

# Race Regulations E250



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In the following Race Regulations the masculine form is used to denote all Competitors.

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## 1. Event Organisation

The Eiger Ultra Trail event is carried out on behalf of Ironman Switzerland AG and organised by the Grindelwald Running Association. The Association has an Executive Committee which presides over Statutes, and holds an annual general meeting. We are a value-based organisation and organise and work according to the following principles: motivated - passionate - familiar, open - honest - respectful - trustworthy, high quality, sustainable and committed.

This document is a part of the contract between registered participants and the organiser. It can be supplemented or adapted at any time with further information or instructions.

## 2. The Race

The Eiger Ultra Trail is an event with several race routes of varying distance. Each race route must be completed within designated time limit. **The UNESCO Jungfrau-Aletsch Trail must be completed by teams of 2 or 3 people. All team members must complete the entire course together and must stay together at all times during the competition (max. 50 m distance between runners).**

The course is not marked. GPS data will be provided to the participants by the organizer. Participants are responsible for completing the course within the given time frame.

### 2.1 Race Routes

The route takes place around the UNESCO World Heritage Jungfrau-Aletsch on public hiking trails.

|                          | <i>E250</i>       |
|--------------------------|-------------------|
| <i>Length</i>            | 250 Km            |
| <i>Height difference</i> | +18'000m/-18'000m |
| <i>Start</i>             | Grindelwald       |
| <i>Finish</i>            | Grindelwald       |

The GPS data of the courses can be downloaded latest 24h before the competition at the following link:

[E250 - UNESCO Trail | Eiger Ultra Trail by UTMB](#)

In case of a course change, the download of the GPX data is possible at the bib number distribution.

The GPS data will be sent to the participants of the UNESCO Jungfrau-Aletsch Trail by email.

### 2.2 Race Start Times

The start will be on Wednesday, 15 July 2026 at 08:00 in Grindelwald. In the event of route adjustments, e.g. due to weather forecasts, the start time and start location can be adjusted.

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## 2.3 Entry Terms & Conditions

The following age regulations apply for participation in the UNESCO Jungfrau-Aletsch Trails 2026:  
From age group 2006 and older.

A very good physical condition and experience in trail running are essential for tackling all race routes.

Each runner must have experience in Ultra Trail competitions.

At the time of registration, each competitor must have a UTMB index entry in the 100K or 100M category or at least one 100K Ultra Trail completed since 1 January 2022 must be given as a reference. The organization reserves the right to check those references.

In addition, the competitor must be able to complete the trail according to the Partial Self Support Principle. The organizer reserves the right to exclude persons from participating in the race.

Each participant is proficient in GPS navigation and has experience in off-road orientation. The participants find their way in difficult weather conditions in the mountains.

The organizer reserves the right to exclude people from participation.

## 2.4 Start Place Availability

Maximum 150 individual participants, regardless of the number of teams of 2 or 3 or team relay.

## 3. Registration

Registration takes place online at [Registration \(utmb.world\)](https://www.utmb.world). The registration and management of the participant data is done by NJUKO. By registering for the Eiger Ultra Trail you accept the race regulations. The registration is final. We strongly recommend that you take out cancellation insurance.

Registration closes as soon as the maximum number of participants is reached.

### 3.1 Entry fee

The entry fee is CHF 598.40, for 1. tier and CHF 637.65 for 2<sup>nd</sup> tier, including 10% NJUKO fee and VAT per person.

Payment can be made with most major creditcards. Included in the entry fee are all services outlined in the Race Regulations.

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## 3.2 Change of trail and transfer of start numbers

A change of route to another distance of the Eiger Ultra Trail is only possible in exceptional cases and on request.

It is not possible to transfer a starting place to another person, we strongly recommend that you take out a private cancellation insurance.

## 3.3 Race Categories

There are no age categories. Registration is possible as men/mixed and women teams. Mixed teams are classified under the men's category. There is no separate mixed category.

Minimum age for the E250 - UNESCO Jungfrau-Aletsch Trail is 20 years.

## 3.4 Registration Cancellation

There is no facility for transferring a start place (incl. any travel restrictions) to the following year. A partial refund of the entry fee is available for the distances E250, E101 and E51 as follows:

Up to 4 months before the event: 60%

4 - 2 months before the event: 30%

2 – 0 months before the event: no refund

In the event of pregnancy, the worldwide regulations for Ironman events will be applied:

<https://www.ironman.com/policies#:~:text=Global%20Pregnancy%20Policy%20for%20IRONMAN%20and%20IRONMAN%2070.3%20Events,-For%20Athletes%20that&text=that%20is%20pregnant-,IRONMAN%20will%20provide%20a%20deferral%20to%20the%20same%20event%20the,two%20months%20post%20event%20date>

We recommend that you take out cancellation insurance on a private basis.

If deregistering through NJUKO or your private insurance, please also include [eigerultratrail@service.byutmb.world](mailto:eigerultratrail@service.byutmb.world) in the mail.

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## 4. The Partial Self Support Principle

The Partial Self Support Principle states that Competitors carry with them a supply of food and drink, equipment and orienteering and safety supplies, to enable them to be self-sufficient between the Refreshment Zones and Check Points.

The following regulations apply:

- The Mandatory Equipment (see section 7.) must be worn and/or carried by the competitor throughout the entire race. The backpack may not be changed during the race. The competitor must start with, compete with and finish with the same approved equipment. The race organiser reserves the right to conduct a random on-site check of competitor's equipment!
- When leaving the aid station, each competitor is responsible for carrying sufficient nutrition and fluids in his backpack until he reaches the next Refreshment Zone or Check Point.
- Assistance from Supporters (i.e. supplying nutrition & drinks to Competitors) is allowed in the designated Zones at the official Refreshment Zones (see Race Map). Advice issued by the Race staff at the Zones is to be strictly followed. Professional race assistance from a team, Coach, Doctor or other qualified medical person is not allowed.
- Each runner must have experience navigating with GPS devices. The route will not be marked.
- Accompanying a Competitor for 'moral support' along the route is permitted for a short time (max 500m) but any physical assistance, such as assistance from trained runners or "pacemakers" is strictly prohibited.

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## 5. Refreshment Zones & Check-Points

### 5.1 Refreshment Zones

On the E250 UNESCO Jungfrau-Aletsch Trail there will be different types of aid stations:

**Life Base:** Provides the opportunity to sleep/rest, eat, and drink. There is no limit on the duration of stay, but the specified time limits must still be observed. The following Life Bases are planned (information subject to change): Kandersteg, Jeizinen, Belalp, Bellwald, Oberwald, Guttannen. The facilities at the Life Bases are included in the entry fee.

**Aid Station:** There are no sleeping places. Aid stations are planned at: Stechelberg and Finnen.

**Water:** There are various locations where water can be refilled; however, these are not official aid stations of the organizers, but public fountains provided by the respective communities.

**Hut/Restaurant:** At these locations, food and drinks can be purchased at your own expense. Please note that they are not always open 24 hours.

A precise list of all Refreshment Zones and life bases can be found on the Map.

At each of the stations there is a separate zone for the attendants, which is not signposted.

Cups, cutlery and dishes are not available at the Life Base. Each runner must bring his personal tableware (see 7. Material).

Competitors are asked to respect nature and not to throw away any waste along the race routes.

**Littering outside of the Refreshment Zones will result in a time penalty.**

The organiser may at any time and without prior announcement add catering stands or refreshment stations, or change their location.

### 5.2 Check-Points

Check Points are marked on the Route Map. Competitors (whole team) are not allowed to leave the Check Point before the Check Point Official gives his consent. The Race Organiser may also conduct random checks outside these official points.

### 5.3 Intermediate Time Keeping

The runners are tracked by means of tracking.

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## 5.4 Safety & Medical Assistance

Medical Staff will be available at specific Check Points. Competitors who experience difficulty due to injury or health problems, should follow the advice below:

- Report to the next Check Point
- Ask other Competitors for assistance
- Call the Event Emergency Number (printed on the reverse of the start number)

1<sup>st</sup> priority: 0041 79 707 10 07

2<sup>nd</sup> priority: 0041 79 664 48 33

If a participant leaves the race without informing the organisation, the costs of any search operation shall be borne by the participant.

Competitors who for medical reasons need an IV Infusion, will be removed from the race.

At road crossings and railroad crossings the official traffic regulations apply. Each runner is responsible for himself, the organizer declines any liability.

## 5.5 Medical & Race Staff Authority, Evacuation

First Aid medical staff or members of the Alpine Rescue Services have the authority to remove from the race, either entirely or for a specified time only, any Competitor found to have insufficient Equipment; or who is at risk from injury to themselves or other competitors. The evacuations ordered terrestrially or with helicopters, as well as a search action by an organized rescue, the Competitor will be liable to pay the full cost. The participant is requested to report this immediately to their private insurance. First Aid Posts are marked on the Route Map. First aid staff and members of the Alpine Rescue are authorized to withdraw runners from the race at any time and anywhere.

## 5.6 Insurance

Competitors are advised to obtain Insurance. Each competitor must be covered by accident insurance. This must cover potential costs for Rescue operations (particularly helicopter evacuation, search action by rescue) and treatment. Any damage claims from competitors against the Race Organiser, regardless of their legal reason, are void.

The Executive Committee provides a liability insurance for the duration of the competition. This liability insurance covers the financial consequences of the event and the supporters.

## 5.7 Race Route Markings

It is prohibited to leave or shorten the given race route. Disrespecting the regulations can result in a penalty or disqualification. The race course is not marked. Each team is responsible for its own navigation and must have its own navigation device. GPS devices will not be provided.

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## 6. Time Limits and Race Abandonment

### 6.1 Time Limits

**Maximum approved time for E250 Unesco Jungfrau-Aletsch Trail: 95 hours**

|             | Date, time        | Running time |
|-------------|-------------------|--------------|
| Start       | 15.07.2026, 08:00 | 00:00        |
| Stechelberg | 15.07.2026, 14:00 | 06:00        |
| Kandersteg  | 16.07.2026, 05:00 | 21:00        |
| Jeizinen    | 16.07.2026, 18:00 | 34:00        |
| Finnen      | 17.07.2026, 03:00 | 43:00        |
| Belalp      | 17.07.2026, 09:00 | 49:00        |
| Bellwald    | 17.07.2026, 00:00 | 64:00        |
| Oberwald    | 18.07.2026, 09:00 | 73:00        |
| Guttannen   | 18.07.2026, 18:00 | 82:00        |
| Zielschluss | 19.07.2026, 07:00 | 95:00        |

The organiser reserves the right to modify the time limits during the event due to external influences (e.g. weather events).

Time limits for each section are indicated on the Route Map. Competitors must leave each Check Point before the time limit, regardless of their arrival time. Competitors who fail to adhere to the time limits will be removed from the race.

The competition jury reserves the right to remove teams from the race between control points. This is the case if the jury determines that it is no longer realistic for the team to reach the next control point within the time limit.

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## 6.2 Race Abandonments

A team may withdraw from the race only at a Life Base or an aid station, except in cases of injury or exhaustion. In such cases, the team must report to the checkpoint manager and follow their instructions. The return journey to Grindelwald must be organized and paid for by the team itself.

If one runner in a two-person team withdraws, both participants must withdraw from the race. Alternatively, the remaining runner may join another team and continue the race. A team change is permitted **only once** and **only at a Life Base**, in coordination with the checkpoint manager and race management. Race management must approve the change before the race may be continued.

For three-person teams, one runner may withdraw and the team may continue as a two-person team. Withdrawal and team changes are **only permitted at a Life Base**. The two remaining team members may continue the race once the checkpoint manager has given approval. A runner can never be left alone on the course. Doing so will result in disqualification, and the team will no longer be considered part of the event.

It is forbidden to continue the race as an individual. Individuals will be disqualified and are no longer part of the event.

Runners must hand in the GPS tracker at the respective checkpoint when withdrawing. This will be recorded on a list and acknowledged on the runners personal bib number. GPS trackers that are not handed in at a checkpoint upon withdrawal must be returned to the finish area no later than Sunday, 19 July 2026, at 12:00 noon. Trackers that are not returned will be charged to the runner at CHF 90.00.

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## 7. Mandatory Equipment

### 7.1 Mandatory Equipment E250 UNESCO Jungfrau-Aletsch Trail

The obligatory material per Person is:

- Backpack
- Mobile phone (switched on at all times) the participant is responsible for ensuring that the phone is always working and switched on
- 2 headlamps and enough spare batteries or rechargeable batteries for the whole route
- Emergency Insulation blanket (min. 140cm x200cm)
- Whistle
- 1 replacement T-shirt
- 1 long-sleeved shirt
- 1 all-weather jacket suitable for use in bad weather, made of Gore-Tex or similar material, waterproof (to min. 10,000mm) and breathable
- 1 pair of long pants for bad weather in the mountains. They must be made of Gore-Tex or similar material, waterproof (water column minimum 10'000 mm) and breathable
- Warm long sleeved layer such as Primaloft or down
- Long running tights or leg warmers (full-leg coverage)
- Headband or cap
- Sunglasses
- Gloves
- Personal Food supply
- Water bottle, hydration bladder, or bidon (**minimum 1.5 L**)
- Tableware, cup, and cutlery for meals at the Life Base and aid stations (not provided)
- Silk sleeping bag or similar (obligatory for overnight stay in the Life bases)
- Reflective band, must be worn from 9:00 p.m. onwards (a reflector on a backpack or clothing is also accepted)

#### Obligatory material per team:

- GPS device with the official route data downloaded. A mobile phone can also be used as a GPS device (note potential roaming charges).  
If using a phone as a GPS device, an additional power bank is recommended.
- GPS watch, this does not replace the GPS device or phone.
- Charger for mobile phone
- 1 Powerbank to charge the mobile phone
- 1 First aid kit, must include at least:
  - 1 elastic bandage min. 200cmx 4cm (no tape!)
  - 2 sterile compresses, 10cm x 10cm
  - 2 Vinyl gloves
  - 5 alcohol wipes or disinfectant spray
  - Adhesive bandages (plasters)
- Cash Swiss Francs (not all huts accept credit cards)
- GPS tracker (provided by the organizer with instructions when collecting the bib number). The GPS tracker must be worn during the entire race according to the instructions.

The GPS trackers can be charged at the checkpoints along the route. The organizer reserves the right to replace GPS trackers or to require them to be recharged.

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The mandatory equipment may be checked at the start, during the event, and at the finish. Every athlete must carry it with them for the entire race. The mandatory equipment is in addition to running attire (running suit and shoes).

Additional recommended equipment:

- Walking poles
- Spare clothing in case of cold and wet weather
- Sun cream

The organizing committee may, depending on weather conditions before the start, require additional spare clothing (for wet and cold conditions) as mandatory equipment. Along the course, for example by the checkpoint chief, and at the finish, the mandatory equipment may be spot-checked.

Competitors opting to use walking poles at the start of the race must carry these throughout the entire race until the Finish. It is not permitted to take on or to get rid of poles during the race.

## 8. Bib Distribution

Each competitor is responsible for collecting his own Bib number. An ID with a photo, the personal QR code (will be sent one week prior to the start to each participant by e-mail).

You can find the times of the bib distribution on our website [Start Number Distribution \(utmb.world\)](http://utmb.world)

At the Bib Distribution each competitor will receive:

**Bib Number**            The bib must be worn on the chest, stomach or on the leg. It must be visible during the entire race. Bib number allows entry to the Refreshment Zones, Life base Medical and Rest Zones, as well as to the clothing depot area and showers in Grindelwald. Your bib number does not have to be handed in at the end.

**GPS-Tracker**            All runners of the UNESCO Jungfrau-Aletsch Trail receive a GPS tracker with their bib number. It must be worn for the entire race according to the instructions. The tracker is returned at the finish. GPS trackers not returned will be charged to the runner at CHF 90.00.

**6 Drop bags**            Runners on the UNESCO Jungfrau-Aletsch Trail can leave change of clothes and shoes, as well as nutrition, in 6 drop bags. The bags must be handed in at the bib distribution until Tuesday 18:00. The bags will then be transported by the organizers to the Life Bases Kandersteg, Jeizinen, Belalp, Bellwald, Oberwald and Guttannen. Bags must be submitted for each checkpoint, there is no transport between individual Life Bases.

The first drop bags can be picked up on from Saturday 16:00 at the luggage depot in the BF Sportscentre Grindelwald and collected upon presentation of the race number. Latest pickup time: Sunday, 10:00.

Drop bags not collected will be disposed of two weeks after the event.

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## 9. Penalties and Disqualification

Race Organisers, Race Jury and Check Point officials are authorised to apply the following penalties with immediate effect during or after the race.

| Offense   | Penalty   |
|---|---|
| Support or food given by a person not participating in the race (outside designated Supporter Zone) | 5 minutes up to disqualification                            |
| Taking short cuts or leaving the given route completely   | Time penalty up to disqualification or decision of the jury |
| Refusing the Mandatory equipment check (before, during or after the race)                           | Disqualification  |
| Missing mandatory Equipment   | Time penalty up to disqualification or decision of the jury |
| Intentional littering by a competitor or his companion.   | 1 hour  |
| Refusal to help other persons in trouble (other competitors and non-participating persons)          | 1 hour  |
| The use of walking poles not declared at the start  | 1 hour  |
| Bib number not visible  | Jury's decision   |
| Incorrectly worn or missing GPS tracker   | Jury's decision   |
| Disrespect towards other people (Race staff or competitors)   | Jury's decision   |
| Cheating (i.e. using Public Transport, swapping Bib numbers etc.)                                   | Disqualification  |
| Failure to pass a checkpoint  | Jury's decision   |
| Failure to follow instructions of race staff, race Organisers, or medical staff                     | Disqualification  |
| Leaving a checkpoint after the time limit   | Disqualification  |
| Urinating or defecating outdoors at refreshment zones (use of provided toilets mandatory)           | Jury's decision   |
| Being accompanied by a dog  | Disqualification  |
| Crossing a closed railway   | Disqualification  |
| Continue the race as an individual  | Disqualification  |

Any other offense not listed in the Regulations will be judged by the Race Jury. The entry fee will not be refunded should a competitor be disqualified. The penalties listed above are not exhaustive and the jury may also impose penalties not listed in individual cases.

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## 10. Anti-Doping

The International Doping Regulations prevail. As an entrant to the event, you are subject to both In and Out of Competition testing. Please refer to [UTMB Anti-Doping Resources](#)

## 11. Complaints

Complaints must be submitted in writing to the race jury no later than two hours after the affected athletes finish, along with a deposit of CHF 50.00.

## 12. Race Jury

The Race Jury consists of the following officials:

- President of the Race Organisation
- Technical Director
- Race Director of the route involved
- Member of the Race Organising Committee
- Member of the Safety Commission
- Route Section Manager (if necessary)
- Check Point Manager (if necessary)

The Race Jury is authorised to preside over any and all cases of wrong-doing or other such occurrences where necessary. No objections can be held against the Race Jury's decision.

## 13. Route Changes & Race Cancellation

If bad weather conditions prevail the Race Organisers and staff may be forced to change the Race route, Check Points or Refreshment Zones according to safety measures, at any time. In such circumstances time limits can be affected. In the case of necessary route changes, the time keeping will be adjusted accordingly, wherever possible.

In the event of a local postponement of the start due to weather issues, the costs of transport from Grindelwald to the new start location or from the new finish location to Grindelwald will be borne by the participants. The costs for any overnight accommodation will also be borne by the participants.

**The Race Organiser reserves the right to cancel the race for safety reasons.** If the race is cancelled, the costs of the return journey to Grindelwald and any overnight accommodation shall be borne by the participants. Should the race be cancelled or the routes changed/shortened, the entry fee will not be refunded, nor full race points given for UTMB and qualification for Western States Endurance Run 100.

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## 14. Prize Giving and Prizes

Finishers of the E250 will receive a finisher T-shirt and a medal after crossing the finish line. The top three women teams and the top three men teams will receive a prize. Mixed teams are ranked in the men's category.

## 15. Data Protection Policy

For the applicable data protection provisions of our organizer Ironman Switzerland AG see <https://www.ironman.com/emea-event-privacy-policy>

## 16. Court of Jurisdiction

The court of jurisdiction is in Dübendorf.  
The German version is authoritative.

**Changes to the race regulations are possible at any time**

Grindelwald, 20 January 2026

Race Organising Committee

|                    |           |
|--------------------|-----------|
| Werner Marti       | Ralph Näf |
| Technical Director | Chairman  |