



L'ÉTAPE

SWITZERLAND

BY **TOUR DE FRANCE**

BERN - INTERLAKEN



ENGLISH

SEPTEMBER 14, 2019

PARTS FROM THE RULES

No traffic on the route in the first 30 minutes behind the leading group

From the start, the route will be closed to all traffic for around 30 minutes.

The organisers will endeavour to keep motorised traffic away from the route and to signpost diversions for road users. The race can be carried out on largely secured streets; however, the route is not completely cordoned off. Oncoming traffic and accompanying vehicles will need to be taken into account at all times. The organiser accepts no liability.

No traffic on the route after the first 30 minutes behind the leading group

Around 30 minutes behind the leading group, a labelled vehicle from the cantonal police will signal to each racer that traffic must now be taken into account on the route. Each racer who is overtaken by this vehicle will cycle with traffic. From this moment, the Swiss Road Traffic Act shall apply at all times. The organisers remain keen to keep motorised traffic away from the route and to signpost diversions for road users. However, oncoming traffic and accompanying vehicles still need to be taken into account here at all times. The organiser accepts no liability.

Route closing times/broom wagons

Those who are still racing after the published route closing times (broom wagons) will no longer be participants in the event and will need to hand in their race number at the check points/broom wagons. They will then no longer be able to benefit from the comprehensive services provided by the event such as repairs, catering and security along the route.

VALUATION

Your race time

Your net race time will be assessed from the 'start proper' (approximately 7.5km after the starting line) up to the finishing line in Interlaken. The exceptions to this will be the 10 best racers, who will be assessed based on the order in which they cross the finishing line.

**Did you read all
the rules?**

**INFO & EMERGENCY
NUMBER ON RACE DAY**

031 747 05 10

GENERAL INFORMATION

Issue of start numbers

Friday 13 September from 4 p.m. – 10 p.m.
Saturday 14 September from 6 a.m. – 7.15 a.m.
at the square in front of the Stade de Suisse
in Bern.

Luggage transport

Luggage can be handed in at the starting line
and collected again at the finishing line.

Cloakroom

There is no cloakroom at the starting line.

Catering

You will receive isotonic drinks and solid food.
There are 3 catering stands on the route.
At the finishing line, you can join in the
pasta party..

Photo service

Our partner ALPHAFOTO.COM snaps pictures
along the route which you can then download
for a fee.

alphafoto.com
Sportbilder, die bewegen.

Timing your race

The time-measuring transponder is on your
handlebar plate. Please mount the plate
correctly onto your handlebar.

Repairs service

Thömus bike shop will whip your bike into shape.
You will find the professional repairs service at
the starting line and at all three catering stands.
Please note! Consumables must be paid for
on-site in CHF. For this reason, please carry some
change with you

Your start

The race begins at 7.30 a.m.
Make sure that you are in your starting
position 15 minutes beforehand.

Emergencies | Paramedics

Ambulances from the Event Ambulanz
foundation are on hand throughout the day.
In the event of an accident, please call the
emergency number **031 747 05 10** if you are a
participant. Treatment, transport costs and
medical care are payable by the participant.

Waste

Littering is absolutely forbidden and will result
in disqualification. There are large waste bins
available at the catering stands.

Showers

There are showers available in Interlaken.

Closed-off bike park at the finishing line

You can hand in your bike in Interlaken and
relax and enjoy your pasta.

Award ceremonies in Interlaken

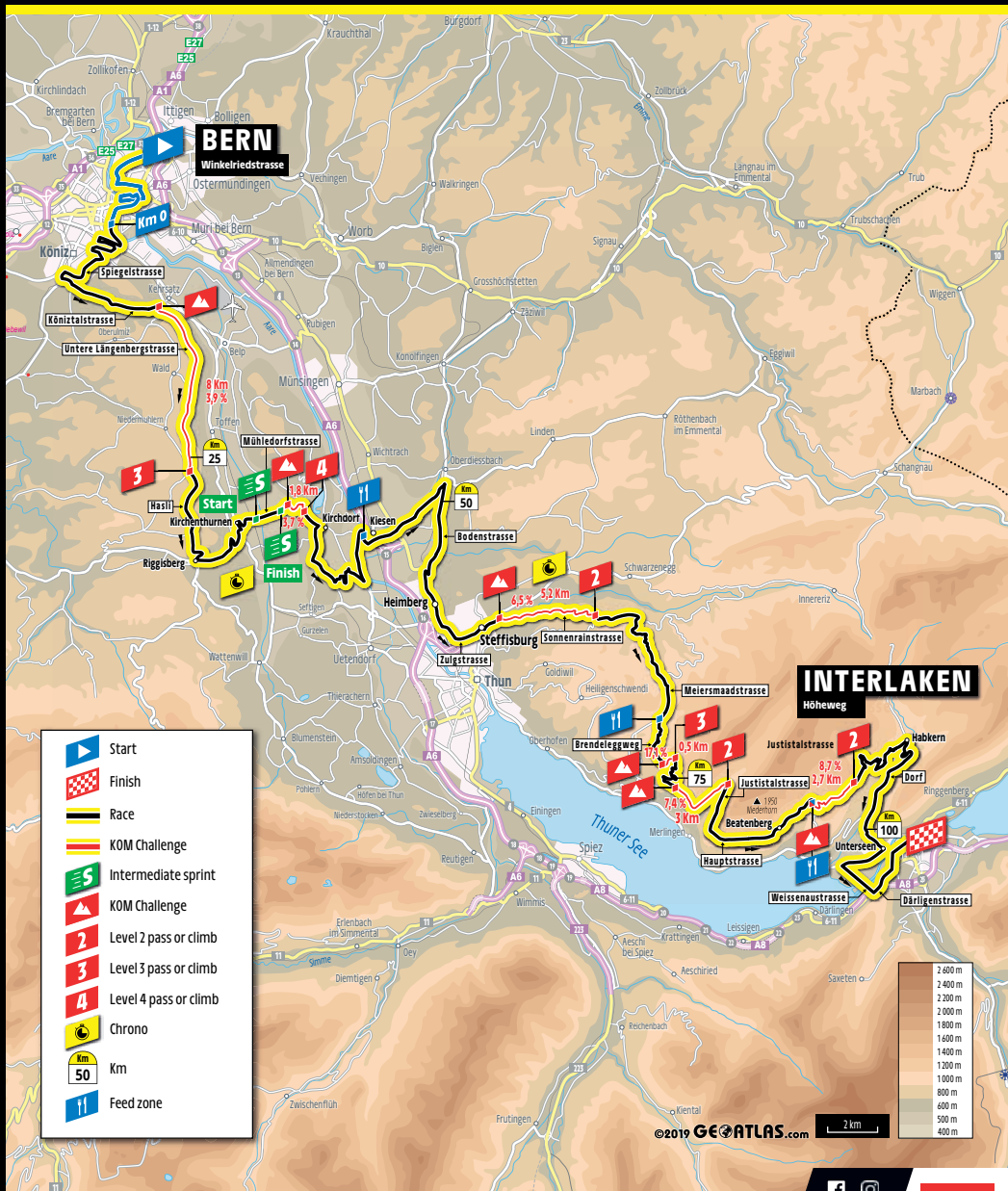
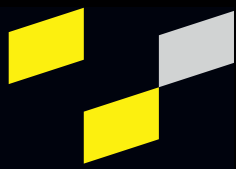
The award ceremonies will be held from 2.30 p.m.

Ranking list

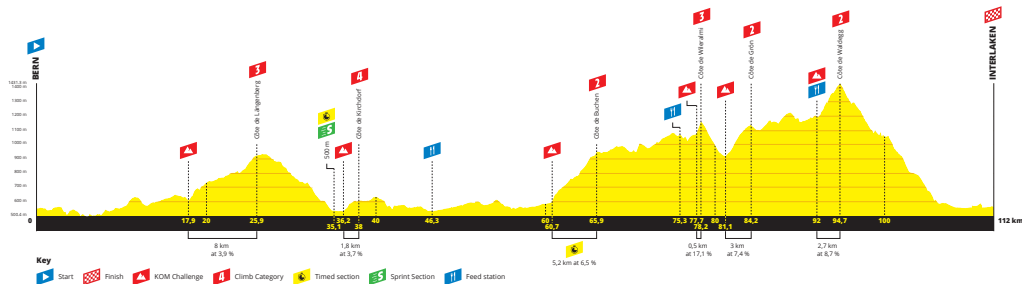
**TRACKMAXX.CH will publish the ranking lists
live on the internet.**

**PLEASE NOTE, there are rules for racers...
The Swiss Road Traffic Act shall apply.
Helmets must be worn. Instructions from
police and safety personnel must be followed.**

**Please pay attention to the signs on
the route!**



HEIGHT PROFILE

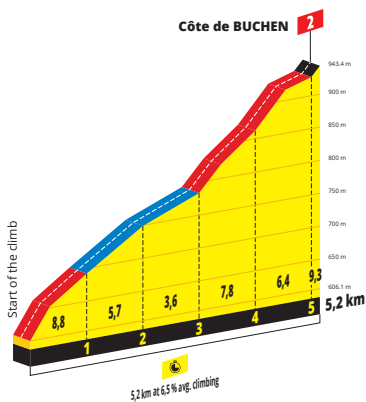


SPRINT CLASSIFICATION



Compete with the other athletes on a sprint of 500 meters.
At KM 35 you can show that you are the fastest rider among all!

CLIMB CLASSIFICATION



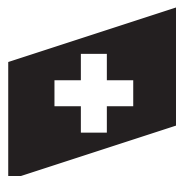
Who's the mountain king? At KM 65 you will find a steep climb where you can wear out your legs for 5.2 km. (Feel the burn!)

TIPP!

We recommend a low gear.

There are challenging inclines along the route and two steep Tour de France ascents.

IMPORTANT SIGNALS ALONG THE ROUTE



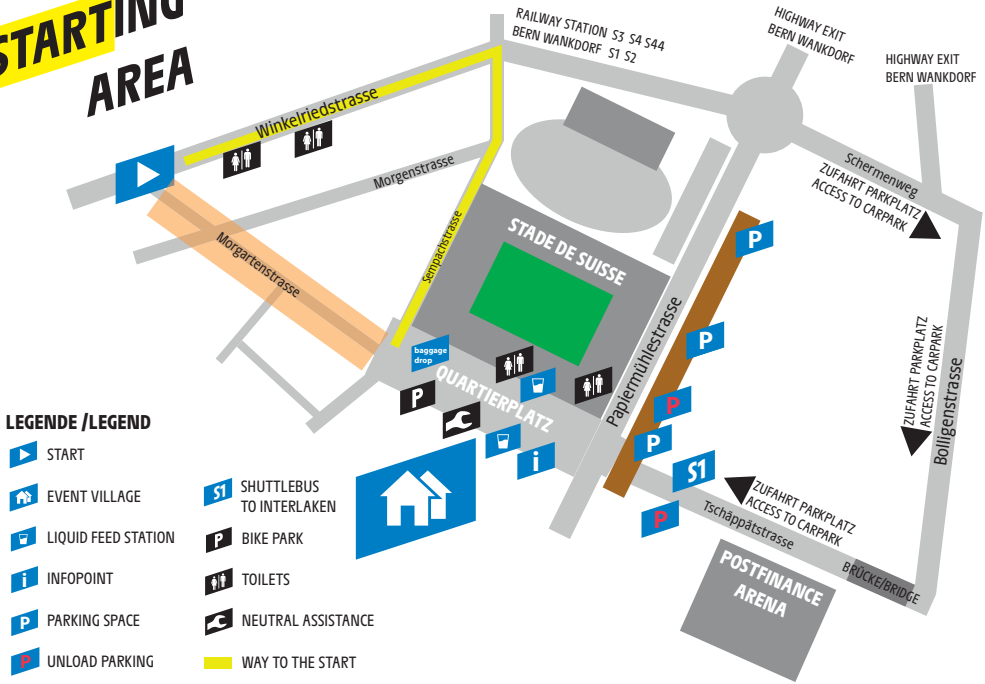
SCHEDULE

L'ÉTAPE
SWITZERLAND
BY TOUR DE FRANCE

broom
wagons

Km	müM	Ort	Tempo					
			35	30	25	20	15	13
START	554	Bern, Winkelriedstrasse	07:30	07:30	07:30	07:30	07:30	07:30
1.7	540	Nordring/Viktoriarain	07:33	07:33	07:34	07:35	07:37	07:39
2.2	555	Viktoriaplatz	07:34	07:35	07:36	07:37	07:40	07:41
2.9	560	Aargauerstalden	07:35	07:36	07:38	07:40	07:43	07:45
3.3	521	Bärengraben	07:36	07:37	07:38	07:41	07:45	07:47
4.3	540	Zyfglogge	07:38	07:39	07:41	07:45	07:50	07:53
4.8	527	Rathausparking	07:39	07:40	07:43	07:46	07:52	07:55
5.3	504	Läuferplatz	07:40	07:41	07:44	07:48	07:54	07:58
6.5	502	Dalmazibrücke	07:42	07:44	07:47	07:52	07:59	08:04
8.1	541	Seftigenstrasse	07:45	07:48	07:52	07:58	08:07	08:13
8.7	536	Schönegg	07:46	07:49	07:54	08:00	08:10	08:16
8.8	536	Querung Tram	07:47	07:49	07:54	08:00	08:11	08:17
9.5	555	Unterführung BLS	07:48	07:51	07:56	08:03	08:14	08:21
11.3	625	Spiegel, Kirche	07:51	07:55	08:01	08:09	08:22	08:30
12.0	633	Köniz Spiegel	07:53	07:57	08:03	08:11	08:26	08:34
13.4	574	Köniz, Kreisel OSZ	07:56	08:00	08:07	08:16	08:32	08:42
13.8	588	Köniz, Abzw. Köniztal	07:56	08:01	08:08	08:18	08:34	08:44
16.4	643	Köniztal	08:00	08:05	08:13	08:24	08:43	08:54
17.9	602	Kehrsatz	08:02	08:07	08:16	08:28	08:47	08:59
22.3	780	Zimmerwald	08:11	08:17	08:28	08:43	09:08	09:23
26.0	923	"ufem Gschneit"	08:17	08:24	08:37	08:54	09:23	09:40
26.6	937	Leuenberg	08:18	08:26	08:38	08:56	09:25	09:43
30.5	765	Riggisberg	08:23	08:32	08:47	09:06	09:39	09:58
32.8	613	Abzw. Kirchenthurnen	08:25	08:35	08:49	09:09	09:44	10:04
34.0	610	Kirchenthurnen	08:26	08:36	08:51	09:11	09:46	10:07
35.2	550	Bahnübergang	08:28	08:38	08:53	09:14	09:50	10:11
37.7	610	Mühledorf	08:32	08:42	08:58	09:21	09:59	10:21
39.0	611	Kirchdorf	08:34	08:44	09:01	09:24	10:03	10:26
41.1	541	Jaberg	08:37	08:48	09:05	09:30	10:11	10:35
41.6	540	Kiesen, Schiessstand; Verpflegung / TechZone	08:37	08:48	09:06	09:31	10:12	10:37
43.4	554	Oppligen	08:40	08:52	09:10	09:36	10:19	10:44
46.0	597	Oberdiessbach Abzw.	08:44	08:56	09:16	09:42	10:28	10:55
46.2	601	Sportplatz	08:44	08:56	09:16	09:43	10:29	10:55
47.9	583	Brenzikofen	08:47	08:59	09:20	09:47	10:35	11:02
49.9	580	Heimberg (Anfang)	08:49	09:03	09:24	09:53	10:42	11:10
50.9	550	Heimberg, Hauptstrasse	08:51	09:04	09:26	09:55	10:45	11:14
52.5	550	Heimberg, Kreisel	08:53	09:07	09:29	09:59	10:51	11:21
53.3	550	Steffisburg Holzbrücke	08:54	09:08	09:31	10:02	10:54	11:24
55.0	580	Steffisburg Dorf	08:57	09:11	09:35	10:06	11:00	11:31
58.9	815	Rütschibrunne	09:06	09:22	09:48	10:22	11:22	11:56
60.9	957	Homberg	09:11	09:27	09:54	10:31	11:33	12:09
63.1	961	Burghalten	09:16	09:33	10:02	10:40	11:45	12:23
68.5	1'075	Säge / Schwanden	09:32	09:52	10:24	11:08	12:23	13:07
71.6	1'164	Wilerallmi	09:39	10:00	10:35	11:21	12:41	13:27
74.3	916	Wiler / Sigriswil	09:42	10:04	10:39	11:27	12:48	13:36
77.5	1'123	Grönhütte	09:48	10:10	10:47	11:37	13:01	13:51
80.4	1'148	Beatenberg, Abzw.	09:53	10:16	10:54	11:45	13:13	14:04
83.0	1'152	Beatenberg, Hauptstrasse	09:56	10:20	10:59	11:52	13:22	14:15
83.8	1'155	Beatenberg, Dorfplatz- TechZone	09:58	10:22	11:01	11:54	13:25	14:18
85.3	1'200	Mauren	10:00	10:25	11:05	11:59	13:31	14:25
87.9	1'408	Waldegg, Abzw.	10:05	10:31	11:12	12:08	13:43	14:39
91.9	1'180	Bort	10:13	10:40	11:23	12:22	14:02	15:01
93.6	1'067	Habkern	10:15	10:42	11:26	12:26	14:07	15:07
99.1	610	Einmündung Hauptstr. Beatenberg	10:22	10:50	11:36	12:37	14:23	15:24
100.4	576	Unterseen, "Räuberegge"	10:24	10:52	11:39	12:41	14:28	15:30
102.3	560	Kreisel Lehn	10:26	10:55	11:42	12:46	14:34	15:37
105.1	562	Interlaken, Abzw. Heimwehfluh	10:30	10:59	11:47	12:52	14:43	15:47
105.7	565	Interlaken, Bernastrasse/General-Guisan-Strasse	10:31	11:01	11:49	12:54	14:45	15:50
106.3	563	Interlaken Postkreisel	10:32	11:02	11:50	12:55	14:47	15:52
106.8	566	Interlaken, Höweg	10:32	11:02	11:51	12:56	14:49	15:54
			03:02	03:32	04:21	05:26	07:19	08:24

STARTING AREA



LEGENDE / LEGEND

- START
- EVENT VILLAGE
- LIQUID FEED STATION
- INFOPOINT
- PARKING SPACE
- UNLOAD PARKING
- SHUTTLEBUS TO INTERLAKEN
- BIKE PARK
- TOILETS
- NEUTRAL ASSISTANCE
- WAY TO THE START

PUBLIC TRANSPORT

The tramway number 9:
departing from main station of Berne
till "Guisanplatz Expo"
Urban railways S1/S2/S3/S4: till "Berne Wankdorf"

Bus number 20: till stop "Wankdorf Bahnhof"

BY CAR

The departure zone is located in front of
the « Stade de Suisse », just a few hundred
meters away from the exit "Wankdorf".
From there, please follow the signs «L'ÉTAPE»

Official L'Étape Switzerland by Tour de France racing suit

On sale near the starting line and finishing line or online when you register:

www.letapeswitzerland.ch












yellow jersey
CHF 79 instead of CHF 99.--



black jersey
CHF 69 instead of CHF 99.--

FINISHING AREA

LEGENDE / LEGEND

-  FINISH
-  EVENT VILLAGE
-  LIQUID FEED STATION
-  INFOPOINT
-  PARKING SPACE
-  SHUTTLEBUS PARKING
-  BIKE PARK
-  TOILETS
-  SHUTTLEBUS TO BERN



PUBLIC TRANSPORT

By train to Interlaken Ost station.

BY CAR

Motorway exit Interlaken Ost.

Follow our signs in the direction of Interlaken Airport.

Shuttle bus from parking (airport) to the finishing area.

No parking at the finish area!

SHUTTLEBUS INTERLAKEN - BERN BERN - INTERLAKEN



05H20 a.m. Interlaken Schlosstrasse (beim Zielgelände)
 05h30 a.m. Interlaken Flugplatz (parking Interlaken)
 06h30 a.m. Arrival in Bern (starting area)
 From 13h00 - 21h00 p.m.
 Always on the hour from Schlosstrasse, Interlaken

09H00 a.m. Bern to Interlaken (finish area)

www.letapeswitzerland.ch



facebook.com/letapeswitzerland



instagram.com/letapeswitzerland



BIKE FESTIVAL

QUARTIERPLATZ

(in front of the Stade de Suisse)

Meet with other racers on **Friday 13 September** at the starting area. You can collect your start number and scout out the area so that on Saturday morning, you can make your way to the race relaxed and ready to go.

WEEKEND PROGRAMME

FRIDAY 13 SEPTEMBER

4 P.M. OPENING OF THE BIKE FESTIVAL WITH A PUMP TRACK,
DJ AND ISSUE OF START NUMBERS

10 P.M. END OF THE EVENT

SATURDAY 14 SEPTEMBER - STARTING AREA - BERN

6 A.M. OPENING OF THE STARTING AREA AND ISSUE OF START NUMBERS

7.30 A.M. START OF THE RACE

FINISHING AREA - INTERLAKEN

10 A.M. OPENING OF THE FINISHING AREA AND CELEBRATIONS

10 P.M. END OF THE EVENT

PARTNER



MEDIENPARTNER




OFFICIAL TIMEKEEPER

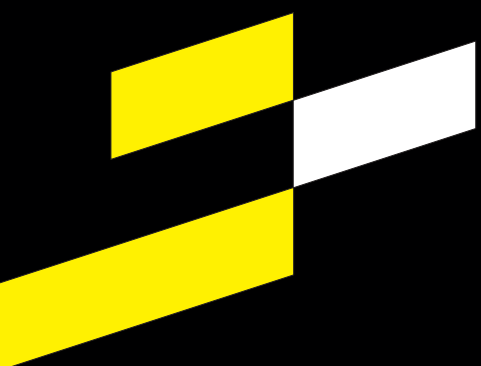


VERANSTALTER



A couple in white bathrobes stands on a wooden deck overlooking a lake at sunset. The sky is filled with dramatic, orange and pink clouds. In the background, a large mountain peak is visible. The deck has a white railing and a red rectangular table with a white towel on it.

Wellness-Oasen in der Ferienregion Interlaken – entspanne dich nach vielseitigen Radtouren.



PARTNER



MEDIENPARTNER



OFFICIAL TIMEKEEPER



VERANSTALTER

