

COUNTRY    BIG    CLAIMS    ALTITUDE    CRITERIA

## **Svájc / Switzerland**

Még teljesítendő **33 BIG** cél, list of **33 BIG s** stil to climb

### **1. day**

PUH- Sankt Gallen 910 km 1 h driving >>>> Sarnen 160 km 2.5 h driving

### **2<sup>nd</sup> day**

**548 Glaubenbergpass** 1543 m , 46.8928 / 8.10776

SIDES

E 14.6 km - **Sarnen** 471m 46.89868 / 8.2462 , 1072m , 14.6 km , 7.3-12.9 % , Energy points 984 3 h cycling

NW 16.3 km - 781 pt

**549 Glaubebüelenpass** 1611 m 46.81994 / 8.09437

>>>Giswil 10 km

SIDES

E 13.3 km - second name:Panorama Strasse , start place **Giswil** 493m

46.83245 / 8.18342 , 1118m , 13.3 km , 8.4 -14.1 % , Energy points 1147 4h cycling

NW 15.5 km - 539 pt

>>35 km , 0.6 h driving to Brienz

### **3<sup>rd</sup> day**

**564 Axalp** 1535 m second name :Chüemad+ start place: **Brienz** start altitude 569m , start location 46.73975 / 8.04936 ,**966m** , 10.1 km , 9.6-13.4 % , Energ. p. 970

3 h cycling

>> 40 km to Spiez

**562 Gorneren** 1407 m , second name Gornerenstrasse, Kiental- start place :**Spiez via Hondrich,Aeschi ,( am Thunersee)** 698m , 46.63006 / 7.69164 , **709m** , 13.7 km, 5.2-25.8 % , Energy points 952

>> 70 km, 1,2 h driving

### **4<sup>th</sup> day**

**547 Gurnigel** 1609 m , 46.73206 / 7.44789

SIDES

N 9.7 km -second name :Stieren, Selibüelpass,Stierenhütte , start place **Rüti bei Riggisberg** , 824m start location 46.78115 / 7.45042 , **785m** , 9.7 km, 8.1-19.9 % , Energy points 855 2,5h cycling

>>>>70 km 1.2 h driving

**542 Hauta-Chia** 1458 m second name :Auta-Chia , start place **Broc** (route Pra Rond) , 690m

46.60271 / 7.09334 , **768m** , 18.2 km , 4.2-13.4 % , Energy points 737 2.5 h cycling

>> 10 km to **Im Fang**

### **5<sup>th</sup> day**

**546 Jaunpass** 1509 m , 46.59142 / 7.34071 ,second name Col de Bellegarde

SIDES

W:

start place **Im Fang** (near Broc ) start altitude 928m , 46.59951 / 7.23661

**581m** , 10.4 km , 5.6 -11.5 % , Energy points 508 2 h cycling

NE 8.2 km - 662 pt 10.4 km - 508 pt second name Col de Bellegarde start place Reidenbach 840m , 46.61956 / 7.37728 , 669m , 8.2 km , 8.2-15.3 % Energy points 662

>>> 71 km 1 h driving to Bex via Villars-sur-Ollon

**545 Col de la Croix** 1778 m GPS Location 46.32515 / 7.1268

SIDES

W 19.5 km - 1245 pt

SW 23 km - **Bex via Villars-sur-Ollon** :437m 46.25048 / 7.02055 , **1341m** , 23 km  
5.8 -11.9 % Energy points 1137

NW 28.4 km - 1027

>>> 37 km 45 min. driving to Martigny

### 6th-7<sup>th</sup> day

**574 Col des Planches** 1411 m

SIDES

**W** 10.7 km - 878 pt start place **Martigny** via Chemin :start altitude :500m , 46.08709 /  
7.05767 , **911m** , 10.7 km , 8.5-13.9 % , Energy points 878

SE 8.5 km - 696 pt

**576 Barrage de Mauvoisin** 1961 m start place: **Martigny** :499m 46.08711 /  
7.05761 , **1462m** , 35.2 km , 4.2-10.2 % , Energy points 1090

>>> 20 km to Ardon

### 8<sup>th</sup> day

**558 Ovronnaz** 1332 m GPS Location

46.20369 / 7.16689

SIDES

E 10.4 km - 960 pt **Ardon** start altitude 488m 46.20613 / 7.25134 , **844m** , 10.4 km  
8.1-13.6 % , Energy points 960

SE 10.3 km - 847 pt

>> 10 km to Sion

### 9-11<sup>th</sup> day

**560 Lac de Tseuzier** 1778 m second name Zeusier , start place **Sion** , 530m  
46.23586 / 7.36052 , **1248m** , 21.2 km , 5.9-13.8 % , Energy points 1218

**577 Thyon 2000** 2095 m start place :**Sion via Vex,Les Collons** :497m , 46.22633 /  
7.38641 , **1598m** , 20.7 km , 7.7 -11.7 % , Energy points 1398

### 12<sup>th</sup> day

**578 Barrage de la Grande Dixence** 2141 m , **Sion** : 490m , 46.22784 / 7.37427  
**1651m** , 26.2 km , 6.3-12.3 % , Energy points 1444

### 13<sup>th</sup> - 15<sup>th</sup> day

**559 Col du Sanetsch** 2252 m, second name:Sanetschsee- start pl:**Pont de la Morge**  
(**Sion**):502m , 46.22479 / 7.3126 , **1750m** , 26.3 km 6.7-10 % Energy points 1445

**579 Arolla** 1998 m second name Ferpècle! start place **Sion**: 490m , 46.22791 /  
7.37455 , **1508m** , 38.3 km , 3.9-9.9 % Energy points 1252

>>> 20 km to Sierre

### 16<sup>th</sup> day

**581 Chandolin** 1979 m **Sierre via Vissoie** 570m , 46.288670 / 7.560780  
**1409m** , 23.2 km , 6.1 -9.9 % Energy points 1133

### 17<sup>th</sup> - 18<sup>th</sup> day

**561 Crans-Montana** 1510 m

SIDES

SE 14.3 km - 765 pt

SW 20.5 km - 756 pt , second name:Crans-sur-Sierre, Montana, Vermala , start place: **Sierre** , 545m , 46.294170 / 7.533620 , **965m** , 14.3 k , 6.7-8.9 % ,Energy points 765

S 15.1 km - 711 pt

**563 Fafleralp** 1788 m second name:Lötschental , start place: **Gampel (Visp elött/before)**

start altitude 643m , start location 46.31698 / 7.74425 , **1145m** , 21.3 km , 5.4-13.4 % , Energy points 917

>> 30 km to Visp

**19<sup>th</sup> day**

**582 Mattmarksee** 2197 m second name:Saas-Fee!\* start place: **Visp** :655m 46.29212 / 7.87928 ,**1542m** , 34.2 km , 4.5-9.6 % Energy points 1184

>>>10 km driving from Visp to Brig

**20<sup>th</sup> - 21<sup>st</sup> day**

**583 Simplonpass** 2005 m

SIDES

**N** 22.5 km - 1024 pt start place **Brig**, 686m , 46.31588 / 7.98769 , **1319m** , 22.5 km , 5.9-10.5 % Energy points 1024

**S** 41.8 km Olaszország felől - 1203 pt second name Passo del Sempione, start place **Domodossola** : 269m , 46.11234 / 8.29844

1736m , 41.8 km , 4.2 -9.2 % , Energy points 1203

>> 42 km driving from Brig to Oberwald

**566 Oberaarsee** 2303 m

SIDES

**N** 32.6 km - 1316 pt

**S** 18.3 km - 835 pt second name:Grimselpass- start place: **Oberwald** , 1372m , 46.5343 / 8.34899 , Difference of level: **931m** , 18.3 km , 5.1-10.9 % , Energy points 835

>>> 5 km driving to Ulrichen

**22<sup>nd</sup> day**

**584 Nufenenpass** 2478 m

SIDES

SE 60.3 km - 1589 pt , second name:Passo della Novena , **Biasca** start altitude 300m , start location 46.35989 / 8.95904 , 2178m , 60.3 km , 3.6 -9.5 % , Energy points 1589

W 13.8 km - 1067 pt , start place **Ulrichen** ,1347m , 46.50548 / 8.30999 , **1131m** , 13.8 km 8.2-11 % , Energy points 1067

75 km >> 1,5 h driving from Ulrichen to Biasca

**23<sup>rd</sup> day**

**588 Lago Luzzone** 1606 m , **Biasca** 294m , 46.35764 / 8.95792 , **1312m** , 33.1 km 4-11.1 % , Energy points 166

>> Biasca to Acquarossa 15 km 0,5 h driving

**24<sup>th</sup> day**

**587 Lukmanierpass** 1915 m second name:Passo del Lucomagno , **Acquarossa** 528m , 46.45517 / 8.94145 , **1387m** , 28.1 km , 4.9-8 % , Energy points 955

Side: N start place **Disentis** :1147m , 46.70545 / 8.8546 , 768m , 19.9 km , 3.9-11.3 % , Energy points 663

**25<sup>th</sup> day**

>> 75 km 1,2 h driving to Bignasco 45 km , 1 h driving

**586 Lago del Naret** 2311 m , **Bignasco** 441m , 46.3405 / 8.60795 , **1870m** , 32.2 km , 5.8-11.8 % ,Energy points 1624

>> from Bignasco to Vira Gambarogno 42 km 1 h driving

**26<sup>th</sup> day**

**589 Passo di Neggia** 1395 m

SIDES

N 12.7 km - 1196 pt second name Corte di Neggia, Alpe di Neggia , start place **Vira**

**Gambarogno** : 212m 46.14405 / 8.84269 , **1183m** , 12.7 km , 9.3-12.9 % , Energy points 1196

SW 22.4 km - IT Lago Maggiore

>> 50 km ,1 h driving from Vira Gambarogno to Mendrisio

**27<sup>th</sup> day**

**575 Monte Generoso** 1231 m (Lugano CH-Como IT között) second name :Albergo

Bellavista , start place **Mendrisio** :376m , 45.86921 / 8.99066 , **855m**

10.2 km , 8.4 -13.3 % , Energy points 824 0->9,3 km , road-bike 0->10,2 km MTB ok km

**Gravel 9,3->10,2km**

>> 70km ,1 h driving from Mendrisio to

**28<sup>th</sup> day**

**590 Passo del San Bernardino** 2065 m

SIDES

**S 29.5 km** - 1311 pt Bellinzona felől start place : **Cabbiolo** 446m , 46.32857 / 9.2043 ,

**1619m** , 29.5 km

5.5-10.2 % , Energy points 1311

N 8.1 km - 340 pt start place **Hinterrein** :1612m , 46.52476 / 9.1869 , 453m , 8.1 km , 5.6-11.8 % Energy points 340

>> 140 km ,3 h driving from Cabbiolo to Pontresina

**29<sup>th</sup> day**

**599 Berninapass** 2328 m second name Passo della Bernina

SIDES

SE 33.6 km - 1565 pt

NE 19.2 km start place :Livigno ,**1849m** 46.51839 / 10.12578 ,479m ,19.2 km

2.5 %-10.1 % , Energy points 564

NW 14.8 km - 327 pt start place : **Pontresina (St. Moritz)** 1794m ,46.49036 / 9.90181

**534m** , 14.8 km , 3.6-8.9 % Energy points 327

>> 70 km , 1,5 h driving to Thusis

**591 Glaspass** 1846 m start place **Thusis** 726m , 46.69457 / 9.43946 , **1120m** ,

14.2 km ,7.9 -13.8 % Energy points 1039

**30<sup>th</sup> day**

**598 Juf** 2126 m start place **Thusis**, 715m ,46.69358 / 9.44008 , **1411m** , 39.5 km

3.6-9.8 % , Energy points 997

>>> 15 km to Tiefencastel

**31<sup>st</sup> day**

**597 Julierpass** 2284 m

NW 35.9 km - 1080 pt second name Passo del Julier start place **Tiefencastel** , 860m

46.66149 / 9.57929 , **1424m**

35.9 km , 4-10 % , Energy points 1080

E 7.2 km - 417 pt

>> 30 km 0,7 h driving to Chur

**32<sup>nd</sup> day**

**593 Arosa** 1742 m start place **Chur** 604m , 46.84607 / 9.53543 , **1138m** , 28.1

km , 4 -10.9 % Energy points 1000

One day driving home