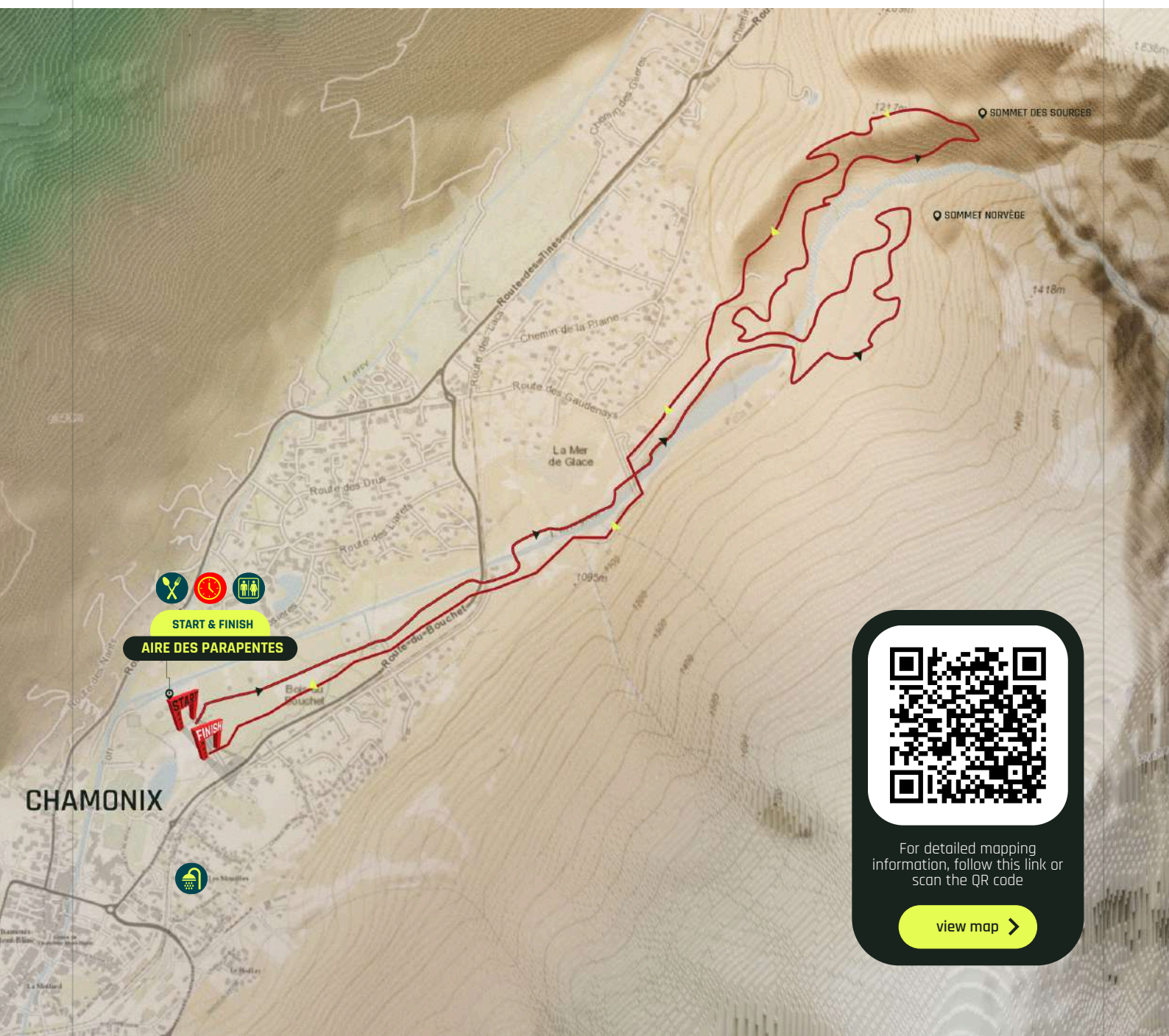
WC



Cut-off



Shower



For detailed mapping
information, follow this link or
scan the QR code

[view map >](#)

RACE DETAILS - 10 KM MONT BLANC

LOCATION NAME	REFRESH- MENT	INTERDISTANCE BETWEEN REFRESHMENTS	CUMU-LATED DISTANCES KM	ALTITUDE METERS	ELEVATION + METERS	ELEVATION - METERS	FIRST RUNNER ESTIMATED TIME	LAST RUNNER ESTIMATED TIME	MAXIMUM RACE DURATION
CHAMONIX START			0	1036	0	0	10.30	10.55	
DESERT BLANC			2	1079	39	0	10.36	11.18	
SOMMET NORVEGE			3.5	1154	125	11	10.42	11.36	
SOMMET DES SOURCES			6	1248	283	74	10.54	12.25	
INTERSECTION DZ			8.2	1073	323	284	11.02	13.03	
ARVEYRON			8.9	1060	323	302	11.04	13.10	
CHAMONIX FINISH	Complete	10 km	10	1036	323	323	11:07	13:25	MAXIMUM RACE DURATION = START TIME OF EACH WAVE + 2.5 HOURS



Distance

**800 m
to 3km**

Max. number of
children

1000

Date of birth

**Between
2010 and 2018**



Mini cross

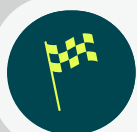
Distance

**800 m
to 3km**

Max. number of
children

1000

Date of birth

**Between
2010 and 2018**


Start

Saturday, June 28th

Starting at 2:00 pm

Aire des parapentes

Chamonix

One starting wave per age group:

2:00 pm: 800m (born from 2016 to 2018)

2:15 pm: 2km (born between 2014 and 2015)

2:45 pm: 3km (born from 2010 to 2013)

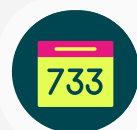

Refreshments

1 at the finish line



Registration

It includes: race bib, refreshments, finisher's medal



Bib pick-up

The bibs will be available at the VML (Vaincre les Maladies Lysosomales) association booth, situated before the EMC2 room on Place du Mont-Blanc. Thursday, June 26, and Friday, June 27, from 9:30 a.m. to 7:00 p.m.; Saturday, June 28, from 9:30 a.m. to 1:00 p.m.

Children must be accompanied by a parent to retrieve their bib.



Other info

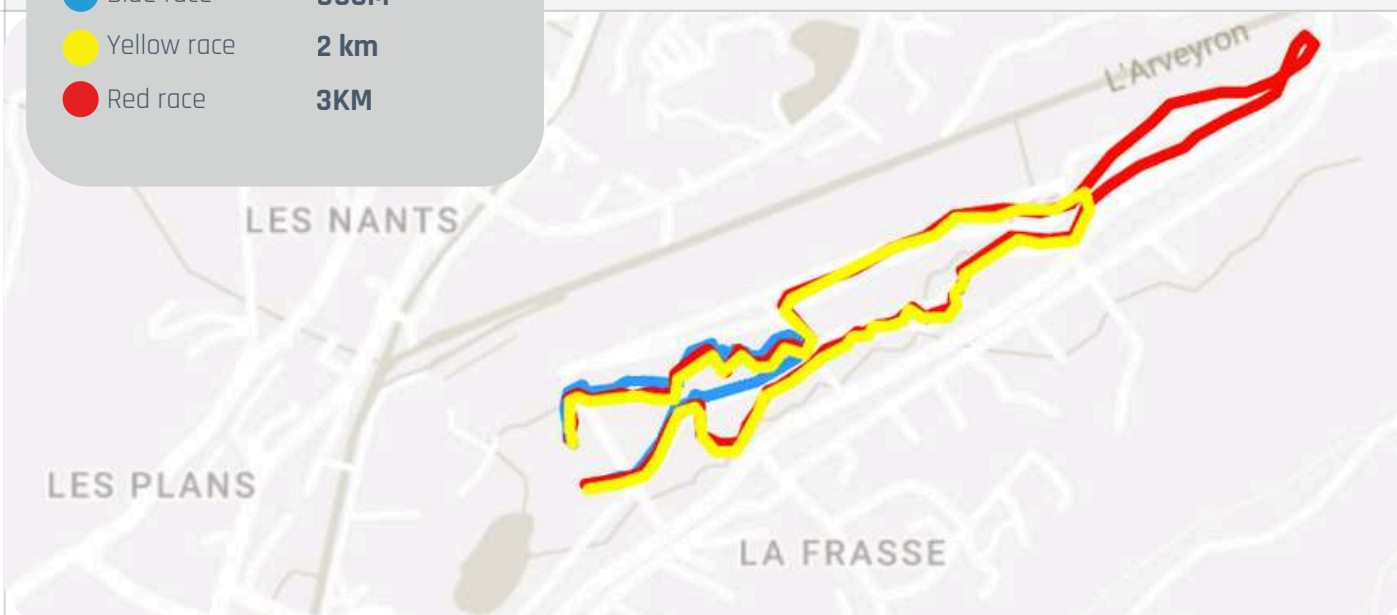
- Prize-giving: To the 1st finisher of each age group on the Place du Triangle de l'Amitié et 5:00 p.m.
- Lottery: At the end of the races at the paragliding area.





Race

- Blue race 800M
- Yellow race 2 km
- Red race 3KM



Animations

Exploring glaciers - Activities & education

Join us for an enjoyable experience and uncover the mysteries of the mountain!

- Aire des parapentes - Saturday, June 28 at 12 pm
- The program includes enjoyable activities centered around glaciers for both young and old, featuring a model of the mountain ecosystem, engaging games, landscape interpretation, creative coloring, and more.

An engaging and informative awareness campaign focused on alpine nature, in conjunction with the MiniCross.

AND THAT IS NOT EVERYTHING!

Explore the Mont Blanc Glaciathlon, the engaging Alvengers course: a digital journey to enjoy as a family in Chamonix, specifically crafted for inquisitive and adventurous children. The route can be accessed through **the application: Alvengers**.



P50

Semi-independent discovery trail

UTMB index > 0

Distances

U18 > 7km**U20 > 13km**

Elevation gain

D+/-**654m****1200m**

Runners

300THE
YOUNG
RACE MARATHON
MONT-BLANC

Program

before
your raceduring
your raceafter
your race90
KM42
KM23
KM10
KMKM
VERTICALDUO
ÉTOILETHE
YOUNG
RACEMINI
CROSS

trail camp

P51 Semi-independent discovery trail

UTMB index > 0

Distances

U18 > 7km
U20 > 13km

Elevation gain

D+/-
654m
1200m

Runners

300



2024 Winners



POLLET Pierre

01:19:49

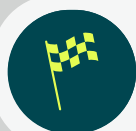
M



AGNES JOSEFSON

01:42:44

F



Start

Saturday, June 28th

at 3:00 PM

Place du Triangle de l'Amitié
Chamonix



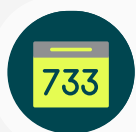
Refreshments

1 lightweight (U20) and 1 at the conclusion.



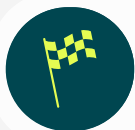
Other info

Designated for U18 and U20 categories.
Sticks are prohibited.



Bibs pick-up

An appointment is necessary (please register in your runner's area). To retrieve your race number, you must appear in person with your race number collection card, your race bag that includes all the required equipment, and your photo identification.



SAFETY

The Young Race route exclusively utilizes hiking trails, which can be narrow and exposed at times. Weather conditions in the mountains can change swiftly, including variations in wind, precipitation, and temperature.

To take part in this race, it is advisable to possess strong mountain running experience, to feel at ease on various terrains, and to be self-sufficient for several hours.



Registration

It include: race bib, refreshments, t-shirt (for those who requested it during registration), finisher's medal.



P53

Semi-independent discovery trail

UTMB index > 0

Distances

U18 > 7km**U20 > 13km**

Elevation gain

D+/-**654m****1200m**

Runners

300

Mandatory equipment

**Cellphone**

Mobile phone in working order

**Water supply**

0.5 liter minimum

**Waterproof jacket**

With hood (Gore-tex type) and adapted to size

**Blanket**

Emergency blanket (140cmx200cm)

**Whistle****Cup**

Program

before
your raceduring
your raceafter
your race

trail camp

P54

Semi-independent discovery trail

UTMB index > 0



Water supply

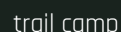


Intersection of U18 and U20 courses



LOCATION NAME	REFRESHMENT	DISTANCE BETWEEN REFRESHMENTS	CUMULATIVE DISTANCES KM	ALTITUDE METER	ELEVATION + METERS	ELEVATION - METERS	FIRST RUNNER ESTIMATED TIME	LAST RUNNER ESTIMATED TIME	MAXIMUM RACE DURATION
CHAMONIX START			0	1034	0	0	15.00	15.00	
POINT 1,600 M			3	1601	587	25	15.28	15.50	
BLAITIERE DESSUS			4.2	1932	907	20	15.43	16.30	
CROISEMENT BALCON NORD			4.9	2115	1089	20	15.51	16.49	
REFUGE DU PLAN DE L'AIGUILLE	Light	6.7 km	6.7	2182	1202	62	16.02	17.10	
POINT 1437M CROISEMENT CASCADE DU DARD			10.76	1429	1250	872	16.26	18.02	
POINT 1231M CROISEMENT BLAITIÈRE			11.83	1028	1250	1099	16.32	18.15	
CHAMONIX FINISH	full	6.2 km	13	1036	1250	1250	16.40	18.30	MAXIMUM RACE DURATION = START TIME + 3H30

LOCATION NAME	REFRESHMENT	DISTANCE BETWEEN REFRESHMENTS	CUMULATIVE DISTANCES KM	ALTITUDE METER	ELEVATION + METERS	ELEVATION - METERS	FIRST RUNNER ESTIMATED TIME	LAST RUNNER ESTIMATED TIME	MAXIMUM RACE DURATION
CHAMONIX START			0	1034	0	0	15.00	15.00	
CROISEMENT MONTENVERS			0.8	1044	9	6	15.03	15.05	
POINT 1600 M			3.3	1601	587	25	15.36	15.54	
POINT 1231M CROISEMENT BLAITIERE			5.4	1213	613	454	15.51	16.16	
CHAMONIX FINISH	full	7	7	1036	620	620	16.00	16.30	MAX RACE DURATION = START TIME + 2h00



P56 Short path in semi-independence

UTMB index > 240
(recommended)

Distance

21 km

Elevation
increase

**D+/-
1450m**

Maximum
duration

6H30

Teams

500

Duo étoilé

MARATHON
MONT-BLANC

P57

Semi-independent short trail

UTMB index > 240
(recommended)

Distance

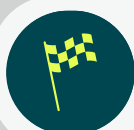
21 km

Elevation
increaseD+/-
1450mMaximum
duration

6H30

Teams

500



Start

Saturday, June 28th
at 7:30 PMPlace du Triangle de l'Amitié
Chamonix

Refreshments

1 complete - 1 illumination - 1 welcome
refreshment

Other info

Open to "Espoir" category.

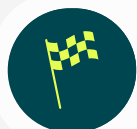
Poles allowed -If you decide to bring poles,
you are required to keep them for the entire
duration of the race. It is not allowed to
retrieve poles during the event.

Bib exchange

Any individual found at the finish line
wearing a bib belonging to another
competitor will lead to the immediate
disqualification of both parties and will be
barred from registering for future events.

Bibs pick-up

Appointment necessary (register in your runner's area).
To retrieve your race number, each team member must
appear in person with their race number collection card,
their race bag containing all the necessary equipment,
and a photo ID.
A runner can not collect his teammate's bib.



SAFETY

The Duo Étoilé route exclusively utilizes hiking trails, which can be narrow and exposed at times. Weather conditions in the mountains can change rapidly. To take part in this race, it is advisable to possess significant mountain running experience, be at ease on various terrains, and be capable of running independently for several hours.

During the entire race, the pair must remain together. If a team is not together at a checkpoint, the single rider will not be allowed to pass the checkpoint. He must wait for his teammate.



WARNING

To enter the start area, you must have your headlamp on.



Registration

It includes: race bib, refreshments, t-shirt (for those who request one when registering), finisher's medal.

To complete the Duo Étoilé in 6 hours and 30 minutes, the average running speed is 3.3 km/h.



Cut-offs and maximum allowed race time

The cut offs purpose on the Duo étoilé is to guarantee the runners' safety. Indeed, competitors who are unable to cross these time limits within the given times are considered to be unfit to pursue the race.

The different time barriers are determined by considering the terrain profile, including both positive and negative elevations, as well as the time spent at refreshment points, any checkpoints encountered, and potential slowdowns that may occur during the course.

Any runner refusing to comply with the cut offs or disrespecting the volunteers in charge of enforcing them will be disqualified for life from the Mont-Blanc Marathon.

Please be aware! Time barriers are determined according to the official start time of the final wave.

The maximum race time is determined based on the official time of your start wave.

P59

Semi-independent short trail

UTMB index > 240
(recommended)

Distance

21 km

Elevation
increase

**D+/-
1450m**

Maximum
duration

6H30

Teams

500

Mandatory equipment

☐


Cell phone

Cell phone in working order

☐


Water supply

0.5 liter minimum

☐


Waterproof jacket

With hood (Gore-tex type) and adapted to size

☐


Lamps

Head or chest lamp with spare batteries

☐


Blanket

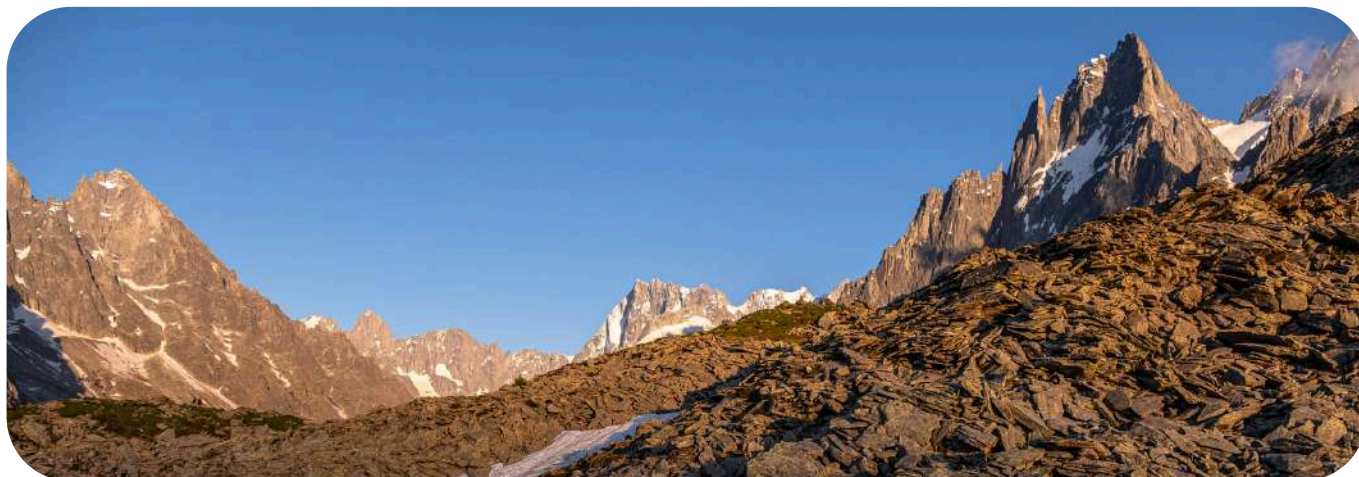
Emergency blanket (140cmx200cm)

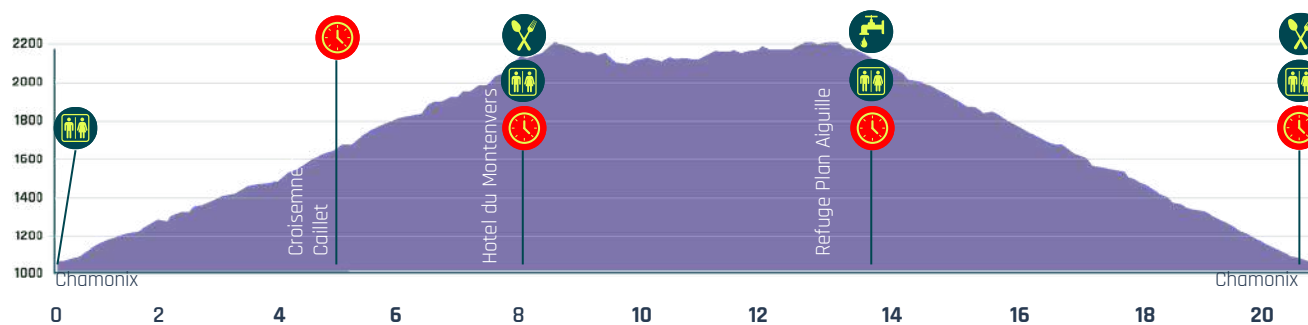
☐


Whistle

☐


Cup





Complete refreshment



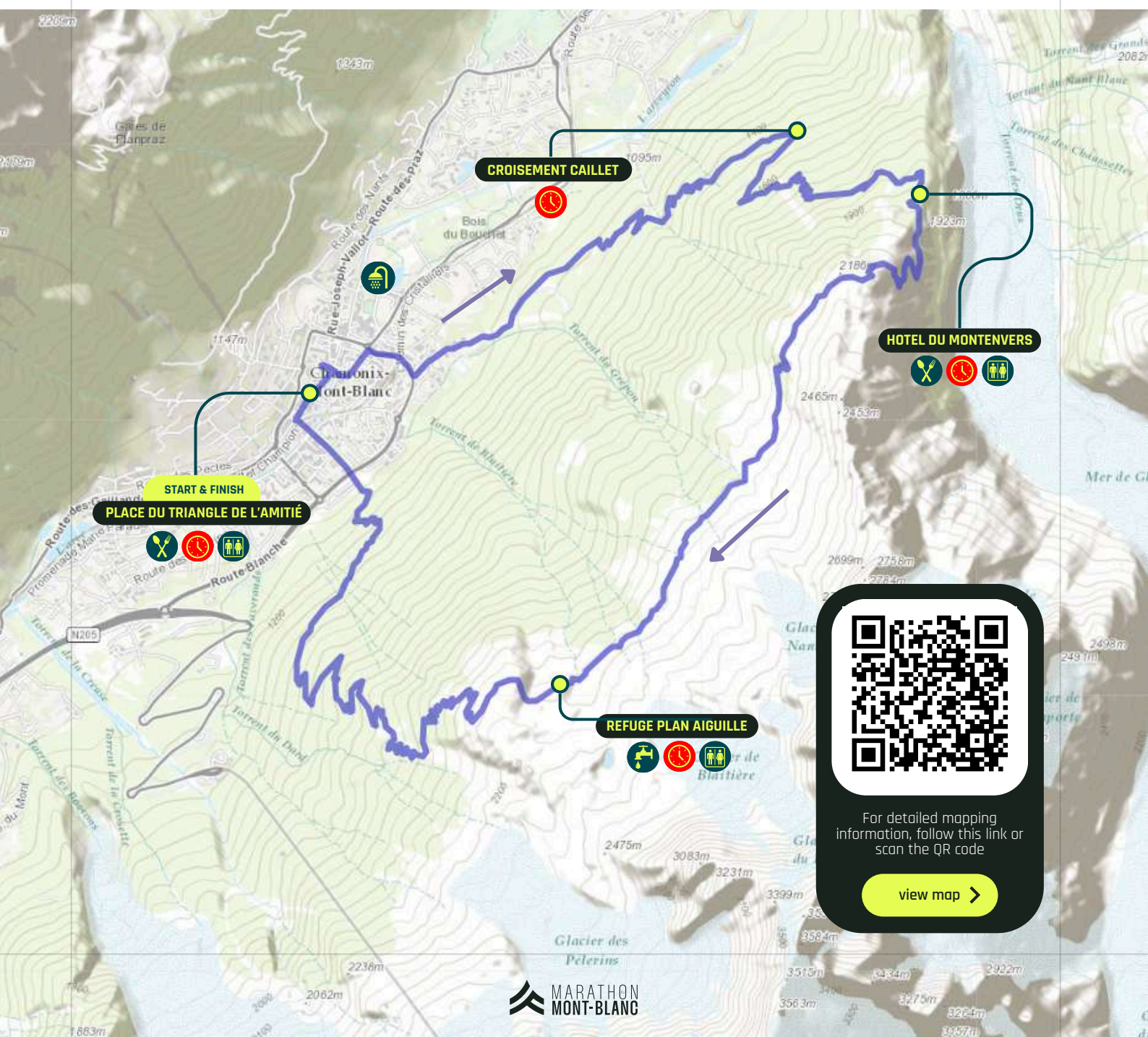
Light refreshment



Cut off



WC



For detailed mapping
information, follow this link or
scan the QR code

[view map >](#)

RACE INFO - STAR DUO

LOCATION NAME	REFRESHMENTS	INTERDISTANCE BETWEEN REFRESHMENTS	CUMULATIVE DISTANCES KM	ALTITUDE METER	ELEVATION + METERS	ELEVATION - METERS	FIRST RUNNER ESTIMATED TIME	AST RUNNER ESTIMATED TIME (MAX 6H30)	CUT OFFS + MAXIMUM ALLOWED TIME RACE
START CHAMONIX			0	1036	0	0	19.30	19.30	3.8km/h
CROISEMENT CAILLET		4.8 km	4.8	1461	511	46	19.54	20.57	Departure time +1 hour 15 minutes
BUVETTE CAILLET			5.4	1582	619	61	20.06	21.13	2.2km/h
HOTEL MONTENVERS	full	2.8 km	7.6	1904	953	82	20.22	22.06	Departure time +2h30
SIGNAL			9.4	2200	1257	87	20.43	22.55	3km/h
REFUGE DU PLAN DE L'AIGUILLE	light	6.4 km	14	2190	1424	260	21:09	23:58	H departure +4:30
PARKING GREPON			20.5	1036	1430	1421	21.40	01.43	3.8km/h
FINISH CHAMONIX	full	7.4km	21.4	1036	1450	1450	21.46	02.00	Maximum race duration = Start time + 6 hours 30 minutes

-20% Offre Spéciale
Marathon du Mont-Blanc

www.lagolight-shop.com

Code promo : **MMB25**

LAGO

Lampes frontales



www.lagolight.com



Noémie Catalano, navigatrice
Ambassadrice LAGO

Conçues et fabriquées au pays du Mont-Blanc,
Annecy, French Alps

P63

Semi-independent trail

UTMB index > 350
(recommended)

Distance

42 km

Elevation gain

**D+/-
2540m**Max. allowed
time race**10h**Maximum number of
participants**2300**

Distance

42 km

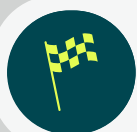
Elevation gain

**D+/-
2540m**

Max. allowed
time race

10h

Maximum number of
participants

2300


Start

Sunday, June 29th
from 6:45 am

Place du Triangle de l'Amitié
Chamonix

Women elite's start

6:45 am

Men's elite start

7:15 am

then 5 starting waves every 10 min



2024 Winners


ELAZZAQUI Elhousine
at 03:30:10

M


WIDE Judith
at 04:11:12

F



Refreshments

3 full refreshments + 1 at finish line



Transportation

Free shuttle from Les Houches and free train
from Vallorcine to **go to the start.**
Mandatory booking.
**Don't forget the free shuttles for your
companions!**
For further information
[Click here >](#)

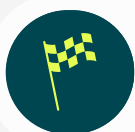

Other info

Open to "Espoir" category

Poles allowed - if you choose to take poles,
you must keep them with you along the whole
race. It is forbidden to pick up poles during the
race.


Bibs pick-up

Each runner must book an appointment to picku-up his
bib (on his runner' digital account). Each race bib must be
hand-delivered to the runner, who presents his race bib
pick-up ticket, ID with photo and race bag including all
mandatory equipment.



SECURITY

The 42 km Mont Blanc trail exclusively utilizes hiking paths, which can be narrow and exposed at times. Weather conditions in the mountains can change swiftly, including variations in wind, precipitation, and temperature.

To take part in this race, it is advisable to possess strong mountain running experience, to feel at ease on various terrains, and to be self-sufficient for several hours.

Race assistance is allowed 100 meters before or 100 meters after a refreshment station. Access to areas beyond these boundaries is prohibited.



Registration

It includes: race bib, refreshments, t-shirt (for those who request one when registering), finisher's medal.

To complete the 42km Mont-Blanc in 10 hours, the average running speed is 4.2 km/h.



Cut offs and maximum allowed race time

The cut offs purpose on the 42km du Mont-Blanc is to guarantee the runners' safety. Indeed, competitors who are unable to cross these time limits within the given times are considered to be unfit to pursue the race.

The various cut offs are determined by taking into account not only the terrain profile (positive and negative elevation changes), but also the time spent at refreshment points, any checkpoints encountered and any slowdowns that may occur along the way.

Any runner refusing to comply with the cut offs or disrespecting the volunteers in charge of enforcing them will be disqualified for life from the Mont-Blanc Marathon.

Warning! Cut offs are determined according to the official start time of the last starting wave. The maximum allowed race time is determined by the official start time of your starting wave.

P66

Semi-independent trail

UTMB index > 350
(recommended)

Distance

42 km

Elevation gain

**D+/-
2540m**Max. allowed
race time**10h**Maximum number of
participants**2300**

Mandatory equipment

☐**Cellphone**

Cell phone in working order

☐**Water supply**

0.5 liter minimum

☐**Waterproof jacket**

With hood (Gore-tex type) and adapted to size

☐**Blanket**

Survival blanket (140cmx200cm)

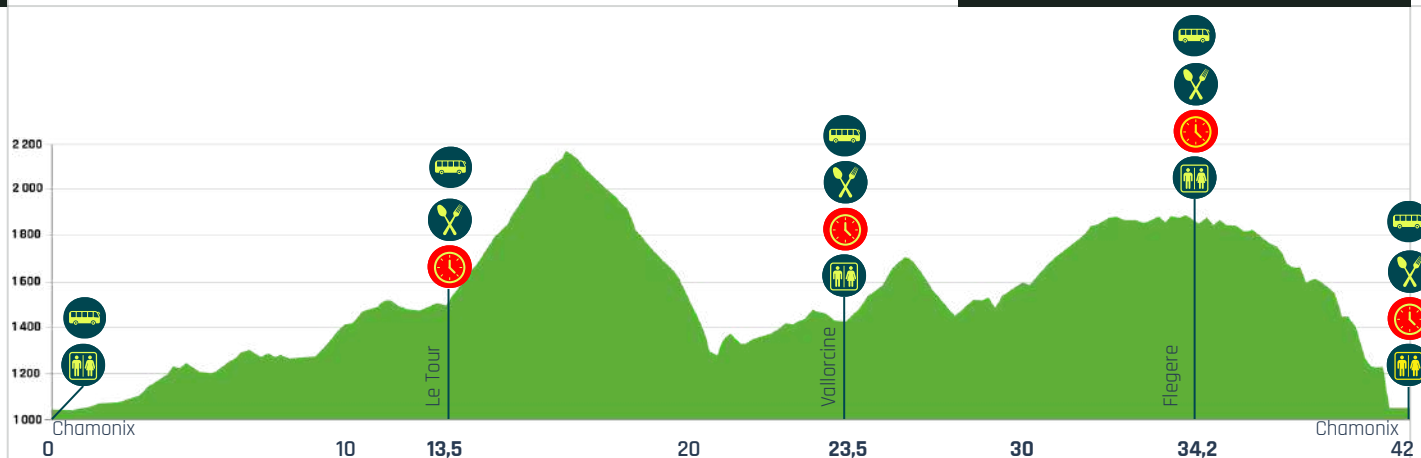
☐**Cash**

Bus/train payment in case of withdrawal

☐**Cup**☐**whistle**

P67

Semi-independent trail

UTMB index > 350
(recommended)

Full refreshment



Water supply



Cut off



Organisation shuttle



SNCF train station



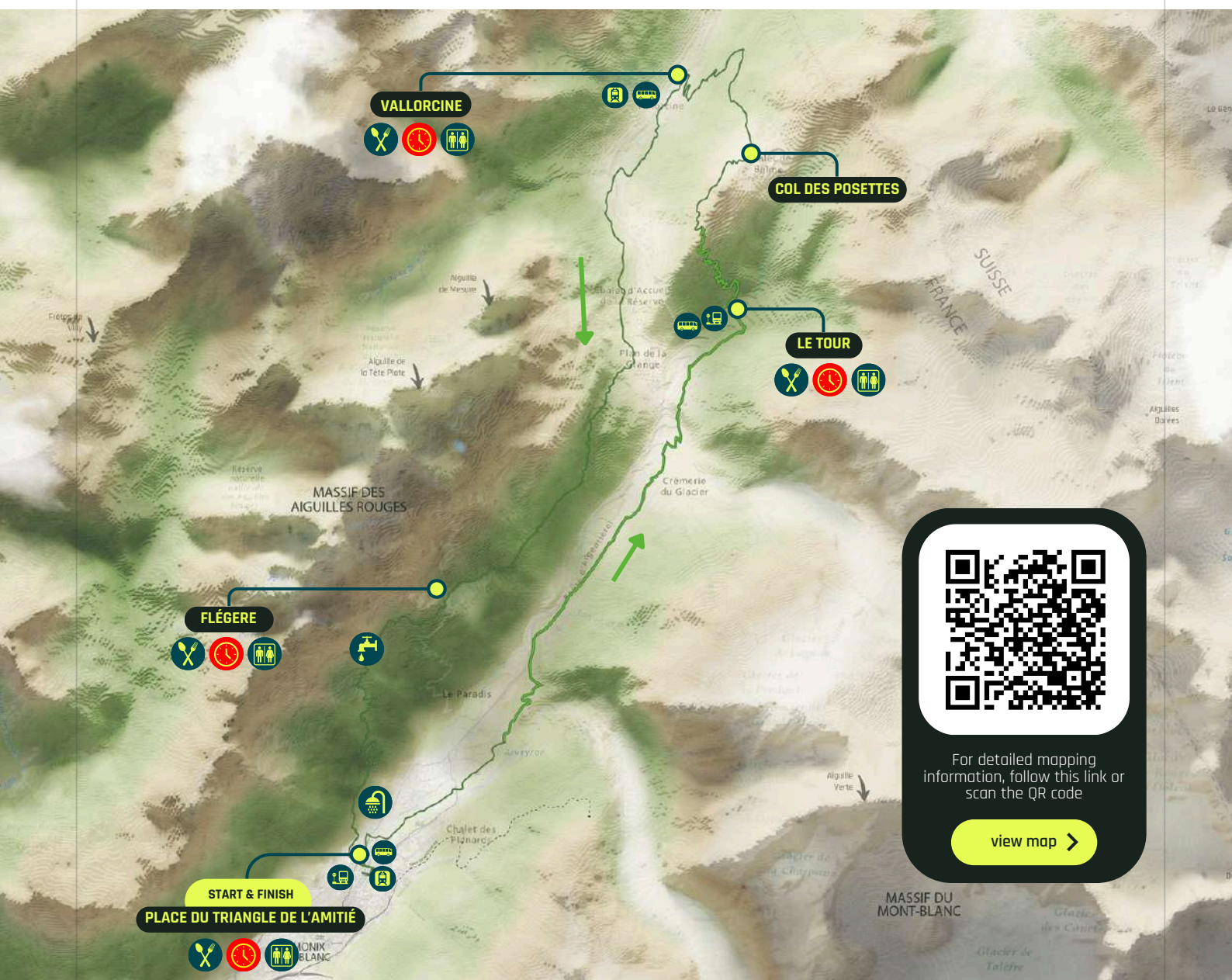
Bus stop



WC



Shower

For detailed mapping
information, follow this link or
scan the QR code

view map >

RACE INFO - 42 KM DU MONT-BLANC

Women
elite start
wave

Starting
wave
SAS 1

Starting
wave
SAS 6

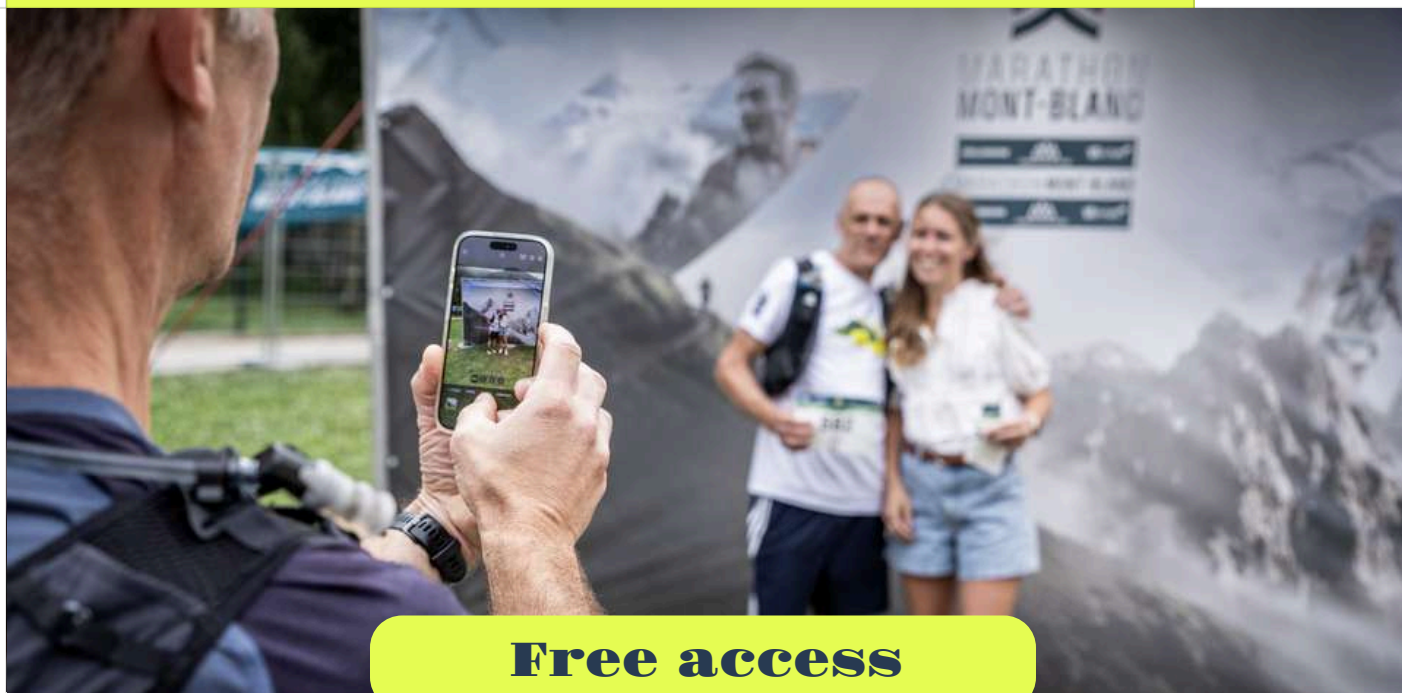
06:45

07:15

08:05

LOCATION NAME	REFRESHMENTS	DISTANCE BETWEEN REFRESHMENTS	CUMULATIVE DISTANCES KM	ALTITUDE METER	ELEVATION + METERS	ELEVATION - METERS	CUT OFFS + MAXIMUL ALLOWED RACE TIME	FIRST WOMAN RUNNER ESTIMATED TIME	FIRST MAN RUNNER ESTIMATED TIME	LAST RUNNER ESTIMATED TIME (MAX 10H)
CHAMONIX START			0	1036	0		4.9km/h	06:45	07:15	08:05
LES BOIS			3.5	1081	65	5		06:57	07:25	08:33
LE LAVANCHER			6.5	1198	250	60		07:11	07:37	09:07
LA ROSIERE			9.5	1252	400	140		07:24	07:48	09:39
ARGENTIERE			10.5	1270	420	150		07:28	07:51	09:48
LE PLANET			11.3	1399	620	150		07:35	07:57	10:04
LE TOUR	Full	13.5 km	13.5	1463	730	210	H last starting wave +2h45	07:46	08:06	10:30
AIGUILLETTE DES POSETTES			18	2185	1450	250	3.6km/h	08:25	08:38	12:03
COL DE POSETTES			19.5	1995	1450	440		08:31	08:44	12:19
TELECABINE VALLORCINE			20	1939	1450	500		08:33	08:46	12:24
VALLORCINE	Full	10 km	23.5	1276	1450	1180	H last starting wave + 5h30	08:54	09:03	13:14
COL DES MONTETS			28	1465	1650	1210	3.5km/h	09:17	09:22	14:08
LE BECHARD			30.8	1691	1965	1250		09:38	09:39	14:58
BAS DU BOIS DU PLAGNOLET			32	1444	1970	1520		09:44	09:44	15:12
BAS DU TELESIEGE DE LA TRAPPE			34.5	1740	2300	1540		10:04	10:01	16:00
FLEGERE	Full	11.5 km	35	1889	2480	1540	H last starting wave + 8h30	10:13	10:09	16:22
CHARLANON			38	1816	2540	1690		10:25	10:19	16:51
CHAMONIX FINISH	Full	7.8 km	42.8	1036	2540	2540	Max race time = H start of each wave + 10h00	10:56	10:45	18:05

The Trail Camp



Free access

The Trail Camp is available at no cost.
It unites over 60 manufacturers and brands of outdoor sports equipment at the Place du Mont-Blanc.



TRAIL CAMP OPENING

From Thursday, June 26th, to Saturday, June 28th

From 9:30 am to 19:00 pm



LOCATION

Chamonix
Place du Mont-Blanc

PARTNERS PRESENT AT TRAIL CAMP



MONTAGN'ART Film Screening

Join us on Saturday, June 28 at 19:45 pm at the Place du Triangle de l'Amitié in Chamonix, immediately following the start of the Duo Étoilé. Join us for a unique occasion: the preview screening of the **film Montagn'Art**.

A film created with fervor, intertwining stunning landscapes and enchanting music. To be experienced beneath the stars, in a location rich in symbolism... **Where it all started for Corentin.**



Program

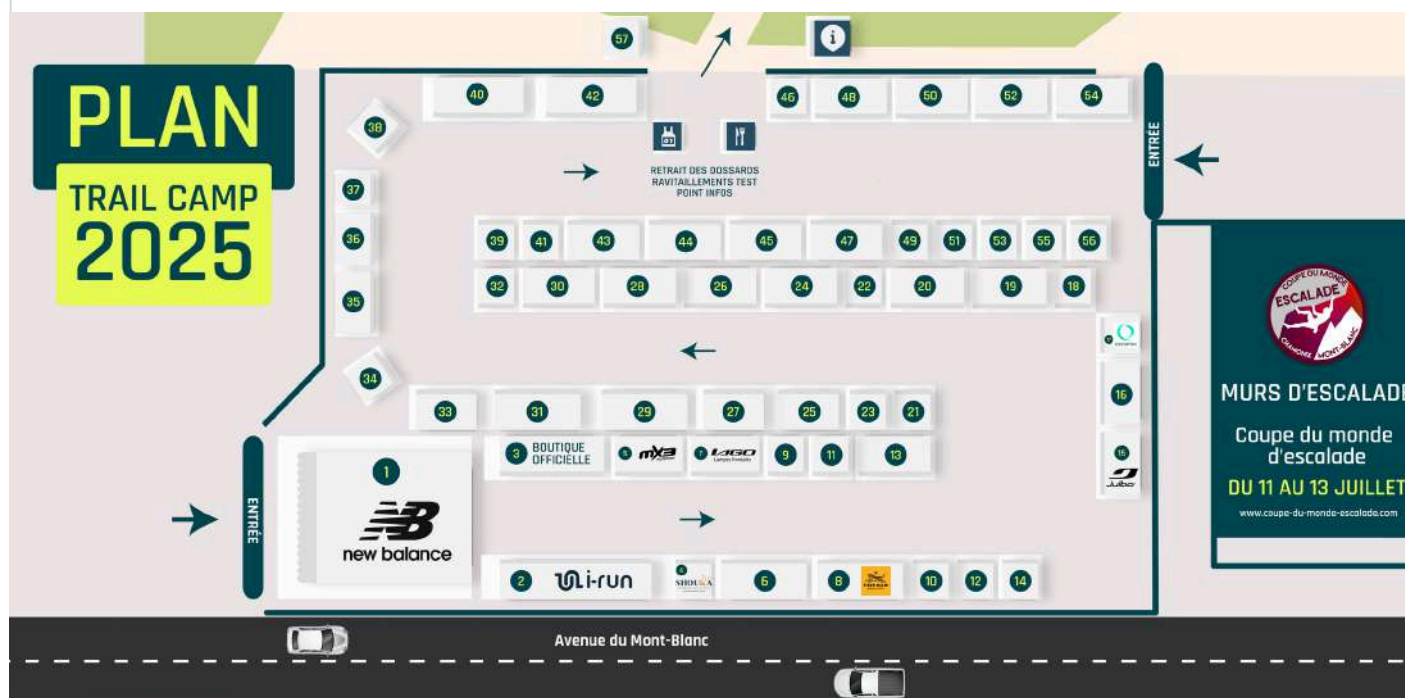
before
your race


during
your race

after
your race



trail camp

P70 **The Trail Camp - Map**

1 NewBalance	17 Cryptim	33 Brooks	49 Other
2 I-Run	18 Edeli Athletics	34 Foehnalpes	50 Shoe
3 Authorized Retailer	19 Nääk	35 Compex	51 Tingerlaat
4 Shouka	20 TA Energy	36 Merrell	52 Lurbel
5 MX3	21 Run'Hard	37 Merrell	53 The Sock of France
6 I-Run animation	22 Hashtag	38 X Bionic	54 361°
7 Lago Luminaire	23 Meltonic	39 Moov 360	55 Contrasts Running
8 Tiger Balm	24 Wise	40 Raidlight	56 EMHM
9 Kailas Escape	25 Baouw	41 Bauerfeind Athletics	 <p>The Mini Cross bibs will be available at the Vaincre les Maladies Lysosomales association booth, situated before the EMC2 hall on Place du Mont-Blanc.</p>
10 Shockz	26 Radish	42 The North Face	
11 4 Ultra	27 Overstim's	43 Adidas Terrex	
12 Incylence	28 Instinct Path	44 Oxsytis	
13 Malicious Gaze	29 Eight	45 BV Athletics	
14 Choirs	30 Rossignol	46 Jacob	
15 Julbo	31 Kiprun	47 Compressport	
16 Maurten	32 The Raymond family	48 Stimcore	



Program

before
your raceduring
your raceafter
your race

trail camp

ORGANIZERS



TITLE PARTNER



MAJOR PARTNER



TOP SPONSORS



OFFICIAL PARTNERS



INSTITUTIONAL PARTNERS



OFFICIAL SUPPLIERS



Program

before
your raceduring
your raceafter
your race

trail camp

