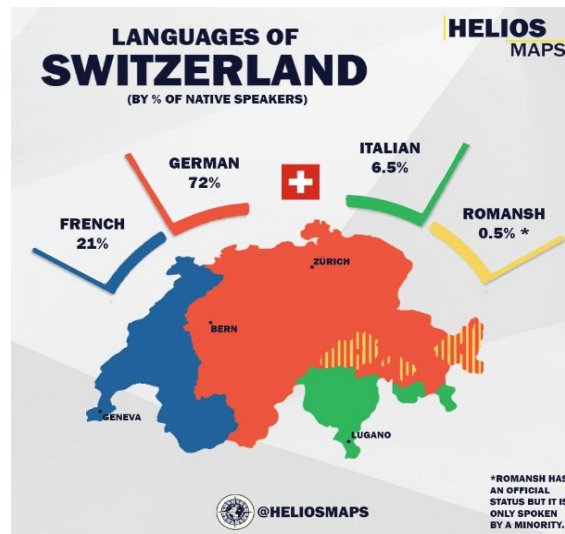


Switzerland

The Swiss Confederation consists of 26 cantons and officially recognizes 4 languages (German, French, Italian and Romansh). For instance: Albulapass, col de l'Albula, passo dell'Albula and pass dal'Alvra. Romansh is a Romance language spoken by 60,000 people in the Grisons (in yellow on the map below).



The 41,000km² are surrounded by France to the west, Italy to the south and south-east, Liechtenstein and Austria to the east and Germany to the north. Like Austria Switzerland is a landlocked country, without contact with any sea or ocean.



Two major European rivers have their source in Switzerland: the Rhône in the Rhône Glacier (Rhônegletscher), close to the Furka Pass, and the Rhine, close to the Oberalp, in the Toma Lake.

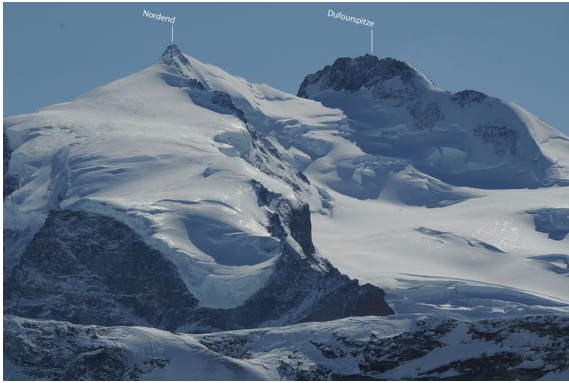


Sources of the Rhine



and of the Rhône

The pointe Dufour (Dufourspitze in German) is the highest point of the country at 4634m. It belongs to the Monte Rosa south-east of Zermatt, close to the border with Italy. The highest paved Swiss road passes by the Umbrailpass, the only one above 2500m. Since Umbrail is a step towards the Stelvio, the Umbrail is to be found in the Italian challenge (NATITA-214). The Nufenen (2478m), Great St Bernard (2469m), Furka (2429m), Flüela (2383m), Bernina (2328m), Livigno (2315m) and Albula (2312m) are the other high-altitude roads. Switzerland lies at an average elevation of 1350 m above sea level.



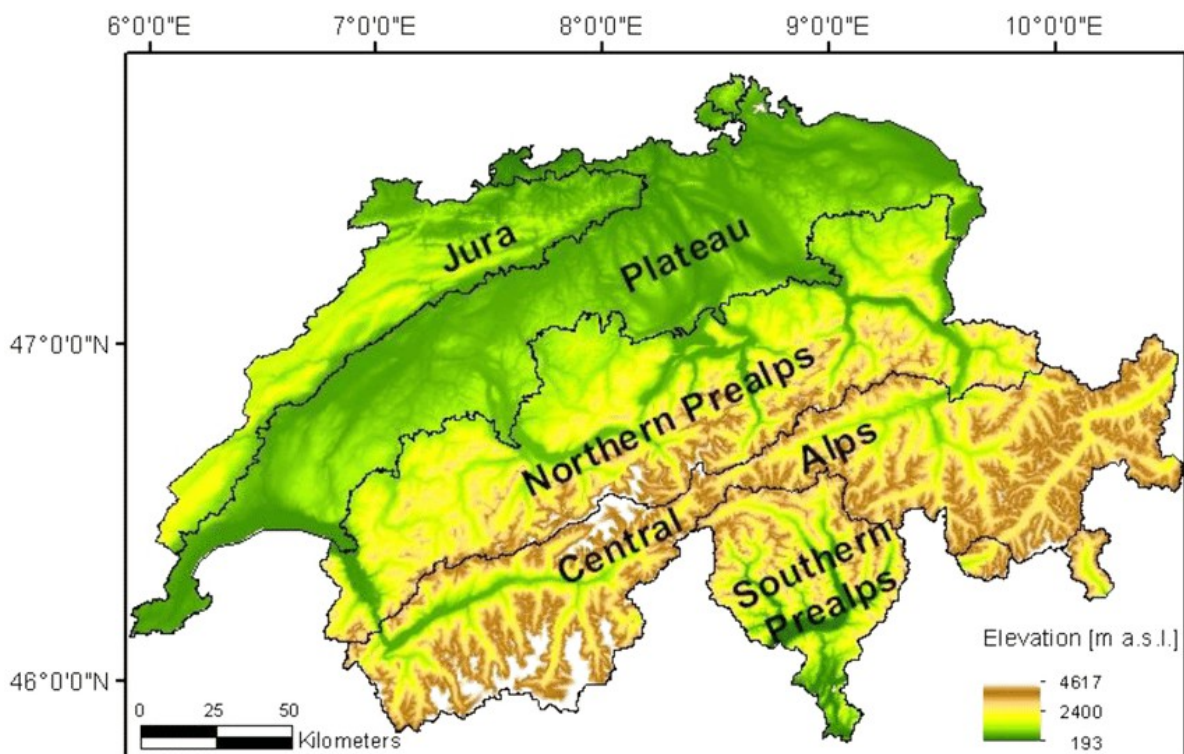
Pointe Dufour (on the right)



Umbrail hairpins

Geography of Switzerland

The map below shows that the country is a succession of layers, diagonally oriented from south-west to north-east.



In the west, the Jura covers 10% of the territory, along the border with France. Some important summits: Mont Tendre (its highest point, 1679m), Aiguillon, Vue des Alpes, Chasseral and Weissenstein.



Mont Tendre



Chasseral

The Central Plateau (Mittelland in German) lies between the Jura and the Alps. It's made of hills between 400 and 600m high. It covers more or less 30% of the territory and includes some of the most important towns (Geneva, Lausanne, Freiburg / Fribourg, the capital Bern, Lucerne / Luzern, Zürich and St. Gallen). It's also the 'Great Lakes Region': Geneva in the south-west, Thun, Brienz, Lucerne / Vierwaldstättersee, Zürich and Constance / Bodensee in the north-east.



Geneva, its lake and its 140m high Water-Jet



Lake Lucerne from Bürgenstock

The Swiss Alps belong to the Central Alps. They cover 60% of the territory, the second highest percentage after Austria, and 13% of the total area of the Alps. The Rhône and Rhine Valleys separate the Northern and Southern Swiss Alps.

- Two small areas avoid the division Jura / Plateau / Alps:
- The Basel Region, beyond the Jura, lies in the Rhine Plain.
 - The Mendrisiotto, in Ticino, is an extension of the Po Plain.



The Rhine in Basel

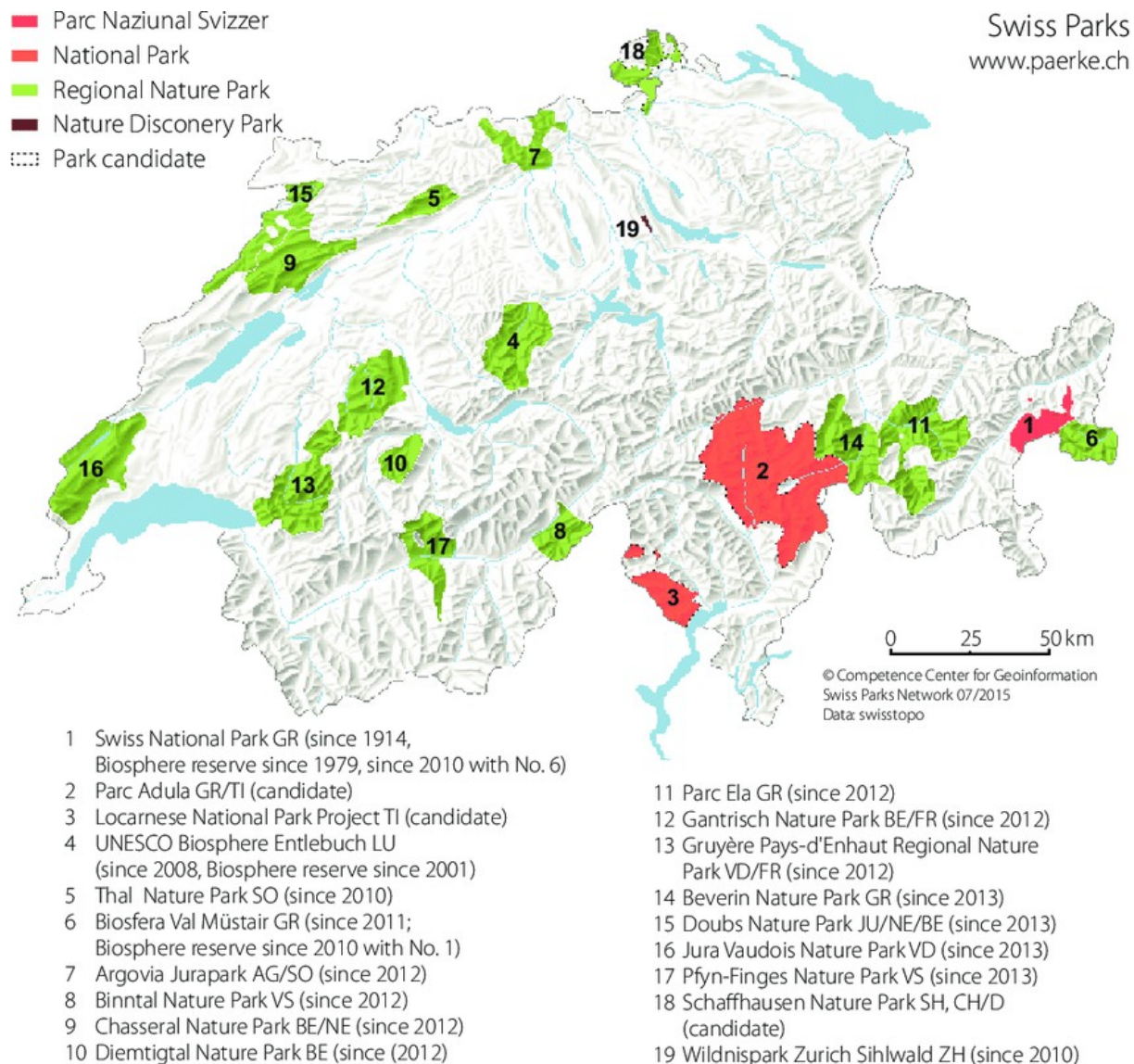


Mendrisiotto beyond Monte San Giorgio

Tourism

The protected areas

In Switzerland there are about twenty parks, among which only one national park (1 in red on the map below). The NW side of 166-Pass dal Fuorn goes through it. The pass itself and the eastern side lie in the Biosfera Val Müstair (6 on the map), like the northern side of Umbrail / Stelvio (see the Italian Challenge).



The map shows the situation in 2015, but our data are updated in 2023

Updated interactive map: <https://www.parks.swiss/en/map.php>

List of the nature parks and summits selected from north to south:

Schaffhausen (18 on the map): 126-Randenüberfahrt and 128-Hurbig (Buchberg)

Argovia Jurapark (7): 67-Ruine Tierstein, 69-Herzberg and 73-Bözberg

Thal (5): 7-Passwang, 11-Obere Tannmatt, 13-Weissenstein, 14-Balmberg and 15-Bättlerchuchi

Doubs (15): 2-Sur-la-Croix, 16-Les Enfers-Montfaucon and 17-Le Noirmont

Chasseral (9): 18-Haut de Bémont, 19-Mont-Crosin, 20-Mont-Soleil, 21-Le Chasseral, 22-Place Centrale, 23-Col de la Vue des Alpes and 24-Chaumont



Thal Naturpark



Parc naturel du Doubs

Jura vaudois (16): 188-Dent de Vaulion, 189-Croix de Châtel, 190-Mont Tendre, 191-Col du Marchairuz, 192-Col de la Givrine and 193-La Barillette

083-Albispasshöhe is close to the Wildnispark Zurich-Silhwald (19)

Biosphère UNESCO Entlebuch (4): 101-Holzweggen, 102-Rengg, 103-Bramboden, 104-Heiligkreuz, 106-Glaubenbergpass, 107-Marbachegg, 108-Vorder Schwarzenegg and 109-Glaubenbielenpass

Gantrisch (12): 36-Belpberg and 46-Gurnigel



Biosphera Entlebuch



Gantrisch

Gruyère Pays-d'Enhaut (13): 43-Gruyères-Molésou, 45-Hauta-Chia, 47-Salzmatt, 48-Euschelspass, 051-Mittelberg, 197-Col de Jaman and 198-Col des Mosses

Diemtital (10): 50-Gestelenpass

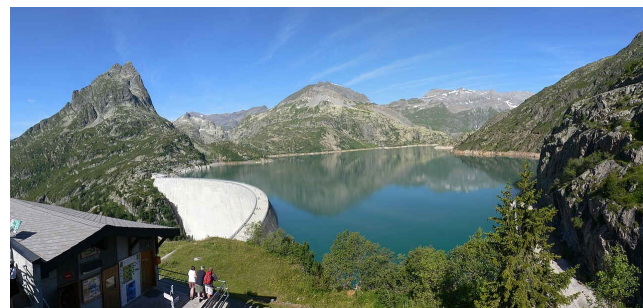
Trient (not on the map, west of Martigny): 215-Lac d'Emosson and 216-Col de la Forclaz

Pfyn-Finges (17): 209-Leukerbad and 210-Obere Feselaalpe

Binntal (8): 213-Fäld



Gruyère Pays-d'Enhaut



Lake Emosson (Trient Nature Park)

Parco Nazionale del Locarnese (3): still in the making, it includes 236-Bosco / Gurin, 238-Nucleo, 239-Bosco Sacro di Mergugno, 240-Monte Sassello and 241-Cardada

Adula National Park (2) is stillborn, it won't ever see the day.

Beverin (14): 171-San Bernardino, 175-Glaspas and 176-Alp Anarosa

Ela (11): 162-Lenzerheidepass, 178-Alp da Stierva, 179-Albulapass and 180-Julierpass



Piz Beverin



Ela (Rhaetian Railway)

UNESCO Sites

Switzerland has 12 sites. 7 of them are in the Challenge:

Rhaetian Railway in the Albula (179) / Bernina (183) Landscapes

Benedictine Convent of St John at Müstair (166-Ofenpass)

La Chaux-de-Fonds / Le Locle, Watchmaking Towns (23-Vue des Alpes and 29-Sommartel)

Lavaux, Vineyard Terraces (196-Tour de Gourze)

Three castles of Bellinzona (243-Castello di Sasso Corbaro)

Old City of Berne (33-Clock Tower)

Jungfrau-Aletsch (60-Oberaarsee and 212-Bettmeralp are close)



Tower of Gourze and Lake Geneva



Castle of Sasso Corbaro



Clock Tower in Berne



Aletsch Glacier

The most beautiful villages in Switzerland

The Challenge visits 19 villages labelled 'Most beautiful villages in Switzerland', 20 with Triesenberg (in the climb to Malbun, Liechtenstein):

Porrentruy and Saint-Ursanne (002), La Neuveville (021), Valangin (023), Erlach / Cerlier (025), Gruyères (043), Rougemont (051), Splügen (171), Bergün / Bravuogn (179), Soglio (182), Poschiavo (183), Romainmôtier (188), Ernen (213), Evolène (223), Grimentz (225), Simplon Dorf (229), Hospental (231), Bosco / Gurin (236) and Morcote (248).

More details on <https://www.borghisvizzera.ch/en/>



Gruyères



Bergün / Bravuogn



Hospental



Morcote

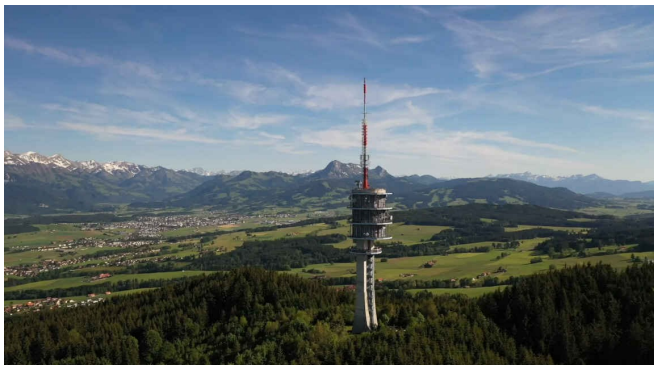
In Ticino, two protected areas smaller than the nature parks are summits in the Challenge: the Mergugno Sacred Wood Forest Reserve (239) and the San Grato Botanic Garden (248).

Scenic roads and viewpoints

Swiss scenic mountain roads are famous: Susten (121), Furka (122), Oberalp (125), Flüela (163), Lukmanier (169), San Bernardino (171), Bernina (183), Albula (179), Julier (180), Nufenen (214), and Gotthard (231).

Lower three other summits have nice viewpoints: the Glaubienbielen Panoramastrasse (109) and the hairpins in the Col des Planches (2017) above Martigny and in Mergugno (239) above the Lake Maggiore. The list isn't comprehensive.

About twenty summits are located on or close to a viewpoint ('Aussicht' in German), with a potential observation tower: Gempenturm (005), Bättlerchuchi (015), Hochwacht (027), Belpberg (036), Gibloux (042), Hasenberg (077), Goldenberg (080), Zurichberg (082), Pfannenstiel (085), Hirzel (086), Bachtel (089), Scheidegg (090), Zugerberg (093), Haggenegg (099), Klewenalp (114), Wartensee (133), Schrina (142), Buchs (143), Le Suchet (187), Signal de Bernex (194), Cardada (241), Santa Maria (246) and Monte Brè (247).



Gibloux Tower

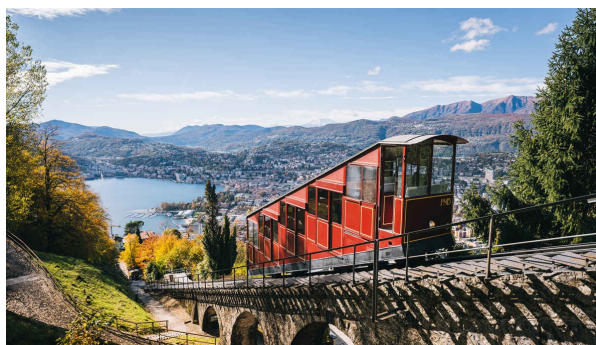


Winterthur from the Goldenberg

A few viewpoints can be reached by a funicular: Mont-Soleil (020), Chaumont (024), Zugerberg (093), Stanserhorn (113), Monte Brè (247) and Monte Generoso (249).



Chälti-Stanserhorn vintage



Funicular to Monte Brè

Blue tourism

Lakes

In the French speaking region, the Challenge visits 6 lowland lakes. From north to south:

Biel (025-St. Peter's Island / St. Petersinsel)

Neuchâtel (023-Vue des Alpes, 024-Chaumont and 034-Les Granges)

Morat (031-Mont Vully)

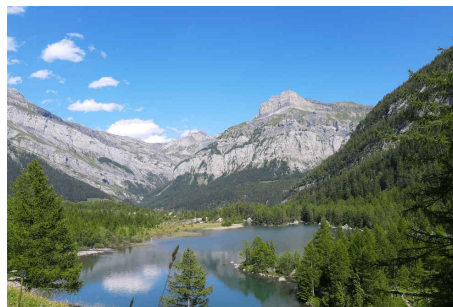
Joux (189-Croix de Châtel)

Gruyère (042-Tour du Gibloux)

Geneva (191-Marchairuz, 192-Givrine, 193-La Barillette, 195-Lausanne, 196-Gourze, 197-Jaman).



St. Peter's Island



Derborence

And 7 mountain lakes: Morgins (200), Derborence (205), Tseuzier (207), Emosson (215), Champex (218), Mauvoisin (220) and Moiry (225).

In the German speaking part, lowland lakes from the north-east:

Constance / Bodensee (130-Rennental and 133-Wartensee)

Zürich (082-Zürichberg, 084-Limberg, 085-Pfannenstiel, 086-Hirzel and 094-Etzel)

Baldegg (092-Herlisberg)

Zug (093-Zugerberg)

Sihl (096-Sattelegg)

Walenstadt (141-Vorder Höhi and 142-Schrina)

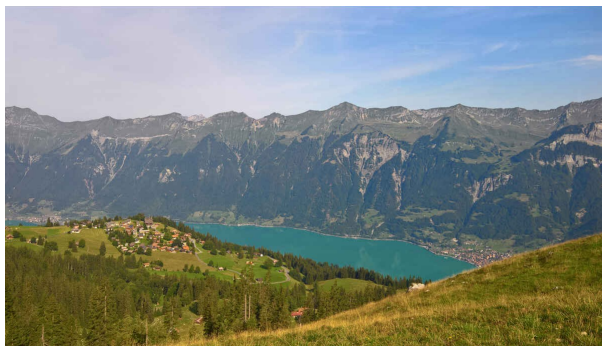
Lucerne / Vierwaldstättersee (097-Seebodenalp, 098-Hütteberg, 111-Bürgenstock, 112-Seelisberg, and 114-Klewenalp)

Sarnen (106-Glaubenberg and 118-Ällgialp)

Lungern (110-Breitenfeld)

Brienz (055-Axalp)

Thun (040-Heiligenschwendi and 041-Beatenberg).



Brienzersee from Axalp

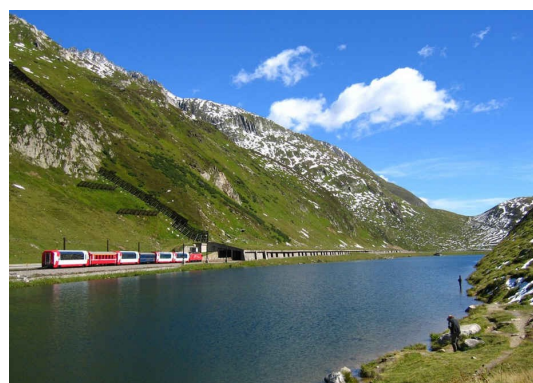


Zugersee from Zugerberg

A few mountain lakes in numerical order: Engstlensee (054), Räterichsbodensee, Grimsensee, Oberarsee and Totensee (060), Melchsee (119), Klöntalersee (123-Pragelpass and 147-Schwammhöhe), Oberalpsee (125), Talalpsee (145), Zmuttbach (227) and Mattmarksee (228).



Melchsee



Oberalpsee

In the Grisons / Graubünden: Heidsee (162-Lenzerheide), Davos and Schottensee (163-Flüela), Lai da Sontga Maria (169-Lukmanier), Zervreilasee (170), Laghetto Moesola (171-San Bernardino), Albulasee (179), Marmorera, Güglia, Sils and Silvaplana (180-Julier) and Lago Bianco (183-Bernina).



Lai da Sontga Maria



Lago Bianco – Bernina Express

In Ticino:

Lake Maggiore: 239-Mergugno, 240-Sassello, 241-Cardada and 244-Alpe di Neggia

Lake Lugano: 246-Monte Santa Maria, 247-Monte Brè and 248-Parco San Grato

Mountain lakes: Lago della Piazza (231-Saint-Gothard), Luzzone (232) and Narèt (233).



Lac Maggiore from Cardada

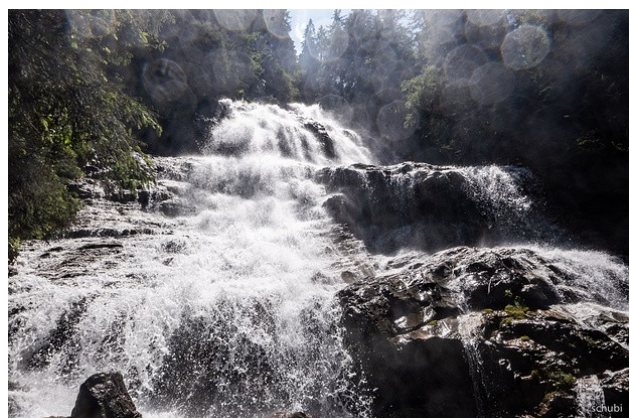


Lago del Narèt

Two waterfalls : the Rhine Falls (127-Schaffhausen) and the Griesschlucht in Gorneren (059).



Schaffhausen



Griesschlucht

Ski

The ski resorts are many. A selection of 20:

Gstaad (close to 052-Saanenmöser and 202-Col du Pillon), Grindelwald (056-Bussalp and 057-Grosse Scheidegg), Adelboden (058), Sörenberg (108), Gerschnialp-Engelberg (120), Andermatt (125), Wildhaus (140), Flumserberg-Tannenbodenalp (148), Flims (156), Arosa (161), Davos (163-Flüela), 164 Ischgl (164 in Austria), Saint-Moritz between Julier (180), Albula (179) and Bernina (183), Portes du Soleil (199), Morgins (200), Ovronnaz (206), Crans-Montana (208), Leukerbad (209), Champex (218), Verbier (219), Thyon 2000 (221), Zermatt (227) and Saas-Fee (228).



Gstaad



Arosa by night



Davos



St. Moritz

Juf (181) is the highest village in Switzerland (2124m).

Ällgi (118) lies close to the geographical centre of Switzerland, a few hectometers after the end of the paved road.



Juf



Geographical centre

Castles

The Habsburg Castle (074) dates from the 11th century. The House of Habsburg reigned over a huge part of Europe from the 13th to the 18th centuries.

Sissacherfluh (063) and Tierstein (067) are medieval castles in ruins.

Regensberg (079), Hohenklingen (129) and Wartensee (133) were built in the 13th century. They're in a much better state of preservation.

The Fortress St. Luzisteig (150) dates from the 17th century. It includes a military museum.



Habsburg



Regensberg

The Gruyères Castle (043) also dates from the 13th century. It towers above the medieval town. In Sion, the Tourbillon Castle is opposite the Valère Basilica, at the foot of Tseuzier (207). It was built in the end of the 13th century by Boniface I of Challant.

The Bourguillon Gate was erected in 1367. It lies close to the top of Loreto / Lorette (035).

On several mountain passes (San Bernardino, Bernina, Simplon, Gotthard and Great St Bernard) we can find hospices, places intended to provide hospitality to travellers and pilgrims.

Close to the top of Schrina (142), the Paxmal (Friedensmal) is an ersatz of a Greek temple, built between 1924 and 1949 by Karl Bickel, to celebrate peace.

The Mount Vully (031) was a Celtic oppidum (fortified settlement). Today it looks like an archaeological site and a historical trail. A section of the rampart was rebuilt.

Gastronomy and sport

No Switzerland without cheese. Emmental can be tasted thanks to Ober Lingummen (037) and Chuderhüsi (038), and Gruyère in ... Gruyères at the foot of Moléson (043).

Do you know the Swiss wrestling ('Schwingen') ? It's a national sport and some events take place at the Brünig Pass (053) and in Schwägälp (139).



Tourbillon and Valère in Sion



Simplon Hospice



Paxmal

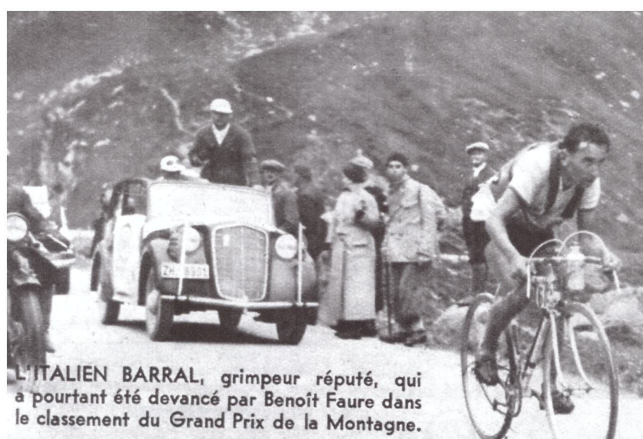


Brünigschwinget

Media

The **Tour de Suisse** is one of the most important stage races in the World Tour calendar. It was created in 1933 to celebrate the 50th anniversary of the SRB, the German speaking cycling federation (Schweizerischer Radfahrer-bund). The 1255km were cut in... 5 stages: 227 (Zürich-Davos), 240 (Davos-Lucerne), 303 (Lucerne-Geneva), 259 (Geneva-Basel) and 226 (Basel-Zürich). The first stage winner was the Italian Luigi Macchi and the first tour winner the Austrian Max Bulla.

The Alps were involved from the beginning, despite unpaved roads in some passes and bad weather conditions in some occasions. Wolfgang was the first major obstacle. It preceded the finish line in Davos and lies in the climb to the Flüela Pass. In 1933, the riders also climbed Lenzerheide, Oberalp and Jaun ; in 1934, Wolfgang again, San Bernardino, Gotthard, Brünig, Pillon and Vue des Alpes ; in 1935, the from now on traditional Wolfgangpass, Flüela, Julier, San Bernardino, Gotthard, Brünig, les Mosses, la côte de Sainte-Croix, Vue des Alpes and Scheltenpass, ...



Gotthard Pass in 1935



Scheltenpass the same year

According to the official website (www.tourdesuisse.ch), until 2023 the Gotthard Pass was the most used (41x), then Lukmanier (35x) and Staffelegg (24x).

Other frequent KOM: Passwang (007), Vue des Alpes (023), Brünig (053), Grimsel (060), Sattellegg (096), Susten (121), Furka (122), Klausen (124), Oberalp (125), Wildhaus (140), Lenzerheide (162), Wolfgang-Flüela (163), San Bernardino (171), Albula (179), Julier (180), Les Mosses (198), Pillon (202), Nufenen (214) and Simplon (229).



Breu in the Nufenen (1979)



Klausen in 1984

Apart from Davos, Arosa (161) was the first uphill finish. The resort hosted the Tour de Suisse at least 12 times (1946, 1948, 1952, 1970, 1989, 1990, 1993, 1999, 2000, 2005, 2012 and 2018).

Crans-Montana (208) 6 times in 1952, 1969, 2001, 2007, 2009 and 2011.

Some other multiple uphill finishes:

Verbier (219): 1979, 2000, 2002, 2005, 2008, 2012 and 2014

Leukerbad (209): 1985, 1988, 2003, 2006, 2018, 2021 and 2023

Lenzerheide (162): 1968, 1971, 1974, 1976, 1990 and 1998

Flumserberg (148): 1977, 1983, 1995, 2008, 2013 and 2019

Saas-Fee (228): 1961, 1966, 2003 and 2014

Adelboden (058): 1952 and 2004

Zermatt (227): 1973 and 1989

Amden (141): 1976 and 2016

Some summits were the finishes of ITT hill climbs:

Sattelegg (096): 1959, 1965 and 1973

Klausen (124): 1968, 1984, 1991 and 2008

Balmberg (014): 1969, 1972, 1978, 1981, 1985, 1990 and 1993



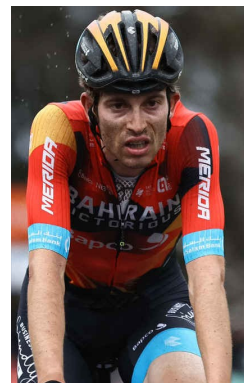
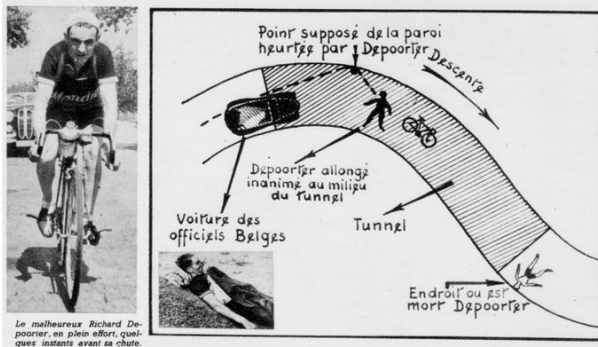
Quintana in Arosa in 2018



Gall in Leukerbad in 2023

The Tour de Suisse is mourning the death of two riders: Richard Depoorter in the Susten in 1948 and Gino Mäder in the descent from Albula to La Punt in 2023.

LA MORT DE R. DEPOORTER



The **Tour de Romandie** was created in 1947 to celebrate the 50th anniversary of the Union Cycliste Suisse. At that time the Swiss cyclism was federalized: the UCS was French speaking and the SRB German speaking. The current federation, Swiss Cycling, is the result of the merger made in 1996.

The first edition was 755km long (in 4 stages) ; 3 difficulties are listed: col des Mosses (198), Grande Joux and col des Roches (in 029-Sommartel).

In 1948, Montana (208) was the first uphill finish. Vue des Alpes (023), col des Roches and Pierre-Pertuis (018) were also climbed. In 1949, Champex, Col des Rangiers (003), Les Etroits and côte de Cheyres (034).

The traditional KOM in Romandy

Col des Rangiers (003), Pierre-Pertuis (018), Les Pontins (1st part of 021-Chasseral), Vue des Alpes (023), Chemin de Lorette (035), Col de Mollendruz (189) and Col des Mosses (198).



The cobbles in Lorette (2008)



Les Mosses (2013)

The comprehensive list of the stages from 1947 to 2023 allows to make a ranking of the uphill finishes:

Crans-Montana (208) 9x

Les Diablerets (202) and Leysin 6x

Ovronnaz (206) 4x

Champéry, Morgins (200), Nendaz, Villars (203), Veysonnaz (221) and Zinal 3x

Anzère, Grimontz (225), Leukerbad (209), Moléson (043), Thyon 2000 (221) and Torgon (199) 2x

Champex (218), Chandolin (224), Chaumont (024), Evolène (223), Les Paccots (044), Signal de Bougy, Verbier (219) and Vue des Alpes 1x.



Wiggins in Crans-Montana (2012)



Adam Yates in Thyon 2000 (2023)

Tour de Suisse Women and Tour de Romandie Féminin

The Tour de Suisse goes sluggishly into Women's Cycling. After a first aborted attempt in 2001, the revival in 2021 was very poor: 2stages and that's it.

In 2022, 4 stages, but 2 abroad, in Liechstentein. A few little climbs, like St. Luzisteig (150), plus Wolfgang (Davos) and an uphill finish in Lantsch / Lenz, halfway up the hill, since it's clear that Lenzerheide is too hard for the women. Total distance: 300km!

In 2023, same small size program in quality and quantity (4 stages - 300km), but in contrast to 2022, the riders only saw the Alps from the far.

The Tour de Romandie opened up to Women's Cycling in 2022, with a route more in accordance with the Swiss geography: 380km in 3 stages and 5 KOM 3rd cat. in the 1st stage (among which the Mont Pèlerin) ; the côte de Suen (1st cat., 14km at 6,7%) and an uphill finish in Thyon 2000 from Vex (1st cat, 17,3km at 6,6%) in the 2nd stage and 2 climbs 2nd and 3rd cat. in the last stage.

2023 looked like 2022 with a nice second stage, the traditional col des Mosses and an uphill finish in Torgon (10km at 6,6%), at 1100m ;



Lucinda Brand in Lantsch (Suisse 2022)



Demi Vollering in Torgon (Romandie 2023)

The one-day races are less famous. In 2023, they were only two.

The **GP of Gippingen or GP of Aargau Canton** exists since 1964. It takes place on a circuit with one climb, Schlatt (070) or Rotberg in recent years, that doesn't prevent riders like Kristoff, Nizzolo and Nys from winning the race.

The **GP of Lugano** was created in 1950 as an ITT, until 1981. Nowadays it takes place on a circuit around Lugano. Like Gippingen, one climb is highlighted, Agra. We've selected its neighbour Carona-Parco San Grato (248), more touristy.



The bunch in Schlatt (2019)



Moscon's attack in Lugano (2021)

Two more important races have disappeared from the calendar, much to our regret.

A travers Lausanne was a hill climb race that took place from 1940 to 2001. The list of winners is telling: Kübler (4x), Coppi, Robic, Poulidor, Merckx (4x), Ocaña, Zoetemelk (5x, the record), Rominger, Dufaux, Pantani, Zülle and finally Evans, no less. So much quality thanks to the cobbles and the steepness of the rue du Petit-Chêne ('Little Oak Street'), that the Tour de Romandie sometimes brings back to life, like in 2015. Unfortunately it's a one-way street, in the wrong side.



Merckx, Ocaña, Zoetemek and Van Impe at the top of the Petit-Chêne (1971)



Last bend and top of Regensberg (1981)

The **Championship of Zürich** was a classic race similar to the Clásica San Sebastián, the Amstel Gold Race or the former version of Paris-Tours, the level just below the five 'Monuments'. The race lived from 1914 to 2006. The very long list of the winners was barely less impressive than the one of Lausanne. Passwang (007) was often used, but the Regensberg (079) and Pfannenstiel (085) were the most decisive, at least in the last years. The latter will be climbed in the World Championships 2024, that will take place in Zürich.

Switzerland regularly hosts the **Road World Championships**: Zürich (1923, 1929, 1946 and 2024), Bern (1936 and 1961), Lugano (1953 and 1996), Mendrisio (1971 and 2009) and Altenrhein (1983).

Martigny was supposed to organize the 2020 edition, but the Covid-19 got the better of the event, that was moved to Imola (Italy).

The Challenge provides the opportunity to climb 4 summits used by the 11 races:

Neubrücke (032) for Bern 1961

Bözberg (073) for Zürich 1929

Wartensee (133) for Altenrhein 1983

Torrazza di Novazzano (250) for Mendrisio (both editions)



The bunch at work in Wartensee (1983)



Cadel Evans in search of the Grail (2009)

Switzerland in the Grand Tours

According to the Dico du Tour (<https://ledicodutour.com/pays/suisse.html>), Switzerland hosted 34 stages of the **Tour de France** in 17 editions, from 1947 to 2022.

Three finish lines were located uphill: Crans-Montana (208) in 1984, Verbier (219) in 2009 and Finhaut-Emosson (215) in 2016.

5 passes were used at least 2x: Les Mosses 6x (198), Pas de Morgins 4x (200), Col de la Croix 2x (203), Col de la Forclaz 2x (216) and Vue des Alpes 2x (023).



El Pistolero in Verbier (2009)



Zakarin towards Finhaut-Emosson (2016)

The **Giro d'Italia** was in Switzerland already in 1938, 15 visits in total, the latest one in 2023. Two uphill finishes were set at the Monte Generoso (among which an hill climb ITT in 1989) (249), one in Leukerbad (209) in 1963, in Saas-Fee (228) in 1965, at Lenzerheidepass (162) in 1995 and in Crans-Montana (208) in 2023.

The Simplon (229) and the Great St. Bernard (ITA002) were logically the most used passes, 4x for the former and 5x for the latter at least.



Fignon in Monte Generoso



Pinot, Cepeda and Rubio in Crans-Montana

The **Critérium du Dauphiné Libéré** made 5 forays into Switzerland, with 3 uphill finishes in Champéry, in 2013 and 2019, and Finhaut-Emosson (215) in 2014. The Pas de Morgins (200) is of course the perfect cross-border pass.

The hill climbs

The Championships exist since 1882. It confirms a well-established habit in the country, like the historical hill climb races Martigny-Mauvoisin (36km-1350m elevation gain), Radklassiker Chur-Arosa (29km-1190m) or Le Locle-Sommartel (7km-400m). These can be chosen to designate the national champion. Mauvoisin (220) in 2000, 2006 and 2020 ; Arosa (161) in 2017 and 2021 and Sommartel in 2012 and 2013.

Other locations: Laura (174) in 2007, Montfaucon (016) in 2009, 2010 and 2023 and the Mont Salève (France-449) in 2022.



The road to Mauvoisin



Chur-Arosa

The **Trophée des Montagnes neuchâteloises** confirms this habit at a cantonal level. In 2023, the program consisted of 6 races:

Travers-Le Soliat (11,5km-650m)

Nods-Chasseral (021) (6,6km 660m)

Valangin-La Vue des Alpes (023) (9,8km 630m)

Biaufond-La Chaux-de-Fonds (023) (9,7km-470m)

Neuchâtel-Chaumont (024) (4,5km-410m)

Le Locle-Sommartel (7,2km 370m)

<https://tmn.swisscycling-ucn.ch/>

At a local level, we find for instance the Montée de l'Aiguillon (186) (7km-650m), the Grimpette de Lorette in Fribourg / Freiburg (035) (850m at 12%) or the ascent of the Monte Generoso (249) from Mendrisio.



Montée de l'Aiguillon



The Gran Fondos

The Swiss Cycling Top Tour groups 12 events together. More details on

<https://www.swiss-cycling.ch/fr/competitions/top-tour/>



1-Berner Rundfahrt: Frienisberg.

2-L'Étape Switzerland: Chapf, Chuderhüsi (038) and Blasen.

3-Säntis Classic: Schiltmoos (139-Schwägälp).

4-Engadin Radmarathon: 3 days-race with a prologue 7km and 400m e.g. ; Ofenpass (166), Livigno and Bernina (183) in the 1st stage ; Flüela (163) and Albula (179) in the 2nd.

5-Bern-Andermatt (Chasing Cancellara): Grimsel (60), Nufenen (214) and Gotthard (231).

6-Granfondo San Gottardo: Gotthard (231), Furka (122) and Nufenen (214).

7-Dillier Classic (Chasing Cancellara): Rotberg, Hagenfirst, Galten, Ampfernhöhe, Weinberg, Sulz-Gansingen and Bossenhaus.

8-Tour des Stations: 220km-7400m start in Martigny, Ovronnaz (206), Anzère, Col de Crans-Montana (higher than the resort, 208), Vercorin (1st part of Moiry, 225), Nax, Saint-Martin, Les Collons, Nendaz, La Croix de Coeur (219) and downhill finish in Verbier.

9-Alpenbrevet

The 'Platinum' version is as hard as the Tour des Stations: 267km-7000m. Start and finish in Andermatt, Susten (121), Grimsel (60), Nufenen (214), Lukmanier (169) and Oberalp (125).

10-Alpen Challenge Lenzerheide: Albula (179), Maloja, Splügen (ITA-688) and Lenzerheide (162).

11-Bodensee-Radmarathon: no important climb.

12-Zürich-Zermatt (Chasing Cancellara): Glauenbielen (109), Brünig (53), Grimsel (60) and Zermatt (227).

Difficulty (red triangles)

Viderjoch is 'Hors catégorie'. The pass is 2724m high with a 1733m elevation gain. It has 2112 energy points and a 50 points bomb.

Energy points

Apart from Viderjoch, 9 summits have more than 1500 points: 225-Moiry (1867), 174-Monte Laura (1708), 233-Lago del Narèt (1676), 210-Obere Feselalpe (1660), 214-Nufenen (1588), 222-Grande Dixence (1578), 183-Bernina (1565), 219-Croix de Coeur (1557) and 118-Ällgialp (1538).

Bombs

14 summits have a bomb at 40 or more:

14-Balmberg 50 ; 110-Breitenfeld and 118-Ällgialp 47 ; 151-Furt 45 ; 172-Alp de Bec and 210-Obere Feselalpe 44 ; 65-Waldweil ; 142-Schrina-Hochrugg and 196-Tour de Gourze 42 ; 13-Weissenstein, 99-Haggenegg, 157-Kunkelspass, 174-Monte Laura and 184-Cavaione-Pitila 41.



Viderjoch



Altitude

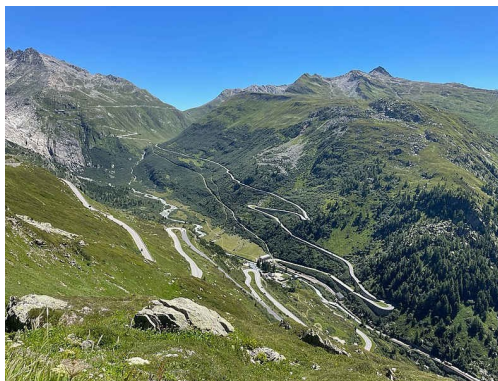
9 summits exceed 2300m: 214-Nufenen (2478m), 122-Furka (2431), 163-Flüela (2383), 225-Moiry (2349), 176-Alp Anarosa (2329), Bernina (2328), 179-Albula (2312), 233-Lago del Narèt (2311) and 60-Oberarsee (2303).

Elevation gain

10 sides have an e.g. greater than 1600m: 180-Julier (1957m), 183-Bernina (1888), 233-Lago del Narèt (1870), 225-Moiry (1832), 204-Sanetsch (1750), 229-Simplon (1736), 219-Croix de Coeur (1704), 60-Oberarsee (1675), 222-Grande Dixence (1651) and 171-San Bernardino (1619).

Distance

12 sides are longer than 30km: 180-Julier (50km) ; 229-Simplon (42) ; 181-Juf (39) ; 223-Arolla (38) ; 163-Flüela (35) ; 134-Bernina, 225-Moiry, 227-Zermatt-Zmutt and 228-Mattmarksee (34) ; 231-Gotthard and 60-Oberarsee (33) ; Lago del Narèt (32).



Furka



Laura