

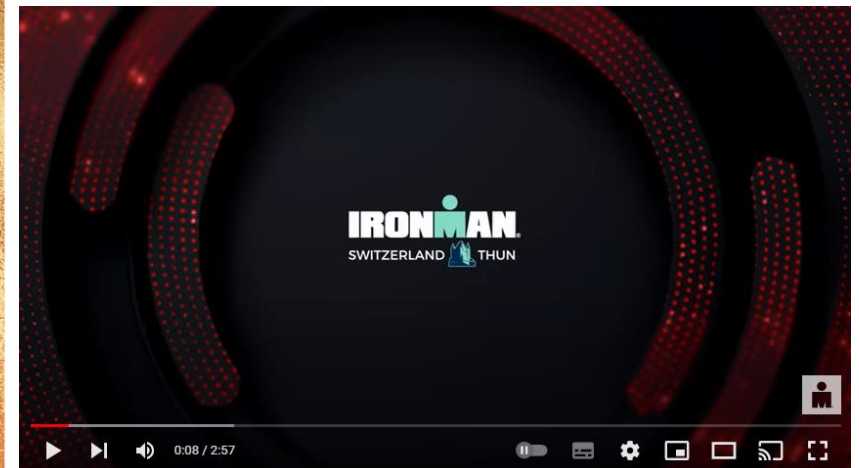


**IRONMAN.**  
SWITZERLAND THUN

EMOTIONS ARE  
BACK IN THUN

9 JULY 2023

GET IN THE VIBE WITH 2022 HIGHLIGHTS



## Activity & Spectator Guide



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# SCHEDULE

## FRIDAY 7<sup>th</sup> JULY 2023

HOURS	DESCRIPTION	LOCATION
10am-6pm	Registration (Bib collection)	KKThun
10am-6pm	IRONMAN Shop	KKThun
10am-6pm	IRONMAN Expo	KKThun
10am-6pm	Information Desk	Finish Area
10am-6pm	Bike Mech Service	Expo
10am-9pm	Food Village	Finish Area

## SATURDAY 8<sup>th</sup> JULY2023

HOURS	DESCRIPTION	LOCATION
10am-6pm	IRONMAN Shop	KKThun
10am-6pm	IRONMAN EXPO	KKThun
10am-6pm	Information Desk	Finish Area
10am-5pm	Registration (Bib collection)	KKThun

HOURS	DESCRIPTION	LOCATION
12am-6pm	Check-In Individual athletes	Transition area
10am-6pm	Bike Mech Service	Expo
10am-9pm	Food Village	Finish Area
1.30pm-3pm	Last Race updates and Q&A Session	Finish Area
subsequently	Interview with Jan Van Berkel	Finish Area
subsequently	Podium discussion with Sandrine Benz	Finish Area
All day	Free Entry to "Strandbad Thun" for athletes	Swim Start

## Sunday 9<sup>th</sup> JULY 2023

HOURS	DESCRIPTION	LOCATION
5am-12pm	Information Desk	Finish Area
5am-6.30am	Transition area is open	Transition area
5am-6.30am	Bike Mech Service	Transition area
<b>6.30am</b>	<b>START Professional Men</b>	Start Area
<b>6.40pm</b>	<b>START Age Grouper</b>	Start Area

## SCHEDULE

HOURS	DESCRIPTION	LOCATION
10am-6pm	IRONMAN Shop	KKThun
10am-6pm	IRONMAN EXPO	KKThun
10am-12pm	Food Village	Finish Area
1.30am	Warm-Up Finish Line	Finish Area
<b>Approx. 2.15am</b>	<b>First Finisher IRONMAN Switzerland Thun</b>	Finish Area
6pm-1am	IRONMAN Bike Check-out	Finish Area
12pm	Official Race End	

**Monday 10<sup>th</sup> JULY 2023**

HOURS	DESCRIPTION	LOCATION
9am-1pm	Information Desk	Finish Area
<b>10.30am</b>	<b>Awards Ceremony IRONMAN Switzerland Thun</b>	Finish Area
<b>subsequently</b>	<b>Slot allocation IRONMAN World Championship</b>	Finish Area

## EVENT SITE



## Thun Castle

The medieval castle enthrones above the town of Thun and is the city's unmistakable landmark. Its towers offer an incomparable view over the mountains, the city and the lake of Thun. Visit the mighty donjon built around 1200 by the Dukes of Zährigen. Experience the pomp and glory of the medieval Great Hall. Climb up into the towers and enjoy the impressive view of the town, lake and wonderful mountains. Furthermore there are special experience offers for children, check the website for more details: [Offers for Children & Family](#)

Scan the QR code for directions  
30 min walk from the event area



## Lake Thun Castles

In addition to Thun Castle, four other castles are enthroned on the crystal-clear waters of Lake Thun: Schadau Castle, Hünegg Castle, Oberhofen Castle and Spiez Castle. Each castle is unique. There are romantic fairytale castles and massive towers, so-called Bergfriede. A walk through the beautiful castle gardens takes the visitor back to times gone by.

[www.thunerseeschloesser.ch](http://www.thunerseeschloesser.ch)

Scan the QR code for directions  
30 min walk from the event area



## Old Town Thun

Discover Thun's old town with its special high-trottoirs and learn about the exciting history of the town on a guided tour of Thun.

Price: CHF 15.00 / Person

Further guided themed tours can be booked at the Welcome Centre Thun or at [www.thunersee.ch/stadtfuehrungen](http://www.thunersee.ch/stadtfuehrungen).

Thun-Thunersee Tourismus, Seestrasse 2, CH-3600 Thun

Tel. +41 33 225 90 00

<https://www.thunersee.ch>

Scan the QR code for directions  
27 min walk from the event area



## Historical building route

Several historical buildings in Thun have been uniformly labelled and numbered and can be visited on your own in a single tour as the "Historic Trail". The accompanying guide in several languages (available in the [Welcome Center Thun](#)) will provide you a great deal of interesting information about the history of the City of Thun

The tour takes about 1 ½ hours.

[More Information available here](#)

Scan the QR code for directions  
21 min walk from the event area





## Thun-Panorama

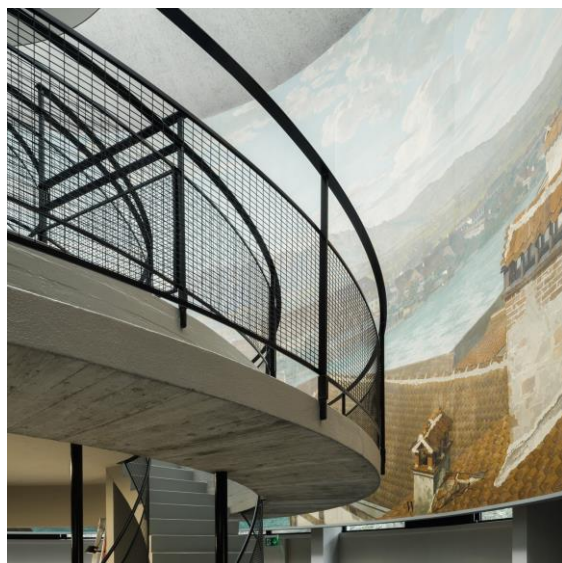
### Relax with a panoramic view

The oldest cyclorama of the world was painted by Marquard Woher about 200 years ago.

Rich in detail this picture takes a look at the daily life in Thun in 1814. With its countless stories it is a picture puzzle for both the young and the old. The Cyclorama measuring 38 meters in length is situated in the heart of the Schadau Park.

More information [here](#).

Scan the QR code for directions  
7 min walk from the event area



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bike-shuttle.ch



## Art museum Thun

Visit the art museum and its fascinating exhibitions, expanding your horizon with the power of contemporary art. The presentation of current positions and diverse, international and national trends have established the museum well beyond the region.

Afterwards, treat yourself to a cup of coffee and a slice of cake on the terrace of the former Grand Hotel's Café Thunerhof, with a view over the Aare river and the mountains.

[For more information please see here.](#)

**Scan the QR code for directions  
7 min walk from the event area**





## Event Site

### IRONMAN Switzerland Merchandise Store

Find great gear in the IRONMAN Merchandise Store in the IRONMAN Expo.

Opening times for Friday to Sunday are indicated in the event schedule.

### IRONMAN Switzerland Expo

The newest triathlon gear is awaiting you in the IRONMAN Switzerland Thun Expo. Opening times for Friday to Sunday are indicated in the event schedule.

### IRONMAN Switzerland Information desk

The Infopoint is located in the Finish Area. We're happy to answer your race related questions.

Opening times are indicated in the event schedule.

Furthermore, you can reach the Infopoint on WhatsApp during the whole week leading up to the event.



WhatsApp number: +41 79 870 23 80

PLEASE NOTE THAT THIS IS A CASHLESS EVENT. WE ACCEPT CARD PAYMENTS ONLY.

## Parking and Shuttle

The event area is located near to the Lachen-Stadium (Gwattstrasse, 3604 Thun). Whenever possible, we strongly recommend to arrive to the event area by public transport.

### By train

Take the bus (number 1) from Thun train station to get to the event area. The bus stop is called Thun, KK Thun. To check the connections and buy tickets visit [www.sbb.ch](http://www.sbb.ch)

### Parking

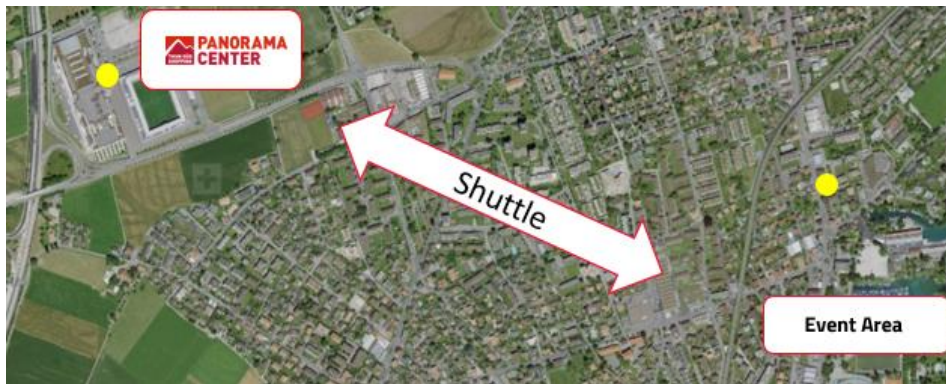
#### Friday and Saturday

On those days parking is available at West Aarestrasse and Nord Grabengut at regular parking costs. It takes approx. 30 minutes to walk to the event area. Furthermore, the Bus number 1 takes you from Thun train station to KK Thun within 4 minutes.



## Parking and Shuttle

**On Sunday** the car park at Panorama Center (shopping mall, Weststr. 14, 3604 Thun) is open from 4.00am until Monday 02.00am for athletes and spectators. The day flat-fee is CHF10.00. Payment will be proceeded at the usual parking cashier. A free shuttle service has been organized (from 04:30am until Monday 00:30am) from the car park to the event area and back on race day. Please note that bikes are not allowed in the Shuttle Bus. For athletes who are staying in Delta Park, we have organized two additional buses (STI) on Sunday morning, leaving at 04h50 and 05h05 towards the event area.



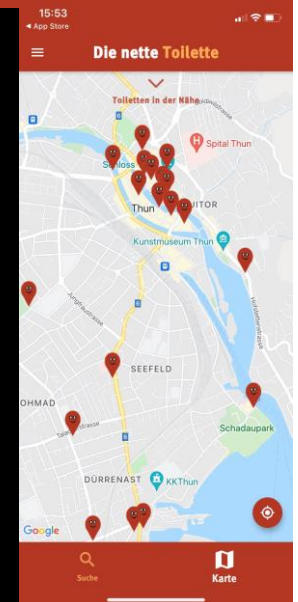
## Toilets in Thun

In Thun there are only limited public toilets, however the city authorities have an agreement with several restaurants and other public locations where Toilets can be used for free the project is called «Friendly Toilets»

→ The «Friendly toilets» can be found on an app «Die nette Toilette» in the Google Play or iTunes Store.

→ Link to App  
[Die nette Toilette App \(die-nette-toilette.de\)](https://www.die-nette-toilette.de/)

→ Enter **Thun** as City name or chose the toilet closes to you on the map.



## PanoramaCard Thunersee

If you booked an accommodation in Thun, ask for the PanoramaCard. Exciting excursion destinations with attractive discounts and free travel by STI bus and PostBus.

As a guest in the Lake Thun region, you can take advantage of the many benefits of the PanoramaCard Lake Thun. For example, you can take advantage of free travel on the entire STI bus network, as well as PostBus services in the Spiez-Aeschi area, making it easy to explore the wonderful landscapes surrounding the deep-blue waters of Lake Thun. The PanoramaCard Lake Thun gives you attractive discounts on trips to a variety of excursion destinations. Have fun discovering the Lake Thun Region!

[Webseite PanoramaCard](#)



[Linienplan](#)



**Code: IronmanVolunteer2023**

Availability: 6<sup>th</sup> of July, 00:01am – 10<sup>th</sup> of July, 11:59pm

The code is for one time 120 minutes per user.

To the app:



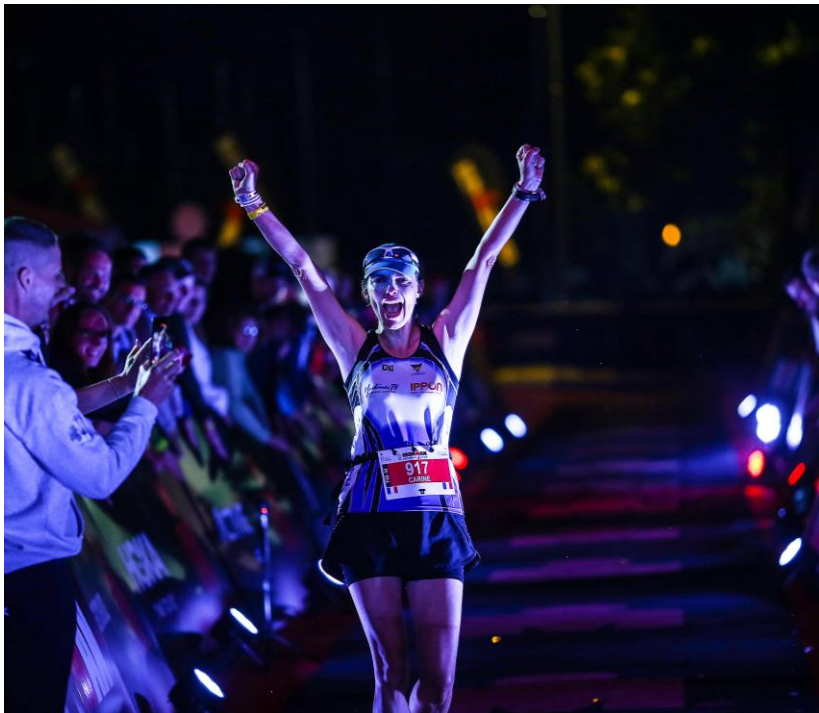


## Finish Line Party

### CELEBRATE THE LAST ATHLETES WITH US !

Join us for the "Heroes Hours" at the finish line and come celebrate the arrival of the last athletes.

From 10pm until midnight!



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Angenehm  
leichtes Hautgefühl**

**Erhältlich  
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Apotheke**

## Niesen



### The Swiss Pyramid

The Niesen is known as an attractive mountain for excursions, culture and sports. It takes just 30 minutes to reach the summit of the near-perfect pyramid shaped mountain with the funicular railways from Mülenen. Enjoy the fantastic 360°-Panoramaview at the top of the Niesen . You can see the Alps, the Lake of Thun and Brienz and the Jura mountains. Up there the motto is: sit back and enjoy. [More Information Here](#)

Before or after the IRONMAN let us spoil you with culinary delights, mainly regional and seasonal dishes at the [Mountain Lodge Niesen Kulm.](#)



## St. Beatus Caves

Explore extraordinary grottos, chasms and vast halls. The imposing St. Beatus caves are situated high above Lake Thun. The limestone cave system – a natural wonder millions of years old – is guaranteed to amaze you. Prepare to be fascinated by the incredible shapes and colors of impressive stalactite and stalagmite formations and hear the rush and drip of the bubbling waters.

[For more information please see here](#)





## Cruise on Lake Thun

You can find the Timetable [Here](#)

A boat trip on the clear waters of Lake Thun amid the mountains of the Bernese Oberland is an unforgettable experience. During the two-hour trip from Thun to Interlaken, you can indulge in fine cuisine while casting admiring gazes at the castles on the banks and the mountains beyond. The deep blue Lake Thun is the largest lake in the Bernese Oberland entirely located in the Canton of Bern. It offers views of green meadows, the typical alps as well as the eternally white peaks of the Eiger, Mönch and Jungfrau beyond. [More details can be found here.](#)



## Niederhorn



Secure your ringside seat with a view of the Eiger, Mönch and Jungfrau. At 1950 m above sea level the Niederhorn offers a breathtaking panorama of the surrounding mountains and the deep blue waters of Lake Thun. Experience action on a scooter bike descent into the valley or one of the many different hikes through the impressive landscape.

[More details can be found here.](#)





## Shopping in Thun city centre

Shopping in the centre of Thun is a great experience. Traditional, innovative and family-run shops offer you quality goods. Stroll through the Bälliz shopping mile or cross the Aare and visit the shops in the Obere Hauptgasse with its famous Hochtrottoirs.

**Note the opening hours of the shops, most are closed on Sundays.**

[Here](#) you will find many specialities and souvenirs from Thun.



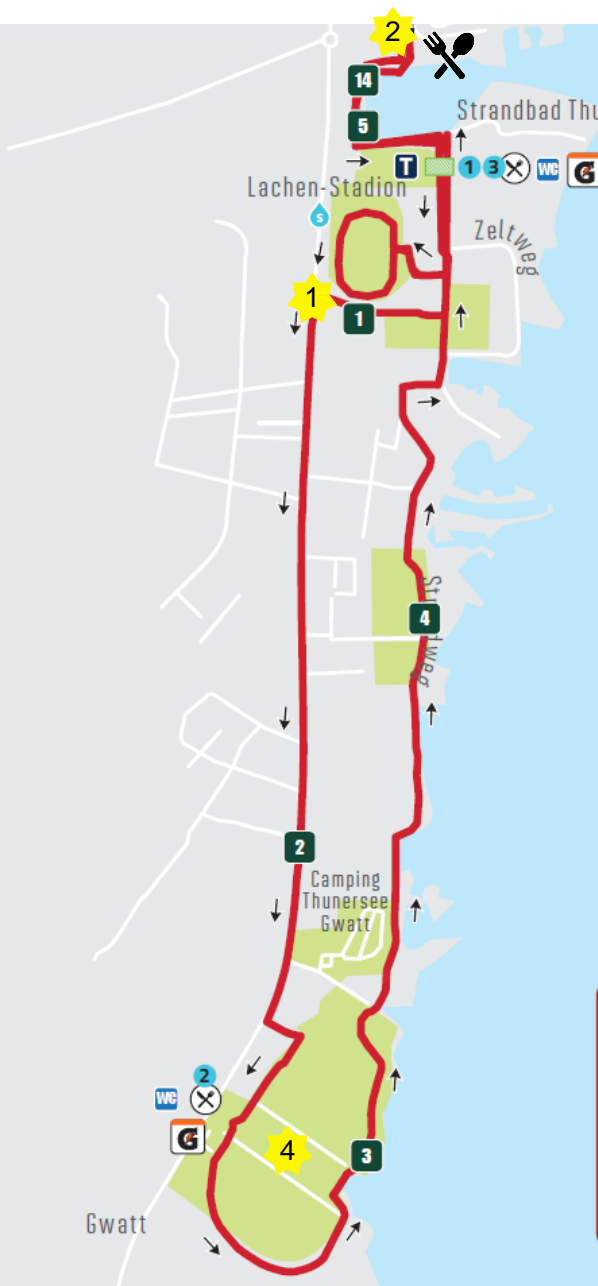
## Markets in Thun

### Times:

- Wednesday and Saturday Weekly market in Bälliz 7 am - 6.30 pm
- Saturdays until 5 pm
- Thursday evening market with organic fresh produce at the Waisenhausplatz 4 pm to 7 pm
- Saturday Fresh produce market on the Rathausplatz 8 am – 12 pm

Thun is a market town with a long tradition. Several weekly markets are still held today. [Here](#) you will find more information.





The following hotspots  
are recommended

Spots

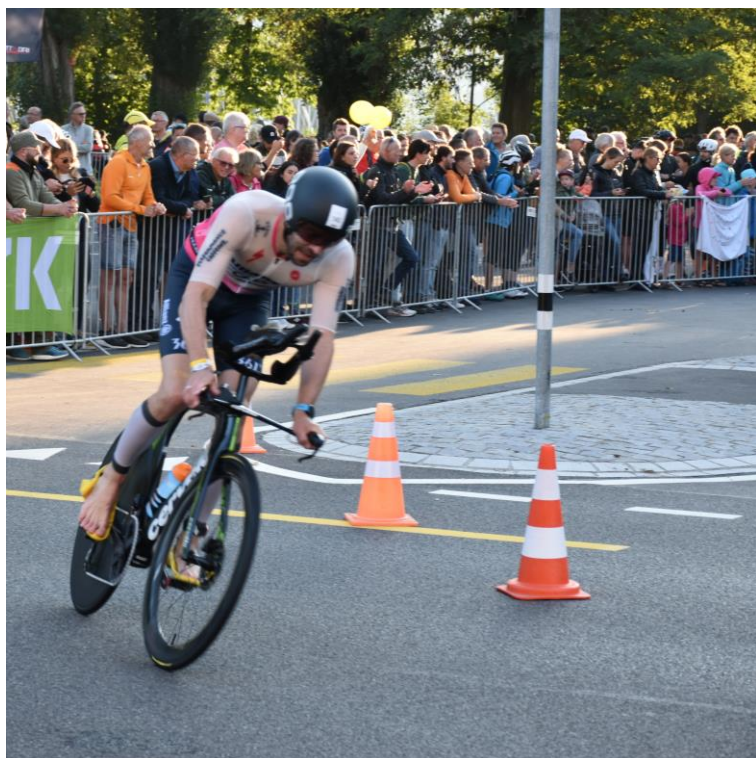


## U-Turn Thun

1

Directly at the event venue you can celebrate the athlete when they are starting their second lap. It is at 90 km of the Bike Course.

From approx. 8 am – 1 pm



## Event Area & Finish Line

2

If you just staying at the event venue you will see your athlete passing 6 times. But don't miss to visit Run Out of Transition next to the entrance of the lido so you can see your athlete when starting the Run Course too.

It is approx. at km: 4.7, 14.2, 18.8, 28.5, 33.1 and 42.2.





## Hotspot on the Town Hall Square

3

On the day of the race, the town hall square will be transformed into an IRONMAN arena.

- Simplyfine: shop and terrace open
- Bistro-Bar Ratsstübli: bistro and terrace with barbecue
- Atelier Classic Bar: terrace open
- SteelBand from 15.00 to 18.00 Uhr [More info](#)
- DJ + Speaker
- Big Screen with live stream

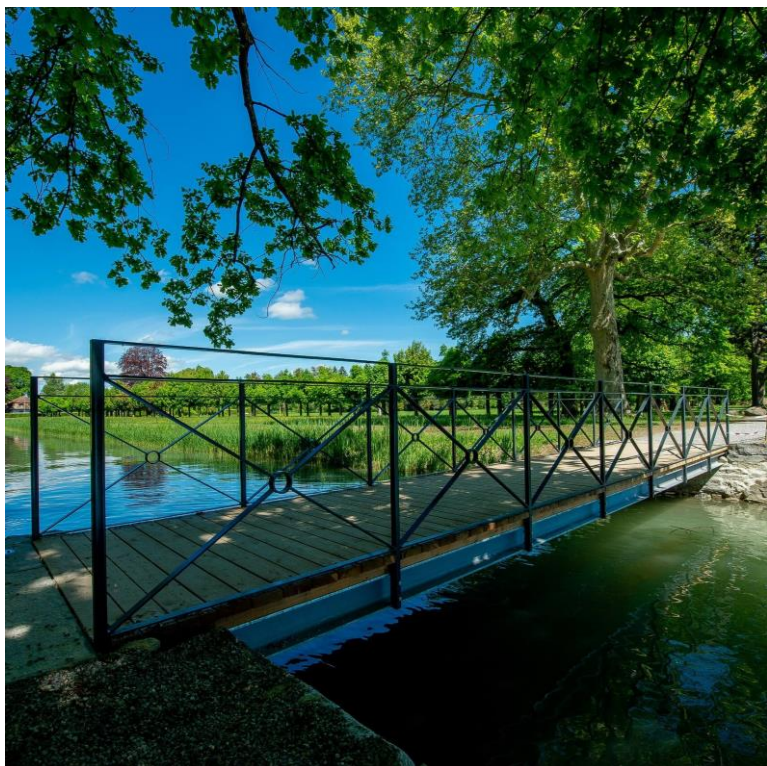


## Bonstettenpark

4

In the beautiful Bonstettenpark you can cheer on the athletes and enjoy the musical performance of the Gugge s'Zähni.

Approx. 1pm – 6.30pm



# HAVE A GREAT RACE DAY

