



BRIEFING 2026



Hello everyone!

This briefing provides all the essential information about the course, some key rules, and the weather forecast for the weekend.

Please read it carefully so you'll be fully prepared to enjoy the GTC at your best!

IMPORTANT RECOMMENDATIONS

The GTC is a demanding race that takes place in a high-mountain environment, **often above 2,000 metres**. Please choose your equipment and clothing carefully.

NIGHT-TIME TEMPERATURES

Temperatures can drop significantly during the night.

Be prepared for cold conditions.

BACKPACK

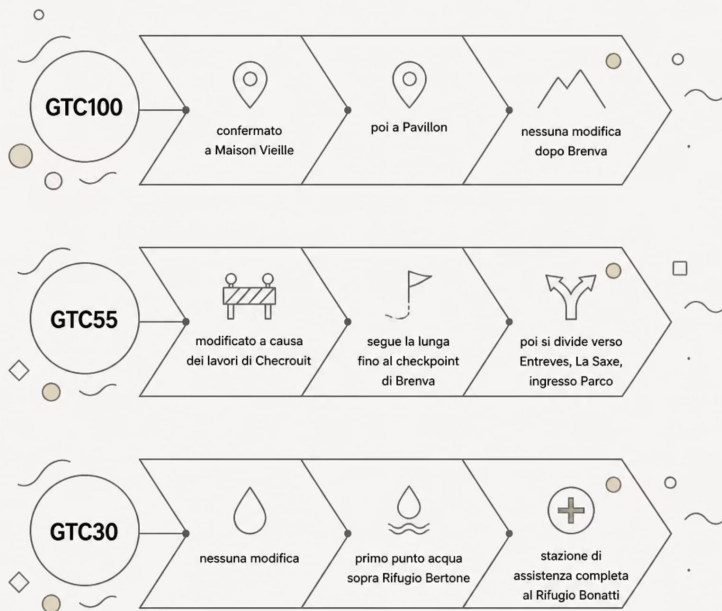
Pack your backpack carefully and make sure you carry all the necessary equipment.

ALTITUDE

The course takes place at high altitude. **Respect your own pace.**



COURSE CHANGES



GTC100 and GTC55

- Course **unchanged** up to **Maison Vieille**.
- **Val Veny Casermetta**: **new automatic checkpoint – missing the checkpoint will result in disqualification.**
- **After Maison Vieille**: the trail crosses MTB routes – pay close attention to the signs.
- **Brenva**: the two races split here – all runners must pass through the timing checkpoint.
- **GTC55** continues towards Entreves and La Saxe.

GTC30

No course changes: water point above Rifugio Bertone, first full aid station at Rifugio Bonatti.

NEW AUTOMATIC CHECKPOINT



GTC100 - GTC55 

Casermetta Val Veny

Col de la Seigne → Lago Combal

Mandatory checkpoint!



COURSE MARKINGS

The entire course is marked with **coloured flags**, signs and green paint markings. Always follow the flags for your race.

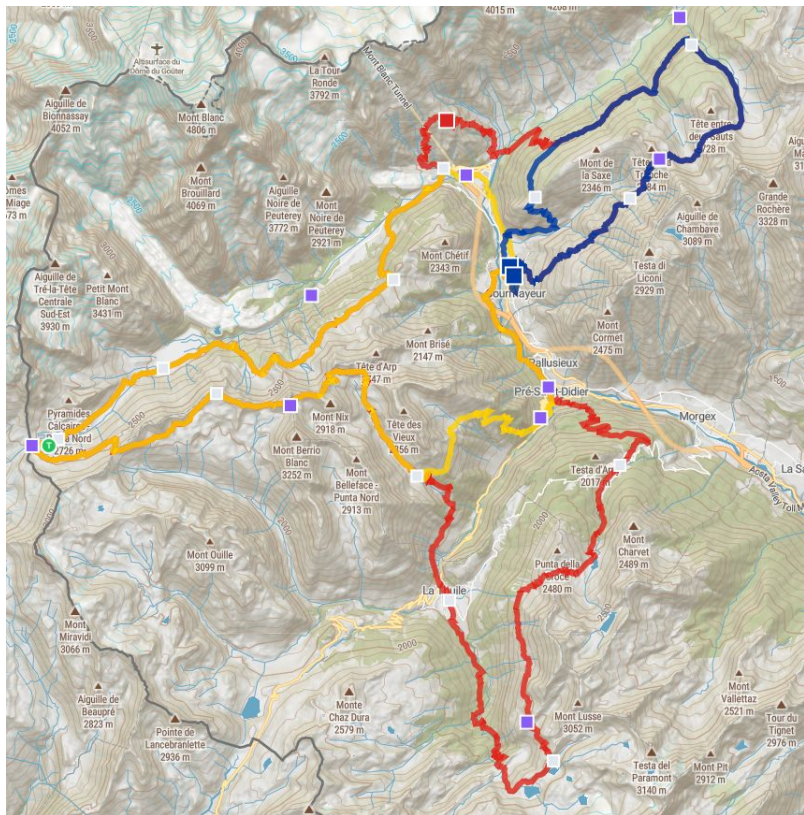
 GTC100	 GTC55	 GTC30
  GTC100 + GTC55	  GTC100 + GTC30	

At road crossings, volunteers will be present to assist you.

Traffic rules must always be respected.

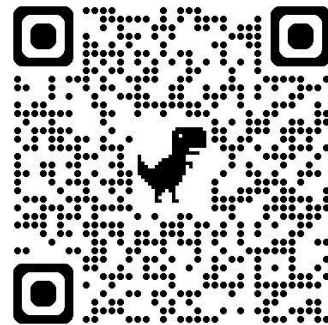


GPX TRACKS



UPDATED GPX TRACKS

You can find the updated course GPX tracks in the Download section.



<https://www.gtcourmayeur.com/it/downloads/>

**We recommend downloading them before the start.
They are the final version, updated by our course
marking team after the latest inspections of the route.**



SNOW & TERRAIN

In the final section of the **GTC100** and **GTC30**, there are still **two large snowfields**. Our course marking team has carefully prepared and secured them for your passage.

For your safety and peace of mind, we strongly **recommend carrying trekking poles and microspikes**.

It's better to have them and not need them than to need them and not have them!



AID STATIONS

DISTANCE

Aid stations are approximately **8–10 km** apart and well stocked.

WATER

Carry an adequate **supply of water**, especially for the climb to **Pavillon** and along the **Val Ferret balcony** trail, where you'll be exposed to the sun for several kilometres.

TIMING

You will be timed at every aid station, allowing us to **track your position in real time**.

WITHDRAWALS

If you decide to withdraw, you must **inform the volunteers** at the nearest aid station so they can arrange your return.



SHUTTLE PICK-UP POINTS

Arpy · La Thuile · Youlaz · Lago Combal ·
Brenva · Val Ferret



SKYWAY

Runners who withdraw at Skyway will be picked up after descending by cable car.



COMMUNICATION

Always inform the volunteers: it is essential for your safety and for the smooth running of the event.





SKYWAY

GTC100

With your race bib, you will receive a **free round-trip pass** for one supporter to Pavillon.

LAST DESCENT

Last descent: **22:30**

DROP BAGS

Transported to Pavillon. If you withdraw before reaching it, your drop bag will be returned on the first available cable car.

AT PAVILLON

Meals, medical assistance and massage therapists.

No showers available.

BASE VITA

PRIMARY SCHOOL – BASE VITA

- Showers
- Rest area (for a few hours)
- Medical assistance & massage therapists
- Meal voucher to be handed in at the dining tent

The gym is small and space is limited. **It is not intended for overnight sleeping.**

Luggage storage is not available.





VILLAGE

PARCO BOLLINO – VILLAGE

Large event tent used for race **bib distribution** and, after the start, as the finish-line **refreshment area for all runners**.

During the night, the kitchen may close temporarily, but we will do our best to always have something hot available.

WEATHER FORECAST

Weather bulletin from the Aosta Valley Regional Functional Centre – Meteorological Office.

From Friday, the high-pressure system will weaken, allowing more humid air from the North Atlantic to move in. Summer conditions will continue, but the weather will become more humid and unstable, especially on Friday afternoon and Saturday.

FRIDAY MORNING

Low and mid-level clouds at first, gradually clearing by late morning.

FRIDAY AFTERNOON

Afternoon cumulus cloud development with isolated heat showers, locally moderate thunderstorms, especially over the mountains.

SATURDAY

Mostly cloudy with mid- and high-level clouds, with scattered heat showers from the morning, locally accompanied by moderate thunderstorms.

SUNDAY

Mostly sunny, with afternoon cumulus clouds and a chance of isolated showers, mainly over the mountains.



<https://cf.regione.vda.it/it/bollettino-meteo>

TEMPERATURES

MIN / MAX : Decreasing in the mountains

Freezing level: 4,400 / 4,200 m



HAVE A GREAT RACE!

Enjoy the GTC in the right spirit: sport, fun and fair play.

Respect yourselves, the other runners, the volunteers and the mountains. **See you at the start line!**