

ULTRA ORSIÈRES

15K | 25K | 50K

SATURDAY 3RD OCTOBER 2026



EVENT GUIDE

WELCOME TO ORSIÈRES

We are incredibly excited to welcome you all to Orsières in just a few short weeks. The whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra-distance trail events throughout their lives. We are sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to us that you do so in the safest way possible. With this in mind, a few members of our team will be heading out in the early hours of race day to do a final course check of strategic areas before our pre-race runner briefing.

We can't wait to see you all on race day, so please come and say hello. Our team can be found in purple high viz, located across the course and in the event village setting you off at the start and welcoming you back over the finish line!

All the best of luck and see you soon!

THANK YOU TO OUR PARTNERS

**SPORTS
SHOES
.COM**



MAMMUT



TOGETHER ON THE TRAILS

**20%
OFF**

MAMMUT FOOTWEAR

**ENGINEERED FOR
CONFIDENCE, COMFORT AND
PERFORMANCE ON EVERY
TRAIL**

CLAIM YOUR 20%



TRAIL RACE CHECKLIST

Whether your first trail race or first RunThrough Trails race, we are looking forward to seeing you on race day! Use the information below to help with your training, race plan and navigation.

PLANNING AND TRAINING

Trail races are very different to road races. Plenty of practice on the hills and tricky downhills will give you confidence on race day. Remember to forget your split times and enjoy the views.

A course recce is the best possible prep, however, we appreciate that it isn't always possible!

COURSE AND NAVIGATION

All RunThrough trail races are marked with bright orange flags and tags, directional arrows and no-entry crosses. Additional marshals are in place at critical and strategic positions, however, courses are not marshalled like RunThrough road and park races and there will be no distance markers.

Unfortunately, as with any trail race, course markings can be interfered with. For this reason, it is mandatory to have the route on a phone, watch or GPS device to self-navigate if necessary.

PLAN FOR RACE DAY

Travel & Parking - With many trail races in remote locations, checking public transport and parking will be critical to arriving in time before your race for kit-check and bib-collection. We highly recommend car sharing where possible.

Kit-Check & Race Bib - All races will undergo spot checks for mandatory kit when collecting your race bibs. If you plan on collecting your bib the day before, please remember to bring your race kit ready to show.

Spectators - Spectators are always welcome at the Event Village & at aid stations (Please see page 15 for specific locations), we hope you can contribute to creating a fantastic atmosphere for all participants.

PLAN YOUR KIT

A mandatory kit is in place for safety, with spot checks conducted before the start of all races, with some races having a full kit check. This will be specified on the event web page and in the event guide.

Each race has a standard mandatory kit and an additional mandatory kit, in case of adverse conditions. Additional Mandatory kit will be stated in the event guide and on the website, with the race director communicating any activations of the additional mandatory kit at the earliest possible convenience.

NUTRITION AND FUELLING

Our well stocked Aid Stations provide a range of hydration and nutrition at strategic distances in the race. While we endeavour to offer a wide selection of inclusive refuelling options, we recommend bringing a sufficient supply of nutrition for more specific dietary requirements.

Exact fuelling can vary by race & distance, with hot options being made available in the latter stages at certain events only.

We encourage runners and spectators to arrive early and car share where possible. Looking after the environment and providing sufficient car parking is crucial to ensuring everyone can enjoy the event, while respecting the local environment, people and businesses.

Rte des Ecoles 32-46, 1937
Orsières, Switzerland

 **What3Words:**
[///whirlwind.chip.trappings](https://www.what3words.com/whirlwind.chip.trappings)



TRAVEL

If travelling by car, there is ample parking at the event venue. Please arrive early as there may be queues on arrival.

If you live or are staying locally, we advise walking to the event village, as this will help avoid any traffic on arrival.

PUBLIC TRANSPORT

There are also public transport options if you don't have a vehicle. There are multiple bus stops surrounding the venue, served by lines from the town centre and elsewhere.

Orsières railway station is located approximately 15-20min walk from the event village. If using public transport, please plan your route in advance as early morning services may be limited.

TIME	WHAT	WHERE
50k Race		
06:30- 07:30	Kit Spot-Check 50k Pack Collect	Event Village - Registration
07:45	50k Race Briefing	Event Village - Stage
08:00	50k Race Start	Event Village - Start Line
25k Race		
08:30-09:30	Kit Spot-Check 25k Pack Collect	Event Village - Registration
09:45	25k Race Briefing	Event Village - Stage
10:00	25k Race Start	Event Village - Start Line
15k		
09:30- 10:30	Kit Spot-Check 15k Pack Collect	Event Village - Registration
10:45	15k Race Briefing	Event Village - Stage
11:00	15k Race Start	Event Village - Start Line
19:00	Last aid station cut-off	Les Planards AS5
20:30	All races finish	Event Village Finish Line

REGISTRATION & INFORMATION

On arrival, please head to the registration desks located in the sports hall, to collect your race bib. Please have all your kit ready to show our team, as spot checking will be in operation.

15min before each race, there will be a race briefing by the start, please attend this ready to run, as from here you will be walked to the start line ready to hit the trails.

KIT-CHECK

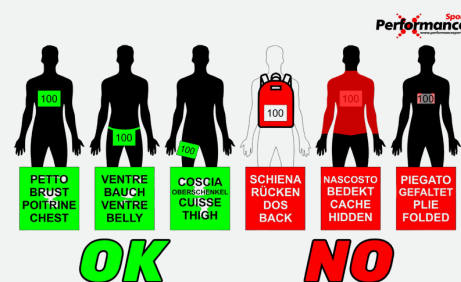
We have a mandatory kit in place to keep you safe throughout the race, and we'll be spot-checking before you collect your race bib.

Please remember to bring this your kit with you to the registration desks.

Additional spot checking is at the Race Director's discretion before, during, and after the race, with failure to produce the required kit resulting in disqualification or time penalties based on the offence.

BIB COLLECTION

Your race bib contains your timing chip, medical form and the medical phone number. Please make sure you attach this well and fill in the information on the back; this is part of your mandatory kit. *(Best positioning for your bib is on your chest or on one leg. Please don't put on your back, inside your backpack or underneath water bottles and jacket).*



You can collect this, along with safety pins from the registration desks in the Event Village.

BAG DROP

Attached to your race number, use your bag tag to leave belongings in our bag drop area in the sports hall to collect post-race.

Please ensure you collect your bag and any other belongings when you finish.

TOILETS

There will be toilets located in the Sports hall. Should you require any sanitary products, please visit our staff at the information desk who will be able to help you.

EVENT VILLAGE FACILITIES



Bag Drop



Toilets



Food & Snacks



Finish Aid Station



Hot Drinks



Kit Stall

Trail racing is a fantastic blend of spectacular scenery, amazing racing and pushing to achieve amazing goals. It is also a team effort. It's a commitment from the RunThrough Trails staff, our partners, and you to create an event that challenges you and creates memories that last a lifetime.

RACE PREPARATION

By taking part in a RunThrough Trails event, you are agreeing that you are physically fit and accept the risks of participating in a trail running event.

Trail running events are physically demanding by their nature, providing risk that all participants need to understand before heading to the start line.

Being fit, able and wearing the correct kit is all part of preparing responsibly for a trail running event.

EVENT DAY MEDICS - +41 77 413 61 46

our team of doctors, guides, and Samaritans are contactable throughout the race. They are on hand to respond to medical situations and coordinate with the RunThrough team or external emergency medical services if necessary.

Saving the medic number is part of your mandatory kit. This will also be printed on your bib.

Medic Number: +41 77 413 61 46

NAVIGATING THE RACE ROUTES

RunThrough Trails proudly implements world-class route marking, using bright orange flags and tags with a reflective strip, small red arrows and red crosses.

Unfortunately, routes can be disturbed by many things: the weather, disgruntled walkers and wildlife, to name a few! To keep you safe, we provide the GPX for your race route.

It is **mandatory** to have the route loaded and accessible on a mobile device, so you can check you're on track throughout the race and course correct/self-navigate if necessary.

OUR COMMITMENT - LEAVE NO TRACE

We require permission from a huge number of stakeholders to enable our races to take place. To do so, we commit to respecting the landscape, local people, businesses and wildlife.

By entering a RunThrough Trails Race, you too commit to this mission by:

Leaving no litter - Closing all gates - Keeping to the routes

Please note: Littering or leaving gates open may result in disqualification and removal from the race.

Mandatory kit will be spot-checked when collecting your race bib on the morning of the race. Please be ready to show the marshals any of the kit requested from the mandatory kit.
If you'd like to purchase mandatory kit from our RunThrough Kit supplier, this can be pre purchased [HERE](#)

MANDATORY KIT

ITEM	R - Recommended		
	15K	25K	50K
 Running Pack (Vest/Belt)			
 Passport / ID Card			
 Mobile Phone (80%+ battery)			
 Waterproof Jacket (taped seams)			
 Gloves or Mitts			
 Whistle			
 Water Bottle / Bladder (min 1L)			
 Head Torch (x2 + spare batteries)			
 Survival Bag or Foil blanket (1.4m x 2m min)			
 Emergency Food			
 Folding Cup / Container			
 First Aid Kit			
 Waterproof Trousers (Taped Seams)			
 Route Map - GPX Loaded to Watch, Phone or GPS Device			

ADDITIONAL KIT / RECOMMENDED KIT

In the event of extreme weather, the additional mandatory kit listed below may be activated. Additional kit requirements will be communicated as soon as possible.

ITEM	15K	25K	50K
Extra Warm Hat			
Scarf/ Neck Gaiter			
Insulated Jacket			
Second Pair of Gloves			

50K

AS	Location	Distance Between (KM)	Accumulative Distance (KM)	Cut-Off
Start	Event Village	0	0	
AS1	Ferret	8	8	09:45
AS2	Champex Lac	9	17	11:50
AS3	La Garde	10	27	13:45
AS4	Rosières	6	33	15:30
AS5	Les Planards	7.5	40.5	19:00
Finish	Event Village	6.5	47	20:30

25K

AS	Location	Distance Between (KM)	Accumulative Distance (KM)	Cut-Off
Start	Event Village	0	0	
AS1	Ferret	8	8	11:40
AS2	Champex Lac	9	17	13:50
Finish	Event Village	8	25	15:30

15K

AS	Location	Distance Between (KM)	Accumulative Distance (KM)	Cut-Off
Start	Event Village	0	0	
AS1	Champex Lac	8	8	13:05
Finish	Event Village	8	16	14:40

Please note all 3 routes has recently been updated, please make sure you have the most recent gpx downloaded.

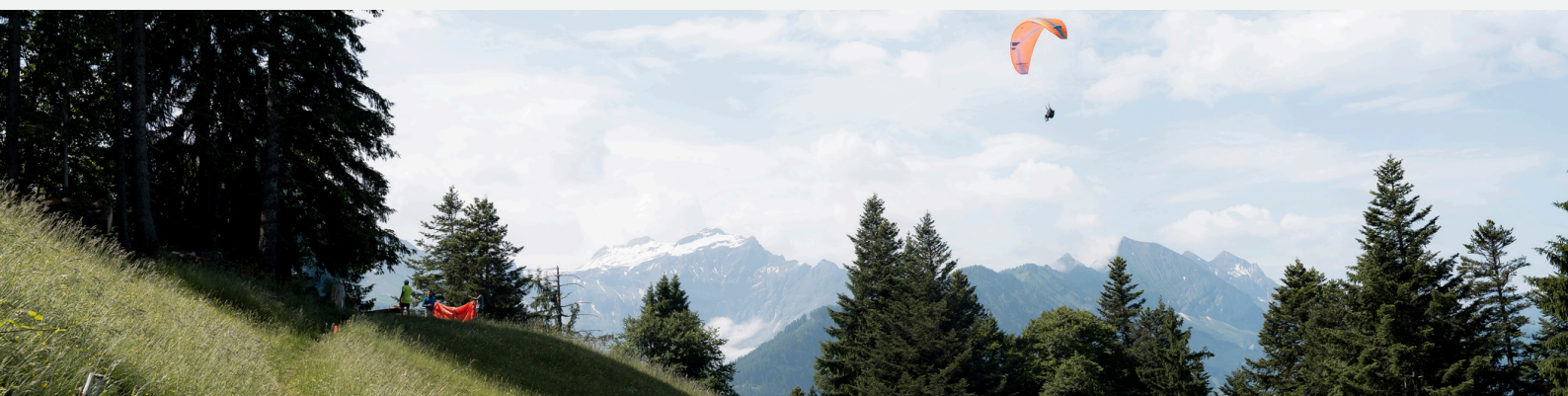
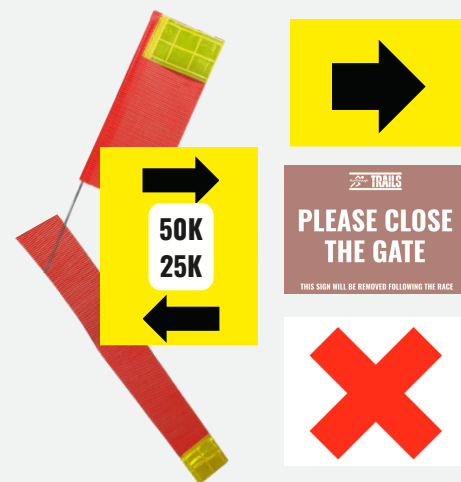
In light of the added elevation to the 50k, we have added more time to Finish and extended the cut off at AS5.

COURSE MARKINGS

All routes will be marked using bright orange flags and tags with a reflective strip, small black and yellow and red crosses.

Unfortunately, routes can be disturbed by many things: the weather, disgruntled walkers and wildlife, to name a few! To keep you safe, we provide the GPX for your race route.

It is **mandatory** to have the route loaded and accessible on a mobile device, so you can check you're on track throughout the race and course correct/self-navigate if necessary.



AID STATION PROVISIONS

Products on Aid Stations are all sourced locally and so we cannot define exact products available. We can however confirm that we will have the following:

Water & Coke / Electrolytes

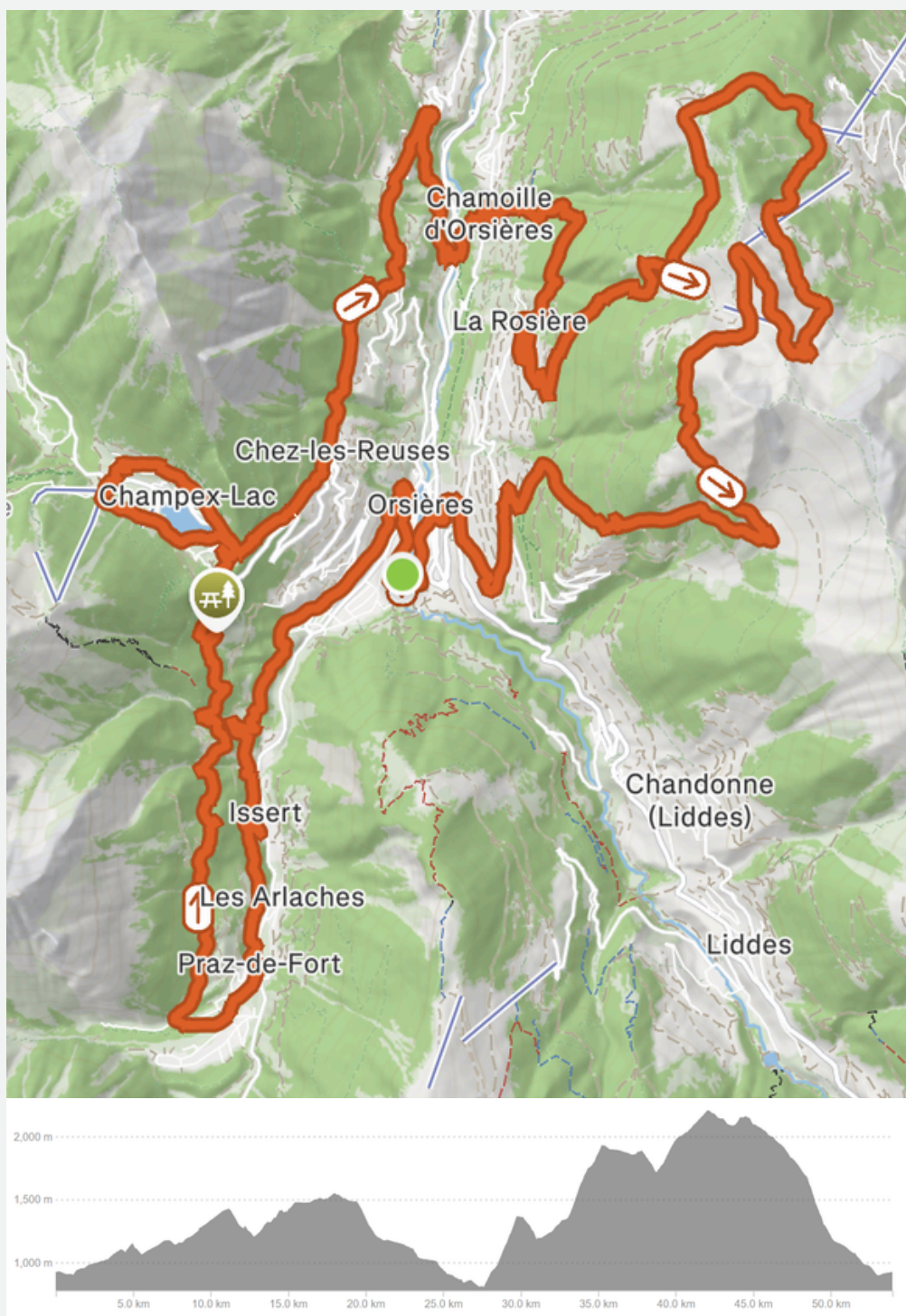
2 types of fruit - i.e. oranges / watermelon / bananas etc

Savoury salty snacks i.e crisps / nuts etc

Sweet snacks i.e. biscuits, cookies, small cakes

It is mandatory for the 50k & 25k to carry water and fuelling, however we highly advise all runners to carry your own fuelling, and use what you have trained with.

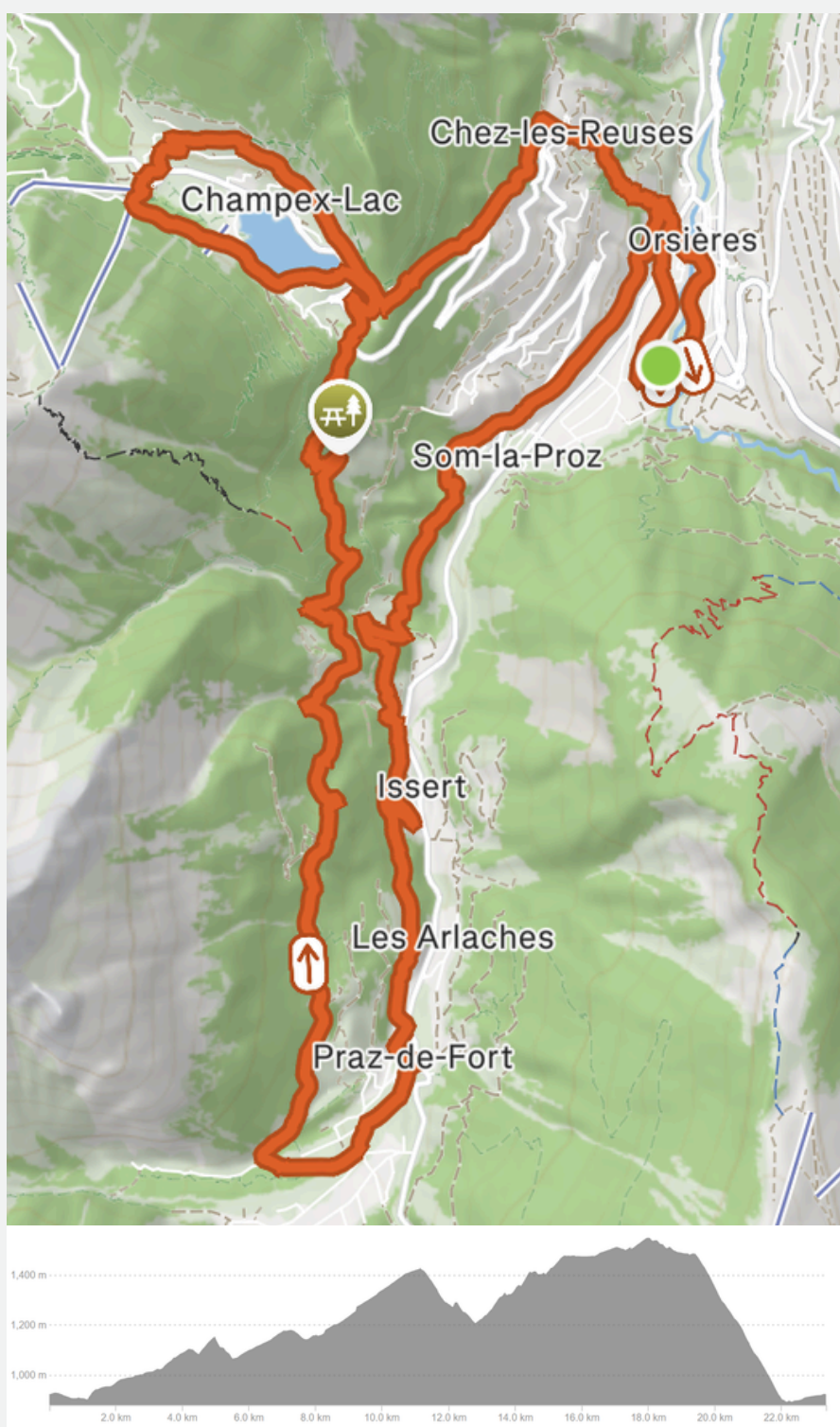
Although not mandatory, we advise 15k runners also carry a bottle/ soft flask for the duration of the race & to refill at the finish. (This is a cupless event, so bottled water won't be provided at the finish.)



[CLICK FOR 50K STRAVA](#)

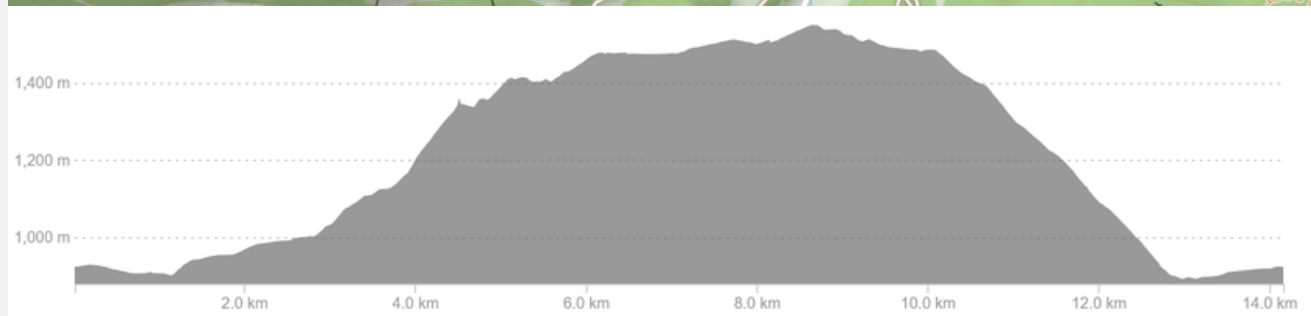
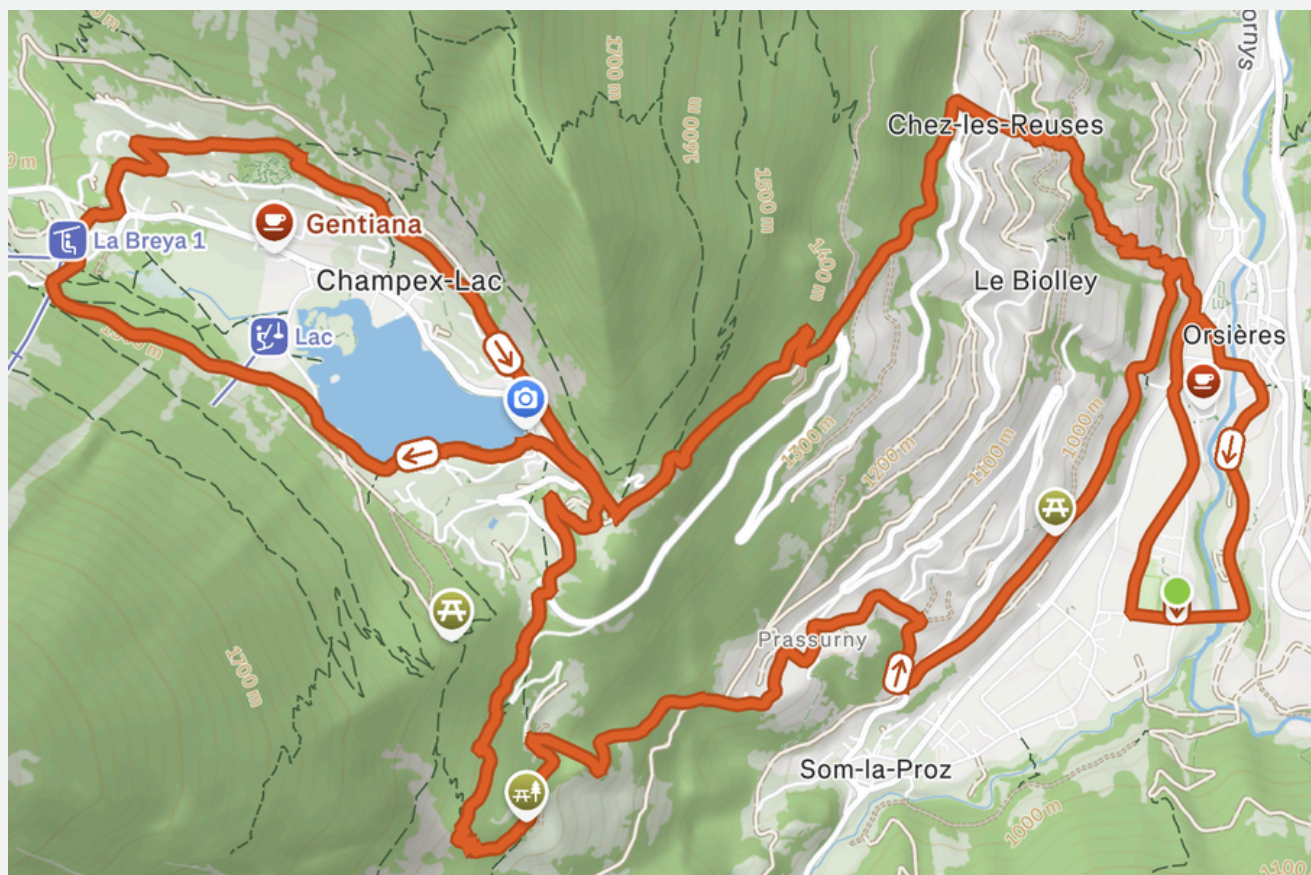
[DOWNLOAD 50K GPX](#)

25K COURSE



[CLICK FOR 25K STRAVA](#)

[DOWNLOAD 25K GPX](#)



[CLICK FOR 15K STRAVA](#)

[DOWNLOAD 15K GPX](#)

RESULTS

Results will be available immediately after the race on the RunThrough Trails website:

Race Results: <https://www.performance-timing.ch/race-info/424929>



PHOTOS

Professional photos are provided for free, with photographers out on the course and at the finish line.

Get your race photos here: <https://www.runthroughgallery.com/>



SUPPORTERS

Runners are advised to carry all their own fuelling, but should you wish to meet up with your spectators along the way, this is fine to do so! We recommend sharing live location if you wish for your friends and family to track your progress.

However, we ask spectators to avoid driving directly up to or parking too close to any of the aid stations along the route. These have to be clear of vehicles at all times to provide access for staff and medics. Please do not obstruct the course in any way, and take any litter with you.

Street parking is available in several places along the route, but may require a short walk to get onto the course.

EVENT MERCH

If you have purchased an event T-shirt or hoodie with your race entry, please head to the RT Kit collection desk in the event village, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered any kit, but would like to purchase some now, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)

PURCHASE HERE

KIT AVAILABLE TO PURCHASE ON RACE DAY



EXPLORE THE FULL RANGE

15% off with RTEVENTS15





There are a variety of volunteer roles available at the RunThrough Trails events, including:

- Course marking
- Aid station support
- Marshal roles on the course
- Event Village setup and logistics

Volunteering is a great way to be part of the race atmosphere, support the trail running community, and enjoy the stunning mountain environment—even if you're not running!

All volunteers receive RunThrough race credits, which can be used towards entry to any RunThrough event or a donation to a charity or local association of your choice.

For more details, check out our Volunteer [FAQs](#)

If you have any questions along the way, feel free to reach out to trails@runthrough.co.uk
We'd love to have you on the team!

JOIN THE TEAM





UPCOMING EUROPEAN EVENTS

BERCHTESGADEN 12K, 26K & 44K
17TH OCTOBER 2026



MORE DETAILS AND ENTER HERE

ASCONA-LOCARNO 24K, 42K & KIDS
24TH OCTOBER 2026



MORE DETAILS AND ENTER HERE

GIRONA 15K, 26K & 50K
3RD APRIL 2027



MORE DETAILS AND ENTER HERE

MORZINE-AVORIAZ 10K, 25K, 50K, 100K
19TH JUNE 2027



MORE DETAILS AND ENTER HERE

VIEW ALL EUROPEAN EVENTS HERE



UPCOMING UK EVENTS

BEAT BOX HILL 21K, 30K & 50K
10TH OCTOBER 2026



MORE DETAILS AND ENTER HERE

LAKE DISTRICT 3K & 53K
10TH APRIL 2027



MORE DETAILS AND ENTER HERE

THE FOX 20K, 41K & 62K
22ND MAY 2027



MORE DETAILS AND ENTER HERE

THE SOUTH DOWNS 12K, 25K, 50K
1ST AUGUST 2026



MORE DETAILS AND ENTER HERE

VIEW ALL UK EVENTS HERE



RUNTHROUGH TRAILS OFFICIAL MERCHANDISE



SHOP THE FULL RANGE

15% off with RTEVENTS15

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

Provided on course for every runner to help fuel your performance.



**22G
CARBOHYDRATES**



**ISOTONIC
FORMULA**



**INFORMED SPORT
APPROVED**



**AIM FOR 60G OF
CARBOHYDRATES
PER HOUR**





RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities

[FIND OUT MORE](#)

RUNNER
RETREATS&TOURS

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



Supported by...

**SPORTS
SHOES
.COM**



Interested in supporting an event?
Email: partners@runthrough.co.uk