

33RD JUNGFRAU-MARATHON

5 SEPTEMBER 2026



RACE-INFO
ENGLISH EDITION



SWISS RUNNERS

SWISSTOPSPORT
sport events – made in Switzerland

JUNGFRAU
TOP OF EUROPE

CRAFT

BEFORE THE START

JUNGFRAU-MARATHON

TRAFFIC INFORMATION

(subject to change)

Interlaken: Roads encircling Höhematte

Friday, 4 September, 14.30 h

to Saturday, 5 September, 09.45 h

Closed

Interlaken: Bahnhofstrasse incl. access to Interlaken West train station, Allmendstrasse, Lindenallee and Untere Bönigstrasse incl. access to Interlaken Ost train station.

Saturday, 5 September, 08.15 to 09.45 h

Closed

Bönigen: Interlaken-, Haupt- and Gsteigstrasse

Saturday, 5 September, 08.30 to 09.30 h

Closed

Gsteigwiler – Zweilütschinen – Grindelwald

Saturday, 5 September, from 09.15 to 11.15 h

Traffic obstruction

Through traffic is severely obstructed.

Waiting times are to be expected.

Junction Isenfluh – Lauterbrunnen

Saturday, 5 September,

from 09.15 to approx. 12.15 h

Closed

The main road between Lauterbrunnen and the branch-off to Isenfluh is closed to all traffic. Roadside parking is not permitted.

Lauterbrunnen: Hauptstrasse (main road), car park access and road to Stechelberg

Saturday, 5 September,

from 09.00 to approx. 12.30 h

Closed

Transit and access to the car park in Lauterbrunnen is not possible during this time.

SWISS RUNNERS TICKET – FREE TRAVEL TO THE EVENT



All participants benefit from free 2nd class travel on public transport from their place of residence in Switzerland or nearest Swiss railway station to Interlaken and back (validity area of GA Travelcard). You will receive by e-mail two coupon codes for travel to and from the event. Use the coupon codes to book two 2nd class tickets through the **SBB online web shop, the SBB app or at a ticket counter only. These tickets cannot be booked through ticket machines. Validity: travel to the event: from 30 August to 5 September 2026. Return travel: from 5 to 11 September 2026.** On the return journey, the Swiss Runners Ticket is only valid when presented together with your Jungfrau-Marathon race number.

**REDEEM
COUPONS**



P **PARK + RIDE MATTEN TRAIN STATION AND SHUTTLE SERVICE**

Saturday, 5 September

Shuttle to the start: 06.00 to 08.15 h



There are no parking facilities in Interlaken. Follow the signs to the car park at Matten train station Park + Ride. The parking charge is CHF 5.00 for up to 12 hours, and CHF 10.00 for each additional 12 hours. From Matten railway station, you can take the shuttle bus to the starting area (the journey is free and takes 5 minutes).

Matten train station

Trains run directly to Matten train station on the journey back from Grindelwald Terminal.



Race number issue point at Congress Kursaal Interlaken

TRANSFERRING A RACE NUMBER

Transfers can be made free of charge until **31 July**. Subsequent transfers can be made up until 23 August for a fee of CHF 20.00. Race number transfers must be reported to the race office by email (info@jungfrau-marathon.ch).

After 23 August

Transfers after this date are only possible at the Help Desk at the race number issue point. On-site transfers cost CHF 50.00.

START CARD

You will receive your personal start card by email. You will need your **start card (printout or digital)** to collect your race number.

TRAIN JOURNEY WITH START CARD

To collect your race number on Friday or Saturday, you can use your start card as a ticket for the train journey from Grindelwald, Wengen, Lauterbrunnen or Mürren to Interlaken. For the return journey on Friday, simply present your personal race number.

RACE NUMBER

INCL. DATA CHIP / ONE-DAY TICKET

You will receive an integrated time-measurement chip with your race number. Your race number must be affixed horizontally to your chest during the race. It may not be modified or folded and must be visible at all times. On **Saturday**, your race number is a **one-day ticket** for the following public transport routes:

- Interlaken Ost – Lauterbrunnen/ Grindelwald (BOB)
- Kleine Scheidegg – Eigergletscher (JB)
- Lauterbrunnen – Wengen – Kleine Scheidegg – Grindelwald (WAB)
- Lauterbrunnen – Mürren (BLM)
- Tricable car Eiger Express (Grindelwald Terminal – Eigergletscher)

RACE NUMBER COLOURS

Red: Elite runners
 Gold: 20-times + Finishers
 Green: 10 to 19-times + Finishers
 Blue: Runners
 Violet: Runners resident in the Bernese Oberland



RACE NUMBER ISSUE

Race numbers will be issued at Congress Kursaal Interlaken – opening times:

- **Friday, 4 September,**
10.00 to 20.00 h
- **Saturday, 5 September,**
06.15 to 08.15 h

You will need to present the following documents:

- **Start card (printed out or digital)**
- **Valid proof of identity with photo**
(passport, ID card or driving licence)

COLLECTION OF YOUR RACE NUMBER BY A THIRD PARTY

If someone collects your race number on your behalf, they will need to present the following document (printed out or digital):

- **Your start card**
- **Your personal ID card or a copy of your ID card**
- **Authorisation signed by you**

JUNGFRAU-MARATHON VILLAGE

This is where running fans come together. Get all the latest news and information and explore current trends. Find your personal souvenir of the most beautiful marathon course in the world.

In Interlaken

Friday, 4 September, 10.00 to 20.00 h
Kursaal Garden

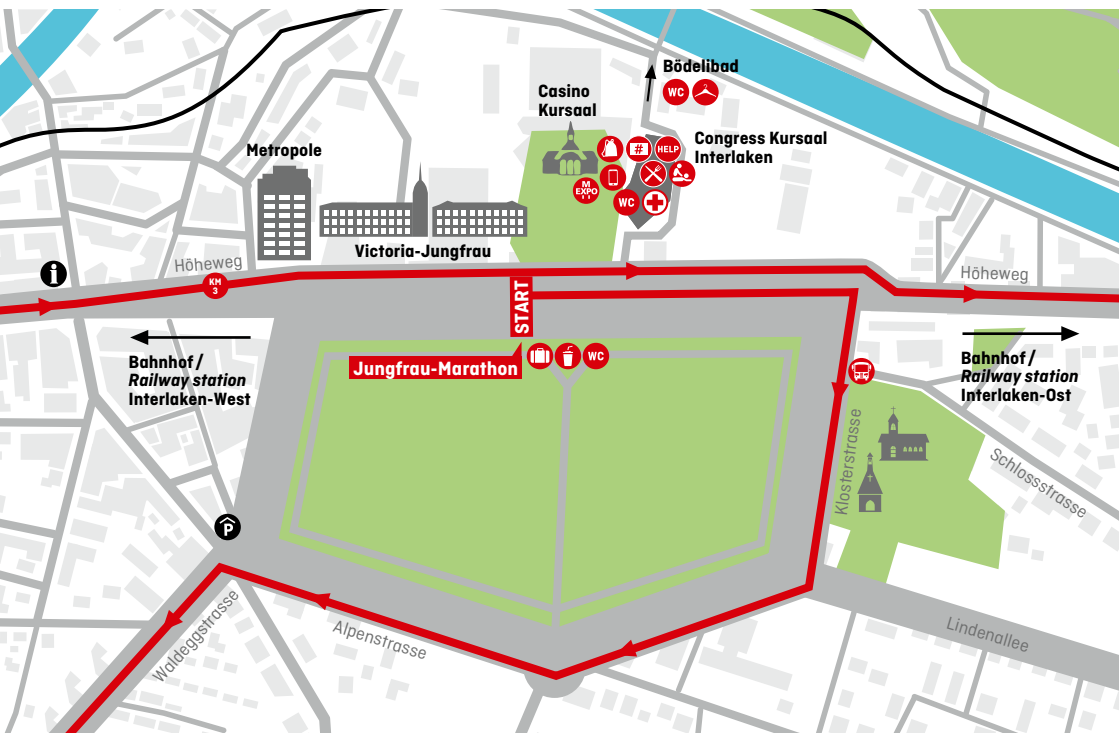
In Grindelwald

Saturday, 5 September, 12.00 to 18.30 h
Grindelwald Terminal

CHANGING FACILITIES AT BÖDELIBAD SWIMMING POOL IN INTERLAKEN

Saturday, 06.30 to 08.30 h

Changing facilities and toilets. Baggage cannot be checked in at the Bödelibad.



✖ PASTA PARTY IN THE REGION

You will receive a voucher for the pasta party together with your race number. It can be redeemed on Friday at the Congress Kursaal in Interlaken from 12.00 to 22.00h. On Friday and Saturday, the voucher is also valid at the following restaurants throughout the region:

Eigergletscher	Restaurant Eigergletscher
Kleine Scheidegg	Bergrestaurant Kleine Scheidegg
Grindelwald	Hotel Kirchbühl Grindelwald Terminal (only Saturday)
Interlaken	Congress Kursaal (only Friday – no dogs allowed) Essential by Dorint
Lauterbrunnen	Hotel Silberhorn
Wengen	Hotel Schöneegg Grand Hotel Belvedere (Reservation required)

📦 BAGGAGE DEPOSIT AT THE START

Saturday, 06.30 to 08.15h / 15.30 to 19.30h

Large baggage items such as suitcases, bags and backpacks may be checked in free of charge in the start area and picked up again until Saturday evening 19.30 h.

🧑‍🏃 PRE-MARATHON MESSAGES

Saturday, 06.45 to 08.15h

Congress Kursaal Interlaken

The message team is available for free pre-marathon messages.

🚚 TRANSPORT TO THE FINISH

Saturday, 07.00 to 08.00h

You can have **personal items and a light jacket** transported to the finish separately. You will need the bag (20 × 25 × 10 cm) and the label that you have received with your race number. After the race, you can collect your personal items in the finish area at Eigergletscher.

🚚 CHECKING IN PERSONAL ITEMS TO GRINDELWALD TERMINAL

Saturday, 07.00 to 08.10h

You may check in one item of baggage for transportation to Grindelwald Terminal. When you collect your race number, you will receive the official bag (dimensions 28 × 50 × 13 cm), made from woven polypropylene with 80% recycled ocean plastic. You will also receive a label which must be attached to the official bag by a cable tie. **We can only transport personal items in the official Jungfrau-Marathon bags. Runners' own bags, suitcases, backpacks etc. will not be transported.**

🚚 CHECKING IN PERSONAL ITEMS TO EIGERGLETSCHER (ONLY FOR GUESTS AND RESIDENTS IN THE LAUTERBRUNNEN VALLEY)

Saturday, 07.00 to 08.00h

Only participants who reside in/are staying in Lauterbrunnen, Wengen, Gimmelwald, Isenfluh, Mürren, Stechelberg, at Alpiglen or at Kleine Scheidegg may have the official bag with their personal items transported to the finish line at Eigergletscher (proof of residence or valid Jungfrau Region guest card required). Please ask at the **Help Desk next to the race number issue point.**



START IN INTERLAKEN

567 METRES ABOVE SEA LEVEL

START AT 08.30 H IN AN EASTERLY DIRECTION

Please go to your allocated start block 15 minutes before the start of the race.

Running direction 

BLOCK 6	BLOCK 5	BLOCK 4	BLOCK 3	BLOCK 2	BLOCK 1	ELITE	START, TIMING
expected running time: 6:10 – 6:30	expected running time: 5:50 – 6:10	expected running time: 5:30 – 5:50	expected running time: 5:10 – 5:30	expected running time: 4:40 – 5:10	expected running time: bis 4:40	Start: 08.30 h Numbers 1 – 200	
PACE-MAKER 6:30	PACE-MAKER 6:00	PACE-MAKER 5:30		PACE-MAKER 5:00			

The four pacemakers will be running with beach flags marked with the corresponding finishing time.

DRONE FLIGHTS BANNED

For security reasons, it is forbidden to fly drones and model airplanes within 100 metres of crowd gatherings in the start area. Operating drones is banned throughout the Lauterbrunnen Valley (entire municipality of Lauterbrunnen).

ESCORT VEHICLES, TRAIL RUNNING POLES AND ANIMALS

Private escort vehicles (motor-driven or otherwise) or suchlike are not permitted. The use of aids and sports equipment (especially Nordic walking poles) is also prohibited. It is prohibited to be accompanied by animals on the course.

A pre-start tradition – flag throwers going through their paces.



TRANSIT TIMES

JUNGFRAU-MARATHON

Locality	Place	km	Transit times front	5h	06.30 h
Interlaken	Start, Höheweg 🏁	0	08.30 h	08.30 h	08.30 h
	Heimwehfluh Funicular	1.9	08.36h	08.40h	08.43 h
	Interlaken West Railway Station	2.4	08.38h	08.42h	08.47h
	Höheweg (Start) 🏁	3.3	08.41h	08.48h	08.53h
	ALDI 🏪	5.0	08.46h	08.58h	09.08h
Bönigen	Hauptstrasse	7.0	08.52h	09.07h	09.19h
Wilderswil	Church Gsteig 🏁	10.4	09.02h	09.22h	09.43h
Gsteigwiler	Village Centre	11.7	09.06h	09.33h	09.52h
Zweilütschinen	Railway Station 🏁	15.1	09.20h	09.52h	10.18h
Lauterbrunnen	Railway Station	20.2	09.37h	10.22h	10.55h
	Staubbach Falls – Half Marathon 🏁	21.1	09.41h	10.29h	11.05h
	Stocki 🏁	25.9	09.55h	10.53h	11.35h
Wengen	Station Wengwald	28.8	10.16h	11.27h	12.21h
	Centre Wengen 🏁 Final checkpoint time 13.00 h	30.7	10.22h	11.41h	12.40 h
Wengernalp	Centre Junction Wixi 🏁 Final checkpoint time 14.25 h	38.5	10.59h	12.46h	14.03h
Eigergletscher	Moraine	41.0	11.18h	13.17h	14.43h
	Loucherflue	41.5	11.22h	13.22h	14.49h
	Finish 🏁	42.195	11.26h	13.30h	15.00h

🏁 = Time measurement

SCHEDULE

FRIDAY AND SATURDAY

FRIDAY, 4 SEPTEMBER 2026

Time	What's on?
10.00 to 20.00h	Jungfrau-Marathon Village in the Kursaal garden, Interlaken
10.00 to 20.00h	Race number issue
12.00 to 22.00h	Pasta Party at the race number issue point
Ab 15.30 Uhr	Start Jungfrau-Minirun
From 17.00 h	Award Ceremony Friday races in the Kursaal Garden (see website)
17.10h	Start Jungfrau-Harder Run Race
18.30 Uhr	Start Jungfrau-Pararace Sprint
18.45 Uhr	Award ceremony Jungfrau-Harder Run Race at Harder Kulm
19.00h	Start Jungfrau-Minimarathon

SATURDAY, 5 SEPTEMBER 2026

Time	What's on?
06.15 to 08.15 h	Race number issue Jungfrau-Marathon
08.30h	Start Jungfrau-Marathon
11.00 h	Public Viewing Live-Stream at Grindelwald Terminal
12.00 to 18.30h	Jungfrau-Marathon Village at Grindelwald Terminal
Approx. 11.26h	First finisher at Eigergletscher
12.40h	Flower Ceremony Women/Men (Top 3) at Eigergletscher
From 13.30h	DJ Nik Thomi at Grindelwald Terminal
16.30h	Award Ceremony Categories and Honouring at Grindelwald Terminal
Followed by	DJ. Come and round off the evening in a friendly ambience

MEDICAL SERVICES

The first-aid post at the start area in Interlaken is open for medical emergencies of all kinds.

Saturday, 5 September, 07.00 to 08.15 h

A doctor is available for medical consultations at the Congress Centre Kursaal Interlaken.

Message from the race doctor

The race doctor explicitly emphasises that participating in the Jungfrau-Marathon with health problems could potentially put your life in danger. Runners who have recently suffered from

an acute illness (raised temperature, infections of all kinds including flu, heart and circulatory disorders, disorders of the lung and nervous system etc.) or have undergone a surgical procedure should refrain from participating in the race. During your race preparations, you should also look out for any warning signs indicating heart and circulatory problems, such as reduced performance, chest pains, breathing difficulties etc. Should any of these symptoms occur, please consult a doctor immediately.

FIRST AID AND EMERGENCIES

MEDICAL SERVICES DURING THE RACE

Runners experiencing medical problems during the race are urged to consult the nearest first-aid post. They are staffed by medical professionals.

First-aid posts are spaced at approx. 5-km intervals on the first, relatively level section to Lauterbrunnen. On the steep section from Lauterbrunnen to the finish, they are spaced at roughly 2-km intervals. A medical monitoring station will be operating at Grindelwald Terminal (bottom station of the Eiger Express cableway).



EMERGENCIES DURING THE RACE

In the event of an emergency that makes proceeding to the next first-aid post impossible, first call the Jungfrau-Marathon medical emergency centre on the

**Emergency Phone No
+41 33 827 62 80**

An alarm can also be raised via radio by volunteers or a first-aid post in the vicinity. If there is no connection, call the Swiss national emergency phone No. 144. To enable precise localisation in an emergency, yellow safety flags (see image) with exact location details and coordinates are positioned at 250 to 500-metre intervals along the course. The organiser asks all runners, spectators and volunteers to note these location details and provide them in the event of an emergency.

LOST PROPERTY OFFICE/INFO DESK

JUNGFRAU-MARATHON APP

Höhematte, Interlaken

Friday, 4 September, 10.00 to 20.00 h

Saturday, 5 September, 06.15 to 08.30 h

Grindelwald Terminal (baggage collection)

Saturday, 5 September: 12.00 to 19.00 h

Lost property can be collected from 7 September to 30 October 2026 at Strandbadstrasse 44, 3800 Interlaken, Tel. +41 33 827 62 90.

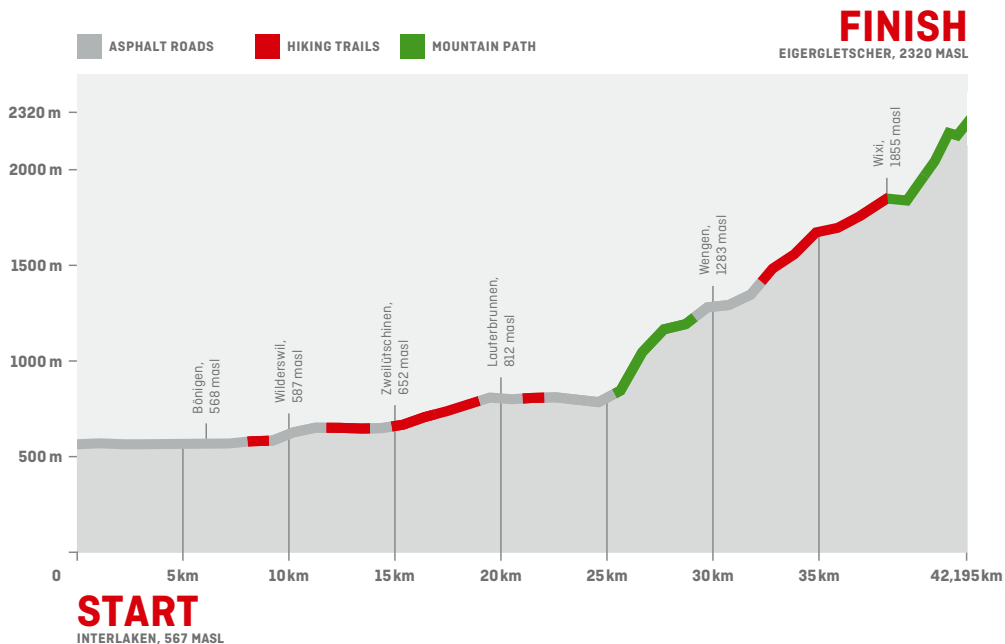


Download the Jungfrau-Marathon App now to get all the latest Jungfrau-Marathon news and info.

Carry your smartphone (iPhone or Android) with you during your run so your friends can follow your progress in real time.

Your fans can also follow your race on the live stream. A live stream will be broadcasting from 08.15 hrs. Follow the run on the website, YouTube and Facebook as well as on blue Zoom.

ELEVATION PROFILE



-  COMPETITION ORANGE
-  COMPETITION CITRUS
-  COLA
-  SOUP
-  ENERGY BARS
-  BANANAS
-  LIQUID ENERGY PLUS GEL
-  LIQUID ENERGY SALTY GEL
-  CARBO HYDROGEL NEUTRAL
-  WATER
-  SPONGES
-  SUMMIT BEER
-  LINZ-TARTLET
-  FIRST AID
-  MODERN TRICABLE GONDOLA
"EIGER EXPRESS"
-  JUNGFRAU-MARATHON
42.195 KM



Grindelwald
1034 masl

FINAL CHECKPOINT TIME

Wengen train station (km 30.7) after
4 h 25 mins (running time)
at 13.00 h local time

WENGWALD: KM 29.2



WILDERSWIL: KM 10.0



Zweilütschinen
652 masl

Bönigen
568 masl

Wilderswil
587 masl

Interlaken
567 masl

START

IM MOOS: KM 5.5



HINTER DER EGG: KM 16.0





WETTKAMPFVERPFLEGUNG

PRODUCT RANGE

Posten Station	Standort Location	km	COMPETITION Orange	COMPETITION Citrus	Cola	Bouillon Soup	ENERGY BARS ENERGY BALLS	Bananen Bananas
1	Interlaken, im Moos	5.5						
2	Wilderswil	10.0						
3	Zweilütschinen, hinter der Egg	16.0						
4	Lauterbrunnen	20.8						
5	Trümmelbach	23.2						
6	Lauterbrunnen, «Stocki»	25.7						
	Undre Führen Wasserposten	27.9						
7	Wengen, Wengwald	29.2						
8	Wengen, Café Oberland	32.9						
	Baawald/Hannegg	34.7						
9	Mettla	36.3						
10	Wixi	38.9						
	Haaregg	40.3						
	Moräne	41.0						
11	Loucherflueh/«Schoggistei»	41.4						

Entspricht der Reihenfolge der Auslage an den Verpflegungsposten! / Product presentation in above order!

Selbstbedienung an den Verpflegungsstationen – die Teilnehmenden erhalten die Produkte nicht direkt ausgehändigt. / Self service at food stations – products will not be handed to the runners.

ZIELVERPFLEGUNG, FOOD

beim Zieldurchlauf
at the summit

Sponser Isotonic, Rugenb
Sponser Isotonic, Rugenb

Wasser und Bouillon
Water and bouillon soup

LIQUID ENERGY Gels	CARBO HYDROGEL neutral	Wasser Water	Schwämme Sponges

UPON ARRIVAL

raun alkoholfreies Bier, «Linzertörtli»

raun non alcoholic beer, Linzer tartlet



COMPETITION – ORANGE & CITRUS

Gut verträglicher, säurefreier
Durstlöcher mit Mineralstoffen
und Kohlenhydraten.
Easily digestible and acid-free
sport drink based on carbs and
minerals for sport performances.



HIGH ENERGY BAR – APRICOT-VANILLA / SALTY+NUTS

Hochkonzentrierter Energieregel.
Highly concentrated cereal bar.



CEREAL ENERGY BAR – STRAWBERRY

Getreideriegel mit fruchtigem
Erdbeergeschmack.
Cereal bar with delicious
strawberry flavour.



ENERGY BALLS – SALTED-CARAMEL 45 G

Leckere, getreidehaltige Energie
Bällchen mit Salzkaramellgeschmack.
Salted caramel flavoured,
cereal-based energy balls.



LIQUID ENERGY PLUS

Hochkonzentrierte Flüssig-
Energie mit Koffein.
Energy gel enriched with caffeine.



LIQUID ENERGY SALTY

Flüssig-Energie mit einer
Extraportion Salz.
Energy gel with an extra
portion of sodium.



CARBO HYDROGEL NEUTRAL

Trinkfertiges Energie-Gel für
die letzten Meter. Liefert 30 g
Kohlenhydrate im optimalen
Glucose: Fructose Verhältnis (1:0,8)
Ready-to-drink energy gel for the
last few metres. Provides 30 g
of carbohydrates in the efficient
glucose:fructose ratio (1:0.8).





A brief detour to Lake Brienz before heading towards Lauterbrunnen via Gsteigwiler.

COMPANIONS, FANS AND SPECTATORS AT THE JUNGFRAU-MARATHON

Spectator passes for the Jungfrau-Marathon are available as a one-day ticket. Spectator passes are valid on Saturday, **5 September 2026** on the following transport routes:

- Interlaken Ost – Eigergletscher
(via Lauterbrunnen or Grindelwald)
- Cableway 3S Eiger Express
(Grindelwald Terminal – Eigergletscher)
- Lauterbrunnen BLM – Mürren BLM
(via Grütschalp – Winteregg)

CHF 69.00 for adults (over 16 years of age, full fare)

CHF 38.00 for children (6–15-year-olds) and Swiss Half Fare Travelcard holders

CHF 28.00 for adults with a GA Travelcard

Travelling with children

Children aged 6–15 travel free of charge when accompanied by an adult with a **Junior Travelcard** or **Children's Co-Travelcard** (more information at [sbb.ch](https://www.sbb.ch)). A day ticket offering unlimited journeys along the route can be purchased for CHF 20.00 (without Junior Travelcard or Children's Co-Travelcard) online or at the counter.

GA Travelcard

The GA Travelcard is valid for travel as far as Grindelwald and Wengen. From Grindelwald or Wengen, the GA Travelcard offers the same conditions as a Half Fare Travelcard.

Unlimited Jungfrau Summer Pass

Travel to Eigergletscher is included and free of charge.

Swiss Travel Pass

The Swiss Travel Pass is valid for travel as far as Grindelwald and Wengen. From there, holders of a Swiss Travel Pass are entitled to a 25 % fare discount (Wengen to Eigergletscher return: CHF 60.00 and Grindelwald to Eigergletscher CHF 56.60).

Book your spectator day pass

- online
- Rail Info Interlaken,
Höheweg 35, Interlaken
- at any Jungfrau Railways
station

BOOK ONLINE



TRAVELLING TO EIGERGLETSCHER WITH CHILDREN'S PUSHCHAIRS AND DOGS

Eigergletscher station is located in a high-Alpine environment. During the marathon, we advise you not to visit Eigergletscher with children's pushchairs or dogs.

TRAINS TO THE FINISH VIA LAUTERBRUNNEN – ALONG THE COURSE

Saturday, 5 September 2026

Interlaken Ost dep. towards Lauterbrunnen	08.04	08.34	09.04	09.34	10.04	10.34	11.04	11.34	12.04	12.34	13.04
Railway Station Matten	08.07	08.37	09.07	09.37	10.07	10.37	11.07	11.37	12.07	12.37	13.07
Wilderswil dep.	08.10	08.40	09.10	09.40	10.10	10.40	11.10	11.40	12.10	12.40	13.10
Zweilütschinen dep.	08.17	08.47	09.17	09.47	10.17	10.47	11.17	11.47	12.17	12.47	13.17
Lauterbrunnen arr.	08.26	08.56	09.26	09.56	10.26	10.56	11.26	11.56	12.26	12.56	13.26
Lauterbrunnen dep.	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30
Wengen dep.	08.46	09.16	09.46	10.16	10.46	11.16	11.46	12.16	12.46	13.16	13.46
Allmend dep.	08.51	09.21	09.51	10.21	10.51	11.21	11.51	12.21	12.51	13.21	13.51
Wengernalp dep.	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00
Kleine Scheidegg arr.	09.08	09.38	10.08	10.38	11.08	11.38	12.08	12.38	13.08	13.38	14.08
Kleine Scheidegg dep.	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30
Eigergletscher arr.	09.35	10.05	10.35	11.05	11.35	12.05	12.35	13.05	13.35	14.05	14.35

TRAINS VIA GRINDELWALD TERMINAL AND EIGER EXPRESS TO THE FINISH

Saturday, 5 September 2026

Interlaken Ost dep. towards Grindelwald	08.04	08.34	09.04	09.34	10.04	10.34	11.04	11.34	12.04	12.34
Railway Station Matten	08.07	08.37	09.07	09.37	10.07	10.37	11.07	11.37	12.07	12.37
Grindelwald Terminal arr.	08.33	09.03	09.33	10.03	10.33	11.03	11.33	12.03	12.33	13.03
Grindelwald Terminal dep. towards Eigergletscher (through service)	08.43	09.13	09.43	10.13	10.43	11.13	11.43	12.13	12.43	13.13
Eigergletscher arr.	09.03	09.33	10.03	10.33	11.03	11.33	12.03	12.33	13.03	13.33

Several kilometres down and
the good vibes are still going strong.





Traversing the legendary moraine with Eigergletscher and the finish in sight (km 40).

DURING THE JUNGFRAU-MARATHON

OVERSPILL SECTION WIXI KM 38.9

In order to prevent a runner bottleneck, a 1.3-km overspill section of exactly equal distance to the original course will be opened at km 38.9 if necessary. Runners will be directed on to one or the other section of the course.

CHECKPOINT CLOSING TIMES

The marathon course will be closed after the following checkpoint closing times – the time is the determining factor, not the Pace Bike:

- **Wengen Railway Station (km 30.7),**
after 4 hrs 25 mins running time
The course will close at km 30.7 at 13.00 hrs/ 1pm local time.
- **Wengernalp, Wixi branch-off (km 38.5),**
after 5 hrs 50 mins running time
The course will close at km 38.5 at 14.25 hrs/ 2.25pm local time.

Participants who exceed the final checkpoint times in Wengen or at Wixi will not be ranked, their personally coded race number will be marked and they may no longer make use of any marathon services (refreshments, first aid, checkpoint stewards, timing, ranking lists, medals, finisher T-shirt etc.).

Doctors posted along the route are authorized to retire a runner from the race on medical grounds.

PACE BIKE

The Pace Bike sets the speed at which participants will reach the checkpoints in Wengen or at Wixi in the time allowed. Runners who are overtaken by the Pace Bike will not be able to reach the next checkpoint within the time allowed. Behind the Pace Bike they may continue the race at their own risk and may no longer make use of any marathon services.

SWEeper's BIKE

The Sweeper's Bike marks the end of the race and is located behind the Pace Bike. You will be accompanied to the nearest first-aid post – without any entitlement to marathon services such as timekeeping, medal or finisher T-shirt. After the Sweeper's Bike has passed through, the course will be reopened to public traffic.

DROPPING OUT

Runners who drop out of the race must notify the next first-aid post. The costs of searching for a person will be charged to the individual concerned.

The race number entitles the participants to free travel to the finish on Eigergletscher (to collect valuables) and to Grindelwald Terminal, where personal belongings must be collected.

The race number is also valid for the return journey to Interlaken on race day.

AFTER THE JUNGFRAU-MARATHON

FINISH LINE

The finish line is on the station terrace at Eiger-gletscher. After the moraine, the course runs directly via the "Schoggistei" to the finish line.

SPACE BLANKET

Space blankets will be distributed at the finish in cold and wet weather.

MEDAL

Your medal is waiting for you!

FINISHER T-SHIRT

If you have completed the course within the time allowed you can pick up your hard-earned finisher T-shirt. It is not possible to exchange your pre-ordered size.

PHOTO SPOT

Get a commemorative photo of yourself wearing your medal and finisher T-Shirt – with the iconic Eiger, Mönch and Jungfrau triple peaks as your guards of honour.

BEVERAGES

Rehydrate, rehydrate, rehydrate – and munch a Linzer tartlet to refuel carbs.

SUMMIT BEER

Savour your well-earned, alcohol-free Rugenbräu.

PERSONAL ITEMS / BAGGAGE

Pick up your personal items at the finish at Eiger-gletscher station.

PICKING UP PERSONAL ITEMS (OFFICIAL BAG): ELITE RUNNERS AND RUNNERS STAYING IN THE LAUTERBRUNNEN VALLEY

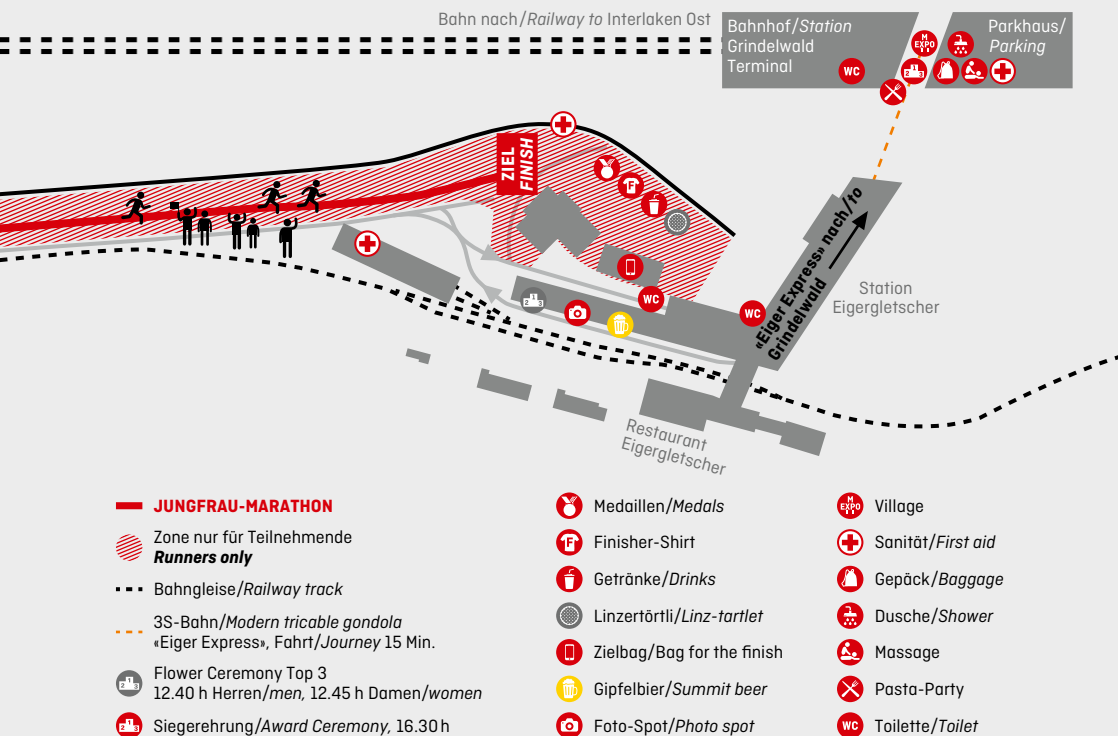
Elite runners with a red race number and runners staying in the Lauterbrunnen Valley (pink sticky label) can collect their belongings at the valuables desk at the finish.

One last push to the finish.



FINISH AT EIGERGLETSCHER

2320 METRES ABOVE SEA LEVEL



FANS AND GUESTS

Fans, support persons and guests may move freely outside the red zone reserved for runners. Please follow any instructions issued by the event staff.

GETTING BACK TO INTERLAKEN

Return travel to Interlaken is by rail via Grindelwald Terminal. The return journey is included in the entry fee [race number = train ticket].

GETTING BACK TO WENGEN AND LAUTERBRUNNEN

For guests and locals from the Lauterbrunnen Valley, return travel **WITH BAGGAGE** is via Kleine Scheidegg or via Grindelwald Terminal (Grindelwald-Männlichen gondola cableway / Männlichen-Wengen aerial cableway). The return journey is included in the entry fee [race number = ticket].

PICKING UP PERSONAL ITEMS (OFFICIAL BAG)

Indoor car park, Grindelwald Terminal

SHOWERS

Indoor car park, Grindelwald Terminal

MASSAGES AT THE FINISH

Saturday, 13.00 to 18.00 h

at Grindelwald Terminal (indoor car park)

After your shower, you can request a free massage with GAISBOCK Sports products.

PASTA PARTY

Your pasta party voucher can be redeemed at the Grindelwald Terminal Square.

FINISHING CERTIFICATE

Print out your finishing certificate at home from the **datasport.com** website.

RANKING LISTS

Ranking lists will be published on the **jungfrau-marathon.ch** website.

OFFICIAL PHOTO SERVICE

Once again, the Alphafoto team is here to capture on camera the exhilarating moment when you cross the finish line. Your personal images will be available to view and order on the **alphafoto.com** website a few days after the event.

alphafoto.com

Sportbilder, die bewegen.

FINISHER VIDEO

Your finish will be captured on film. The clip will be available to watch on the **jungfrau-marathon.ch** website a few days after the event.

MARATHON-VILLAGE GRINDELWALD TERMINAL

SATURDAY, 5 SEPTEMBER 2026

PUBLIC VIEWING

From 11.00 to 13.15h, we'll be showing the live stream on the LED screen. After that, the camera will focus on the finish line – so we're sure not to miss a single person. Refreshments will be available.

GREAT ATMOSPHERE FROM 13.30 H

DJ Nik Thomi will be spinning the tunes and getting the party started.

AWARD CEREMONY 16.30 H

During the award ceremony, prizes will be presented to the:

- Top 10 female runners overall,
- Top 10 male runners overall,
- 3 fastest women and men per category.

The prizes will only be presented at the award ceremony. No prizes will be sent out.

HONOURING LOYAL RUNNERS

Our loyal runners who have reached the finish line for the 10th, 20th, 25th, 30th or even 35th time will be specially honoured. These multiple finishers are invited to an aperitif from 15.45 to 17.00h in the e-tron energy bar in Grindelwald Terminal.



THANK YOU FOR YOUR VALUED SUPPORT

MAIN SPONSORS



CO-SPONSORS

TIMING PARTNER



SUPPLIERS

HOSPITALITY PARTNER



Sportfonds
Kanton Bern



ILG AG WIMMIS
Nachhaltige Kommunikation



EVENT AND MEDIAPARTNERS



COMMUNES



MEMBERSHIP



VEREIN JUNGFRAU-MARATHON
Strandbadstrasse 44 / CH-3800 Interlaken
Tel. +41 33 827 62 90 / info@jungfrau-marathon.ch
jungfrau-marathon.ch