



## MARATHON du MONT-BLANC



new balance



# Hierro



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## FRIDAY, JUNE 26, 2026

Chamonix - Place du Triangle de l'Amitié 


04:45 90km du Mont Blanc Start (3 waves)

14:30 First arrivals 90km du Mont Blanc

16:00 KM Vertical (starts every 15 seconds)


Chamonix - Planpraz 

17:00 First arrivals KM Vertical

Chamonix - Place du Triangle de l'Amitié 

21:00 KM Vertical Awards Ceremony and raffle

## SUNDAY, JUNE 28, 2026

Chamonix - Place du Triangle de l'Amitié 

06:45 Start of the elite women's 42km race


07:15 42km du Mont Blanc (start of elite men + 6 waves)

10:45 First arrivals 42km du Mont Blanc


16:50 Presentation of the Solidarity Bibs for the Club des Sports

17:00 Awards Ceremony and raffle for the Duo Etoilé and the 42km du Mont-Blanc


## SATURDAY, JUNE 27, 2026

Chamonix - Aire des parapentes 

8:00 23km du Mont Blanc (start in 6 waves)

Chamonix - Planpraz 

10:00 First arrivals of the 23km

Chamonix - Aire des parapentes 

10:30 10 km from Mont Blanc (start in 6 waves)


11:00 First arrivals 10km of Mont Blanc

14:00 Mini-Cross - 800m

14:15 Mini-Cross - 2km

14:45 Mini-Cross - 3km

Mini Cross raffle at the end of the races

Chamonix - Place du Triangle de l'Amitié 

15:00 The Young Race Start

15:05 Awards ceremony and raffle for the 90km, 23km, 10km du Mont-Blanc and Mini Cross &amp; Mini Cross prize-giving ceremony

16:00 First arrivals The Young Race

18:00 Presentation of the elite runners for the 42km du Mont-Blanc race and autograph session

19:30 Duo Etoilé Start

19:45 The Young Race Evening: Awards ceremony, dinner, DJ

21:45 First arrivals Duo Etoilé



## BIB COLLECTION

Thursday, June 25, 9:30 a.m. - 9:00 p.m. / Friday, June 26, 9:00 a.m. - 9:00 p.m. / Saturday, June 27, 9:00 a.m. - 9:00 p.m.

By appointment only.

EMC 2 Room - Place du Mont-Blanc - Chamonix

## TRAIL CAMP

Thursday, June 25: 9:30 AM - 7:00 PM  
Friday 26 and Saturday 27 June: 9:00am - 7:00pm

Schedule

before the race during the race after the race



trail camp

**MORE THAN 20 HOURS OF LIVE COMMENTARY BY TRAIL RUNNING EXPERTS ON THE OFFICIAL MONT-BLANC MARATHON YOUTUBE CHANNEL.**



Scan to watch the live stream

Live >

**FRIDAY, JUNE 26, 2026**

**LIVE 90 km : 8:45- 17:15** ●

**14:45** first male finisher

**16:15** first female finisher

**SATURDAY, JUNE 27, 2026**

**LIVE THE YOUNG RACE : 14:55- 17:25** ●

**15:40** first arrivals (U18)

**16:30** first arrivals (U20)

**SUNDAY, JUNE 28, 2026**

**LIVE 42 km : 7:10 - 11:10** ●

**10:45** first man to arrive

**10:55** first woman to arrive

The 42km race will be broadcast live on:



**SPEAKERS**

90 km / 42 km



**Alexis ROSSET**



**Thibault BARONIAN**



**Martin GAFFURI**



**Toni McCANN**



On-course Commentators



**Hillary GERARDI**



**Holly PAGE**



The Young Race



**Martin GAFFURI**



**Robin SCHMITT**



**Mathis DUMAS**



Schedule

before the race during the race after the race



trail camp

# Before the race

## Bib collection

Each race bib is handed directly to the runner upon presentation of their race bib collection card sent by email on June 21, an ID and their race bag containing all the mandatory equipment.

No exchange of bib numbers with a third party is accepted; any person transferring their bib number will be immediately cancelled without any possible refund.

No race bibs will be distributed on the morning of the 90km race. For the 23km race, a special time slot on the morning of the races is offered to runners living within a 2-hour radius of Chamonix (by appointment).

For the Mini-Cross, bibs can be collected without an appointment on Thursday 25 and Friday 26 June from 9:30 a.m. to 7 p.m. or on Saturday 27 June from 9:00 a.m. to 1 p.m. at the stand of the association "Vaincre les maladies Lysosomales", located near EMC2 on the Trail Camp.



**Appointments must be booked in your runner account before June 19th at 5:00 PM.**

## Information

Competitors are asked to check their personal information in their runner profile (gender, date of birth, surname, first name, mobile phone number). No claims will be accepted after the start.

Please note that there will be no bag drop at bib collection; you will not be able to leave any bags. If you leave personal belongings behind, the organizers cannot be held responsible for any loss or theft.

## How do I make an appointment?

You can book your race bib collection appointment directly in [your runner account](#)!

Find the link to access it in your registration confirmation email or scan the QR Code.



### Steps:

- Enter your email address and booking code
- If you do not know your booking code, enter your email address, then click on "I don't know my booking code".
- You will receive by email the link that allows you to access your runner area.



## Access to ski lifts

Benefit from a 50% discount on the purchase of your MONT BLANC Multipass sightseeing package (2 or 3 non-consecutive or consecutive days to be used within a calendar period of 7 days) which will allow you to access refreshment stations or arrivals located at altitude.

**[More information HERE](#)**

[BUY MY PACKAGE](#)



Schedule

before the race

during the race

after the race



trail camp

# Before the Race

## Individual Accident Insurance

Each competitor must have individual accident insurance covering search and rescue costs in France and Switzerland. Such insurance can be purchased from Assur-connect by following this link: [I am purchasing individual accident insurance.](#)

Helicopter evacuations in Switzerland are subject to a fee, as are helicopter evacuations in France by private helicopter. The choice of evacuation method rests solely with the organizers, who will always prioritize the safety of the runners.



### WARNING

For adults, if you have not submitted your "Health Prevention Pathway" ("PPS") to the organizers, you will not be able to collect your bib. No PPS will be accepted on site.

## Transport in the Chamonix valley

To make your arrival at the Mont-Blanc Marathon easier, but also to minimize the environmental footprint of the event, we ask you to use public transport in the Valley or to carpool when possible.

Public transport in the Chamonix valley:

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

**Buses are free with a ski lift pass or a Via Cham card. The guest card offers discounted bus fares.**

## Chamonix Plan



Schedule

before the race

during the race

after the race



trail camp

# Pre-Race 90km of Mont-Blanc



Thanks to the partnership between the Sports Club and ATMB (Autoroutes et Tunnel du Mont-Blanc), we offer runners in the 90km and 42km races the use of our shuttles to get to the starting lines.

Special buses or trains departing from Saint-Gervais-les-bains/le Fayet, Les Houches and Vallorcine will allow runners and their companions to reach Chamonix without using their cars.

Free access upon registration via the link opposite or directly on the transport page of the website.



Follow this link to register

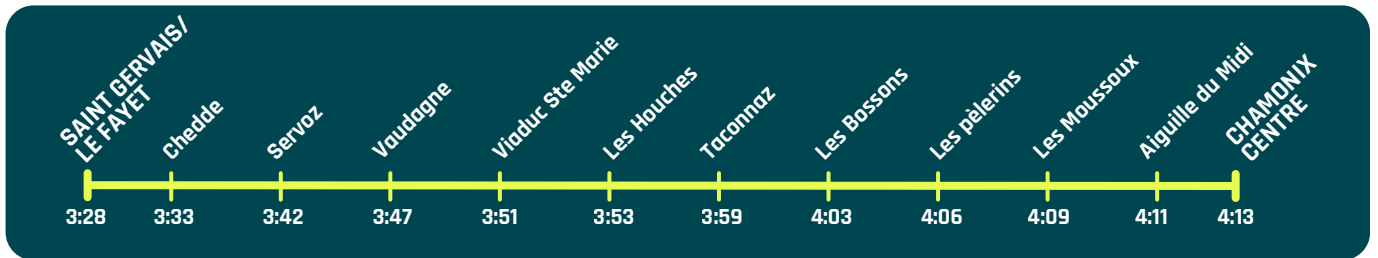
[Registration >](#)

## Getting to the start of the 90km Mont-Blanc race

### ROUTE SAINT-GERVAIS-LES-BAINS/LE FAYET -> CHAMONIX Free Limited number of seats

From the Saint-Gervais-les-Bains/le Fayet station, a train will pick up the runners and their companions.

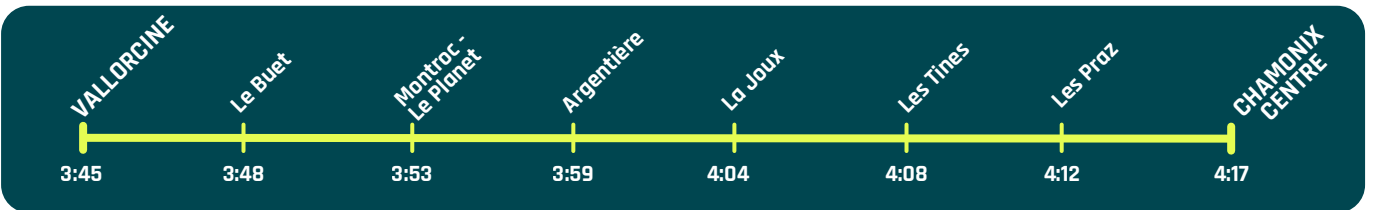
**BOOKING REQUIRED HERE!**



### ROUTE VALLORCINE -> CHAMONIX Free Limited number of seats

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

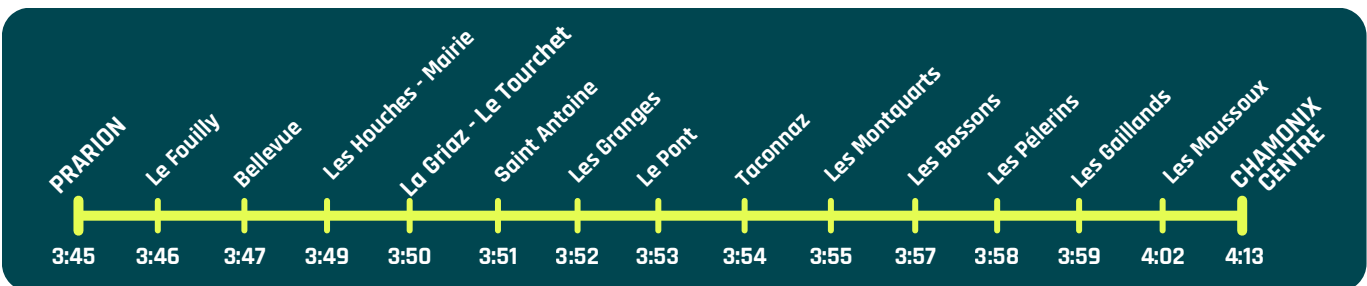
**BOOKING REQUIRED HERE!**



### ROUTE LES HOUCHES -> CHAMONIX Free Limited number of seats.

From Les Houches, an organisation shuttle will pick up the runners and their companions.

**BOOKING REQUIRED HERE!**



# Before the 23km du Mont-Blanc race

To get to the start of the 23km race, public transport in the Chamonix Valley (train and bus) is active from 6:30 am and will allow you to get to the start of the race without difficulty.

## ROUTE LES HOUCHES -> CHAMONIX

## ROUTE LES HOUCHES -> CHAMONIX

## ROUTE LE TOUR -> CHAMONIX

## ROUTE VALLORCINE -> CHAMONIX



By bus



By train

From Les Houches or Le Tour you can use the Chamonix Valley buses.

Line 1: Les Houches → Chamonix

Line 2: Le Tour → Chamonix

Free on presentation of a via cham card or a ski lift pass and discounted rate with a guest card.

From Les Houches or Vallorcine you can take the trains of the Chamonix Valley.

Les Houches → Chamonix

Vallorcine → Chamonix

Free on presentation of a via cham card or a guest card.

# Before the 10km du Mont-Blanc race

A special train departing from St-Gervais will allow runners and their companions to reach Chamonix without using their cars.

Free access, limited places, upon registration via this link opposite or directly on the transport page of the website.

## Getting to the start of the Mont Blanc 10km race

### ROUTE ST GERVAIS LES BAINS LE FAYET - CHAMONIX

**BOOKING REQUIRED  
HERE!**

From St-Gervais les bains le Fayet station, free special train at 8:29 am.

Limited number of places



By train



If you wish to come at another time, the public transport in the Chamonix Valley (train and bus) is active from 6:30 am and will allow you to get to the start of the race without difficulty.



# Before the 42km du Mont-Blanc race

Special buses and trains departing from Saint-Gervais, Les Houches, and Vallorcine will allow you to reach Chamonix without a car. Free access upon registration (limited places).

- On the day of the event, only those who have booked a ticket will be able to use the transport.

## Getting to the start of the 42km Mont-Blanc race

**BOOKING REQUIRED**

### ROUTE VALLORCINE - CHAMONIX

Free

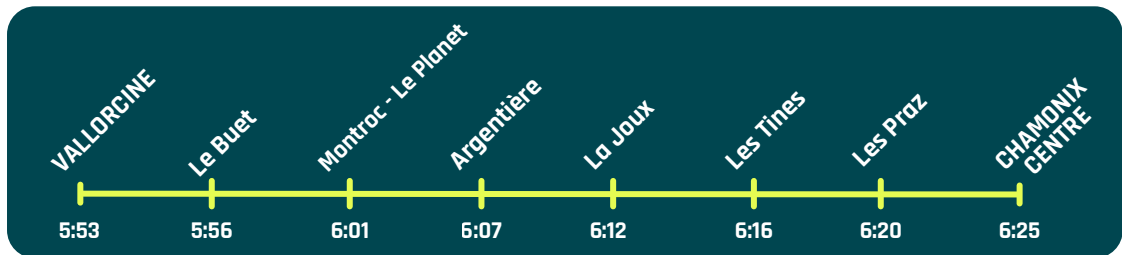
Limited number of seats

**HERE!**

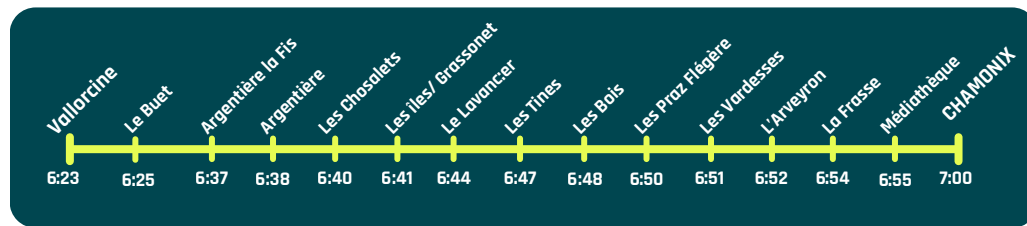
From Vallorcine, a special free train departs at 5:53 am, and a special free bus departs at 6:23 am.



By train



By bus



### ROUTE LES HOUCHES - CHAMONIX

From Les Houches, special buses are free on departures at 5:51, 6:21 and 6:51



By bus

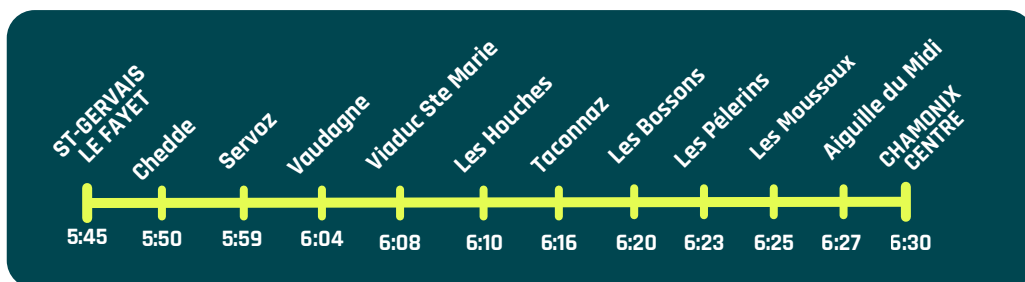


### ROUTE ST GERVAIS - CHAMONIX

From St-Gervais, a special free train departs at 5:45 am.



By train





## En 2027, vos déplacements prennent un nouveau souffle avec le Flux Libre

De Passy à Étrembières, sur 58 km d'autoroute, la circulation devient plus fluide.

À partir de 2027, les barrières de péage s'effacent. Des portiques prennent le relais au-dessus des voies, permettant de circuler sans arrêt, dans un mouvement continu.

Le badge\* télépéage accompagne cette évolution. Il offre une expérience de passage simplifiée, avec un paiement automatique et une facturation mensuelle, sans contrainte au moment du trajet.

Une nouvelle façon de circuler, pensée pour plus de fluidité et de sérénité.

**Profitez dès maintenant des offres ATMB pour obtenir votre badge en quelques clics** et être prêt pour l'autoroute en flux libre.

*\*Pour les conducteurs sans badge, votre plaque d'immatriculation permettra le paiement sur notre site internet ou chez votre ruraliste dans les 72 heures suivant le passage.*

La décarbonation des transports est une action réalisée au service des valeurs portées par les équipes d'ATMB, qui sont l'écologie, la mobilité et la sécurité.

Retrouvez toutes nos actions sur le Flux Libre en scannant ce QR Code



[www.atmb.com](http://www.atmb.com)



# During the race

## Refreshments during races

### Food

Soup, bread, tomme cheese, sausage, sweet cakes, Tuus, oranges, bananas, apricots, peaches, watermelon (if very hot), MX3 energy bars (90km, 42km).

### Beverage

Still water, sparkling water with MX3 electrolytes, sparkling water with mint syrup and Coca-Cola, tea (if bad weather), MX3 energy drink.

### Local supplier-partners:

- Sausages from the cured meats of Mont-Blanc
- Tomes from the farms of Montrac and Vallorcine
- Fruits de Maulet Primeur
- Bread and cakes from the Richard bakery

## Finish line refreshments

### Food

Hot dogs diots (vegetarian option available), sweet cakes, oranges, apricots, peaches, watermelon (if very hot).

### Beverage

Still water, sparkling water with mint syrup and Coca-Cola, tea (if bad weather).

### No cups, bowls or cutlery at the refreshment stations!



In accordance with our environmental commitments, we do not provide any cups, bowls, or cutlery at race aid stations. Each runner must bring their own equipment throughout the race.

## In addition, for the 90km only

### Food

- Rösti at the Emosson refreshment station from 11:30 am to 2:30 pm,
- Pizzas at the Bois refreshment stand from 6pm to 10pm.
- Pasta at the Montenvers refreshment station from 7pm to 9pm.

## Race rules

You can consult the Mont-Blanc Marathon regulations on the event's official website: [WEBSITE LINK](#), or by clicking on the following link: [RULES LINK](#). As a reminder, when you registered, you indicated that you had read and accepted the regulations.



### Respect the environment and its inhabitants

The Mont-Blanc Marathon race routes cross a unique and fragile environment. To respect the site, please do not litter and stay on the marked trails. Runners who do not comply with this recommendation will be penalized.

We ask you not to walk in the fields located at the edge of the paths, they are used by farmers to make hay to feed their animals in the winter and the successive trampling prevents the regrowth of the aftermath.

**Please do not litter and pay attention to waste sorting!**



### Some important information:

- We have eliminated all plastic bottles of still water, sparkling water, and Coca-Cola. We use tanks for still water when there is no tap water available, and we make our own sparkling water. This is used either with MX3 electrolytes, mint or Coca-Cola syrup.
- All organic waste produced at the aid stations is collected by the Ecotrivelo association and composted in Chamonix.
- The boxes containing the fruit offered at the refreshment points are returned to the greengrocer to be reused.
- The remaining waste is sorted and recycled where possible.
- The organization does not take responsibility for the waste of accompanying persons (picnics, bottles, etc.). Accompanying persons are responsible for managing and disposing of their own waste.



# During the race

## In case of withdrawal

The competitor must inform a member of the organization (marshal, volunteer, first aider, etc.), and clearly state their bib number, so that the organization does not unnecessarily search for runners who have withdrawn.

In case of withdrawal, the runner's bib number will be given to Race Control, the bottom right corner of the bib will be cut off by the coordinator, and the runner will be asked to take public transport back to Chamonix. Remember to bring a small amount of money to pay for public transport.

For the Duo Etoilé, if one of the two participants drops out, the other must also drop out.

If no member of the organization is near you when you withdraw, please send your bib number followed by the word ABANDON and your location to the race control center by SMS: telephone number indicated on your bib: +33 (0)6 10 55 12 11.



## Assistance

**Assistance is only permitted 100m before and 100m after the supply tent.** Accompanying persons are prohibited within the refueling area (except for accredited persons). Any assistance provided outside of these areas will be penalized.

Race officials and volunteer coordinators are authorized to enforce the regulations and to immediately apply a penalty in case of non-compliance with these zones.



## Security

To enhance runner safety during the Mont-Blanc Marathon, the timing system in place identifies runners experiencing abnormal delays during the race and can trigger an alert. In such cases, race control may call you on your mobile phone.

Remember to leave your mobile phone switched on with the ringer activated throughout the race and to check on your registration profile that your mobile phone number is correct. Runners in the 90km race must also have a phone plan that includes Switzerland (passing through Emosson).

## In case of an accident



Dial one of the emergency numbers: +33 (0)9 79 98 18 22 or +33 (0)6 10 55 12 11 or 112 or go to one of the first aid stations.

# After the race



## Ski lifts

For the cable car descent at the end of the 23km Mont-Blanc or the Vertical Kilometer, The bib number serves as proof of race number (it is imperative to present your bib number).



## Medals

The medals given to all finishers at the end of the races are made of wood. They are produced by a Chamonix-based company using wood from Haute-Savoie, sourced from local artisans.



## The showers

Showers are available at the Richard Bozon Sports Centre. You can access them upon presentation of your race bib.

The opening hours are as follows:

- Friday, June 27 : 7:00 PM to 5:00 AM,
- Saturday, June 28 : 9:30 a.m. to 2:30 a.m.
- Sunday, June 29 : 10:00 AM to 7:00 PM



## A French beer brewed in the heart of the Alps

Since 1830, the Brasserie du Mont Blanc has perpetuated the quintessential French beer by offering beers that combine tradition and innovation.

Proud of our Alpine roots, the "Made in the Alps" signature is a promise of authentic beers made with the best ingredients.

At each stage of production, our master brewers put their know-how and passion into practice to guarantee a unique taste experience in the service of quality.



L'ABUS D'ALCOOL EST DANGEREUX POUR LA SANTE. A CONSOMMER AVEC MODERATION.



## The chips on the race bibs

The chip attached to your bag and the one on the back of your race bib are recyclable. You will find c at the end of your race to deposit them. Our service provider will then take care of recycling them. Please remember!





## Spa area - Tiger Balm

A treatment area will be set up at the Richard Bozon Sports Centre, where physiotherapists and podiatrists will be present throughout the event weekend. The treatment teams will use, among other things, products from Tiger Balm, an official partner of the Mont-Blanc Marathon.

You will be able to access it both before and after your race upon presentation of your race number.

The opening hours are as follows:

- Saturday, June 27: 9:00 AM - 6:30 PM
- Sunday, June 28: 10:00 AM - 7:00 PM



## Care area - NHCO

As a partner of the Mont-Blanc Marathon, NHCO Nutrition puts its micronutrition expertise at the service of athletes. A specialist in amino acids, the French brand works at the heart of the body's mechanisms to provide targeted support during exercise.

His approach aims to support the athlete's health at every stage:

- Recovery
- Joint comfort
- Hydration
- Digestion, sleep

With NHCO Nutrition, runners benefit from support designed to meet the demands of mountain exertion, from start to finish line.



**NHCO** Compléments élémentaires



NHCO accompagne votre ascension.

## GLUTAMINE 5G L-GLUTAMINE HAUTEMENT DOSÉE



Aminoscience®

Les acides aminés,  
essentiels à la vie.



- Muscles
- Energie
- Intestins
- Immunité

Un soutien ciblé pour le sportif.

-  Haute assimilation
-  Arôme naturel de citron

Contient de la  
L-ALANYL-L-GLUTAMINE POUR UNE ASSIMILATION  
SANGUINE 2 FOIS SUPÉRIEURE À LA L-GLUTAMINE SEULE.



\*Le pouvoir est entre vos mains



**TIGER BALM®  
BAUME DU TIGRE®**

**POWER  
IS IN YOUR HANDS\***

# After the race

## Awards ceremony



The top ten men and women overall, and the top three men and women in each FFA age category represented in the race, will be rewarded.



The top three men and women overall, and the top three men and women in each FFA age category represented in the race, will be rewarded.



The top ten men and women overall will be rewarded.



The top three men and women in each FFA age category represented in the race will be rewarded.



The top three men's teams, the top three women's teams, and the top three mixed teams will be rewarded.



The first boy and the first girl in each age group will be rewarded.

## Prize draw

Following the awards ceremony, a raffle for the races will take place. To participate, runners must deposit their ticket in the ballot box provided for this purpose in the Place du Triangle de l'Amitié, 30 minutes before the start of the awards ceremony.

→ For the mini-cross, the raffle will take place right after the race, directly at the aire des parapentes.

The results will be announced live, and the winner must be present in person to collect their prize. If they are not present, their prize will be redrawn. No prizes will be mailed.

**Prizes include: paragliding flights, meals in Chamonix's finest restaurants, sunglasses, sportswear, gift vouchers, and many other prizes...**

# Where can I see the runners?

## Free transport for accompanying persons

Preserve the environment in which the Mont-Blanc Marathon races take place, by using the trains or shuttles provided free of charge by the organization to follow your runner.

### Road closure:

- The road to access Montrroc over the 23km will be closed on Saturday, June 27th from 7:30am to 11am.
- The road to access the Tour on the 42km will be closed on Sunday, June 28th from 7:30am to 11am.

To get to Montrroc or Le Tour, you will need to use the free shuttles.

## Elite Athlete presentation & Signing session

Saturday, June 27th from 6:00 PM on the Place du Triangle de l'Amitié: official presentation of the elites of the 42km Mont-Blanc followed by a signing session.



## FAN ZONE Kilomètre Vertical

Located just under the Planpraz Gondola (GPS: [45°55'32.8"N 6°51'40.7"E](#)), the i-Run fan zone promises an electrifying atmosphere to encourage the runners as they deserve!

From 4pm to 6pm, share the energy and come support the participants in a unique atmosphere facing the Mont Blanc!

## FAN ZONE 42 km du Mont Blanc

Immerse yourself in the heart of the action at the Tour fan zone: an electric atmosphere, cascading encouragement, and a breathtaking view of the peaks, the perfect place to feel the excitement of the runners in a magnificent setting!

### Free shuttle buses for accompanying persons to access the fan zone.

On the agenda: a DJ and treats served by New Balance athletes!!! Everything you need to be in top form to cheer on the runners and support them properly!



Le Tour refreshment station

7:00am to 11:00am

## Code of conduct

Dear supporters, we ask you to respect the farmers and residents of the villages through which the Mont-Blanc Marathon races pass. Therefore, it is forbidden to park wherever you please: in the middle of the road, on the roadside, in fields, or on private property. In the event of such inconsiderate behavior,

**The runner you are accompanying will be disqualified from the race.**

We remind you that shuttle services are available for the 90km, 23km and 42km races, allowing you to follow your runner for free without having to worry about parking.



li-run x MARATHON MONT-BLANC

# Équipez vous pour Le Marathon du Mont-Blanc

jusqu'à  
**-50%\***



**running**  
*Weeks*

\*voir conditions

# Where can I see the runners?

90km du Mont Blanc		Name of the point	Altitude	Time 1st Runner	Time last Runner	Accessibility
	1	Start - Place du Triangle de l'Amitié	1036m	04:45	05:05	by foot
	2	Le Buet	1347m	07:38	11:35	Shuttle service OR Mont Blanc Express train
	3	Emosson	1970m	09:13	15:05	Shuttle organization
	4	Le Tour	1470m	11:32	20:20	Tour cable car (open 9am-5pm)
	5	Les Bois	1090m	12:22	22:20	Mont Blanc Express train OR city bus (line 2)
	6	Montenvers	1904m	13:19	00:50	Train du Montenvers
	7	Refuge du Plan de l'Aiguille	2190m	14:13	02:50	Cable car + walking
	8	Arrival - Place du Triangle de l'Amitié	1036m	14:54	05:05	by foot



## Special offer ski lift pass

**50% discount on the purchase of your MONT BLANC Multipass sightseeing package**

(2 or 3 non-consecutive or consecutive days to be used within a 7-day calendar period). More info [CLICK HERE](#)

[PURCHASE HERE](#)

**ZONE OF VALIDITY:** Domaine Brévent / Domaine de Balme - le Tour / Aiguille du Midi (excluding panoramic Mont-Blanc pointe Helbronner) / Montenvers Mer de Glace site (train + site access) / Tramway du Mont-Blanc / Domaine des Houches / Evasion Mont-Blanc - Megève / Bossons chairlift.

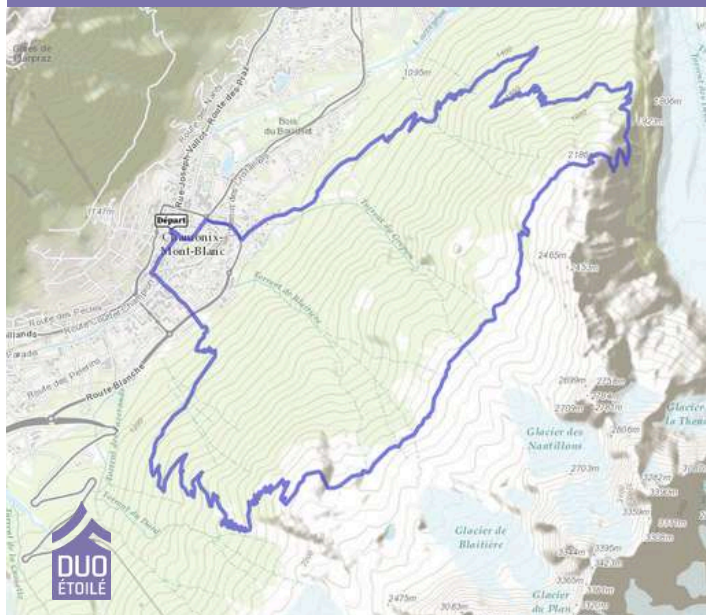
# Where can I see the runners?

## 10km du Mont Blanc



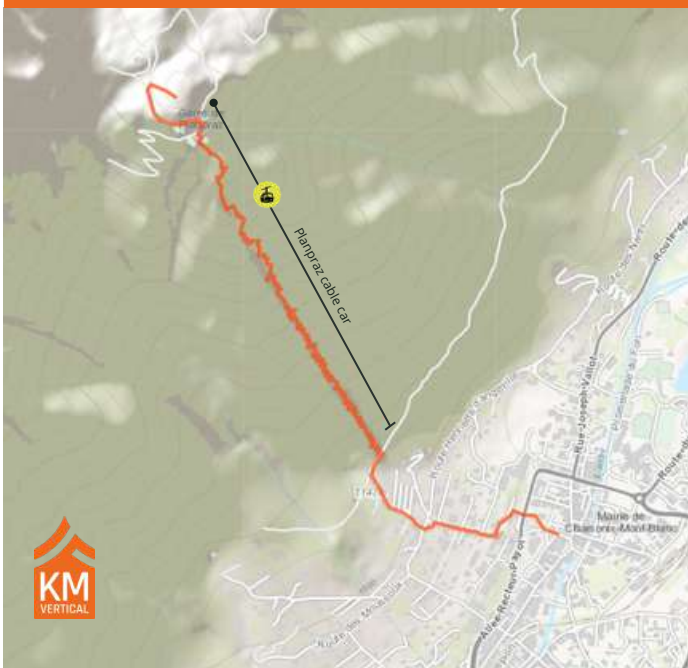
Access to the start and finish area by foot at the paragliding launch site in Chamonix.

## Duo Etoilé



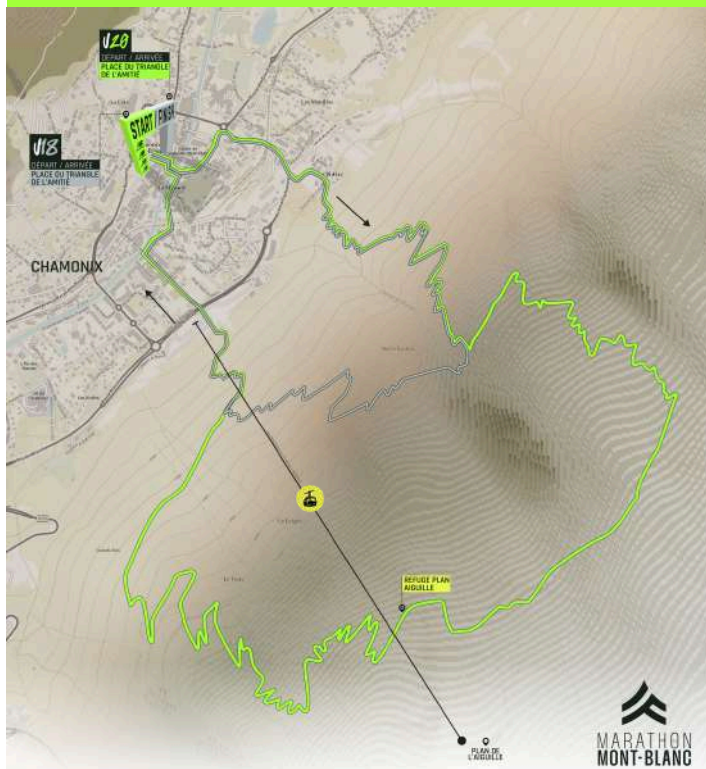
**Night race:** the ski lifts are closed during race times, so access is only possible by foot.

## KM Vertical



Free access for accompanying persons to the KV finish area via the Planpraz cable car from 4:00 PM to 7:00 PM, upon presentation of a voucher collected at race bib pickup.  
**Last ascent at 7:00 PM.**

## The Young Race



**Start and Arrival in the centre of Chamonix.**

# Where can I see the runners?

42 km du Mont Blanc		Place of passage	Altitude	Time 1st Runner	Time last Runner	Accessibility
	1	Start - Place du Triangle de l'Amitié	1036m	6:45 / 7:15	08:05	by foot
	2	The Tour	1465m	7:45	10:30	Shuttle service OR City bus (line 2) <b>Road closed to other vehicles</b>
	3	Vallorcine	1276m	08:54	13:15	Shuttle service OR Mont Blanc Express train
	4	La Flégère	1894m	10:13	16:22	Shuttle service OR City bus (line 2) + Cable car
	5	Arrival - Place du Triangle de l'Amitié	1036m	10:45	6:05 p.m.	by foot

23 km du Mont Blanc		Place of passage	All.	Time of the first runner	H. last runner	Accessibility
	1	Departure - Chamonix Aire des parapentes	1036m	8:00	8:50	by foot
	2	Montroc	1363m	08:43	11:20	Shuttle service OR Mont Blanc Express train OR city bus (line 2) <b>Road closed to other vehicles</b>
	3	La Flégère	1894m	09:27	13:20	Shuttle service OR City bus (line 2) + Cable car
	4	Arrival - Planpraz	2048m	10:00	14:50	Shuttle organization and cable car



Schedule

before the race

during the race

after the race



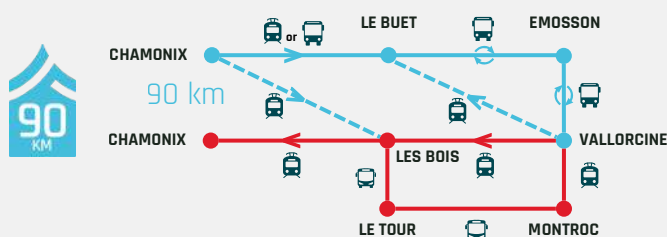
trail camp

# Where can I see the runners?

## Accessibility

Free shuttle services will be provided for accompanying persons in order to reduce the use of personal vehicles.

### Friday, June 26, 2026

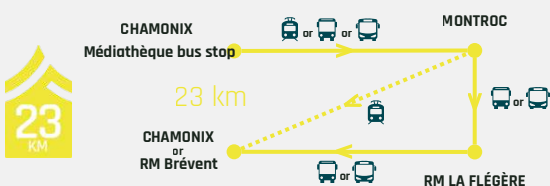


**Free** Chamonix shuttle to Le Buet: 7:00 am Chamonix train to Le Buet: 7:58 am Le Buet - Eموsson shuttle: 8:00 am to 11:00 am Eموsson - Vallorcine shuttle: 11:00 am to 4:00 pm

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

[BOOKING REQUIRED HERE!](#)

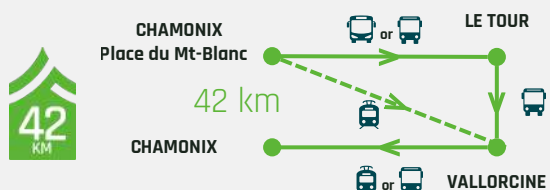
### Saturday, June 27, 2026



**Free** Chamonix - Montrroc shuttle: 8:00 to 9:00 AM Montrroc - La Flégère - Chamonix shuttle: 9:30 to 11:30 AM

[BOOKING REQUIRED HERE!](#)

### Sunday, June 28, 2026



**Free** Chamonix - Le Tour shuttle: 6:45 to 8:30 am Le Tour - Vallorcine shuttle: 9:00 to 11:00 am Vallorcine - Chamonix shuttle: 11:00 am to 2:00 pm

[BOOKING REQUIRED HERE!](#)

Fan Zone du Tour



Access to the villages of Montrroc and Le Tour will be closed to vehicles (except for shuttles organized by the organisation and regular buses) from 7:30 a.m. to 11:00 a.m. on Saturday 27 and Sunday 28 June.

Nature reserves are a tool for protecting natural environments. They protect spaces, species, and geological and/or biological heritage.

Three organized races cross the Aiguilles Rouges Nature Reserve: **the 90km, 42km, and 23km of Mont Blanc. This exceptional site provides a privileged vantage point, facing the glaciers and peaks of the Mont Blanc massif.**



## BEST PRACTICES TO ADOPT

- Stay on the paths
- Do not cut corners, either uphill or downhill (this promotes erosion).
- Respect the race markings and the permanent markings
- Do not use a drone
- It is preferable to practice during the day; at night the disturbance is greater.
- Get into the habit of putting your rubbish in a pocket from which it cannot escape.
- When approaching a wild animal, slow down and let the animal move away at its own pace.
- Knowing the correct behavior to adopt in the presence of livestock guardian dogs
- Do not share your digital footprint, especially if it is fake!

### • JE VÉRIFIE S'IL Y A UNE RÉGLEMENTATION

Certains espaces naturels font l'objet d'une réglementation pour protéger la faune, la flore et limiter la pression de nos usages. Renseignez-vous avant de partir.

### • JE RESTE SUR LES SENTIERS BALISÉS

Vous limiterez ainsi l'érosion des sols, la destruction de la flore assouplie ainsi que le dérangement sur la faune sauvage.



### • JE CONTEMPLER LES LACS D'ALTITUDE SANS LES TROUBLER

Fragiles et sensibles à nos crèmes solaires, cosmétiques et autres polluants (comme les savons pour la douche et la vaisselle), **résistez à vous jeter à l'eau**. En marchant sur les berges (bords de cours d'eau ou de lacs), la flore et la faune sont piétinés. En nageant, l'eau se trouble nuisant à la photosynthèse et aux organismes vivants.

### • JE REPARS AVEC MES DÉCHETS

En montagne, la décomposition des déchets est très lente. Pour éviter cette pollution et le risque d'ingestion d'aliments inadaptés par la faune, remportez tous vos déchets, y compris les restes de fruits (épluchures, trognons) ! Pour vos besoins, les petits « coins » de nature se respectent aussi, éloignez-vous des lacs, zones humides et ramenez le papier toilette usagé.



### • JE LAISSE MON CHIEN À LA MAISON

Quelle que soit leur taille ou un bon dressage, les chiens conservent toujours des réflexes et une odeur de prédateur. Leur présence en espaces protégés perturbe l'écosystème : destruction de couvées, transmission de germes, stress de la faune sauvage... En alpage, par exemple, votre chien représente une menace pour le troupeau et les chiens de protection. **Si votre chien est autorisé, tenez-le en laisse.**

### • JE LAISSE LES FLEURS DANS LEUR MILIEU NATUREL

Admirez les fleurs sauvages, les photographier, les dessiner, permet de les laisser se développer et grandir dans la nature **sans les cueillir**. Les fleurs sont les organes reproducteurs des plantes. Cueillir une fleur c'est aussi détruire le cycle.

### • JE LAISSE LE CIEL AUX OISEAUX

Les **drones** sont un dérangement majeur pour la faune, ils génèrent du stress pour les animaux qui les identifient à des prédateurs aériens.

### • JE PROFITE DES NUITS ÉTOILÉES, SANS FLAMME NI FUMÉE

Un simple mégot, les braises d'un barbecue ou un feu mal éteint multiplient les risques d'incendies qui dévastent chaque année des milliers d'hectares. Pour limiter le risque et la destruction de la nature, seuls les réchauds sont tolérés.

### • JE PARTAGE... OU PAS MES PHOTOS ET LA GÉOLOCALISATION

La protection des espaces naturels se fait aussi de manière digitale. Vos belles images circulent et donnent envie !

Modérez vos partages et gardez précieusement vos souvenirs pour limiter la sur-fréquentation.



### • JE BIVOUAQUE « RESPONSABLE »

J'installe ma tente au **coucher du soleil jusqu'au lever**, dans un espace adapté pour y passer la nuit sans rester plusieurs jours au même endroit. Je laisse le site intact après mon départ.

Consultez <https://bivouac.nature-haute-savoie.fr/> pour tout bivouac dans les réserves naturelles du Massif des Aiguilles Rouges et des Contamines-Montjoie

**1 + 1 + ... = 1000 impacts : chaque passage laisse une trace supplémentaire**

## Don't forget to keep your eyes wide open:

Ibex on the ridges, furtive chamois, alpine flowers... The spectacle is everywhere. But here, you are in their home.

Respect their peace and quiet.



Schedule

before the race

during the race

after the race



trail camp

**FROM SHADE  
TO LIGHT**



**REACTIV**  
PHOTOCHROMIC TECHNOLOGY

Adaptive lens technology for  
perfect vision in all light conditions.

  
Julbo®

P27

Semi-autonomous ultra-trail

**UTMB index > 450**  
(recommended)

Distance

**88 km**

Elevation gain

**D+/- 6200m**

Maximum time

**24 h**

Maximum number of runners

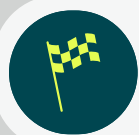
**1000**

# 90 km



MARATHON MONT-BLANC

Distance

**88 km**Elevation  
gain **D+/-****6200m**Maximum  
time**24 h**Maximum number of  
runners**1000**

## Departure(s)

**Friday, June 26**

starting at 4:45 am

**Triangle de l'amitié**

Chamonix

**Starting Wave 1**

4:45

**Starting Wave 2**

4:55

**Starting Wave 3**

5:05



## Transports

Free shuttle service from Les Houches and free trains from Vallorcine and St Gervais to the starting point. Booking required.

**Don't forget the free shuttles for your companions!**

**For more information**

**Click here**



## Winners 2025



DETIENNE Théo

10:54:13

M



L'HIRONDEL Blandine

12:31:51

F



## Aid Stations

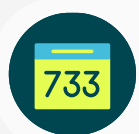
7 complete + 1 light at Plan de l'Aiguille + 1 upon arrival



## More info

Open from the Espoir category upwards.

**Poles allowed:** if you choose to use poles, you must keep them for the entire duration of the race. It is forbidden to retrieve poles along the way.



## Bib collection

Appointment required (registration in your runner area). To collect your race bib you must come in person with your bib collection card, your race bag containing all the mandatory equipment and your ID.



## SECURITY

The 90km Mont-Blanc race is a very technical race!

Narrow, exposed and snowy passages, changing weather (wind, precipitation, heat/cold), night.

To participate in this race, it is recommended to have good experience in mountain running, to be comfortable in all terrains and to be self-sufficient for several hours.

The race takes place within a maximum time of 24 hours.



## Runner's gift

No more "finisher" gift: The organizers now provide you with a **100% personalized nutrition plan** ahead of the event, tailored to **maximize your chances of finishing the race.**



## Time barriers and maximum race time

The time limits on the 90km Mont-Blanc race are primarily intended to ensure the **safety of the runners**. Indeed, participants who are unable to pass these time limits within the allotted time are deemed unfit to continue the race.

The various time limits are calculated taking into account the terrain profile (positive and negative elevation gain), as well as the time spent at aid stations, any checkpoints encountered, and any slowdowns that may occur along the course. Any runner stopped at a time limit **must follow the instructions of the volunteers and organizers**, using public transportation or the shuttle buses provided.



The time limits are calculated based on the official start time of the last wave. The maximum race time, however, is calculated based on the official start time of your wave.



## WARNING

To be able to enter the starting area, you must have your headlamp switched on.



## Registration

It includes: race bib, refreshments during the race and at the finish line a t-shirt (for those who requested it at the time of registration) and a finisher medal.

To complete the 90km Mont-Blanc race in 24 hours, the average running speed is 3.7 km/h.

Distance

**88 km**Elevation  
gain **D+/-****6200m**Maximum  
time**24 h**Maximum number of  
runners**1000**

## Required equipment

**Mobile phone**

A working mobile phone, with a plan suitable for France and Switzerland

**Identity card**

Border crossing

**Water reserve**

Minimum 1-litre reserve

**Waterproof jacket**

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

**Second layer**

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

**Lamp**

Headlamp or chest lamp with spare batteries

**Blanket**

Emergency blanket (140cm x 200cm)

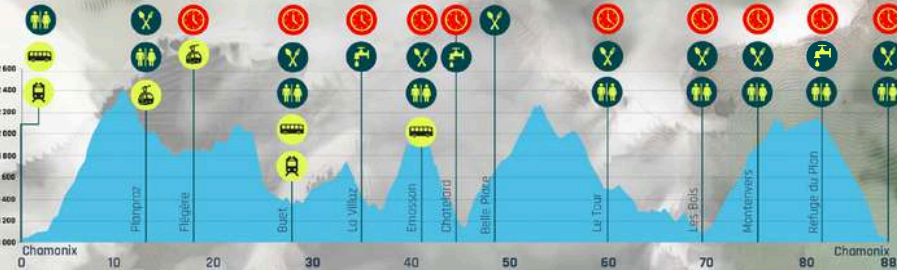
**Whistle****Cup****Bowl & Spoon****Cash**

Bus/train payment if withdrawal

## RACE INFORMATION - 90 KM OF MONT-BLANC

NAME OF THE POINT	AID STATION	INTERDISTANCE BETWEEN AID STATIONS	TOTAL DISTANCES (KM)	ALTITUDE METER	ELEVATION + METER	ELEVATION - METER	ESTIMATED TIME OF THE 1ST	ESTIMATED TIME OF LAST (MAX 24H)	TIME BARRIERS + AVERAGE RACE TIMES
CHAMONIX DEPARTURE			0.0	1036	0	0	4:45 a.m	5:05 a.m	
BELLACHAT			7,6	2154	1215	110	5:43	7:17	4 km/h
BRÉVENT			10,2	2471	1556	122	6:03	8:02	
PLANPRAZ	complete	12,7 km	12,7	2016	1601	603	6:16	8:37	
FLÉGERE			18	1865	1741	887	6:41	9:35	departure of last wave + 4:30
TETE AUX VENTS			21,7	2120	2054	967	7:06	10:37	5 km/h
COL DES MONTETS			26	1461	2068	1644	7:27	11:25	
LE BUET	complete	15,7 km	28,5	1347	2079	1771	7:38	11:35	departure last wave + 6:30
END OF 4X4 TRACK BELOW LORIAZ			31,7	1516	2360	1790	8:00	12:39	4.4 km/h
LA VILLAZ	fountain		35	1316	2526	2234	8:22	13:05	departure last wave + 8:00
COL DU PASSET			39,2	1950	3219	2334	9:05	14:40	2.7 km/h
EMOSSON	complete	12,2 km	40,6	1970	3282	2347	9:13	15:05	departure of last wave + 10:00
LE CHÂTELARD			44,7	1148	3319	3203	9:39	16:05	departure of last wave + 11:00
BELLE PLACE CHAIRLIFT (ESSERTS)	complete	7,8 km	48,4	1651	3857	3250	10:15	17:25	
ALPAGE DE CATOGNE			51	2061	4214	3250	10:40	18:09	3.7 km/h
TETE DE L'AROLETTE			52,6	2333	4529	3250	11:00	18:50	
COL DES POSETTES			55	1996	4562	3604	11:10	19:04	
ARDOISIÈRES			57,3	1950	4620	3712	11:16	19:33	
THE TOUR	complete	11,7 km	60	1470	4645	4207	11:32	20:20	departure of last wave + 3:15 PM
LE PLANET			62,4	1402	4692	4312	11:47	20:50	
LA ROSIÈRE			64,2	1256	4698	4480	12:02	21:13	4.8 km/h
LE LAVANCHER			67	1198	4789	4626	12:12	21:53	
LES BOIS	complete	9,6 km	69,7	1090	4835	4793	12:22	22:20	departure of last wave + 5:15 PM
LES MOTTETS			73,4	1623	5366	4793	12:55	23:44	2.2 km/h
MONTENVERS	complete	5,5 km	75,2	1904	5660	4793	13:19	00:50	departure of last wave + 7:45 PM
LE SIGNAL			77	2200	5966	4814	13:39	01:58	3 km/h
PLAN DE L'AIGUILLE REFUGE	light	6 km	81,2	2190	6127	4974	14:13	02:50	departure of last wave + 9:45 PM
CHAMONIX ARRIVAL	complete	7,6 km	88,8	1036	5200	5200	14:54 p.m	5:05 a.m	Maximum race time = Start time of each wave + 24h00

## Ultra-Trail en semi-autonomie



- Barrière horaire
- Ravitaillement
- Parking
- Fontaine
- Navettes accompagnants
- Douche
- Gare SNCF
- WC
- Arrêt de bus
- Téléphérique

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

[MAP](#) >

P33

Time trial

UTMB index >

Distance

**3,8 km**

Elevation gain **D+**

**1000m**

Maximum number of runners

**700**

# 3.8 km vertical



MARATHON MONT-BLANC



Schedule

before the race

during the race

after the race



trail camp

Distance

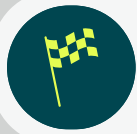
**3,8 km**

Elevation gain **D+**

**1000m**

Maximum number of runners

**700**



## Departure(s)

**Friday, June 26**

from 4:00 PM

### Triangle de l'Amitié

Chamonix

The race starts every 15 seconds, based on the estimated time you entered during registration. Please arrive at the start zone in Chamonix 10 minutes before your scheduled start time. Your start time is indicated on your race bib collection card and on your race bib itself.



## Winners 2025



DANIEL Thedy

00:36:54

M



DEWALLE Christel

00:42:31

F



## Supply

1 aid station upon arrival at Planpraz



## Bib collection

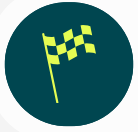
Appointment required (registration in your runner area). To collect your race bib you must come in person with your race bib collection card, your race bag containing all the mandatory equipment, and ID.



## More info

Open to Junior category and above.  
Poles prohibited.





## SECURITY

Alpine race organised in the form of a time trial, the end of the course is aerial, typical of via ferrata (steps, cables, handrails...), with a finish line at 2000m.



## Registration

It includes: race bib, refreshments, t-shirt (for those who requested it at the time of registration), finisher medal and cable car descent from Planpraz.



## Cable car

For accompanying persons: Free access to the Planpraz cable car from 4pm to 7:00pm upon presentation of a voucher to be collected when collecting race bibs in order to attend the arrival of the KMOV.

# Required equipment



### Water reserve

Minimum water reserve of 0.5 litres



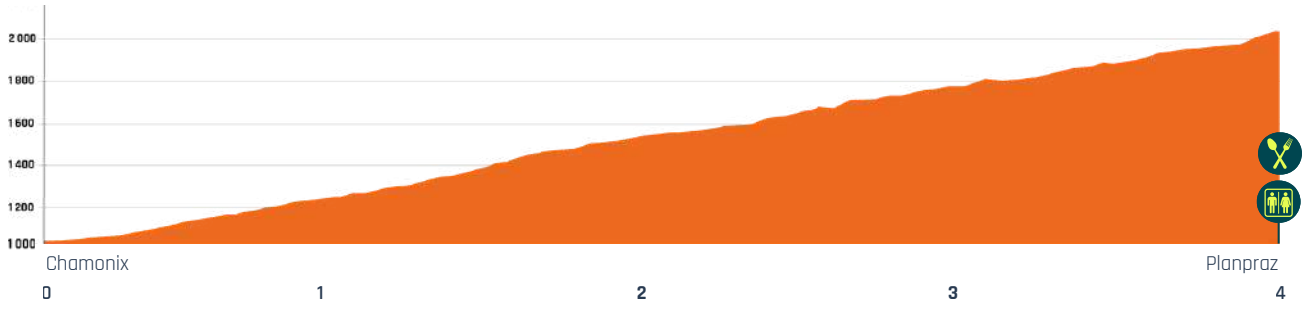
### Cup



### Mobile phone

Working mobile phone





Aid Station

WC

Showers

**Free access for those accompanying participants** to the KMV finish line via the Planpraz gondola lift from 4:00 PM to 7:00 PM, upon presentation of a **voucher to be collected when picking up race bibs**. Last ascent at 7:00 PM.





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

[see map](#) >

P37

Short trail in semi-autonomy

UTMB index > 270  
(recommended)

Distance

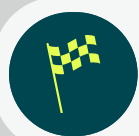
**23 km**Elevation  
gain**D+ 1680m**  
**D- 870m**Maximum  
time**6h**Maximum number of  
runners**2000**

Schedule

before the  
raceduring the  
raceafter the  
race

trail camp

Distance

**23 km**Elevation  
gain**D+ 1680m**  
**D- 870m**Maximum  
time**6h**Maximum number of  
runners**2000**

## Departure(s)

**Saturday, June 27**

starting at 8:00 AM

**Aire des parapentes**

Chamonix

**Starting Wave 1**

8:00 a.m.

**Starting Wave 2**

8:10

**Starting Wave 3**

8:20

**Starting wave 4**

8:30

**Starting wave 5**

8:40

**Starting wave 6**

8:50



## Winners 2025



KIPLIMO Nashon

02:02:41

M



KIPLAGAT Faith

02:28:09

F



## Aid stations

2 complete + 1 on arrival



## More info

Open from the Espoir category upwards.

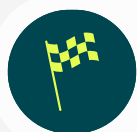
Poles allowed: if you choose to use poles, you must keep them for the entire duration of the race. It is forbidden to retrieve poles along the way.



## Bib collection

Appointment required (registration in your runner area). To collect your race bib you must come in person with your race bib collection card, your race bag containing all the mandatory equipment and your ID.

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



## SECURITY

The 23km Mont Blanc route follows exclusively hiking trails, some of which are narrow and exposed. Mountain weather can change rapidly.

**To participate in this race, it is recommended to have good experience in mountain running, to be comfortable in all terrains and to be self-sufficient for several hours.**



## Registration

**It includes:** race bib, refreshments, t-shirt (for those who requested it at the time of registration), finisher medal and cable car descent from Planpraz.



## Time barriers and maximum race time

The time limits on the 23km Mont-Blanc race are primarily intended to ensure the safety of the runners. Indeed, participants who are unable to pass these time limits within the allotted time are not fit to continue the race.

The various time limits are calculated taking into account the terrain profile (positive and negative elevation gain) but also the time spent at aid stations, any checkpoints encountered or any slowdowns that may occur throughout the course.

**Any runner refusing to comply with the time barrier and not respecting the volunteers in charge of enforcing this regulation will be disqualified for life from the Mont-Blanc Marathon events.**



**The time barriers are calculated based on the official departure time of the last wave.**

Whereas the maximum race time is calculated in relation to the official time of your starting wave.

P40

Short trail in semi-autonomy

UTMB index > 270  
(recommended)

Distance

**23 km**

Elevation gain

**D+ 1680m**  
**D- 870m**Maximum  
time**6h**Maximum number of  
runners**2000**

## Required equipment

**Mobile phone**

Working mobile phone

**Water reserve**

Minimum water reserve of 0.5 litres

**Waterproof jacket**

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

**Blanket**

Emergency blanket (140cm x 200cm)

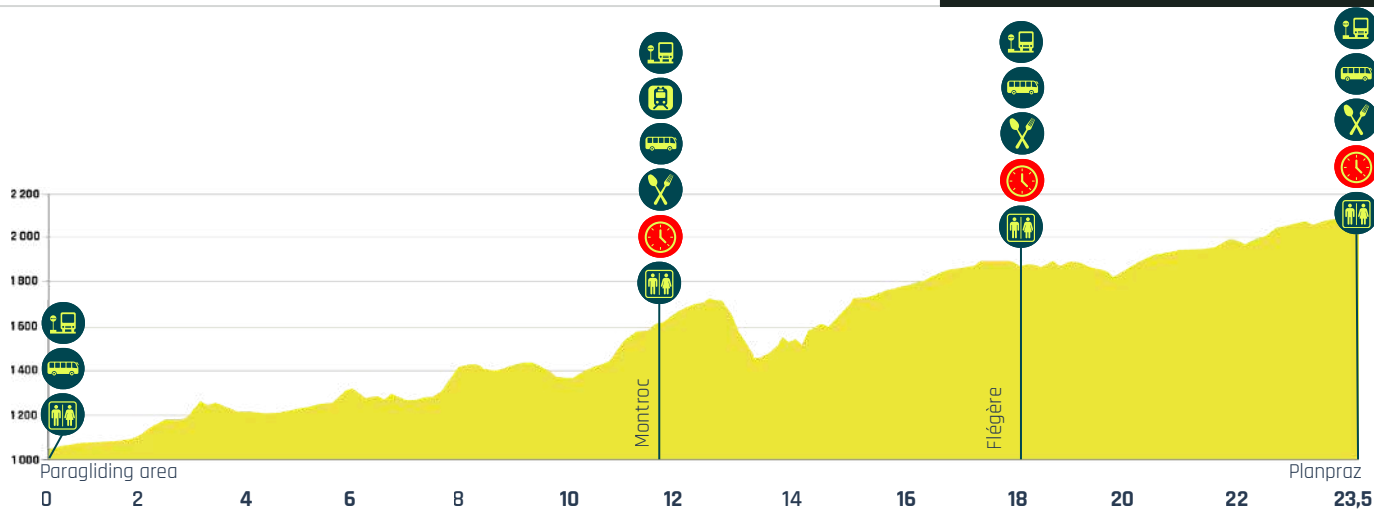
**Cash**

Bus/train payment if withdrawal

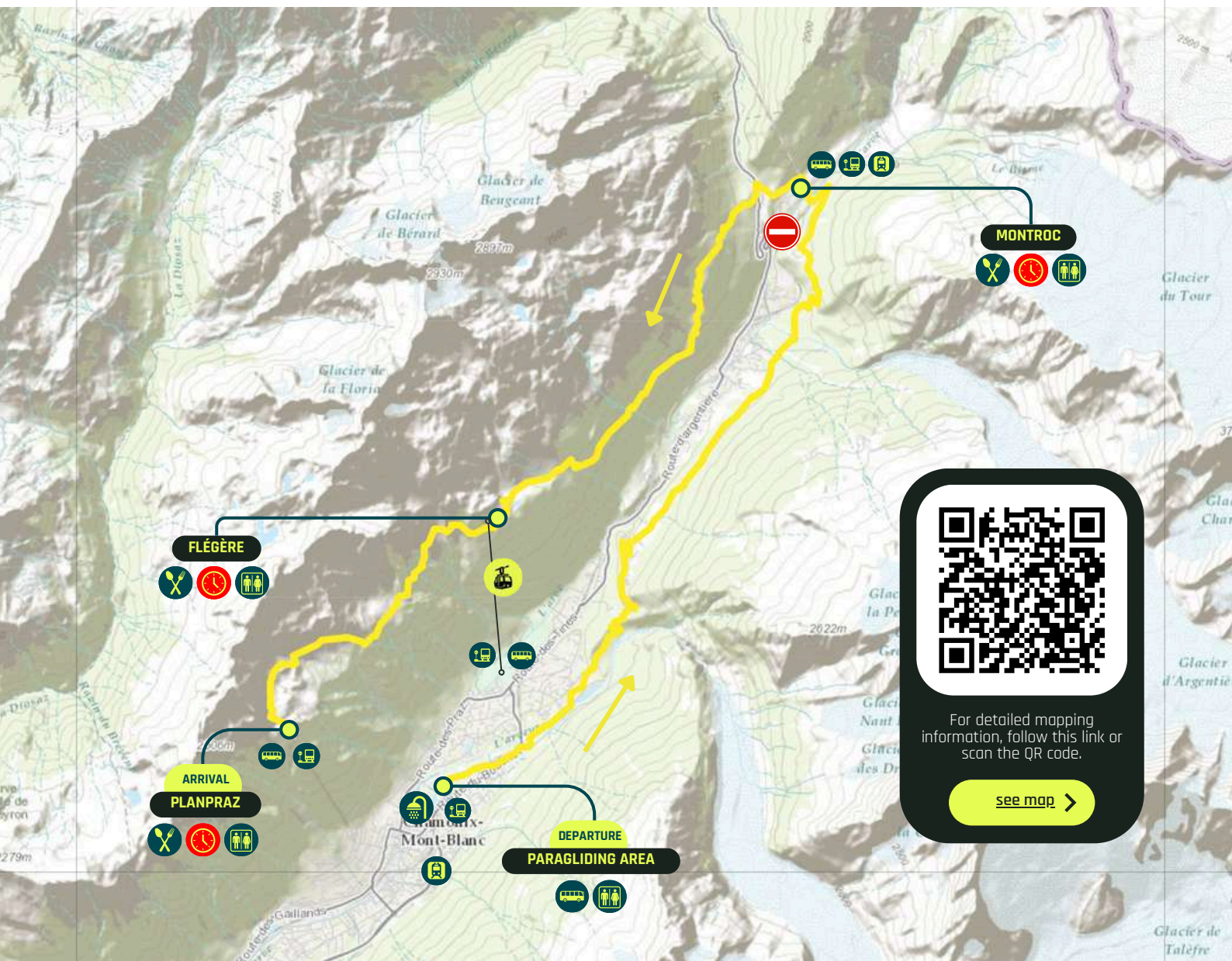
**Cup****Whistle**


P41 Short trail in semi-autonomy

UTMB index > 270  
(recommended)



- Aid station
- Shuttle for accompanying persons
- WC
- Fountain
- SNCF train station
- Showers
- Time barrier
- Bus stop





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

[see map >](#)

## RACE INFORMATION - 23 KM OF MONT-BLANC

NAME OF THE POINT	AID STATION	INTERDISTANCE BETWEEN RESUPPLY POINTS	TOTAL DISTANCES (KM)	ALTITUDE METER	ELEVATION + METER	ELEVATION - METER	ESTIMATED TIME OF THE 1ST	ESTIMATED TIME OF LAST (MAX 6H00)	TIME BARRIERS + AVERAGE RACE TIMES
CHAMONIX PARAGLIDING LAUNCH AREA			0	1036	0	0	8:00 AM	8:50 AM	
LES BOIS			2,3	1090	41	0	08:06	09:29	4.5km/h
LE LAVANCHER			5	1200	218	56	08:17	10:06	
LA ROSIERE			7,7	1252	354	134	08:27	10:34	
ARGENTIERE			8,8	1270	374	139	08:30	10:44	
LE PLANET			10	1382	502	163	08:37	11:03	
MONTROC	complete	11.5 km	11,5	1363	574	246	08:43	11:20	H departure of last 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	
BOIS DU PLAGNOLET			15	1451	886	509	09:03	12:30	
BOTTOM OF THE TRAPPE CHAIRLIFT			16,7	1740	1174	555	09:13	12:54	
LA FLÉGÈRE	complete	7 km	18,4	1894	1321	555	09:27	13:20	H departure of last wave +4h30
LA CHARLANON			21	1810	1363	844	09:43	14:27	3.3km/h
PLANPRAZ ARRIVAL	complete	5 km	23,5	2048	1680	874	10:00	14:50	Maximum race time = Start time of each wave + 6 hours

Distance

**10 km**

Elevation gain **D+/-**

**325m**

Maximum time

**2:30**

Maximum number of runners

**2000**



Distance

**10 km**Elevation  
gain **D+/-****325m**Maximum  
time**2:30**Maximum number of  
runners**2000**

## Winners 2025



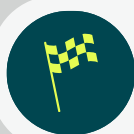
Romain CHAMPENOIS  
00:39:05

M



Sofia CHETELAT  
00:46:20

F



## Departure(s)

**Saturday, June 27**

starting at 10:30 am

**Aire des parapentes**

Chamonix

### Starting Wave 1

10:30 am then 5 waves spaced 5 minutes  
apart



## Supply

1 refreshment stop at the finish line



## More info

Open from the Cadet category onwards

**Poles prohibited**



## Bib collection

Appointment required (registration in your runner area).  
To collect your race bib you must come in person with  
your race bib collection card, your race bag containing all  
the mandatory equipment and your photo ID.



## Registration

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



## Maximum race time

The maximum time allowed for the entire course is 2 hours and 30 minutes. Runners exceeding this time will not be classified and will be picked up by the sweepers. They will therefore not be able to cross the finish line.

**Warning!** The maximum race time is calculated in relation to the official time of your starting wave.

## Required equipment

### ! Security checks



### Mobile phone

Working mobile phone



### Water reserve

Minimum water reserve of 0.5 litres



### Cup



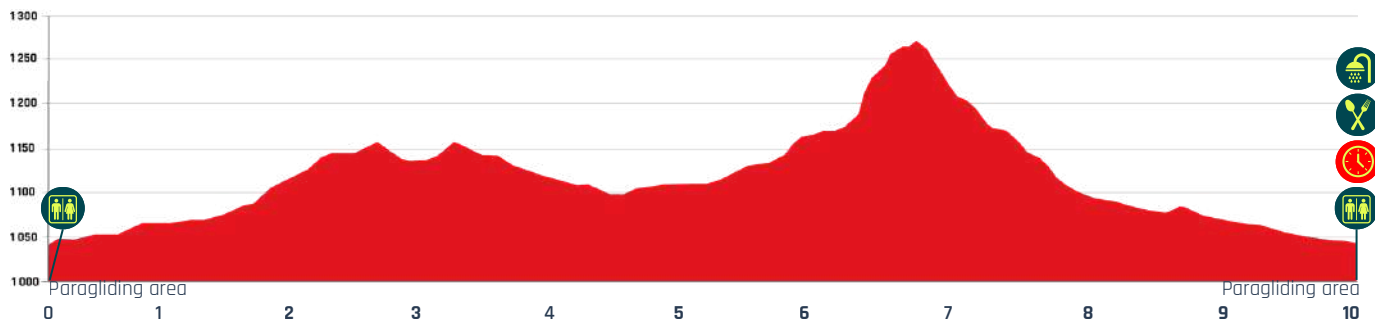
## Get to the starting point

**ROUTE** ST GERVAIS - CHAMONIX

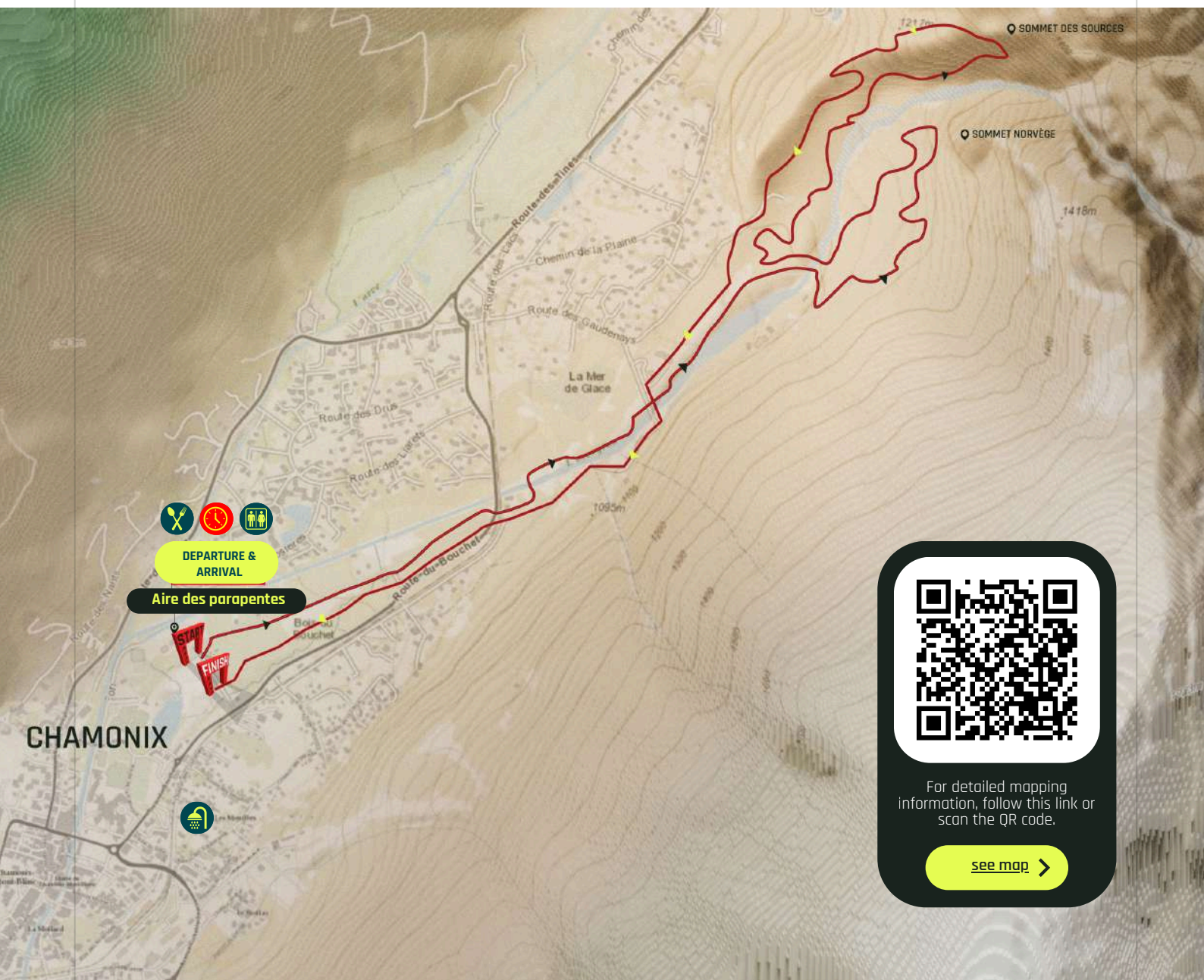
**BOOKING REQUIRED HERE!**

A free train service, departing from Saint-Gervais, is in operation to reach Chamonix. **Limited number of seats**





-  Aid station
-  WC
-  Maximum race time
-  Showers



## RACE INFORMATION - 10 KM OF MONT BLANC

NAME OF THE POINT	AID STATION	INTER-DISTANCE REFUELING	TOTAL DISTANCE KM	ALTITUDE METER	ELEVATION + METER	ELEVATION - METER	ESTIMATED TIME OF THE FIRST	ESTIMATED TIME OF THE LAST	MAXIMUM RACE TIME
CHAMONIX (START)			0	1036	0	0	10:30 AM	10:55 AM	
DESERT BLANC			2	1079	39	0	10:36	11:18	
SOMMET NORVEGE			3.5	1154	125	11	10:42	11:35	
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	
<b>CHAMONIX ARRIVAL</b>	<b>Complete</b>	<b>10 km</b>	<b>10</b>	<b>1036</b>	<b>323</b>	<b>323</b>	<b>11:07</b>	<b>13:25</b>	<b>MAXIMUM RACE TIME = START TIME OF EACH WAVE + 2H30</b>



P48 Activities - No ranking - Free registration

Distance  
**800m  
to 3km**

Maximum number of  
children  
**1000**

Date of birth  
**Between  
2011 and 2019**

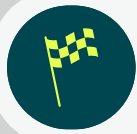


# Mini cross

Distance  
**800m  
to 3km**

Maximum number of  
children  
**1000**

Date of birth  
**Between  
2011 and 2019**



## Departure(s)

**Saturday, June 27**  
From 2 p.m.

**Aire des parapentes**  
Chamonix

One departure per year of age:  
2:00 PM: 800 m (born between 2017 and 2019)  
2:15 PM: 2 km (born between 2015 and 2016)  
2:45 PM: 3 km (born between 2011 and 2014)



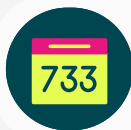
## Aid station

1 refreshment stop at the finish line for everyone



## Registration

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



## Bib collection

Race bibs will be distributed at the VML (Vaincre les Maladies Lysosomales) association stand, located before the EMC2 hall on Place du Mont-Blanc. Thursday June 25 and Friday June 26 from 9:30 a.m. to 7 p.m., Saturday June 27 from 9:00 a.m. to 1 p.m. Children must be accompanied by a parent to collect their race bib.



## Raffle

Raffle: at the end of the races in the paragliding area.



## Course

- Blue route **800M**
- Yellow route **2KM**
- Red route **3KM**



# The Young Race

P50

Semi-autonomous discovery trail

UTMB index >

**U18**  
**U20**

Distances  
**7km**  
**13km**

Elevation gain  
**640 D+/-**  
**1200 D+/-**

Maximum time  
**2:00**  
**3:30**

Maximum number of runners  
**300**



MARATHON MONT-BLANC



Schedule

before the race

during the race

after the race



trail camp

P51

Semi-autonomous discovery trail

UTMB index >

**U18**  
**U20**

Distances  
**7km**  
**13km**

Elevation gain  
**640 D+/-**  
**1200 D+/-**

Maximum time  
**2:00**  
**3h30**

Maximum number of runners  
**300**



## Winners 2025

### U20



MARTINEZ FARO Eloy  
01:35:39

M



LANE Amélie  
02:10:28

F

### U18



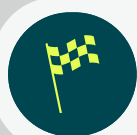
GERARD López Serra  
00:43:06

M



PATTY Lylou  
00:59:05

F



## Departure(s)

**Saturday, June 27**  
at 3:00 PM

**Triangle de l'Amitié**  
Chamonix



## More info

Reserved for the U18 and U20 categories.  
Poles are prohibited.



## Supplies

1 lightweight (U20) and 1 at the finish line.



## Bib collection

Appointment required (registration in your runner area).  
To collect your race bib you must come in person with your race bib collection card, your race bag containing all the mandatory equipment and your ID.

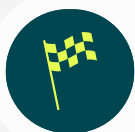


Schedule

before the race during the race after the race



trail camp



## SECURITY

The Young Race course follows exclusively hiking trails, some of which are narrow and exposed. Weather conditions can change rapidly in the mountains (wind, rain, heat/cold). To participate in this race, it is recommended to have good experience in mountain running, to be comfortable in all terrains and to be self-sufficient for several hours.



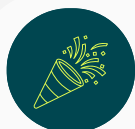
## Registration

It includes: race bib, refreshments, t-shirt (for those who requested it at the time of registration), finisher medal.



## For the winners

The prize for the U20 Men's and Women's winners of The Young Race: two places to experience a training camp at the heart of the New Balance team. A unique opportunity to share the athletes' daily life and unlock your full potential.



## Evening and awards ceremony

**[PURCHASE YOUR COMPANION TICKET](#)**

The awards ceremony will take place at 8:00 p.m. during the festive evening, at the Place du Triangle de l'Amitié.

**A banquet will be offered to all young participants, with many prizes to be won during the raffle.** A friendly evening, with a DJ! Open to all, feel free to bring friends, they can also buy their tickets to enjoy the banquet.

# The Young Race

P53

Semi-autonomous discovery trail

UTMB index > 0

**U18**  
**U20**

Distances

**7km**  
**13km**

Elevation gain

**640 D+/-**  
**1250 D+/-**

Maximum time

**2:00**  
**3h30**

Maximum number of runners

**300**

## Required equipment



**Mobile phone**

Working mobile phone



**Water reserve**

Minimum water reserve of 0.5 litres



**Waterproof jacket**

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



**Blanket**

Emergency blanket (140cm x 200cm)



**Whistle**



**Cup**



Schedule

before the race

during the race

after the race



trail camp



Aid station



Time barrier



Junction of U18 and U20 pathways



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

[see map >](#)

## RACE INFORMATION - U20 (JUNIORS) COURSE

NAME OF THE POINT	SUPPLY	INTER-DISTANCE REFUELING	TOTAL DISTANCE KM	ALTITUDE METER	ELEVATION + METER	ELEVATION - METER	ESTIMATED TIME OF THE FIRST	ESTIMATED TIME OF THE LAST	TIME BARRIER
CHAMONIX DEPART			0	1034	0	0	15:00	15:00	
POINT 1600M			3	1601	587	25	15:28	15:50	Departure time + 1 hour = 4 PM
BLAITIERE DESSUS			4.2	1932	907	20	15:43	16:30	
CROISEMENT BALCON NORD			4.9	2115	1089	20	15:52	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	16:27	18:02	
POINT 1231M CROISEMENT BLAITIERE			11.83	1028	1250	1099	16:33	18:15	
CHAMONIX ARRIVAL	Complete	6.2 km	13	1034	1250	1250	16:40	18:30	MAXIMUM RACE TIME = START TIME + 3H30 = 6:30 PM

## RACE INFORMATION - U18 (CADET) COURSE

NAME OF THE POINT	SUPPLY	INTER-DISTANCE REFUELING	TOTAL DISTANCE KM	ALTITUDE METER	ELEVATION + METER	ELEVATION - METER	ESTIMATED TIME OF THE FIRST	ESTIMATED TIME OF THE LAST	MAXIMUM RACE TIME
CHAMONIX (START)			0	1034	0	0	15:00	15:00	
MONTENVERS CROSSING			0.8	1044	9	6	15:03	15:05	
POINT 1600M			3.3	1601	587	25	15:36	15:54	
POINT 1231M CROSSING BLAITIERE			5.4	1213	513	454	15:51	16:16	
CHAMONIX ARRIVAL	Complete	7	7	1036	640	640	16:00	16:30	MAXIMUM RACE TIME = START TIME + 2 hours = 5 PM



Schedule

before the race

during the race

after the race



trail camp

P56

Short trail run in semi-autonomy

UTMB Index > 240  
(recommended)

Distance

**21km**

Elevation gain **D+/-**

**1450m**

Maximum time

**6:30**

Maximum number of teams

**500**

# Duo étoilé



MARATHON  
MONT-BLANC



Schedule

before the race

during the race

after the race



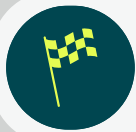
trail camp

P57

Short trail run in semi-autonomy

UTMB Index > 240  
(recommended)

Distance

**21km**Elevation  
gain **D+/-****1450m**Maximum  
time**6h30**Maximum number of  
teams**500**

## Departure(s)

**Saturday, June 27**

at 7:30 p.m.

**Triangle de l'Amitié**

Chamonix



## Aid stations

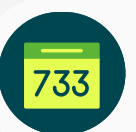
1 full course - 1 lightweight course - 1 finish  
line refreshment stop

## More info

Open from the Espoir category upwards.

Poles: If you choose to use poles, you must  
keep them with you for the entire duration of  
the race. It is forbidden to retrieve poles along  
the way.

## Bib exchange

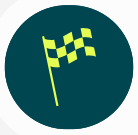
Anyone caught at the finish line wearing  
another competitor's bib number will result  
in the immediate disqualification of the pair  
and will be banned from registering for  
future editions.

## Bib collection

Appointment required (registration on your runner  
account). To collect your race bib, each team member  
must come in person with their race bib collection card,  
their race bag containing all mandatory equipment, and  
an ID.

A runner cannot collect his teammate's bib.





## SECURITY

The Duo Étoilé route follows exclusively hiking trails, some of which are narrow and exposed. Mountain weather can change rapidly. To participate in this race, it is recommended to have significant mountain running experience, be comfortable on all types of terrain, and be self-sufficient for several hours.

Throughout the entire race, the pair must remain together. If a team is not together at the checkpoints, the lone runner will not be allowed to pass through. They will have to wait for their teammate.



## Warning

To be able to enter the starting area, you must have your working headlamp on your head.



## Registration

It includes: race bib, refreshments, t-shirt (for those who requested it at the time of registration), finisher medal.

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



## Time barriers and maximum race time

The time limits on the Duo Étoilé are primarily intended for the safety of the runners. Indeed, participants who cannot pass these time limits within the allotted time are not fit to continue the race.

The various time limits are calculated taking into account the terrain profile (positive and negative elevation gain) but also the time spent at aid stations, any checkpoints encountered or any slowdowns that may occur throughout the course.

Any runner refusing to comply with the time barrier and not respecting the volunteers in charge of enforcing this regulation will be disqualified for life from the Mont-Blanc Marathon events.

⚠ Runners who are outside the time limit at the Plan refuge will not be able to continue the course, they will have to sleep there.

P59

Short trail run in semi-autonomy

UTMB Index > 240  
(recommended)

Distance

**21km**Elevation  
gain **D+/-****1450m**Maximum  
time**6:30**Maximum number of  
teams**500**

## Required equipment

**Mobile phone**

Working mobile phone

**Water reserve**

Minimum water reserve of 0.5 litres

**Waterproof jacket**

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

**Lamp**

Headlamp or chest lamp with spare batteries

**Blanket**

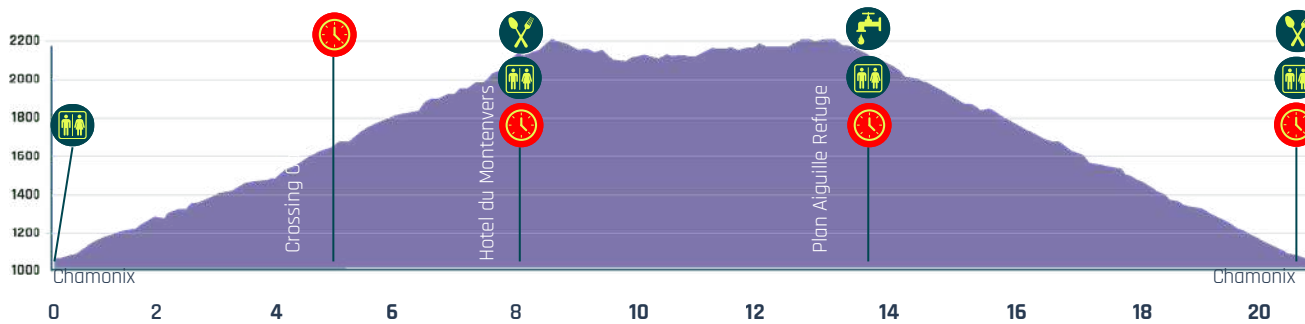
Emergency blanket (140cm x 200cm)

**Whistle****Cup**

Schedule

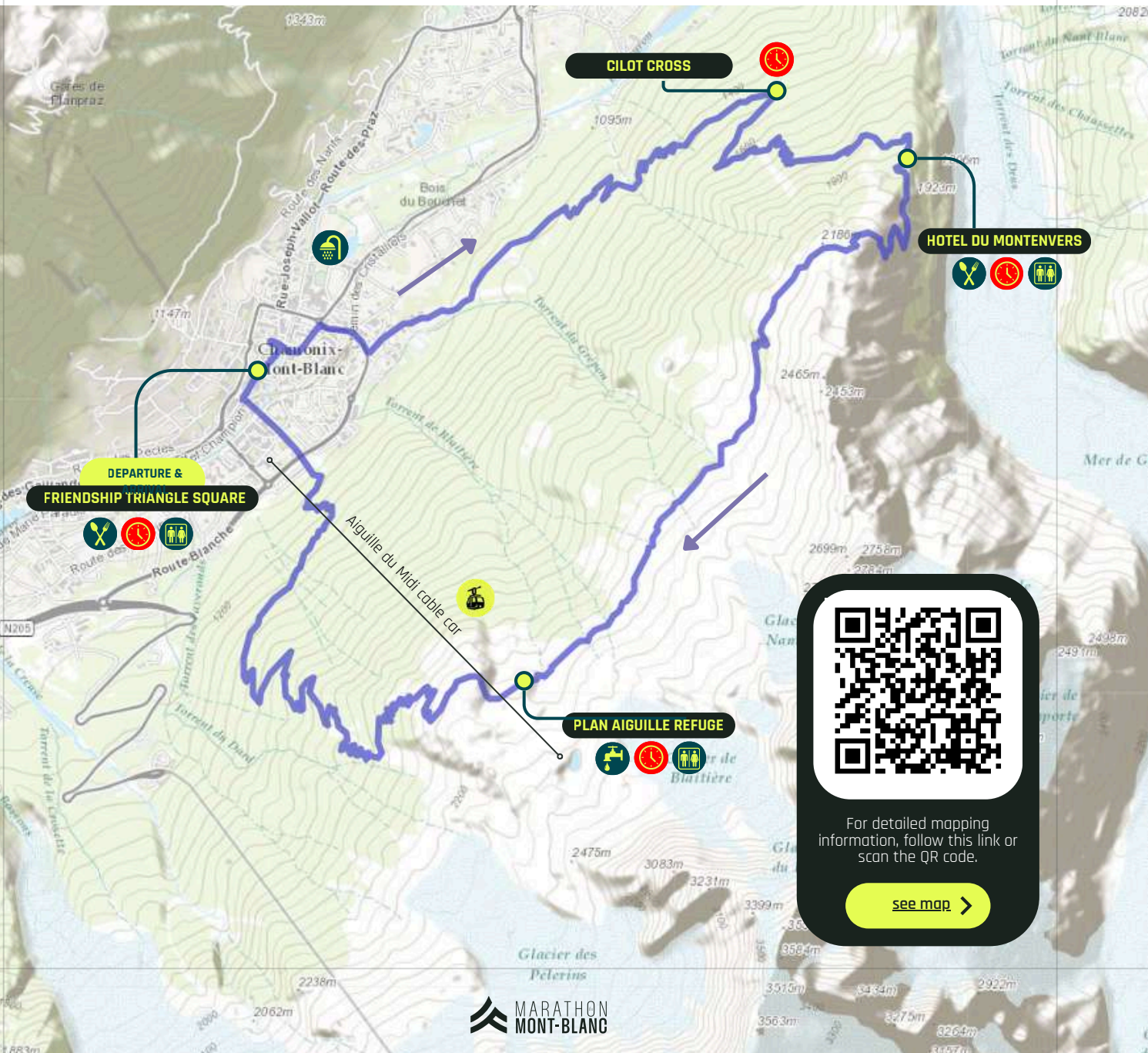
before the  
raceduring the  
raceafter the  
race

trail camp



- Aid station
- Time barrier

- Fountain
- WC



### RACE INFO - DUO ÉTOILÉ

NAME OF THE POINT	SUPPLY	INTERDISTANCE BETWEEN RESUPPLY POINTS	TOTAL DISTANCE KM	ALTITUDE METER	ELEVATION + METER	ELEVATION - METER	ESTIMATED TIME OF THE 1ST	ESTIMATED TIME OF LAST (MAX 6H30)	TIME BARRIERS + AVERAGE RACE TIMES
DEPARTURE FROM CHAMONIX			0	1036	0	0	19:30	19:30	3.8km/h
CROSEMENT CAILLET		4.8 km	4.8	1461	511	46	19:54	20:57	H departure +1h15
BUVETTE CAILLET			5.4	1582	619	61	20:06	21:13	2.2km/h
HOTEL MONTENVERS	complete	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	3 km/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
ARRIVAL IN CHAMONIX	complete	7.4km	21.4	1036	1450	1450	21:46	02:00	Maximum race time = Start time + 6:30

**-20%** Spécial Discount  
Marathon du Mont-Blanc

[www.lagolight-shop.com](http://www.lagolight-shop.com)

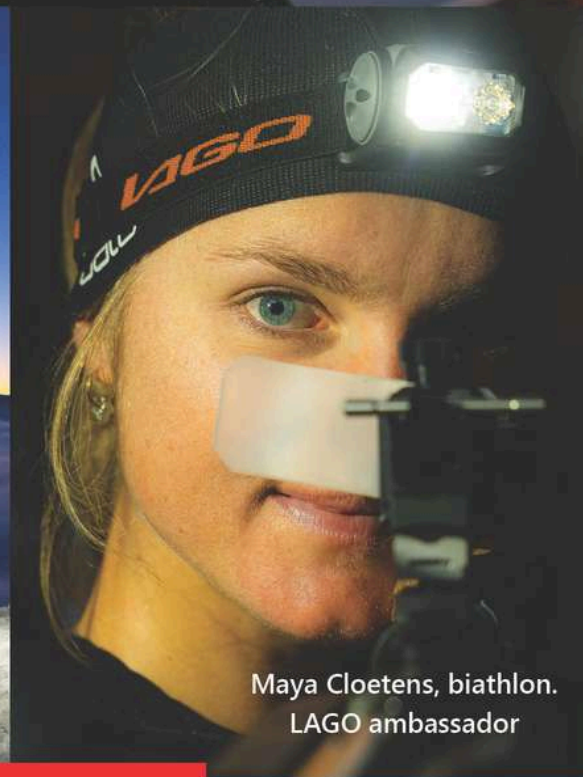
Promo code : **MMB26**



# LAGO

## Headlamps

©RemiPortier



Maya Cloetens, biathlon.  
LAGO ambassador

Designed and manufactured in the Mont Blanc area,  
Annecy, French Alps

P63

Semi-self-supported trail

UTMB index > 350  
(recommended)

Distance

**42 km**

Elevation gain **D+/-**

**2540m**

Maximum time

**10h**

Maximum number of runners

**2300**

# 42 km

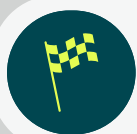


MARATHON MONT-BLANC

Distance

**42 km**

Elevation

gain **D+/-****2540m**Maximum  
time**10h**Maximum number of  
runners**2300**

## Departure(s)

**Sunday, June 28**

starting at 6:45 am

**Triangle de l'Amitié**

Chamonix

**Women's Elite Start**

6:45 AM

**Men's Elite Start**

7:15 AM then 5 waves spaced 10 minutes apart



## Winners 2025



MAGNINI Davide

M

03:42:55



CHEPNGENO Joyline

F

04:15:20



## Aid stations

3 complete + 1 on arrival



## Transports

Free shuttle buses from Les Houches and trains from St Gervais and Vallorcine to reach the starting point. Booking required.

**Don't forget the free shuttles for your companions!**

**For more information**

**[Click here >](#)**



## More info

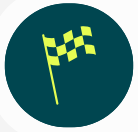
Open from the Espoir category upwards.

Poles allowed: if you choose to use poles, you must keep them for the entire duration of the race. It is forbidden to retrieve poles along the way.



## Bib collection

Appointment required (registration in your runner area). To collect your race bib you must come in person with your race bib collection card, your race bag containing all the mandatory equipment and your ID.



## SECURITY

The 42km Mont Blanc route follows exclusively hiking trails, some of which are narrow and exposed. Mountain weather conditions can change rapidly (wind, precipitation, heat/cold).

To participate in this race, it is recommended to have good experience in mountain running, to be comfortable in all terrains and to be self-sufficient for several hours.

Assistance during the race is permitted 100m before or 100m after an aid station.  
It is prohibited outside of these areas.



## Registration

It includes: race bib, refreshments, t-shirt (for those who requested it at the time of registration), finisher medal.

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



## Time barriers and maximum race time

The time limits on the 42km race are primarily for the safety of the runners. Indeed, participants who cannot pass these time limits within the allotted time are not fit to continue the race.

The various time limits are calculated taking into account the terrain profile (positive and negative elevation gain) but also the time spent at aid stations, any checkpoints encountered or any slowdowns that may occur throughout the course.



Any runner refusing to comply with the time barrier and not respecting the volunteers in charge of enforcing this regulation will be disqualified for life from the Mont-Blanc Marathon events.

The time limits are calculated based on the official start time of the last wave. The maximum race time, however, is calculated based on the official start time of your wave.

Distance

**42 km**Elevation  
gain **D+/-****2540m**Maximum  
time**10h**Maximum number of  
runners**2300**

## Required equipment

**Mobile phone**

Working mobile phone

**Water reserve**

Minimum water reserve of 0.5 litres

**Waterproof jacket**

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

**Blanket**

Emergency blanket (140cm x 200cm)

**Cash**

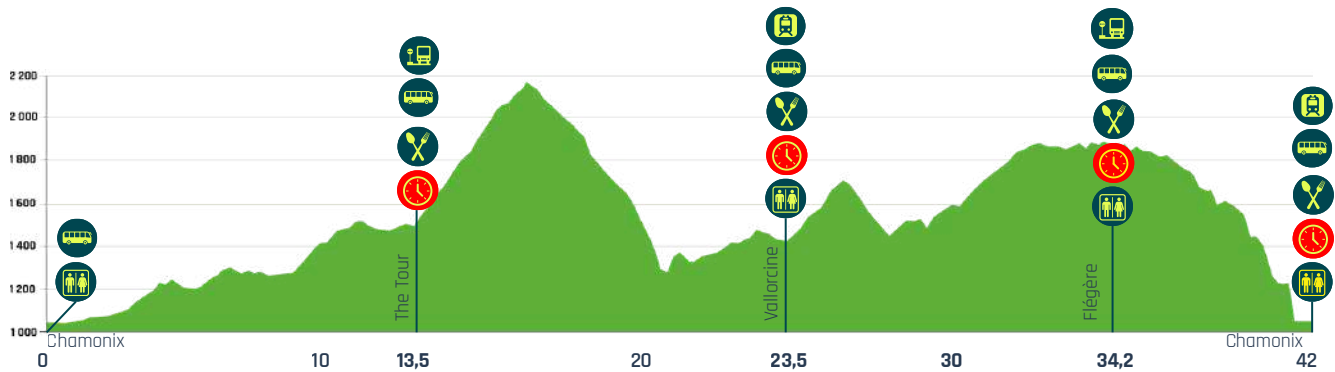
Bus/train payment if abandoned

**Cup****Whistle**

P67

Semi-self-supported trail

UTMB index > 350  
(recommended)



- Aid station
- Fountain
- SNGF train station
- Shuttle for accompanying persons
- Time barrier
- Bus stop
- WC
- Showers persons



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

[see map >](#)

## RACE INFORMATION - 42 KM OF MONT-BLANC

Women's Elite Starting Wave	Wave start SAS 1	Wave start SAS 6
06:45	7:15	08:05

NAME OF THE POINT	AID STATION	INTER-DISTANCE REFUELING	TOTAL DISTANCE KM	ALTITUDE METER	ELEVATION + METER	ELEVATION - METER	TIME BARRIERS + AVERAGE RACE TIMES	ESTIMATED TIME OF THE 1ST FEMALE	ESTIMATED TIME OF THE 1ST MALE	ESTIMATED TIME OF THE LAST (MAX 10H)
<b>CHAMONIX DEPARTURE</b>			0	1036	0			06:45 AM	07:15 AM	08:05 AM
LES BOIS			3.5	1081	65	5	4.9km/h	06:57	07:25	08:33
LE LAVANCHER			6.5	1198	250	50		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	520	150		07:35	07:57	10:04
<b>LE TOUR</b>	Complete	13.5 km	13.5	1463	730	210		departure of last wave +2h45	07:46	08:06
AIGUILLETTE DES POSETTES			18	2185	1450	250	3.6km/h	08:25	08:38	12:03
COL DES POSETTES			19.5	1995	1450	440		08:31	08:44	12:19
TELECABINE VALLORCINE			20	1939	1450	500		08:33	08:46	12:24
<b>VALLORCINE</b>	Complete	10 km	23.5	1276	1450	1180	departure last wave +5:30	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
BOTTOM OF THE TRAPPE CHAIRLIFT			34.5	1740	2300	1540		10:04	10:01	16:00
<b>FLEGERE</b>	Complete	11.5 km	35	1889	2480	1540	Last wave departure time: +8:30	10:13	10:09	16:22
CHARLANON			38	1816	2540	1690		10:25	10:19	16:51
<b>CHAMONIX ARRIVAL</b>	Complete	7.8 km	42.8	1035	2540	2540	Maximum race time = H start time of each wave + 10:00	10:56	10:45	18:05

# The Trail Camp



The Trail Camp is free to access. It brings together more than 60 outdoor sports equipment manufacturers and brands on the Place du Mont-Blanc.

## TRAIL CAMP SCHEDULE

**Thursday, June 25**  
From 9:30 to 19:00 pm

**Friday 26th and Saturday 27th**  
From 9:00 to 19:00 PM

## Where?

**Chamonix**  
Place du Mont-Blanc



## THE TRAIL CAMP STAGE

A new space at the heart of the Trail Camp, the **Trail Camp Stage** is becoming the **essential meeting place for the 2026 Mont-Blanc Marathon**. Designed as a space for **sharing, inspiration, and conviviality**, it will host conferences throughout the event, led by our partners and the brands present at the Trail Camp.

A detailed program will be available soon.

# MARATHON du MONT-BLANC

## JUNE 25 - 28 2026

SPONSORS PRESENT AT THE TRAIL CAMP:



# PLAN

## TRAIL CAMP 2026



Avenue du Mont-Blanc

1 New Balance	13 Chamois Gang	25 LCF Outdoor	37 Hastko	49 Brooks
2 i-Run	14 361'	26 Wise Ultra Running	38 Kailas FUGA	50 Stincare lakota
3 Tiger Balm Baume du tigre	15 Ta Energy	27 Compressport	39 Moov 360	51 Instinct Trail
4 Shokz	16 Sidas	28 Ravanel Mulet	40 Rossignol	52 Les Raymondes
5 Maurten	17 Hyperice	29 NHCO Nutrition	41 X-Bionic	53 Edeli
6 Baouw Organic Nutrition	18 Hydrapak	30 Garmin	42 The North Face	54 AZR
7 Merrell	19 Adidas TERREX	31 Evil Eye	43 Scott	55 Run'Hard
8 Julbo	20 Compex	32 Overstim.s	44 4Ultra	56 Fenix
9 Raidlight	21 Kiprun	33 Incylnce	45 Meltonic	57 La Sportiva
10 Lago	22 Tingerlaot	34 WHYMPR	46 Petzl	58 EMHM
11 MX3	23 Altra Running	35 SUMS	47 BV Sport	59 Vaincre les maladies lysosomales
12 Official Boutique	24 Nutripure	36 Mount to coast	48 Nöak	

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