



# Reglement zum Schweizerischen Zweitagemarsch

## Rules / Terms and Conditions

### 2027 Swiss Two-Day March

Bern, June 2026

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## 1. Organizer

The event is organized by the Swiss Two-Day March Association, 3000 Bern.

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## 2. Terms of Participation

The event will be conducted in accordance with the rules of the International Marching League (IML), the Swiss-Liechtenstein People's Sports Association, the European People's Sports Community (VSL-EVG), and the International People's Sports Federation (IVV).

There are no age limits or target times.

The use of hiking or Nordic walking poles is permitted.

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## 3. Categories

The following categories are available:

Category	Description	Recognition
A1	Uniformed Services: Military, Civil Defense, RKD Police, Fire Department, Railways, Postal Service, Traffic Cadets	<b>Includes a medal</b> , a certificate from the Swiss Two-Day March, and a stamp for IML and IVV/VSL-EVG
A2	Uniformed personnel / services: Military, Civil Defense, RKD-	<b>Without medal</b> , Swiss



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Category	Description	Recognition
	Police, Fire Department, Railways, Postal Service, Traffic Cadets	Two-Day March, stamp for IML and IVV/VSL-EVG
B1	Civilian participants aged 18 and older (based on year of birth)	<b>Includes a medal</b> , a certificate from the Swiss Two-Day March, and a stamp for IML and IVV/VSL-EVG
B2	Civilian participants aged 18 and older (based on year of birth)	<b>Without a medal</b> , Swiss Two-Day March certificate, and stamps for IML and IVV/VSL-EVG
C1	Children and teenagers aged 7 to 17 (based on year of birth)	Award, Swiss Two-Day March certificate, stamp for IML and IVV/VSL-EVG
C2	Children up to age 6 (based on year of birth)	Swiss Two-Day March diploma, stamp for IML and IVV/VSL-EVG
C3	Children up to age 6 (based on year of birth)	Swiss Two-Day Hike Certificate (PDF download)
C4	Children up to age 6 (based on year of birth)	Swiss Two-Day March Certificate (PDF download)
D	IVV/VSL-EVG Runners	Stamp for IVV/VSL-EVG

When picking up your race cards, you must present your IVV/VSL-EVG scorebook in person (Art. 32 VSL Guidelines).

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## 3.1 Virtual Participation

All categories can also be completed virtually. A “V” for “virtual” is prefixed to the respective category.

The following special provisions apply to virtual participation:

- No IML recognition
- IVV and two-day march scoring possible
- **2TM** award possible and eligible for scoring

For virtual participation, participants must plan and organize the route and rest stops on their own.

Medical services, safety, and any necessary rescue measures are the responsibility of the participants.

The Swiss Two-Day March will attempt to provide assistance if the emergency button in the app is pressed. However, this does not constitute any guarantee or obligation on the part of the organization. Likewise, the Swiss Two-Day March assumes no liability or costs for any rescue operations that may be triggered.

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## 4. Registration

Registration is open until the day of the march via online registration at <https://2tm.threerun.ch>.

The entry fee must be transferred to the **Swiss Two-Day March**'s account prior to the event via online banking or the provided payment system.

All payments must be made at no cost to the organizer. Transfer fees and bank charges are the responsibility of the participants.

If necessary, the entry fee can be paid on-site in cash (CHF). A currency exchange service for euros is available. Checks are not accepted.



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If a registered participant does not show up at the start or declares that they will not participate, there is no entitlement to a refund of the entry fee.

Upon presentation of a doctor's note, the entry fees may be refunded minus processing fees. The necessary bank account information must be provided.

## 5. Equipment

Attire is at the participant's discretion (civilian clothing or uniform). Sturdy footwear is recommended. If wearing a uniform, it must comply with the relevant regulations.

Foreign participants in uniform are required to obtain a uniform wear permit ("**Request for Visit**") **in accordance with the regulations** of their home country.

Carrying or wearing **weapons** is **prohibited** throughout the entire event. **There are no weight limits for luggage such as backpacks.**

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## 6. Liability

Participants are responsible for their own insurance. We recommend that you purchase accident insurance.

The Swiss Two-Day Hike Association assumes no liability in the event of an accident, illness, hospitalization, evacuation, or loss or damage during transport.

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## 7. March

### 7.1 Routes

March routes of 10, 20, 30, and 40 km are offered. Any deviations of more than 3 km will be announced at the start.

The routes are marked. Due to external factors, last-minute changes may be necessary.

Participants must follow the instructions of the route marshals.



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It is prohibited to interrupt the march by using public or private transportation or other aids.

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## 7.2 Start Times

Distance	Saturday	Sunday
<b>40 km</b>	<b>6:00 a.m. – 7:30 a.m.</b>	<b>6:00 a.m. – 7:30 a.m.</b>
<b>30 km</b>	<b>7:00 a.m. – 8:30 a.m.</b>	<b>6:30 a.m. – 8:30 a.m.</b>
<b>20 km</b>	<b>8:00 a.m. – 10:30 a.m.</b>	<b>7:00 a.m. – 10:30 a.m.</b>
<b>10 km</b>	<b>12:00 a.m. – 12:00 p.m.</b>	<b>7:30 a.m. – 12:00 p.m.</b>

Start times must be adhered to so that rest areas and traffic services can be operated on schedule.

**The finish line closes at 6:00 p.m. on Saturday and at 5:00 p.m. on Sunday.**

The tail vehicle marks the end of the event. Participants who are overtaken by the tail vehicle are considered to be outside the event and forfeit their eligibility for awards.

The course will be closed after the finish deadline.

Participants who withdraw from the course early must report to course staff or the nearest first-aid station.

Event Management: +41 (0) 79 390 50 51

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## 7.3 Race Monitoring

### 7.3.1 Stamp Card/App

Check-ins are conducted via QR code using the iOS or Android app. The QR code can also be printed out before the march. The app is available under “**2tm – threerun**” in the App Store or on Google Play.

The start card is scanned at the start, at all checkpoints, and at the finish.

Participants are responsible for ensuring that their cards are scanned at the appropriate checkpoints.



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## 7.3.2 2TM App

To verify the hiking and walking performance, use of the **2TM app** is mandatory throughout the entire march.

The app includes features for uploading selected GPS records.

After registration, participants will receive an email with information on how to download and use the app.

The 2TM app is free and available for iOS and Android.

It can be downloaded from the respective app stores or via [www.2tm.ch](http://www.2tm.ch).

If installation on your own device is not possible, you can record your data together with another participant.

Alternatively, you can submit a photo of a pedometer and describe the route you walked.

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## 7.4 Submission

Submissions received by 8:00 a.m. Swiss time on Monday will be processed and sent out the same day.

A one-time resend will be made 60 days after the march. No further mailings will be sent after that.

Changes can be made until Monday at 2:00 p.m. Swiss time.

After that, the organizing office will close and will not reopen until the next event.



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## 7.5 Start and Finish Areas

The start and finish area is located at the Bern Barracks: Papiermühlestrasse 13a, 3014 Bern

Google coordinates: 46.956102314533716, 7.459710148136503

Vehicles may only be parked in the designated parking spaces. Instructions from the supervisory authorities must be followed.

Illegally parked vehicles will be towed at the owner's expense.

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## 7.6 Race Cards/QR Code

Start cards are issued during registration at the start and finish area or can be printed at home using **the "Print-at-home" feature**.

The start card must be carried at all times during the march and must not be altered.

Violations may result in disqualification.

Any changes must be reported at registration before the start.

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## 7.7 Libero "Bus and Train"

Libero offers free travel within zones 100/101/112/113/114/115/116 to all holders of a valid participant card for the Swiss Two-Day March.

Validity extends from the opening ceremony on Friday through Sunday evening.

The participant card serves as a ticket for all participating transportation companies within the specified Libero zones.

Exceptions are:

- Marzili Funicular, Gurtenbahn, Matte Platform Lift



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- The participant pass must be presented upon request.
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## 8. Health / Medical Services

Participation is recommended only for those who are adequately prepared and in good health.

The medical services management and the event physicians are authorized to exclude participants from the event for medical reasons.

Medical services are available at both the start and finish areas as well as along the march routes.

Emergency phone number: +41 (0) 79 390 50 51

The emergency button in the app transmits your location to the virtual center. However, this does not guarantee that emergency assistance will be provided.

For urgent emergencies, we recommend also installing the “**Echo 112**” app on your mobile phone.

In acute emergencies, you can alert the **ambulance** directly through the app or by calling the emergency number **144**.

The hike organizers must also be notified as soon as possible.

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## 6. Food and Beverages

Catering options are available throughout the event on the festival grounds, at the official rest stops, and at the accommodations.

The official rest areas are marked.

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## 10. Accident Prevention

Participation is at your own risk and responsibility. Participants must walk on the left side of the road at all times.

Where sidewalks are available, they must be used.

The rules of the Road Traffic Act for pedestrians apply. Dogs must be kept on a leash at all times.

Bringing other animals requires prior approval from the march organizers.

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## 11. Support Vehicles

Private escort vehicles of any kind are permitted outside the march routes. Driving on the march routes is prohibited.

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## 12. Violations, Complaints, Disqualification

Disqualifications will occur in particular in the event of:

- providing false personal information
- unsportsmanlike conduct
- Failure to pass through checkpoints
- Shortcuts
- Disregard for official instructions
- Inappropriate attire or behavior
- Failure to follow safety-related or medical instructions

Transferring your personal race number to third parties is prohibited.



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## 13. Objections

Objections must be submitted in writing no later than 30 minutes after the official finish time.

In addition, a deposit of CHF 100.00 must be paid. The march committee will decide on the protest.

The march director has the casting vote.

If the protest is upheld, the security deposit will be refunded. If it is rejected, the amount will be forfeited to the organizer.

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## 14. Awards

### 14.1 Swiss Two-Day March

To earn the **“Swiss Two-Day March”** award, participants must complete a two-day march with a daily distance of at least 10 km.

Civilian participants receive a pin indicating the number of marches completed.

Uniformed participants receive a helmet pin with the corresponding number.

A medal is also awarded for the 1st, 5th, 10th, 20th, 25th, 30th, 35th, and 50th participation.

Groups receive a pennant for every ten participants who marched on both days.

Awards must be claimed no later than 30 minutes after the end of the march on Sunday.

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### 14.2 IML (International Marching League)

To qualify for the IML ranking, participants must complete at least 20 km per day.

For participants up to age 10 or 70 and older, the minimum distance is 10 km per day.



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## 14.3 Children

If children up to age 10 are accompanied by qualified adults, a maximum of two accompanying adults are also eligible for IML awards.

For groups of at least five children, the following applies:

- 5–8 children: 1 accompanying adult
- 9–16 children: 2 accompanying adults
- 17–24 children: 3 accompanying adults

Accompanying adults must be at least 18 years old.

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## 14.4 IVV/VSL-EVG

The IVV timing stamp will only be issued upon personal presentation and verification that the name on the start card matches the name in the timing booklet.

A new start card is required for each additional run. The VSL-EVG code changes annually.

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## 15. Accommodations

The organizer will arrange shared accommodations (gyms/civil defense shelters) as long as they are available.

You must bring your own sleeping bag.

The cost is CHF 45.00 per person per night, including breakfast. Reservations are not binding until payment is received.

In the event of overbooking, priority is given based on the order in which payments are received. Hotel rooms and other accommodations are not arranged.

Information: <https://www.bern.com/de/home>

Phone: +41 31 328 12 12 Email: [info@bern.com](mailto:info@bern.com)



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## 16. Privacy Policy

The following information is required for registration:

- Last Name
- First name
- Address
- Year of Birth
- Nationality
- Desired route
- For **categories A1 and A2**, additionally: **Organization and rank**

Providing an email address is used to send event-specific information.

When registering on behalf of third parties, their consent is required. Personal data will not be shared with third parties.

By registering, participants agree that photographs, video recordings, and audio recordings made in connection with the event may be used for television, the Internet, social media, and the organizer's promotional materials.

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## 17. Information

Please direct any questions via email to [toadministration@2tm.ch](mailto:toadministration@2tm.ch).

Phone availability:

Dates	Time
April 9 – May 6, 2027	8:00 a.m. – 6:00 p.m.
Friday, May 7, 2027	8:00 a.m. – 8:00 p.m.
Saturday, May 8, 2027	5:30 a.m. – 8:00 p.m.
Sunday, May 9, 2027	5:30 a.m. – 6:00 p.m.
May 10–11, 2027	8:00 a.m. – 5:00 p.m.
June 12–28, 2027	6:00 p.m. – 8:00 p.m.

Emergency number: +41 (0) 79 390 50 51



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## 18. Lost and Found

The Lost and Found Office is located at the start and finish area.

After the event, lost items will be turned over to the City of Bern's Lost and Found Office.

Address: Theatergässchen 2, 3001 Bern

Phone: +41 (0) 31 321 50 50

Email: fundbuero@bern.ch

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## 16. Final Provisions

These regulations form an integral part of the contract between the organizer and the participants.

**By registering, participants acknowledge these provisions.**

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Bern, June 2026

Swiss Two-Day March **The March Committee**