TRAIL
VERBIER
ST-BERNARD

X-Alpine (111 km)	X-Traversée (73 km)	Verbier Marathon (43 km)	Liddes Verbier (31 km)		boisson énergétique	plain water	sparkling water	sirup	coke	Rivella	coffee / tea	various cookies	various chocolates	cakes	gingerbread or fruit bread	cereal bars	dry fruit	bananas	oranges	other fruit	broth	bread	Bagnes cheese	spicy ham or salami	dried, smoked meat or raw ham	local sausages	salted biscuits	Blevita	mixed nuts	potatoes in a field dress	spaghetti	risotto	bread, plait	jam	peanut butter	Nutella
																																			special breakfast	
x				Sembrancher	x	x	x	x	x	x	x		x		x		x	x	x		x	x					x	x	x				x	x	x	x
x				Alpage Catogne	x	x	x	x	x	x		x	x		x			x	x			x						x	x								
x				Champex	x	x	x	x	x	x	x	x	x		x		x	x	x		x	x	x	x	x	x	x		x							
x				cabane Orny	x	x	x	x	x	x	x	x	x		x	x	x				x		x					x	x							
x				La Fouly	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x						
x	x			Grand St Bernard	x	x	x	x	x	x	x	x	x	x			x	x	x		x	x	x	x	x		x	x	x							
x	x			Bourg St Pierre	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x		x		x			x				
x	x	x	x	Mille	x	x	x	x	x	x	x	x	x	x	x	x	x				x		x				x	x	x							
	x	x		Brunet	x	x	x	x	x	x	x	x	x		x	x	x	x	x		x	x	x	x		x	x	x								
	x	x		Panossière	x	x	x	x	x		x	x	x	x	x	x	x				x		x				x		x							
x	x	x	x	Lourtier	x	x	x	x	x	x	x	x	x	x			x	x	x	x	x	x	x	x	x		x					x				
x	x	x	x	La Chaux	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x					x	x	x							