

RUNNER'S GUIDE

4th/5th July 2025

 **BERNINA
ULTRAS**



Dear participants,

Welcome to the Bernina Ultraks 2025!

Please read the Runners' Guide carefully.

If you have any questions, please feel free to contact us via direct message on Instagram or by mail to bernina@ultraks.com .

See you at the starting line!

Your Ultraks Team

A wide-angle photograph of a mountain landscape. In the foreground, a steep, rocky slope leads up to a stone building with a tiled roof, likely a mountain refuge or restaurant. Several people are visible near the building. To the left of the building is a small, light-colored shed. The background features a vast valley with green fields, a river, and a small town. In the distance, more mountain ranges are visible under a blue sky with scattered white clouds. The text "Welcome to Pontresina!" is overlaid in the center of the image.

Welcome to Pontresina!

PROCEDURE RUNNER'S BRIEFING

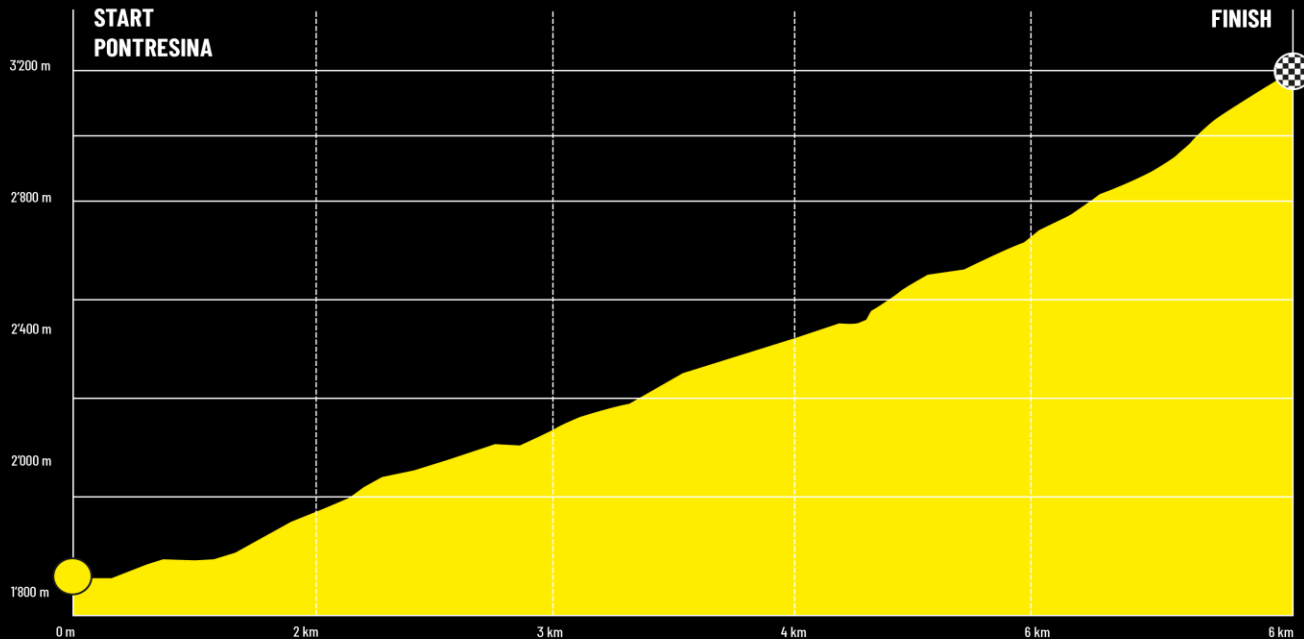
The Runner's Briefing will take place on Friday at about 5:30 pm at the Sela Arrabella in the [Rondo](#).



COURSES

«*GOVERTICAL*»

6,5 km | 1'400 m[↗]







The "GoVertical" marks the start of the Bernina Ultraks weekend on Friday. From the Ultraks Zone, the route climbs 6.5 km and 1,400 hm through Pontresina's ibex territory up to Piz Languard (3,200 m). The T3-rated mountain trail passes Alp Languard and offers stunning views of the Bernina Group. After reaching the summit, finishers enjoy a well-earned refreshment at Georgy's Hütte, the highest mountain hut in Graubünden.

Luggage transport:

at the Rondo Cultural Center **on Friday until 2 p.m.** you can drop off materials and effects, which will be transported to Georgy's Hütte. The transport of materials is connected with an **extra charge of 10 CHF**. However, due to weather conditions, the transport flight cannot be guaranteed without doubt.

Booking of the luggage transport is possible by purchasing the shop item in your Time2Win profile.

Chairlift service:

from 07:30 -09:00 p.m. (from 08:30 p.m. in groups) there will be a downhill ride with the chairlift from Alp Languard for all athletes.

The cost is 6.80 CHF per person. Guests using the "Mountain Railways Included" ticket (available at participating hotels from the second overnight stay) can use the lift free of charge.

Important: The regular guest card does **not** entitle you to free use of the lift.

You can find all the details on the mountain railways' official website at:

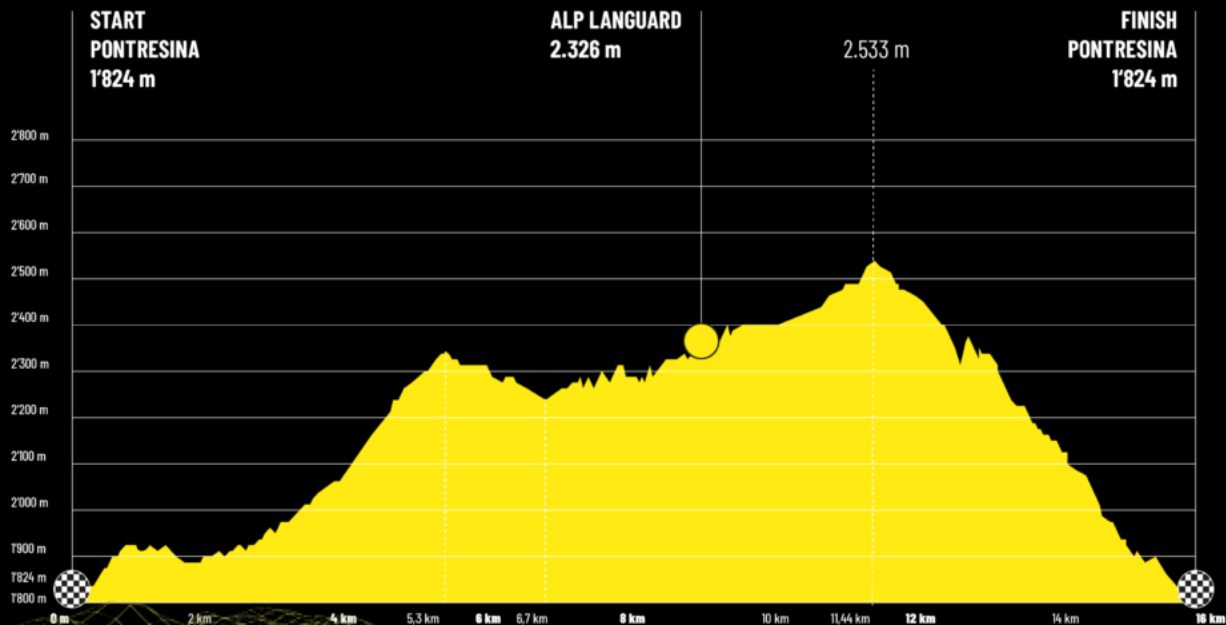
<https://www.engadin.ch/de/guide/berge-bahnen/bergbahn-tarife/bergbahn-sommertarife/bergbahnen-inklusive-und-bergbahnen-all-inclusive>

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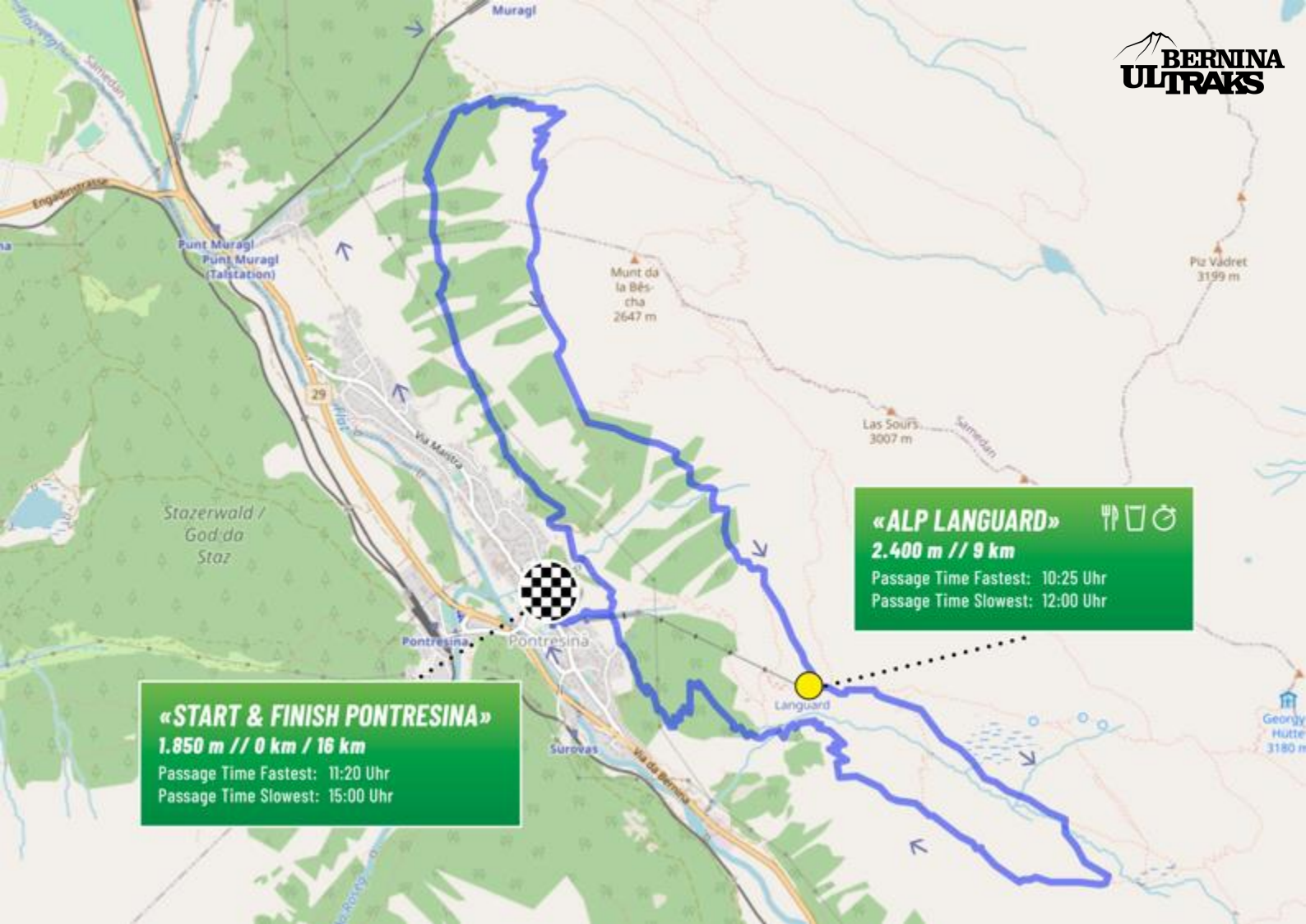
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«STEINBOCK»

16,3 km | 870 m⁺







«START & FINISH PONTRESINA»

1.850 m // 0 km / 16 km

Passage Time Fastest: 11:20 Uhr

Passage Time Slowest: 15:00 Uhr

«ALP LANGUARD»

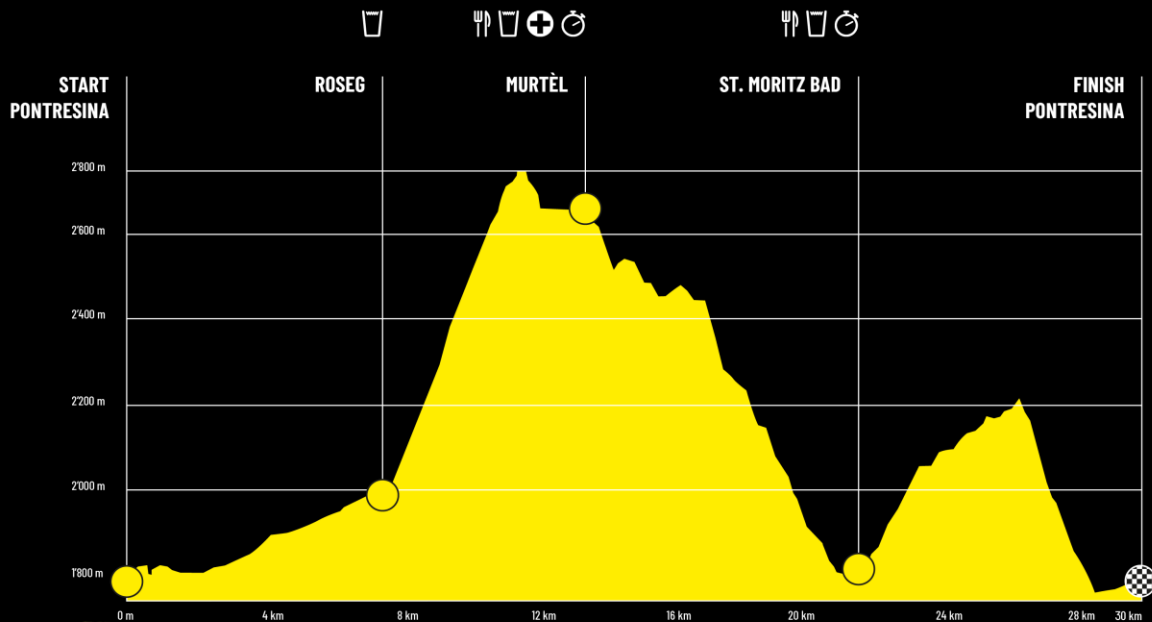


2.400 m // 9 km

Passage Time Fastest: 10:25 Uhr

Passage Time Slowest: 12:00 Uhr

«CORVATSCH»

30,1 km | 1'800 m[⬆]



«ST. MORITZ BAD»



1.778 m // 21 km

Passage Time Fastest: 10:30 Uhr

Passage Time Slowest: 14:45 Uhr

«MURTEL»



2.687 m // 13 km

Passage Time Fastest: 10:00 Uhr

Passage Time Slowest: 12:00 Uhr

«ROSEG»



2.000 m // 8 km

Passage Time Fastest: 9:15 Uhr

Passage Time Slowest: 9:45 Uhr

«START & FINISH PONTRESINA»

1.850 m // 0 km / 30 km

Passage Time Fastest: 11:15 Uhr

Passage Time Slowest: 19:00 Uhr

«CORVATSCH»

30,1 km | 1'700 m[±]

Please note: you are in a high alpine environment. On the «Corvatsch» route, even in July snowfields can still be present- however, this year it looks like most of the course will be free of snow.

BIKE RACE IN ST. MORITZ BAD

In St. Moritz Bad a bicycle race will take place on Saturday.
From approx. 1:00 p.m. increased bicycle traffic is to be expected.

Please pay attention to the orange marking flags.

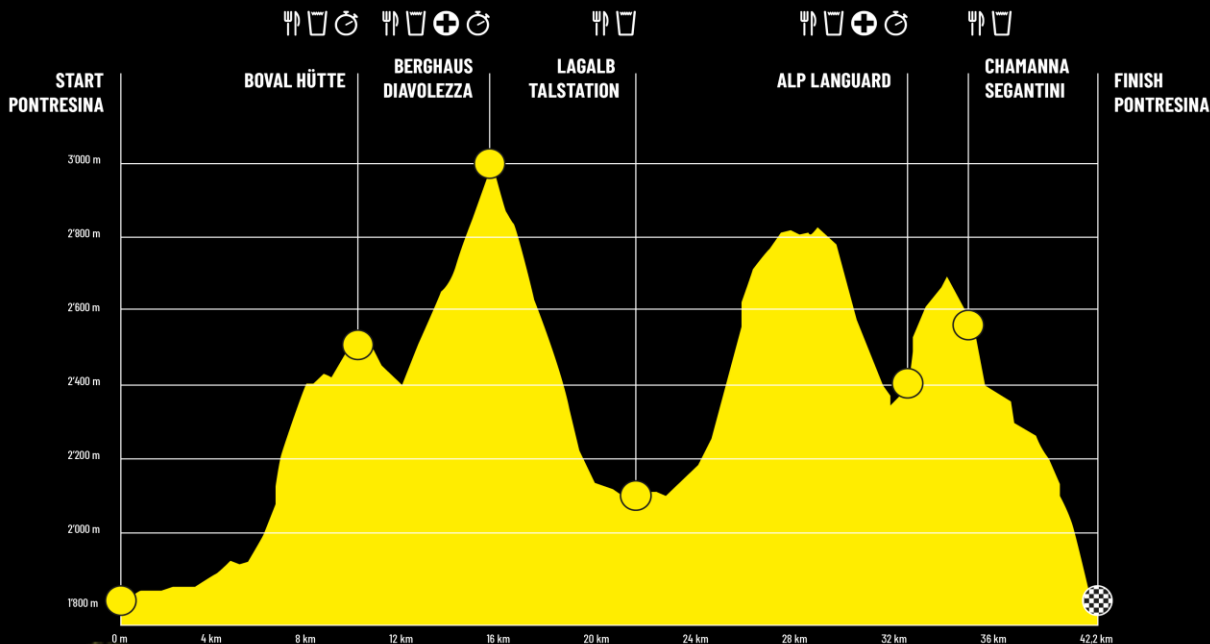


ADDITIONAL INFORMATION «BERNINA GLACIERS MARATHON»



«BGM»

42,2 km | 2'600 m[⬆]



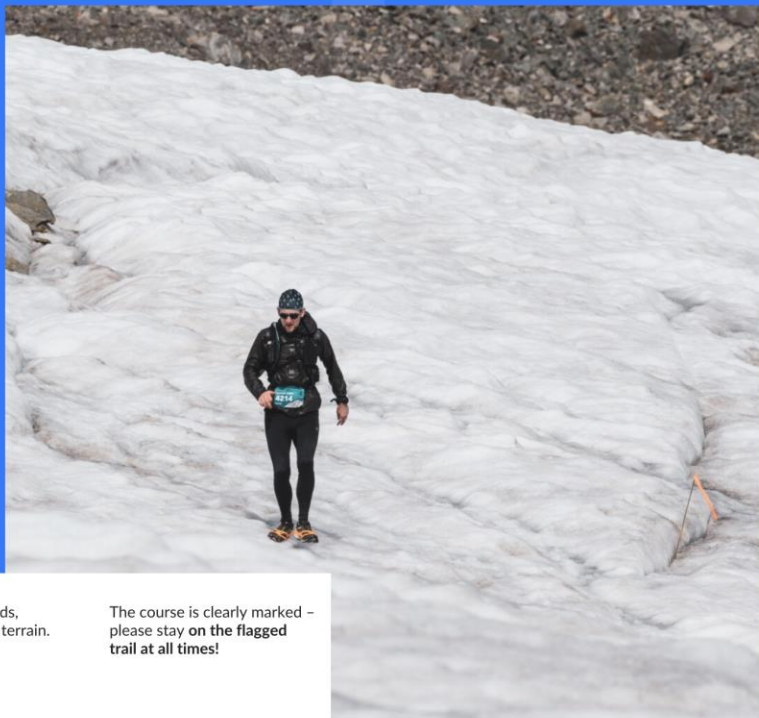
Running on ice: *Morteratsch & Pers Glaciers*

You'll cross two iconic glaciers of the Bernina range:
Vadret da Morteratsch and
Vadret Pers

Demanding elevation, thin air and unpredictable weather; you're running in high-alpine conditions at **over 2500m**

Glacier ice, snowfields, crevasses – it's wild terrain.

The course is clearly marked – please stay **on the flagged trail** at all times!



Minimal impact. Maximum respect.



Temporary trail markings

--> all signs, ropes & flags are removed after the race



Guided glacier access

--> in cooperation with local mountaineers



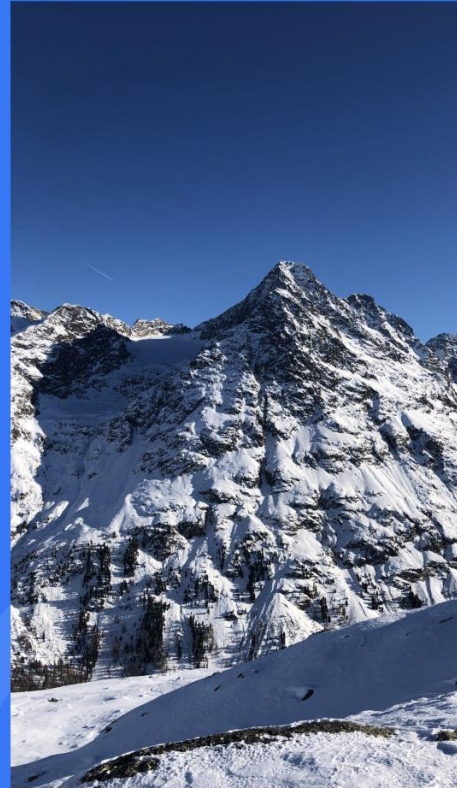
Strict no-waste policy

--> no trash, no materials left behind



NO PERMANENT STRUCTURES

--> we cross the glacier without leaving a trace



«CHAMANNA SEGANTINI»

2.731 m // 35,5 km

Passage Time Fastest: 11:25 Uhr

Passage Time Slowest: 17:30 Uhr



«START & FINISH PONTRESINA»

1.850 m // 0 km / 42 km

Passage Time Fastest: 11:55 Uhr

Passage Time Slowest: 19:00 Uhr

«ALP LANGUARD»

2.400 m // 9 km

Passage Time Fastest: 10:55 Uhr

Passage Time Slowest: 15:15 Uhr

Cut-Off Time: 15:30 Uhr

«LAGALB TALSTATION»

2.118 m // 22 km

Passage Time Fastest: 09:50 Uhr

Passage Time Slowest: 13:15 Uhr

Cut-Off Time: 13:15 Uhr



«BGM»

42,2 km | 2'600 m

«BOVAL HÜTTE»

2.494 m // 10 km

Passage Time Fastest: 8:35 Uhr

Passage Time Slowest: 10:00 Uhr



«BERGHAUS DIAVOLEZZA»

3.000 m // 15,7 km

Passage Time Fastest: 9:20 Uhr

Passage Time Slowest: 11:30 Uhr



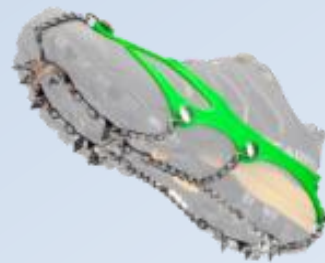
ADDITIONAL INFORMATION BGM

At km 11: You start crossing the Morteratsch glacier and will run over glacier ice and between crevasses. The trail is secured by trained staff from the Pontresina mountaineering school.

Important: put on your spikes, which are compulsory equipment, and do not leave the marked path.

Compulsory equipment will be checked before the start.

Runners are not allowed to start without compulsory equipment.



*Spikes can be booked in your Time2Win profile for **10CHF** and picked up at the bib issue.

COMPULSORY EQUIPMENT

For all courses:

- Cell phone with emergency number saved:
+41 79 889 2533

On the course of the «**Bernina Glaciers Marathon**» you have to carry:

- Spikes for crossing the glacier
- Rescue blanket
- Rain or wind jacket
- Beverage container of min. 0.5l

We will check the equipment when entering the starting box.

No participation without the compulsory equipment being presented in full.

RECOMMENDED EQUIPMENT

For all courses:

- Trekking/running poles
- Headwear
- Sunglasses
- Rega App


For the «**Corvatsch**» and «**Steinbock**» trail we also recommend **carrying a rescue blanket**

For the «**Bernina Glaciers Marathon**» we recommend **Gloves**

UPDATE PERS-GLETSCHER (27.06.2025)



Weather Forecast Pontresina

Tue 01		Cloudy.	Max 23°C Min 11°C
Wed 02		Light snow showers at altitude, light rain showers below.	Max 22°C Min 13°C
Thu 03		Cloudy.	Max 22°C Min 13°C
Fri 04		Light drizzle.	Max 20°C Min 14°C
Sat 05		Light snow at altitude, rain showers below.	Max 19°C Min 11°C



PROGRAM

FRIDAY, 4TH JULY

WHEN	WHAT	WHERE
01:30 – 02:00 pm	Baggage claim «GoVertical»	RONDO
01:30 – 04:30 pm	Bib distribution and Pay n' Run – «GoVertical»	RONDO
03:00 – 08:00 pm	Bib distribution all courses	RONDO
05:00 pm	Start «GoVertical»	ULTRAKS ZONE
05:30 pm	Runner's Briefing Q&A	RONDO (SELA ARABELLA)
08:00 pm	Closure of Finish Line	PIZ LANGUARD

Program might change

SATURDAY, 05TH JULY

WHEN	WHAT	WHERE
06:30 am	Bib distribution and Pay n' Run – Registration (until 30 min before the race)	RONDO
07:00 am	Opening “Ultraks Zone”	ULTRAHS ZONE
07:30 am	Start «Bernina Glaciers Marathon»	ULTRAHS ZONE
08:20 am	Start «Corvatsch»	ULTRAHS ZONE
09:30 am	Start «Steinbock»	ULTRAHS ZONE
09:45 am	Start «Mini-Ultraks»	ULTRAHS ZONE
from 11:15 am	Runners Meal	ULTRAHS ZONE
03:30 pm	Price Giving Ceremony	ULTRAHS ZONE
07:00 pm	Closure of Finish Line	ULTRAHS ZONE

Program might change





IMPORTANT INFORMATION

COURSE MARKINGS



Orange flags mark your way. They are our essential route markers and serve as an orientation aid! Typically, we place a flag every 30-50 meters. On straight stretches, the distance may be longer. Basically all flags are set in sight.

DISTANCE FLAGS



«STEINBOCK»

«CORVATSCH»

«BGM»

Placed every five to ten kilometers, they show the distance run in the colors of the respective course.

“TO GO” FLAGS

Indicate the distance to the finish line.

They are placed 1 km from arrival.



RAILROAD CROSSING

ONLY FOR «**BERNINA GLACIERS MARATHON**» AND «**CORVATSCH**»



There is a level crossing on both routes, approx. **900m after the start**.
ATTENTION, TRAINS RUN HERE! The Corvatsch level crossing has no barrier, BGM has a barrier. Please follow the instructions of the marshalls!

 **BERNINA
ULTRAKS**



SAMARITER

The Samariter are responsible for safety along the courses.
They are stationed at:

- Start & Finish Pontresina
- Murtèl
- Lagalb Talstation

Additional bandages for basic first aid are available at the food stations. More comprehensive first aid supplies can be found at the Diavolezza mountain station.

In case of injury please contact the following number:
+41 79 889 2533

GENERAL BEHAVIOR

- Participants are kindly asked to follow all signposting and course markings at all times
- If someone is in danger or has had an accident, we count on all participants to offer help and inform the race management immediately by phone, or alert the nearest course marshal (orange vest).
- For safety reasons, participants are expected to withdraw from the race if asked to do so by the race staff.
- We kindly ask all participants to treat the natural environment with care and respect.

FOOD STATIONS

Don't forget your soft cup!



FOODSTATIONS

ROSEG	MURTEL	ST. MORITZ BAD	BOVAL HÜTTE	ALP LANGUARD	DIAVOLEZZA	LAGALB TALSTATION	CHAMANNA SEGANTINI	PONTRESINA (FINISH)
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Solid

MNSTRY Energy Bar		X		X	X	X	X		
Oranges / Orangen		X			X	X	X		X
Bananas / Bananen		X	X	X	X	X	X	X	X
Watermelon / Wassermelone		X	X			X	X		X
Cucumbers / Gurken		X	X	X	X	X	X		X
Chocolate / Schokolade		X	X	X	X	X	X		X
Kekse / Cookie		X			X	X		X	
Gummibärchen / Gummy bears					X	X	X	X	
Nuts & Raisins / Nüsse & Rosinen		X	X	X			X	X	X
TUC biscuits / TUC Kekse		X	X	X	X	X	X	X	X
Salt sticks / Salzstangen		X	X	X	X	X	X		X
Cake / Kuchen		X				X			X

Liquid (no cup policy – think of your Softcup!)

MNSTRY Energy Bar			X		X	X	X	X	
Vegetable Broth / Gemüsebrühe		X			X	X	X	X	
Isotonisches Getränk / Isotonic drink		X	X	X	X	X	X	X	
Water / Wasser	X	X	X	X	X	X	X	X	X
Coca Cola		X	X	X	X	X	X	X	X

MNSTRY

OFFICIAL NUTRITION PARTNER



TIME LIMITS

Time limits have been set for the «**Bernina Glaciers Marathon**».

Lagalb Talstation @ 13:15

km	22
altitude	2.100m
past time since start	5h 45min

Alp Languard @ 15:30

km	33
altitude	2.400m
past time since start	8h

CLOSURE OF FINISH LINE

The finish line in Pontresina closes at 19:00.

COURSES CHANGE OR INTERRUPTIONS

The Organisers reserve the right to modify the course or interrupt the race in case of adverse weather conditions.

RACE WITHDRAWAL PROCEDURE

1. INFORM

Inform immediately the race office by sending an SMS or a WhatsApp to **+41 79 889 2533** precising:

- Your bib number
- Your name
- Your position

or inform a course marshal (orange vest) positioned along the course

2. TAKE OFF YOUR BIB

To avoid mistakes, it is important that after retiring from the race, you keep your bib in your pocket.

SLEEP CLOSE TO HEAVEN

Berghaus Diavolezza | www.diavolezza.ch

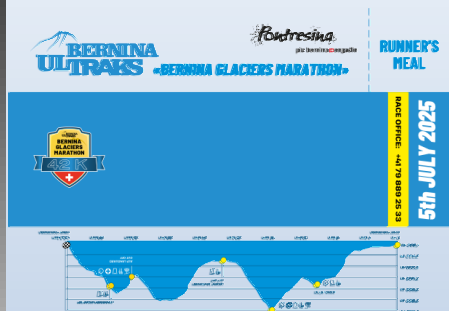


Diavolezza 2978

Corvatsch  Lagalb

Berghaus Diavolezza | Tel. +41 81 839 39 00 | berghaus@diavolezza.ch

BIBS



VOUCHER

As part of your bib you can find a voucher for the Runner's Meal.
Please show the bib at the food distribution.

Vouchers for family/friends can be purchased for 15 CHF.



LAST MINUTE INFORMATION

Last minute information will be posted at the Race Office in the Rondo, on our social media channels and on our website

<https://bernina.ultraks.com/>

SOCIAL MEDIA

Feel free to tag us on Instagram **@berninaultraks** and use our hashtag **#BerninaUltraks** to share your social media posts about the Bernina Ultraks!



SPORTOGRAF

- As official photography partner www.sportograf.com will be available for all participants. They capture the best moments of the Bernina Ultraks 2025 for you.
- You can purchase your individual pictures based on your race number for a reasonable price after the race.
- You can find your photos right after the event here:
<https://www.sportograf.com/de/event/13878> or on our website.



Thank you for being part of Bernina Ultraks!

We wish you an amazing race and look forward to welcoming you at the finish line.

And most importantly, have fun!





supported by



SWISSLOS



 **BERNINA
ULTRA**

