



ENGLISH VERSION



# DDM TRAIL 2026 ROADBOOK

OLDEST TRAIL RACE IN EUROPE

DISCOVER - ENJOY - APPRECIATE

PREPARED BY :  
DDM TRAIL COMITEE

RAIFFEISEN



SPORT-FONDS  
LOTTERIE ROMANDE

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# PROGRAM

## FRIDAY, SEPTEMBER 18

10:00 Departure DDM | “Découverte” - Champéry

From 18:30 DDM | “Découverte” dinner and party - Mex

## SATURDAY, SEPTEMBER 19

06:00 First start DDM | 57k - Champéry

First day DDM | Relay - Champéry

07:00 Second day DDM | “Découverte” - Mex

08:30 Start DDM | 32k “initiativ” - Vérossaz

09:00 Second start DDM | 57k - Champéry

Second start DDM | Relay - Champéry

11:00 Start DDM | Kids - Champéry

11:30 Start DDM | New generation - Champéry

13:00 Start DDM | 13k adults - Champéry

Start DDM | Junior - Champéry

Start DDM | Entreprises - Champéry

# BIBS & RESULTS

## FRIDAY, SEPTEMBER 18

09:00 - 09:45

- DDM | “Discovery” - Champéry place de l'église

15:30 - 18:30

- All races - Monthey, “Berdoz Vision & Audition” store

## SATURDAY, SEPTEMBER 19

05:00 - 05:45

- Champéry (covered parking lot)

07:30 - 08:30

- Champéry (covered parking lot)
- Vérossaz

10:00 - 12:30

- Champéry (covered parking lot)

15:00

- DDM | 13k + DDM | New generation + DDM | K results - Champéry

18:00

- DDM results | 57k + DDM | 32K + DDM | Relay - Champéry



# LOCATION

# LOCATION



## HOW TO GET TO CHAMPERY

### Train :

1. Leaving Aigle: Take a SBB (Swiss Federal Railways) train to Monthey or Saint-Maurice.
2. Arrival in Monthey: Get off in Monthey and transfer to the TPC (Transports Publics du Chablais) train to Champéry.
3. Final journey: The TPC train takes you directly to Champéry. The total journey takes about 1 hour and 30 minutes.

### Car

1. Route: From Aigle, take the A9 freeway towards Martigny/Simplon.
2. Exit: Exit at Monthey, then follow signs for Champéry.
3. Mountain road: Follow the main road to Champéry. The drive takes about 45 minutes, depending on traffic and weather conditions.

*Each runner is entitled to a 50% discount on TPC train tickets between 5pm and 8pm on Friday and between 7am and 7pm on Saturday.*



### ① - Palladium Sports Center    ② - Parish hall    ③ - Covered parking lot

- Changing rooms
- Showers
- Massage area
- Dining room
- Stock of equipment and bags

- Bib number pick-up

# LOCATION

## ACCESS TO GRAND PARADIS : TRAFFIC DEVIATION



### Centrale hydraulique Haute-Vièze

Dès le printemps 2028, une centrale au fil de l'eau alimentera le Val d'Illeziez en énergie renouvelable.

#### De quoi parle-t-on ?

- Une prise d'eau au départ du parking du Grand-Paradis à Champéry.
- Une conduite forcée de 1'800 m.
- Une centrale au lieu-dit Bèze.
- Une restitution au cours d'eau.
- Une production annuelle de 8'100'000 kWh, soit l'équivalent de la consommation annuelle de plus de 3'200 ménages.



### Timeline



# LOCATION

## ACCESS TO GRAND PARADIS : TRAFFIC DEVIATION



### Informations utiles

— Accès au Grand-Paradis :  
utiliser la déviation générale  
fléchée depuis Val-d'Illiez.  
L'itinéraire est limité à 18to.  
(31.08.2026 - 20.11.2026)

— Déviation pour les Barmes  
via rte de Planachaux  
(31.08.2026 - 20.11.2026)

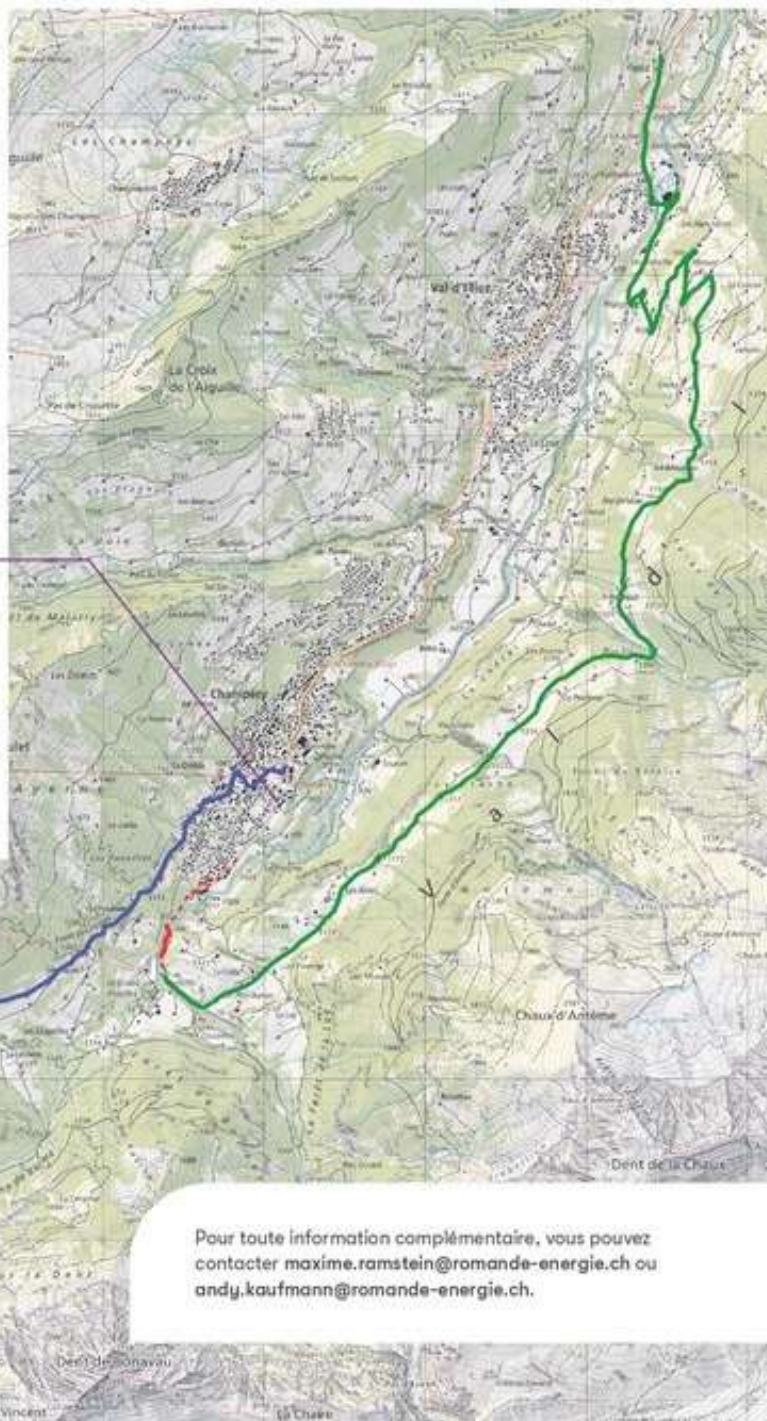
— Route fermée à la circulation  
(31.08.2026 - 20.11.2026)

--- Circulation alternée  
(04.2027 - 12.2027)

- Pendant les travaux (en 2026),  
la déchetterie sera déplacée au  
parking du Tasson. Les prestations  
de la déchetterie seront réduites.

#### Parking du Tasson

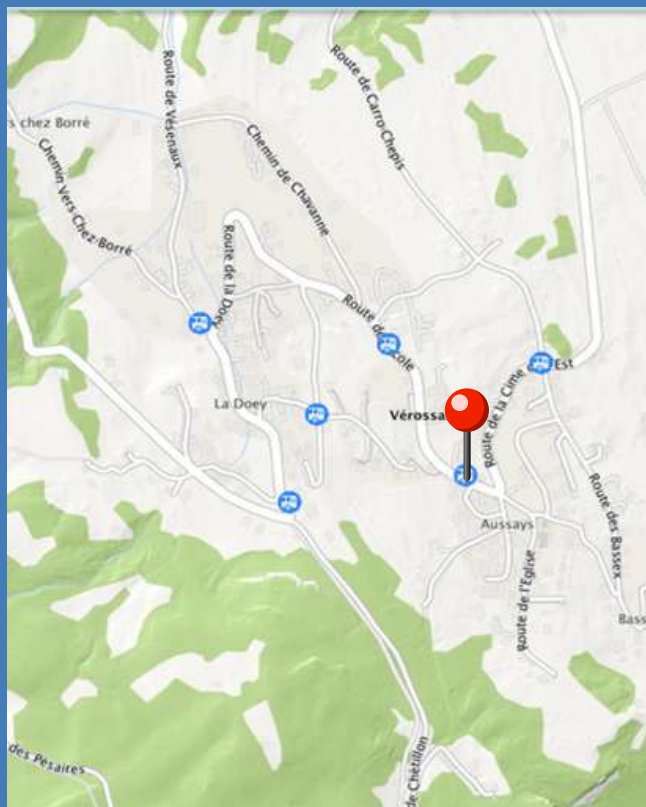
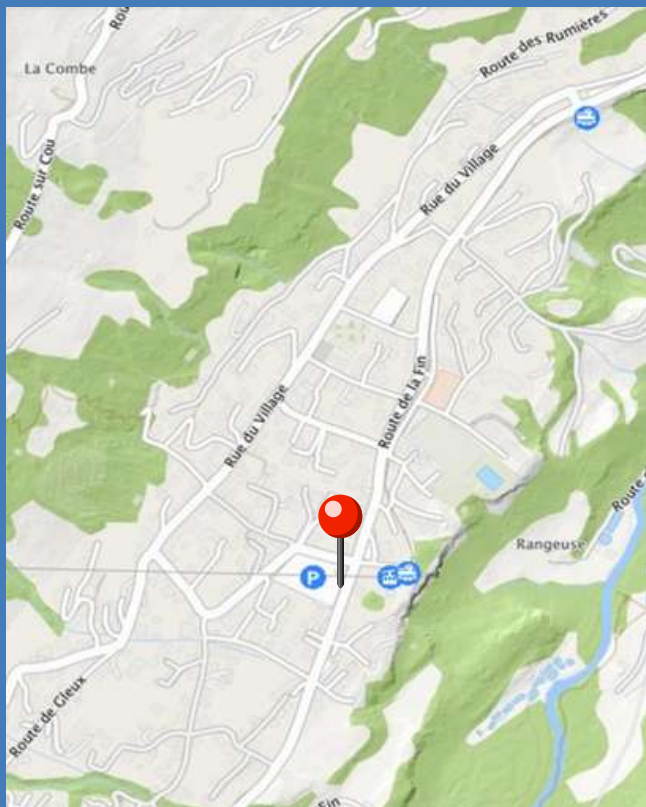
- Dès le mois de septembre, le Petit  
Train ne circulera plus en direction  
des Rives.
- Dès début septembre, la navette  
estivale desservant Barne ne sera  
plus assurée.



Pour toute information complémentaire, vous pouvez  
contacter [maxime.ramstein@romande-energie.ch](mailto:maxime.ramstein@romande-energie.ch) ou  
[andy.kaufmann@romande-energie.ch](mailto:andy.kaufmann@romande-energie.ch).

# SHUTTLES

CHAMPERY - VEROSSAZ



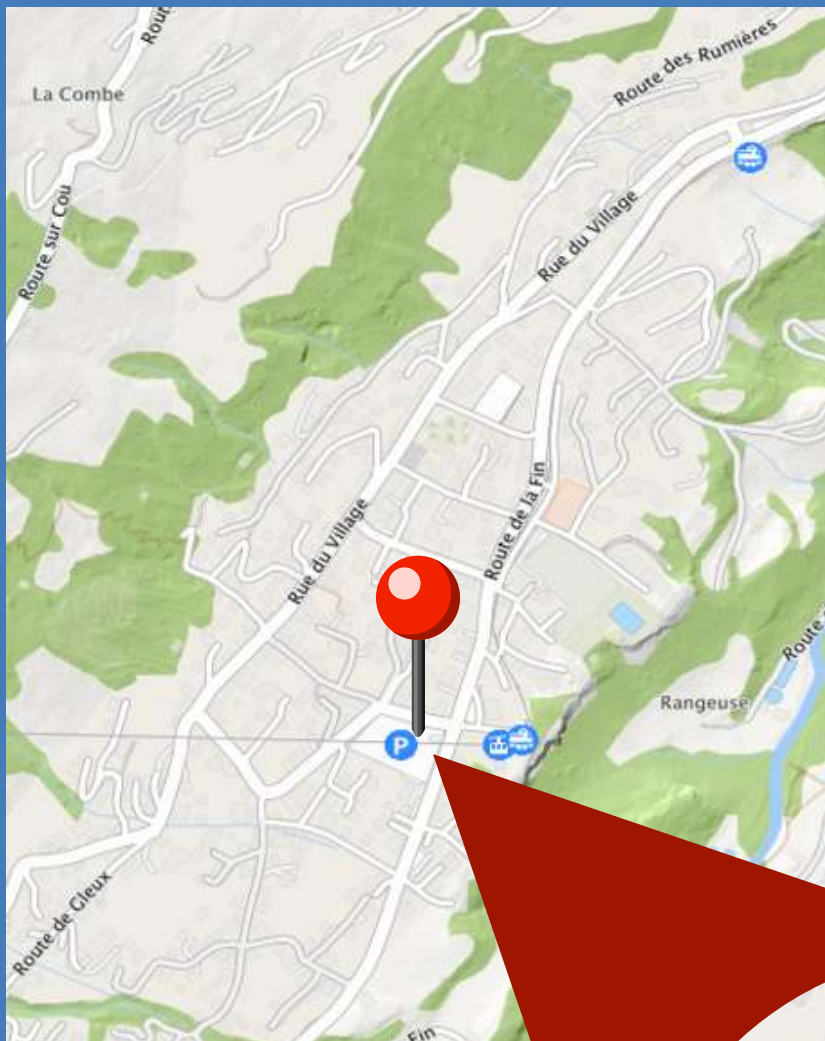
Alternating free shuttles will connect the 2 sites between 6:45 am and 2:15 pm.

A 50-seater shuttle will leave at 6.45am, followed by a 50-seater shuttle and a 20-seater shuttle at 7.00am. Priority to competitors.



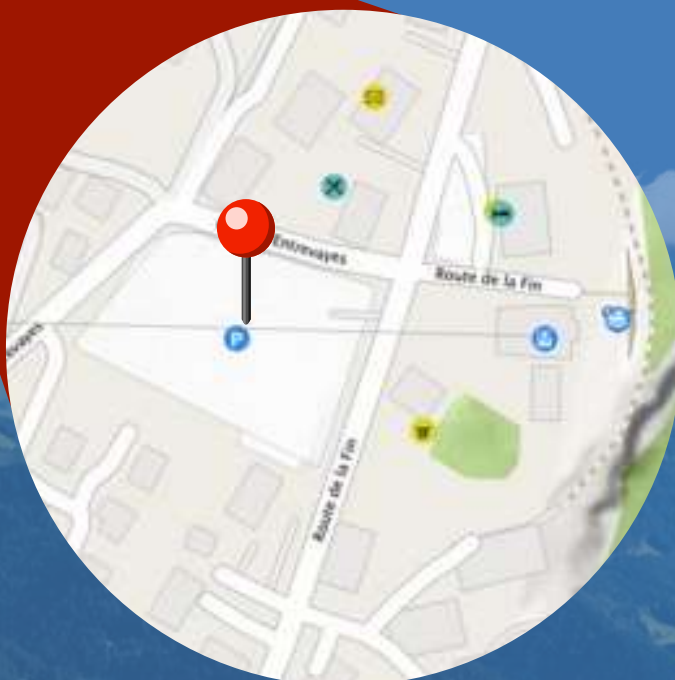
# PARKING

## CHAMPERY



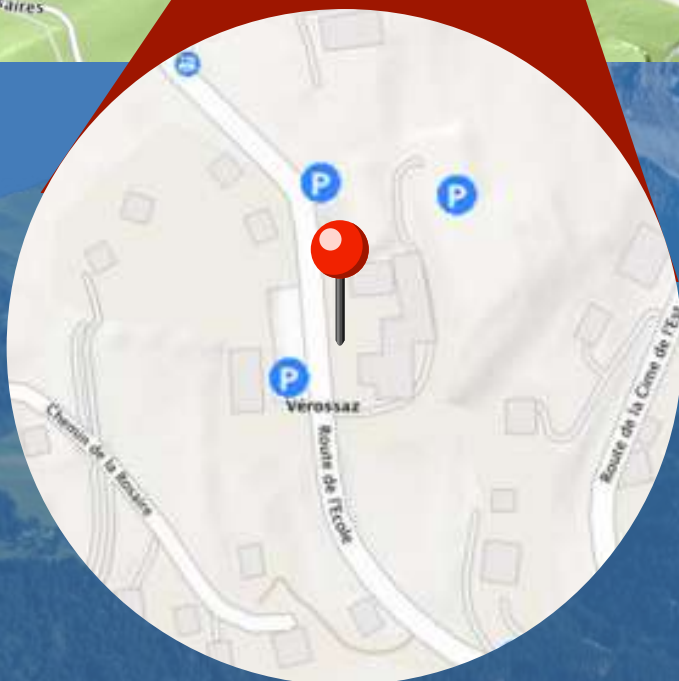
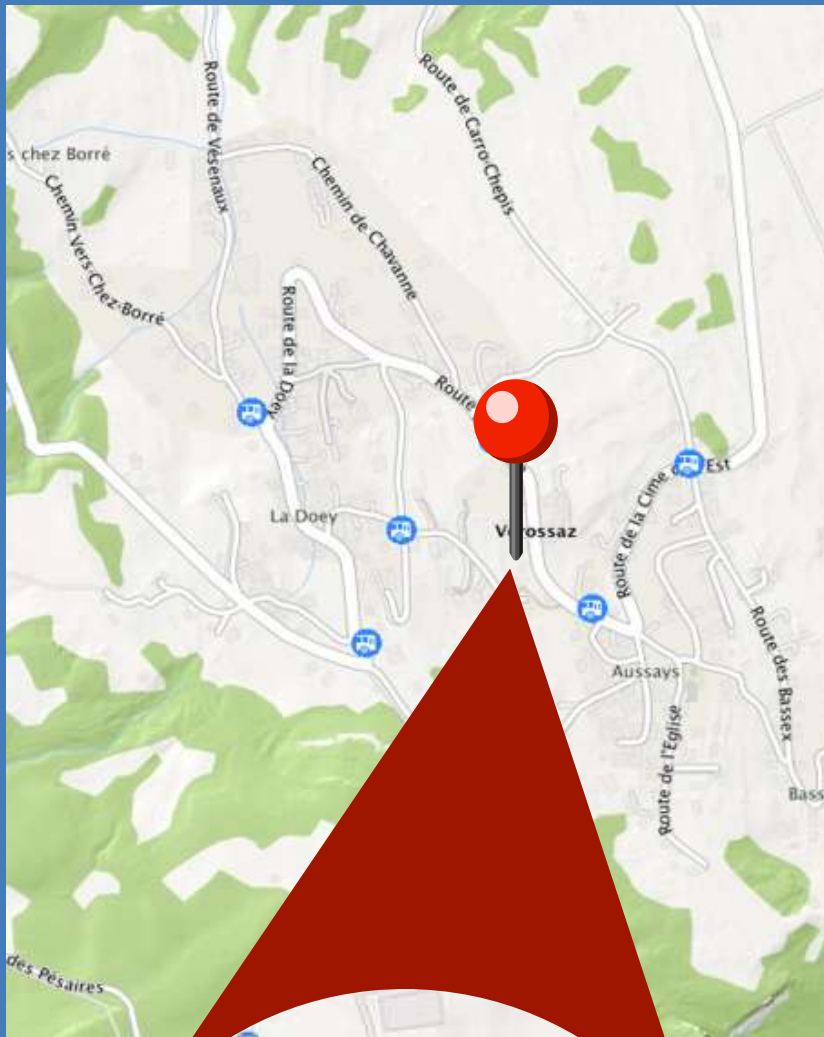
To get around Champéry, we suggest you use public transport.

TPC is a partner of the Trail des Dents-du-Midi. You can find all the information you need on their website ([www.tpc.ch](http://www.tpc.ch)).



# PARKING

## VEROSSAZ - GENERAL



We ask you to respect the parking instructions given by the volunteers in Vérossaz.

Thank you for your understanding.

The TPC is a partner of the Trail des Dents-du-Midi. You can find all the information you need on their website ([www.tpc.ch](http://www.tpc.ch)).



# BEFORE / AFTER THE RACE

## STAYING IN CHAMPERY

You'll find nearby accommodation solutions directly on our website under the “accommodation” tab. A number of hotels, hostels and inns are listed for your convenience.

## RUNNER GIFT

You can collect your runner's gift directly after finishing your race in Champéry (from 12:00). There's a stand next to the finish where volunteers will be on hand to give you your prize.

## PODIUM

The podium ceremony takes place at 6pm on Saturday in the area next to the finish. Runners finishing in the top 3 will then be able to step up to the podium to receive their prizes.

Unfortunately, prizes cannot be sent by post if you are unable to attend the ceremony.

## AFTER THE TRAIL

Food and drink stalls are on hand, and the whole Trail team will be delighted to exchange a word (and a beer) with you after the races are over.

## MASSAGES

A massage stand with masseuses is available for runners returning to Champéry. It is located in the Palladium sports center (see map page 10.)

***Please note that the masseurs are passionate professionals who are volunteering their time to take care of you after your race. If you are satisfied with the treatment you receive, please feel free to thank them (money boxes or Twint QR codes are available) or take their business card!***

***We remind you that showering is mandatory and that, out of respect for other runners who are waiting, massages last a maximum of 10-15 minutes.***

# THE TRAILS

*You can find the complete trace of the trail via the following QR code on the "Trace de Trail" website*



# THE TRAILS

## DDM | 57K - INDIVIDUAL

The Trail des Dents-du-midi course is 60km long, with 3700m of ascent.

Start and finish are in the village of Champéry.

There are 2 starting times: 06:00 and 09:00. You are free to choose your start time. The stopwatch is simply triggered by the runner crossing the start line, thanks to our timing partner MSO. Please note, however, that the time limits are identical for all runners, i.e. 12:45 in Vérossaz and 15:45 in Salanfe. Adjust your choice of start according to the time you expect to take.



# THE TRAILS

## DDM | 57K - INDIVIDUAL - START 06:00

### Saturday 19.09

05:00 - 05:45

- Bib number collection in Champéry

06:00

- Departure from Champéry

09:00

- Checkpoint opens in Vérossaz (no passage before 09:00)

12:45

- Vérossaz checkpoint closes

15:45

- Salanfe checkpoint closes

21:00

- Champéry checkpoint closes

### Time barriers

|          |       |
|----------|-------|
| Vérossaz | 12:45 |
| Salanfe  | 15:45 |
| Champéry | 21:00 |

### Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

### Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

# THE TRAILS

## DDM | 57K - INDIVIDUAL - START 09:00

### Saturday 19.09

07:30 - 08:30

- Bib number pick-up in Champéry

09:00

- Departure from Champéry

12:45

- Closing of Vérossaz checkpoint

15:45

- Salanfe checkpoint closes

21:00

- Champéry checkpoint closes

### Time barriers

|          |       |
|----------|-------|
| Vérossaz | 12:45 |
| Salanfe  | 15:45 |
| Champéry | 21:00 |

### Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

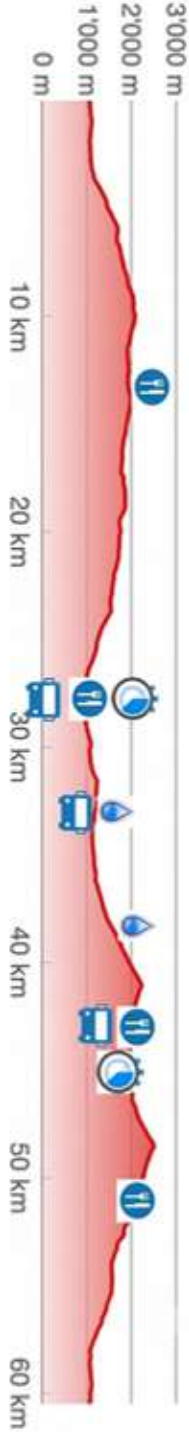
### Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

# DDM 57K I - INDIVIDUAL

## Caption

- Full provisioning
- Repatriation
- Samaritans / Doctor
- Water (fountain)
- Time barrier



| Location          | Cumulative distance | Ascent + cumulative | Ascent - cumulative | Time barrier | Services                                                                                                                                                                                                                                                                                                                                        |
|-------------------|---------------------|---------------------|---------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Soi               | 14 km               | +1'100              | -200                |              |                                                                                                                                                                                                                                                              |
| Vérossaz          | 28 km               | +1'405              | -1'640              | 12:45        |     |
| Mex               | 33 km               | +1'840              | -1'740              |              |                                                                                                                                                                           |
| Salanfe           | 43 km               | +2'945              | -2'040              | 15:45        |     |
| Col de Susanfe    | 48,5 km             | +3'550              | -2'100              |              |                                                                                                                                                                                                                                                                                                                                                 |
| Cabane de Susanfe | 50,9 km             | +3'600              | -2'550              |              |                                                                                                                                                                                                                                                              |
| Champéry          | 60,5 km             | +3'696              | -3'696              | 21:00        |                                                                                        |

# THE TRAILS

## DDM | 32K - INDIVIDUAL

This Trail des Dents-du-midi course is 33km long and includes 2330m of ascent.

It starts in the village of Vérossaz and finishes in Champéry. Race starts at 08:30 from Vérossaz.



# THE TRAILS

## DDM | 32K - INDIVIDUAL - START 08:30

### Saturday 19.09

06:45 - 07:00

- Shuttle bus to Vérossaz, departing at 06:45 (50 seats) and 07:00 (70 seats) in front of the Champéry gondola.

07:15 - 08:15

- Bib number collection for DDM 32k in Vérossaz, near the church.

08:30

- Race start - Vérossaz

15:45

- Checkpoint closes in Salanfe

21:00

- Checkpoint closes - Champéry

### Time barriers

|          |       |
|----------|-------|
| Salanfe  | 15:45 |
| Champéry | 21:00 |

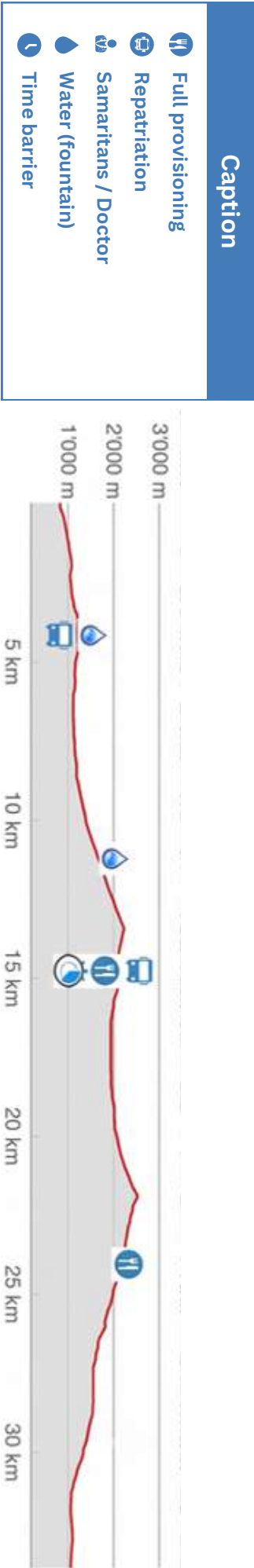
### Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

### Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

# DDM | 32K - INDIVIDUAL



| Location          | Cumulative distance | Ascent + cumulative | Ascent - cumulative | Time barrier | Services                                                |
|-------------------|---------------------|---------------------|---------------------|--------------|---------------------------------------------------------|
| Mex               | 6 km                | +435                | -100                |              | <div><div></div><div></div></div>                       |
| Salanfe           | 16,3 km             | +1'540              | -400                | 15:45        | <div><div></div><div></div><div></div><div></div></div> |
| Col de Susanfe    | 22 km               | +2'145              | -460                |              |                                                         |
| Cabane de Susanfe | 24,4 km             | +2'195              | -910                |              | <div><div></div></div>                                  |
| Champéry          | 33,7 km             | +2'334              | -2'094              | 21:00        | <div><div></div><div></div><div></div></div>            |

# THE TRAILS

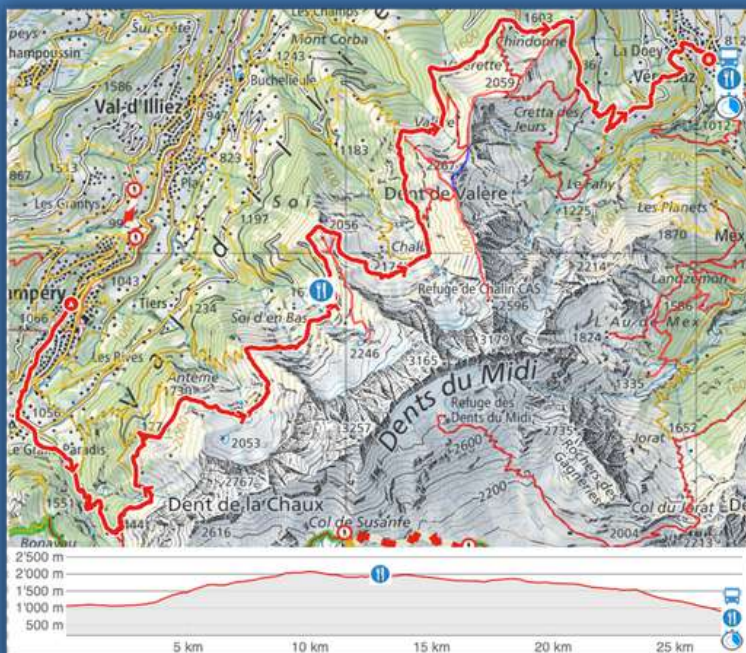
## DDM | RELAY - DUO

“The Relay for those who like to run as a couple or with a friend”.

The Trail des Dents-du-midi course can be run as a Relay. It comprises two routes;

- 1st relay: 25km distance, 1500m vertical drop. Starts in Champéry and finishes in Vérossaz.
- 2nd relay: 33km distance, 2330m ascent. Start from Vérossaz and finish in Champéry.

There are 2 starting times for the races: 06:00 or 09:00. You are free to choose your start time. The stopwatch is simply triggered by the runner crossing the start line, thanks to our timing partner MSO. Please note, however, that the time limits are identical for all runners, i.e. 12:45 in Vérossaz and 15:45 in Salanfe. Adjust your choice of start according to the time you expect to take.



# THE TRAILS

## DDM | R - DUO - DEPARTURES 06:00 - 09:00

### Saturday 19.09

05:00 - 05:45

- Bib number collection in Champéry

06:00

- 1st start from Champéry

07:30 - 08:30

- Number pick-up in Champéry

09:00

- Checkpoint opens in Vérossaz (no passage before 09:00)
- 2nd start from Vérossaz

12:45

- Vérossaz checkpoint closes

15:45

- Salanfe checkpoint closes

21:00

- Closing of Champéry checkpoint

### Time barriers

|          |       |
|----------|-------|
| Vérossaz | 12:45 |
| Salanfe  | 15:45 |
| Champéry | 21:00 |

### Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

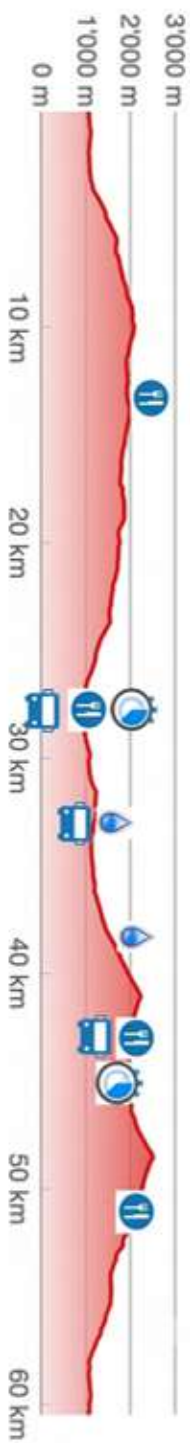
### Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

# DDM | RELAY - DUO

## Caption

- Full provisioning
- Repatriation
- Samaritans / Doctor
- Water (fountain)
- Time barrier



| Location          | Cumulative distance | Ascent + cumulative | Ascent - cumulative | Time barrier | Services     |
|-------------------|---------------------|---------------------|---------------------|--------------|--------------|
| Soi               | 14 km               | +1'100              | -200                |              |              |
| Vérossaz          | 25 km               | +1'600              | -1'900              | 12:45        | <br><br><br> |
| Mex               | 33 km               | +1'900              | -2'000              |              | <br><br><br> |
| Salanfe           | 41 km               | +3'050              | -2'300              | 15:45        | <br><br><br> |
| Col de Susanfe    | 47 km               | +3'650              | -2'300              |              |              |
| Cabane de Susanfe | 49 km               | +3'650              | -2'700              |              |              |
| Champéry          | 57 km               | +3'700              | -3'700              | 21:00        | <br><br><br> |

# THE TRAILS

## DDM | DISCOVERY - INDIVIDUAL

“The trail for those who like to take their time”.

The Trail des Dents-du-midi can be completed in 2 days. It comprises two routes;

- Day 1: 33km distance, 1900m elevation gain. Departure 10:00 from Champéry (DEPARTURE FRIDAY).
- Day 2: 24km distance, 1800m ascent. Start 07:00 village of Mex (Saturday).



# THE TRAILS

## DDM | DISCOVERY - INDIVIDUAL - DEPARTURE 10:00

### Friday 18.09

09:00 - 09:45

- Bib number collection in Champéry

10:00

- Departure from Champéry

From 18:30

- Meal and evening at Mex (*bag transport taken care of by the organization at departure*)

### Saturday 19.09

07:00

- Start of 2nd stage from Mex

### Time Barriers

|          |       |
|----------|-------|
| Mex      | 18:30 |
| Salanfe  | 15:45 |
| Champéry | 21:00 |

#### Highly recommended

- ☐ 1-litre water reserve
- ☐ Food reserve
- ☐ Cup
- ☐ Phone
- ☐ Survival blanket
- ☐ Rain jacket
- ☐ Whistle
- ☐ Headlamp

#### Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

# DDM | DISCOVERY - INDIVIDUAL

Caption

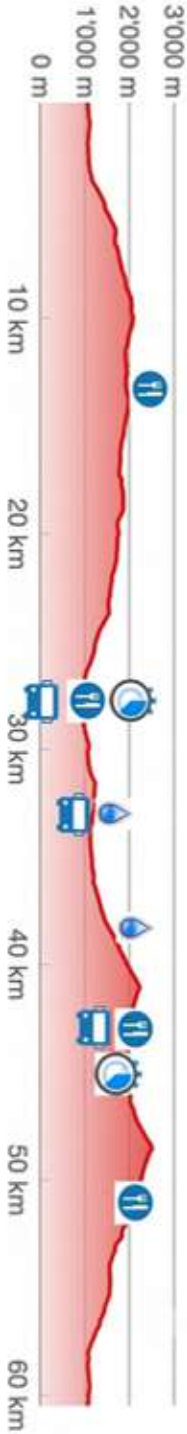
Full provisioning

Repatriation

Samaritans / Doctor

Water (fountain)

Time barrier



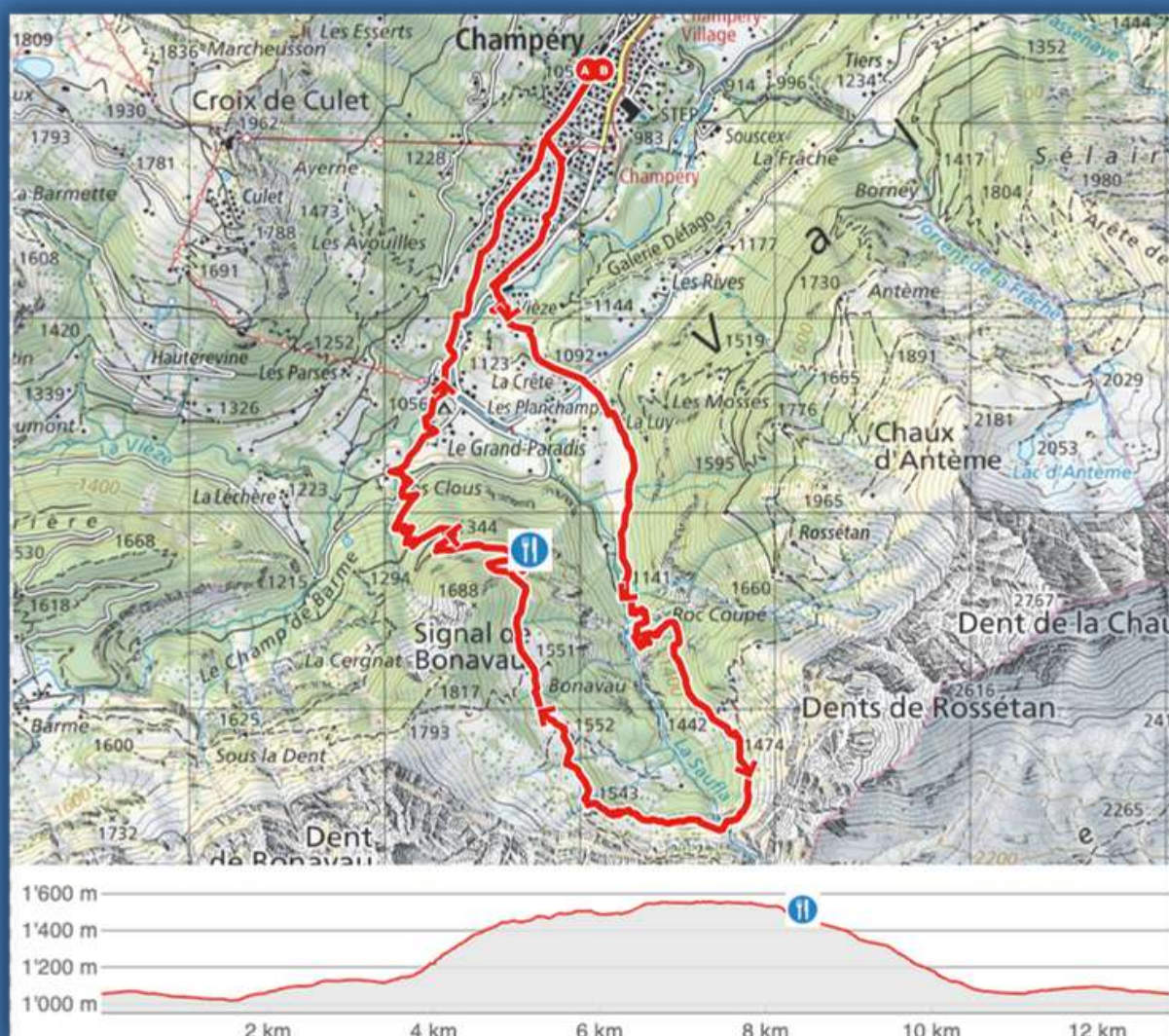
| Location          | Cumulative distance | Ascent + cumulative | Ascent - cumulative | Time barrier | Services |
|-------------------|---------------------|---------------------|---------------------|--------------|----------|
| Soi               | 14 km               | +1'100              | -200                |              |          |
| Vérossaz          | 25 km               | +1'600              | -1'900              |              |          |
| Mex               | 33 km               | +1'900              | -2'000              | 18:30        |          |
| Salanfe           | 41 km               | +3'050              | -2'300              | 15:45        |          |
| Col de Susanfe    | 47 km               | +3'650              | -2'300              |              |          |
| Cabane de Susanfe | 49 km               | +3'650              | -2'700              |              |          |
| Champéry          | 57 km               | +3'700              | -3'700              | 21:00        |          |

# THE TRAILS

## DDM | 13K - ALL CATEGORIES

The trail des Dents-du-midi offers a race that can be a first training for the DDM|32 or DDM|57 in subsequent years.

This race of almost 13km starts from the same place as the basic race, crossing the districts and village of Champéry to finish at the same place, under the original large arch of the mythical Trail.



# THE TRAILS

## DDM | 13K - ALL CATEGORIES

### Junior

The Trail des Dents-du-midi attracts many new and young trailers and their families, who come to cheer on their fathers, mothers and other relatives. While the advanced runners pursue their passion, we've set up an activity for the others.

This race of almost 13km is proposed for young people aged 12 to 17, starting from the same place as the basic race, crossing the districts and village of Champéry to finish at the same place, under the big original arch of the mythical Trail.

### Companies

This is the philosophy that the DDMTrail team wishes to bring to this race, which is designed to strengthen ties, federate teams and, of course, the health of each and every one of us.

Within the reach of almost everyone, the trail des Dents-du-midi is a 3-person team competition that enables employees and their managers to compete against each other wearing their company's colors. It's a great way to get your staff involved in corporate sports, by running or walking a 13 km course!

# THE TRAILS

## DDM | 13K - ALL CATEGORIES - START 13:00

### Saturday 19.09

10:00 - 12:30

- Bib number pick-up in Champéry

13:00

- Departure from Champéry

From 15:00

- Proclamation of results on the church square in Champéry

### Time barriers

Champéry

16:00

#### Highly recommended

- ☐ Cup

#### Suggested

- ☐ Gloves
- ☐ Long-sleeved sweater
- ☐ Pants or tights
- ☐ Cap or bandana
- ☐ Sunglasses
- ☐ Sun cream
- ☐ Elastic bands
- ☐ First aid kit

# DDM | 13K - ALL CATEGORIES

Caption

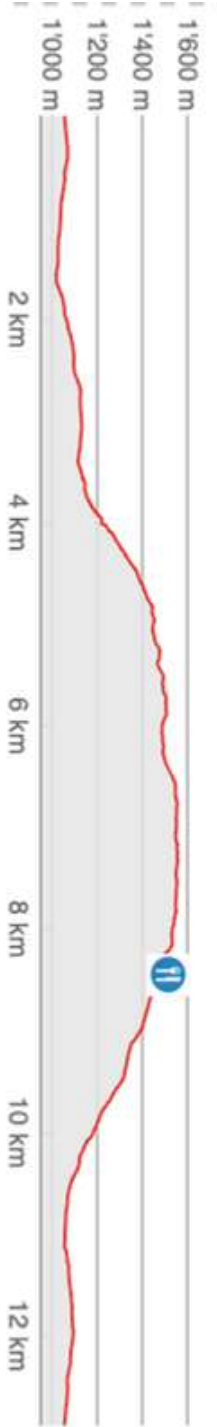
Full provisioning

Repatriation

Samaritans / Doctor

Water (fountain)

Time barrier



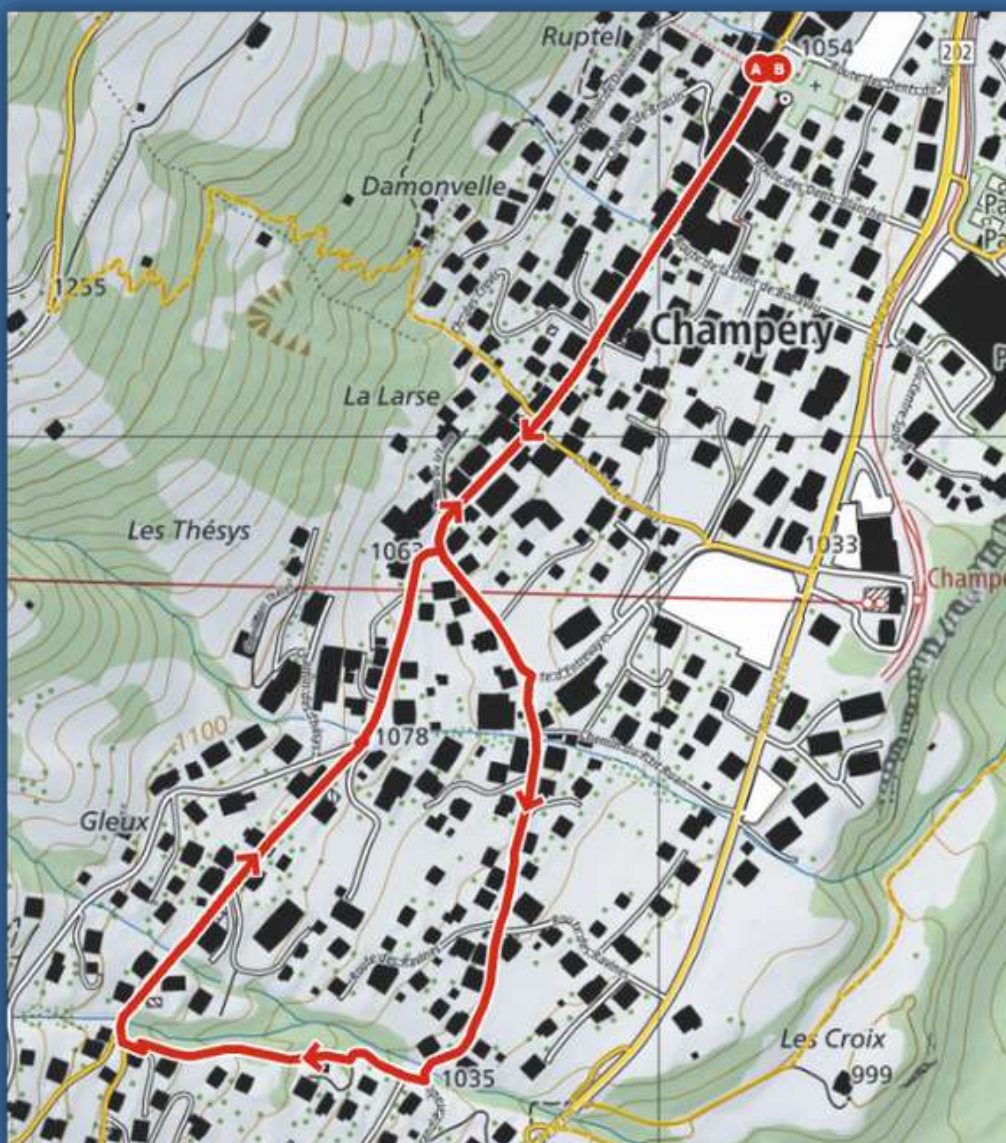
| Location                | Cumulative distance | Ascent + cumulative | Ascent - cumulative | Time barrier | Services |
|-------------------------|---------------------|---------------------|---------------------|--------------|----------|
| Grand-Paradis           | 2 km                | +30 m               | -30m                |              |          |
| Rossetan                | 5 km                | +460 m              | -80 m               |              |          |
| Passerelle Belle-Etoile | 5,9 km              | +520 m              | -110 m              |              |          |
| Croisement Susanfe      | 6,6 km              | +590 m              | -120 m              |              |          |
| Bonavau                 | 7,4 km              | +610 m              | -130 m              |              |          |
| Grand-Paradis           | 10,5 km             | +620 m              | -620 m              |              |          |
| Champéry                | 12,7 km             | +683 m              | -683 m              | 15:00        |          |

# THE TRAILS

## DDM | 3K - INDIVIDUAL

This 2.3 km race is designed to offer a challenge for our young trail runners who wish to follow in the footsteps of more experienced runners.

This route, designed for children aged 9 to 13, starts in the centre of Champéry and winds along the Chemin des Poucettes to Grand-Paradis and back. We are all delighted to see the next generation take part in this race and develop their skills on the trails of the DDM Trail.



# THE TRAILS

## DDM | 3K - START 11:30

### Saturday 19.09

10:15 - 10:50

- Bib number collection in Champéry

11:30

- Departure from Champéry

### Barrières horaires

Champéry

12:45

#### Highly recommended

#### Suggested

☐ Cap or bandana

☐ Sun cream

# THE TRAILS

## DDM | KIDS

The Dents-du-midi trail is a popular event for families, who come to cheer on their fathers, mothers and other relatives. While the grown-ups enjoy their passion, we've set up an activity for the little ones so they can do what the grown-ups do: the DDM Kids.

This little 0.9km race is reserved for children aged 4 to 9, and winds its way through the village of Champéry, starting and finishing in the same place, under the original, large arch of the mythical Trail.

The start is on Rue du Village, between the commune building and the Hôtel National in Champéry, the same start as the main race.



# THE TRAILS

## DDM | KIDS - START 11:00

### Saturday 19.09

10:15 - 10:50

- Bib number collection in Champéry

11:00

- Departure from Champéry

### Barrières horaires

Champéry

Snack time

#### Highly recommended

#### Suggested

- ☐ Cap or bandana
- ☐ Sun cream
- ☐ Mom or Dad at the finish
- ☐ A big smile

A full-page photograph of a female trail runner in a blue shirt and dark shorts, wearing a hydration pack and using trekking poles. She is running on a rocky, grassy trail with a large, rugged mountain in the background. The word "REFRESHMENTS" is overlaid in large white letters.

# REFRESHMENTS

# REFRESHMENTS

Nutrition partner DDM Trail



## LOCATIONS

- Soi
- Verossaz
- Salanfe
- Susanfe
- Champéry

## DRINKS (use of personal cup)

- Water
- Rivella red
- Isotonic
- Hot / cold tea
- Syrup
- Coca-Cola

## FOOD

- Lemons
- Cheese
- Oranges
- Bananas
- Apples
- Melons
- Watermelons
- Dried fruit
- Dates
- Hazelnuts
- Croutons
- Chocolates
- Gingerbread
- Snickers
- Belgian waffles



# SUPPORTERS



# SUPPORTERS

## PASSAGE OF RUNNERS AT KEY POINTS

### Passage points

### DDM | 57k - Start at 06:00

### DDM | 57k - Start at 09:00

Start from Champéry

06:00

09:00

Passage to Anthème

06:50 - 07:45

09:45 - 10:30

Passage to Soi

07:15 - 08:30

10:00 - 11:15

Passage to Chindonne

08:15 - 09:30

10:45 - 12:00

Passage / relay in Vérossaz

09:00 - 10:45

11:15 - 13:15

Passage to Mex

09:00 - 11:45

11:45 - 14:15

Passage to Salanfe

10:30 - 15:00

13:00 - 16:45

Passage to Col de Susanfe

11:30 - 17:30

13:45 - 18:15

Passage to Bonavau

12:30 - 19:30

14:30 - 20:00

Arrival in Champéry

13:00 - 21:00

15:00 - 21:00

## ROUTE DETAILS

### Champéry - Soi ((supporters))

We invite you to enjoy Champéry and all the activities organized for you. Canteen, entertainment, visits to local merchants: everything has been done to ensure that waiting for your favorite runner to arrive is done in the best possible atmosphere.

Early birds can head straight up to the Antème hut to admire the sunrise (a little after the first runners have passed through) and the magnificent view over the Val d'Illiez and the Dents. A perfect place to enjoy the morning between the lake and the hut.

For those wishing to walk a little, the ascent to Rossetan will enable you to see the runners in the first difficulties of the course. You can then continue your walk towards Bonavau and its canteen. What better way to discover or rediscover the region!

For the more courageous, we suggest pushing on to the Susanfe hut, where Fabienne and her team are unrivalled in making the Susanfe valley unforgettable.

## **Soi - Vérossaz** *(supporters)*

The Soi refreshment station is an ideal place to cheer on the runners. After the race, you can climb up to Lac de Soi and admire the magnificent arrangements created by the Cherix brothers.

Accessible by car, Chindonne and its unique view of the Rhône valley is the next meeting point. The team at the Chindonne restaurant will prepare excellent dishes using local produce. Comfortably seated on the terrace, you can cheer on the trailers as they head downhill to Vérossaz.

It's in Vérossaz, the birthplace of the first Dents-du-Midi tour, that you'll witness the team relay. Entertainment and refreshments await you at midday. Access from the plain (Massongex).



## **Vérossaz - Salanfe** *(runners)*

For the Grand Tour trailers, the start from Vérossaz could prove difficult. Accompanied by fresh relay runners, they will take their first steps on the “Pétolet” path to reach the soccer field road. After a few minutes on the tarmac, you'll find a forest track (with a few llamas on your right) leading you in the direction of Mex.

Be careful, as it's a downhill path on the left that takes you back to the original Dents-du-Midi trail and its rolling passage towards Mex. After around 5 km and a further 450 m of ascent, the village comes into view. After descending through the “old” village, you'll reach the road to the St-Barthélémy dam, the last breath of fresh air before the famous ascent to the Col du Jorat.

The 1000m difference in altitude for some 5 km that awaits you has left many tired! If you're thirsty, there's fortunately a fountain in the middle of the climb. Don't miss it, there's still a long way to go to Salanfe.

For the best, the race will certainly be played out here. The view that awaits you is the best way to make you forget your fatigue: breathtaking! Don't hesitate to make the most of it before tackling the descent to Salanfe and its refreshment station. The whole team will make you forget...that there's only 15 km to go.

## **Salanfe - Susanfe** *(runners)*

The last climb of the day takes you along the shores of Lac de Salanfe. About 1 km of flat to get back into shape, before the path on your right straightens out for... just a few metres before a new uphill slope takes you to the foot of the Col de Susanfe.

From the very first meters, the atmosphere changes and you now enter the most mountainous part of the route. Just under 600m of ascent and 3km for a climb just the way we like them: beautiful, just the right amount of technique and a lunar passage as the icing on the cake. For the more “difficult” parts, no problem, the guides will have prepared the ground.

It will take the special atmosphere of the Col de Susanfe and the proximity of the Haute Cime (on your right) to make you forget that 12km and 1500m of negative altitude difference await you.

Initially easy and pleasant, the descent quickly becomes more technical and irregular once you enter the Susanfe valley. It takes another 2 km to reach the Susanfe hut and enjoy the cabin's crew warm, smiling welcome.



## Susanfe - Champéry (runners)

Pleasant as it is, we have to leave Susanfe and her team's cabin.

After just over 1 km, the Pas d'Encel awaits you. A place feared by some, awaited by others (admittedly rarer), it will leave a memory for everyone. The guides will be on hand to guide you through this last technical section. A few more minutes and you'll see the last refreshment point at Bonavau, manned by Fabrice and his team.

Just 500m of ascent and 6km to Champéry.

A final descent through the forest, a passage through Grand-Paradis and the “stroller path”, walked a few hours earlier, bring you back to Champéry's main street. The aches and pains are forgotten, the legs feel lighter, and you cross the finish line to the applause of the spectators.



# ENTERTAINMENT - CHAMPÉRY

## Saturday

|            |                                                                          |
|------------|--------------------------------------------------------------------------|
| From 06:00 | Speaker and race start in Champéry                                       |
| From 08:00 | Entertainment in Mex                                                     |
| From 08:30 | DDM 32k race start in Vérossaz                                           |
| From 09:00 | Second race start in Champéry                                            |
| From 11:00 | Entertainment and lunch in Vérossaz and Champéry                         |
| From 13:30 | Arrival of first relays and runners at 6:00 from Champéry                |
| From 15:00 | Proclamation of results - place de l'église in Champéry - DDM 13 + DDM K |
| From 18:00 | Proclamation of results - place de l'église, Champéry                    |

## Village street - Champéry

Champéry has an attractive village street.

All the restaurants and shops are open for the Trail des Dents du Midi and will be there to welcome athletes and families throughout the day.

Here's a glimpse of the street:



A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN

# REGULATIONS

## BIBS

Each runner receives an individual race number upon presentation of photo ID, race bag and all mandatory equipment. The number must be worn on the chest or stomach and must be visible at all times throughout the race.

## PERSONAL BAGS

A bag with your personal belongings can be dropped off in Champéry and will be stored in a safe room for the duration of your race.

## REFRESHMENTS

Only runners wearing a visible number on their chest will have access to the refreshment posts. Refreshment stands are set up according to transport possibilities, the food available in the region and the season.

## CONTROLS

Each runner will be fitted with a microchip and must not, under any circumstances, remove it before the end of the race. Checkpoints will be automatic. If the runner has to stop the race, he/she must inform the race management and then hand over the beacon at the nearest aid station.

WELCOME TO CHAMPÉRY WELCOME TO CHAMPÉRY WELCOME TO CHAMPÉRY WELCOME TO CHAMPÉRY

# SAFETY

Even the best runner is not immune to an injury that could leave him immobilized at night, in the cold. Rescue teams are on hand to provide emergency care. However, don't forget that the environment and the race may cause you to wait longer than expected for help. Here are our safety tips to help you stay safe during your race.

## EQUIPMENT

A few common-sense reminders to cope with difficult weather conditions:

- Anticipate both cold and extreme heat
- Don't wait until you're shivering to cover up
- Don't change clothes in the wind
- Protect yourself from the sun

Depending on the conditions, the organisers reserve the right to make certain items of equipment compulsory in order to take part in the race.

## NUTRITION & HYDRATION

Hydration and energy intake must be adapted to weather conditions and enriched with salt throughout the effort. Maintain a good balance between slow and fast sugars, and don't forget to drink enough.

## BEHAVIOUR IN FRONT OF PATOUS

During your adventure, you may come across herd protection dogs, more commonly known as Patou. When hikers, cyclists, etc. encounter herds protected by herd protection dogs, conflicts can arise. To minimize such conflicts, official herd protection dogs are carefully trained, and their owners must take accident prevention rules into consideration. However, it is equally important that amateur sportsmen and women behave as correctly as possible towards these dogs.

Please visit [www.protectiondestroupeaux.ch](http://www.protectiondestroupeaux.ch) to find out what to do if this happens to you during the DDM Trail.



**HAVE A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN HAVE A SAFE RUN**

## **TIME BARRIERS**

They are calculated to enable participants to reach the finish in the maximum time allowed. They are indicated on the various documents provided. The time indicated by the time barrier is the time by which competitors must leave the checkpoint. The organizers may modify the time barriers if necessary for safety reasons. Runners arriving after the time barrier will be stopped.

## **ABANDONMENT AND REPATRIATION**

Unless you are injured, you must not abandon anywhere other than at an abandonment point (= point where the organization bus is listed on the race description board). In this case, you **MUST** notify the station manager, who will permanently invalidate your number and recover your chip/GPS. The runner keeps the invalidated number. Repatriation is decided with the station manager, according to the following general rules:

- Shuttles are available from certain aid stations to take you back to Champéry.
- Runners who drop out at another aid or refreshment station, but whose state of health does not require evacuation, must return to the nearest repatriation point as quickly as possible and by their own means.
- In the event of abandonment before a checkpoint, it is imperative to return to the previous checkpoint and report the abandonment to the station manager. If the runner encounters closers on the way back, it is they who will invalidate the race number. The runner is no longer under the control of the organization.

## **COMPLIANCE WITH REGULATIONS**

At the time of registration, each rider confirms that he/she has read the regulations and agrees to abide by them. These regulations may be amended at any time, and the latest version shall prevail. Please take note of any changes and respect them for the sake of the race.

**WELCOME TO CHAMPÉRY WELCOME TO CHAMPÉRY WELCOME TO CHAMPÉRY WELCOME TO CHAMPÉRY**

## BEHAVIOUR WHEN FACED WITH MOUNTAIN CHAINS

MDD races are notoriously difficult, as you have to cross mountainous terrain, sometimes at altitudes of over 2,500 metres, with isolated sections and highly variable weather conditions. There are some tricky spots on the route, including the Pas d'Encel (Champéry region, between the Col de Susanfe and Barme). This passage is equipped with chains and/or fixed ropes. It is compulsory to hold the chain/fixed rope when it is present.

## EMERGENCY NUMBER

The emergency number on your race number is for emergencies only (lost, injured, ill, etc.). For all other queries, please contact the various posts along the course, who will liaise with race HQ.

|                                                                                     |             |                                                                                      |
|-------------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------------------------|
|    | <b>144</b>  | Sanitätsnotruf<br>Urgences Santé<br>Ambulanza                                        |
|   | <b>117</b>  | Polizei<br>Police<br>Polizia                                                         |
|  | <b>118</b>  | Feuerwehr<br>Pompier<br>Pompieri                                                     |
|  | <b>1414</b> | Rega                                                                                 |
|  | <b>145</b>  | Tox Info Suisse<br>Tox Info Suisse<br>Tox Info Suisse                                |
|  | <b>112</b>  | Europäischer Notruf<br>Numéro d'urgence<br>européen<br>Numero d'emergenza<br>europeo |

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**GOOD RUN !**

