

01 Bucheggplatz - Hönggerberg
3.63km, 64m Steigung, [Detailinfos](#), [Streckenplan](#), [Zur Übersicht](#)
[Download GPX](#)



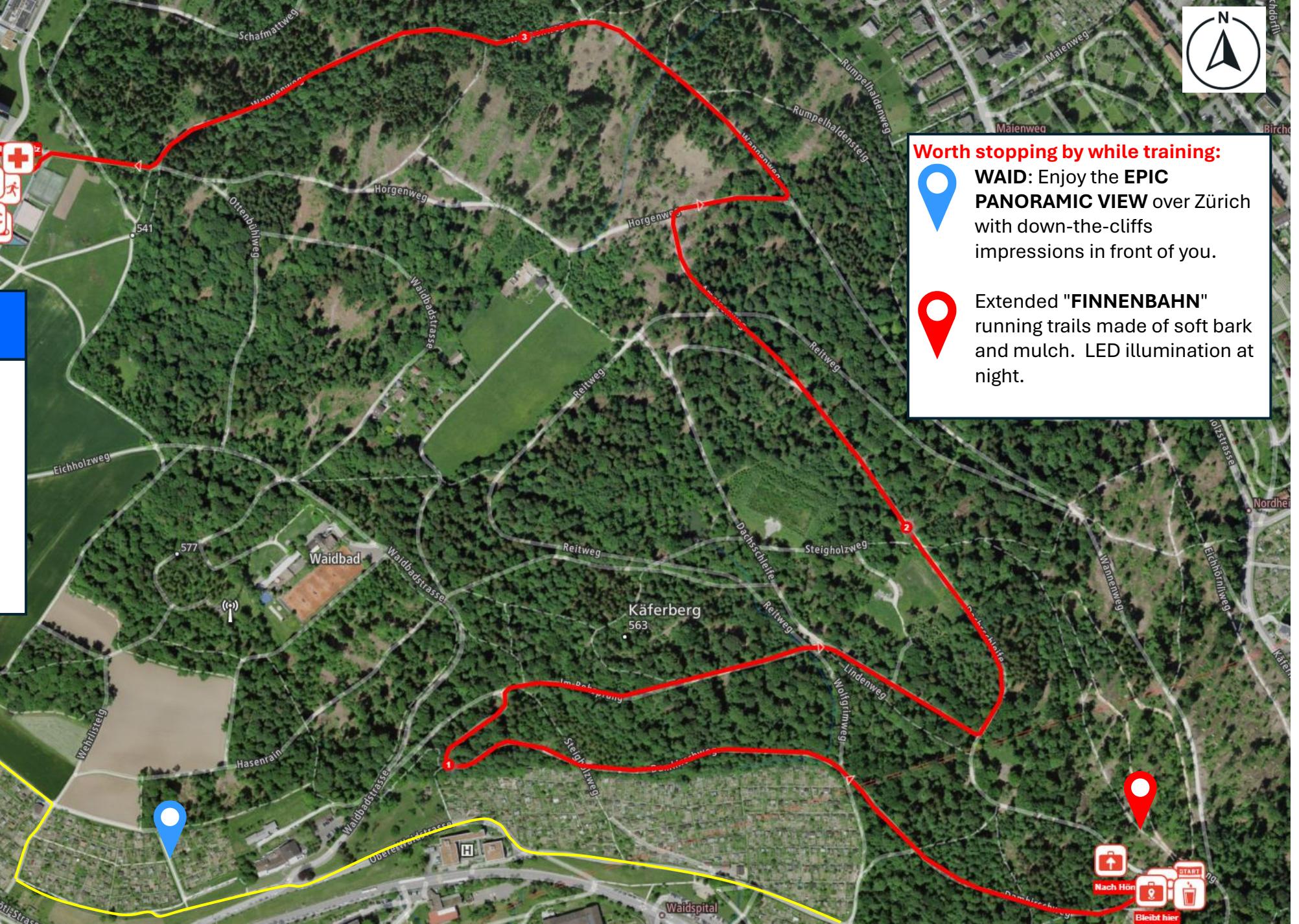
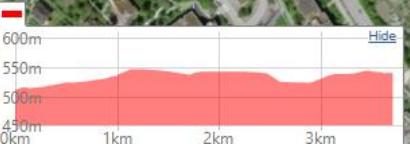
Route 01 – Very Easy

Buchegg → ETHZ Höngg

Distance: 3.63 K
Ascend: 65 m
Descend: -40 m

100% gravel surface

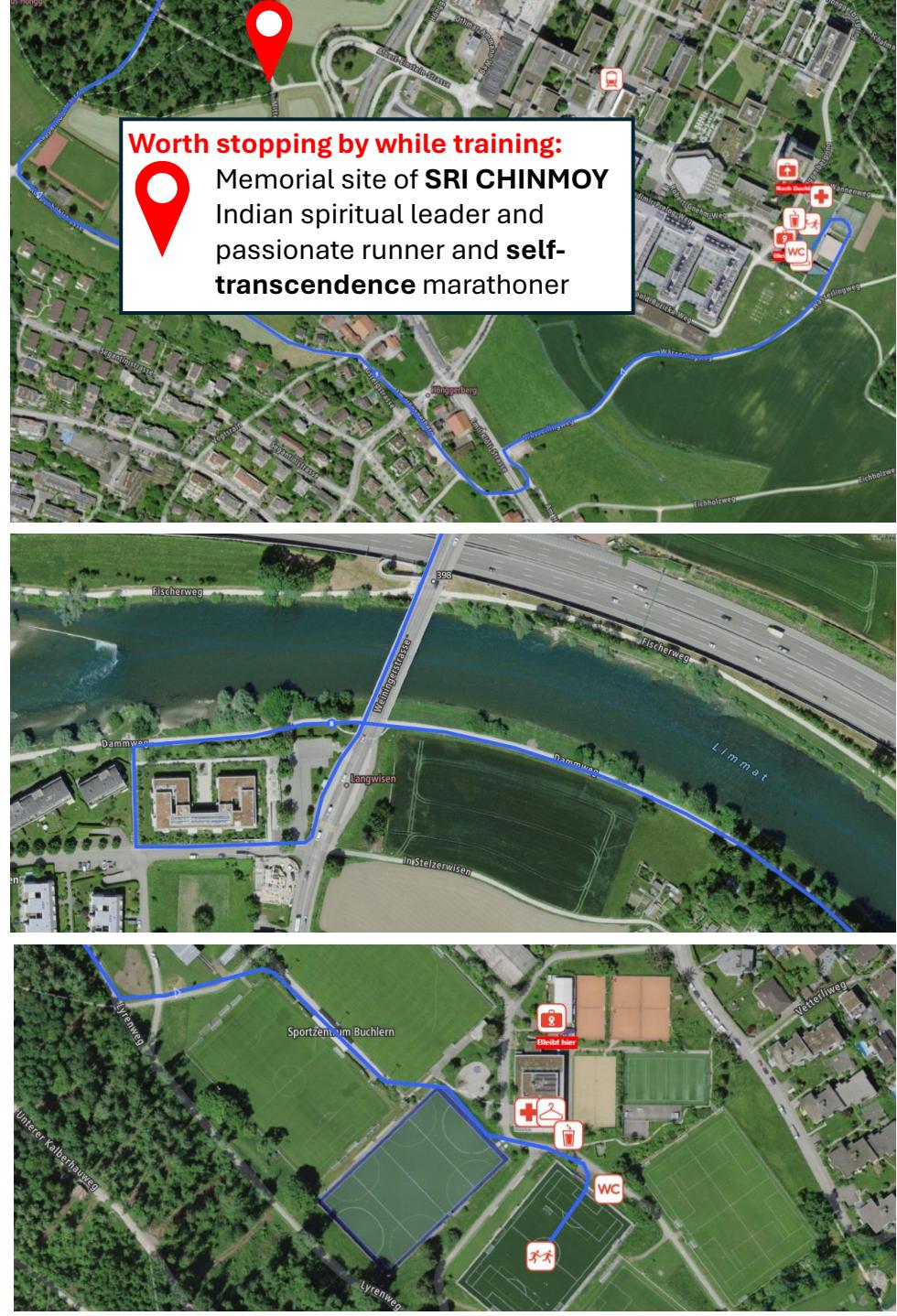
Some panoramic views over the city and Uetliberg skyline



Worth stopping by while training:

WAID: Enjoy the EPIC PANORAMIC VIEW over Zürich with down-the-cliffs impressions in front of you.

Extended "FINNENBAHN" running trails made of soft bark and mulch. LED illumination at night.





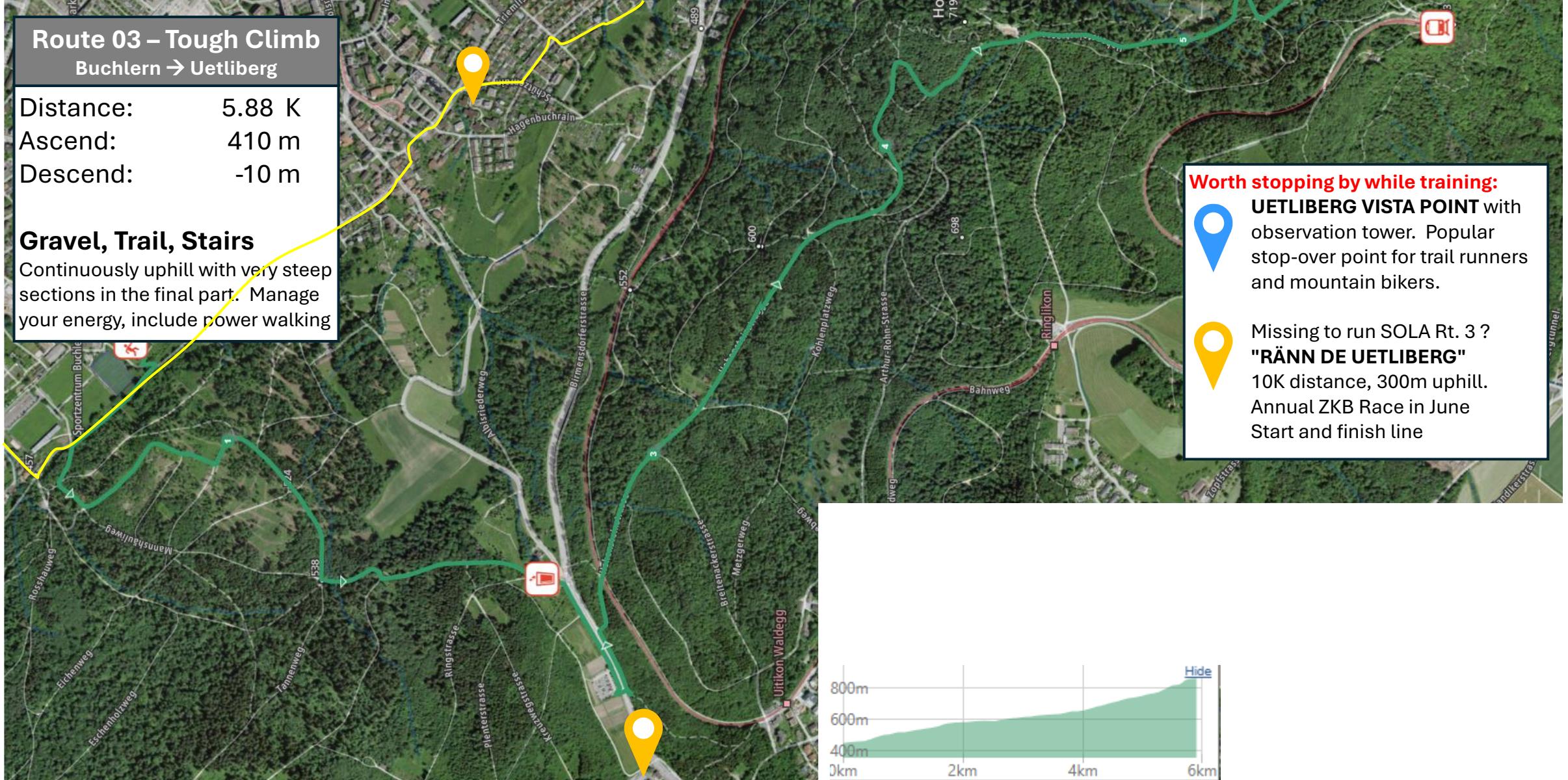
Route 03 – Tough Climb

Buchlern → Uetliberg

Distance: 5.88 K
Ascend: 410 m
Descend: -10 m

Gravel, Trail, Stairs

Continuously uphill with very steep sections in the final part. Manage your energy, include power walking



↑ Stairs



Worth stopping by while training:
UETLIBERG VISTA POINT with observation tower. Popular stop-over point for trail runners and mountain bikers.

Missing to run SOLA Rt. 3 ?
"RÄNN DE UETLIBERG"
10K distance, 300m uphill.
Annual ZKB Race in June
Start and finish line

Route 04 – Easy

Uetliberg → Felsenegg



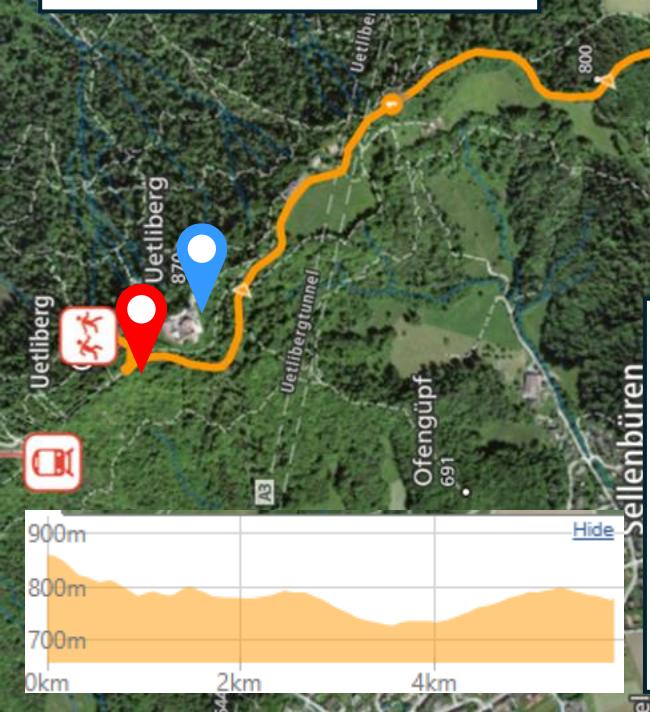
Distance: 5.75 K

Ascend: 122 m

Descend: -205 m

100% gravel surface

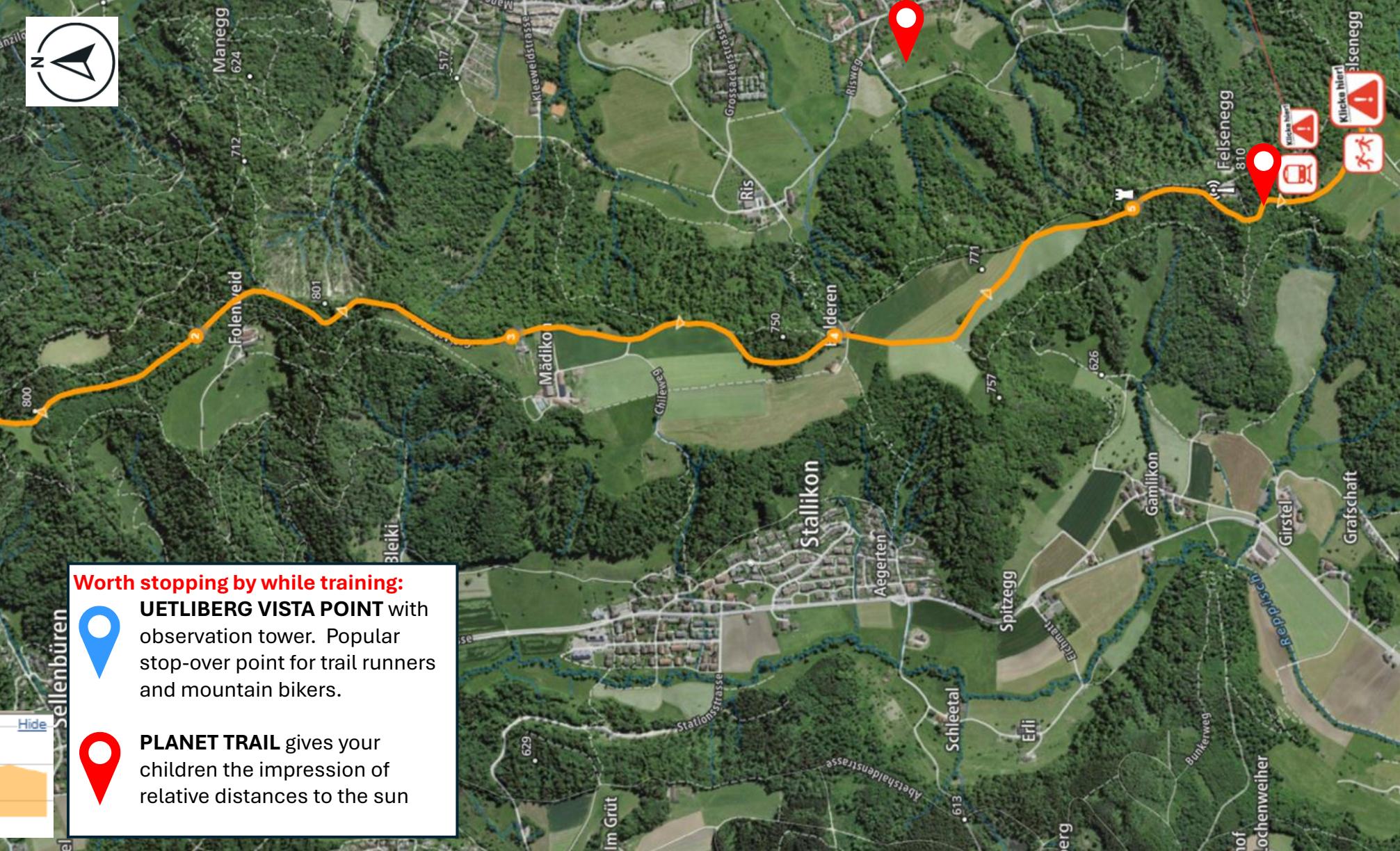
Excellent views to Zürich and Albis region along the ridge between Uetliberg and Felsenegg



Worth stopping by while training:
UETLIBERG VISTA POINT with observation tower. Popular stop-over point for trail runners and mountain bikers.



PLANET TRAIL gives your children the impression of relative distances to the sun



Route 05 – Demanding

Felsenegg → Buchlern

Distance: 13.92 K
Ascend: 288 m
Descend: -650 m

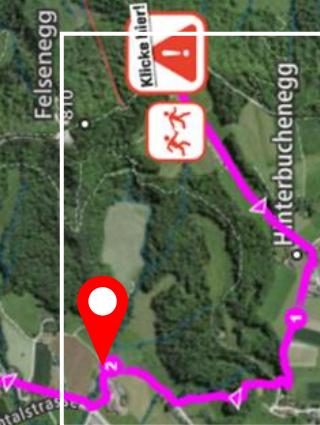
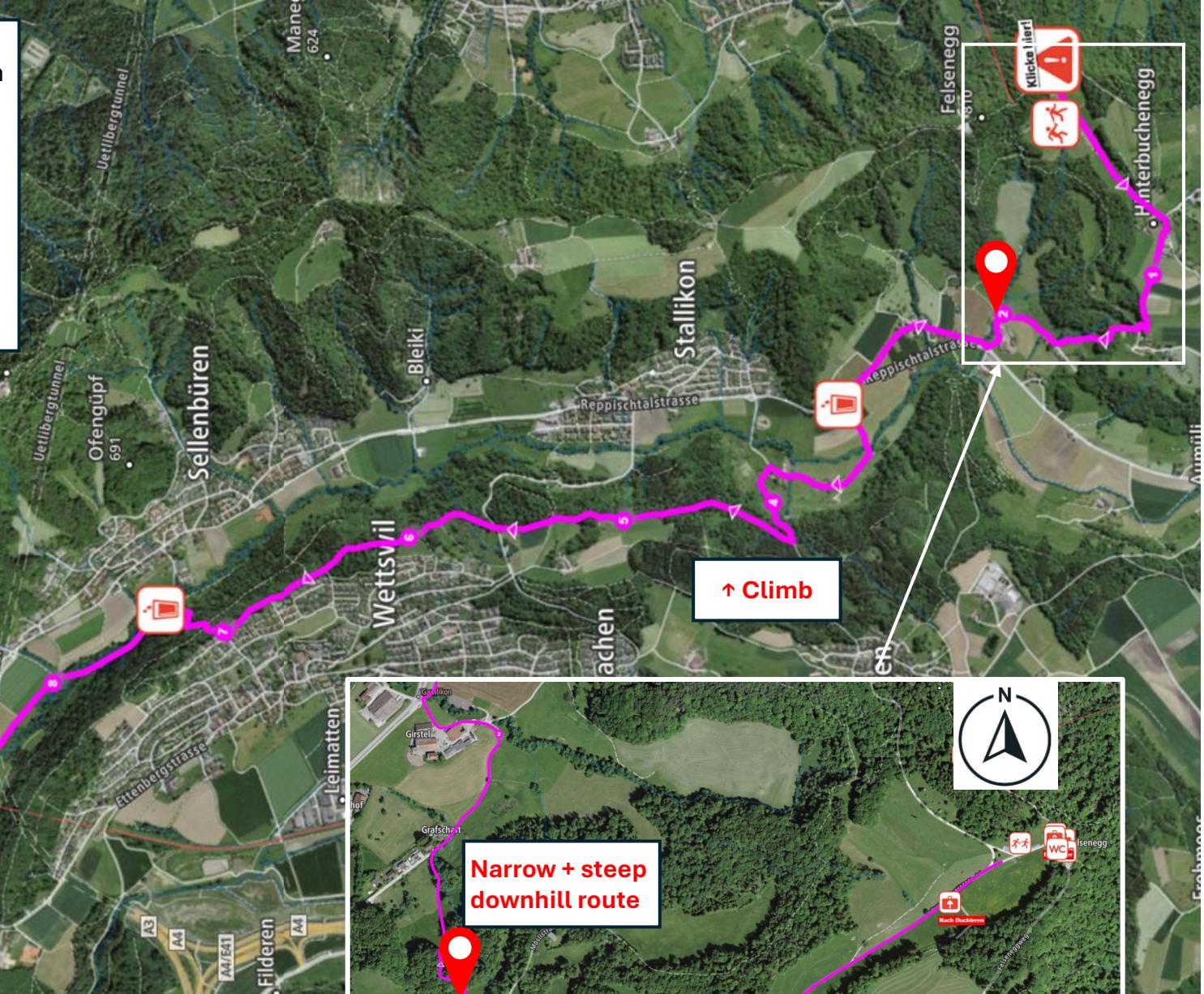
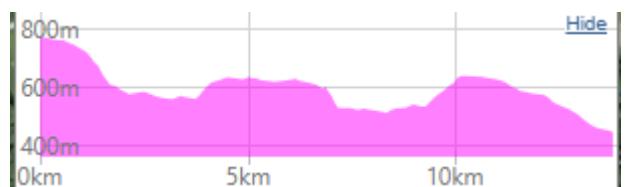
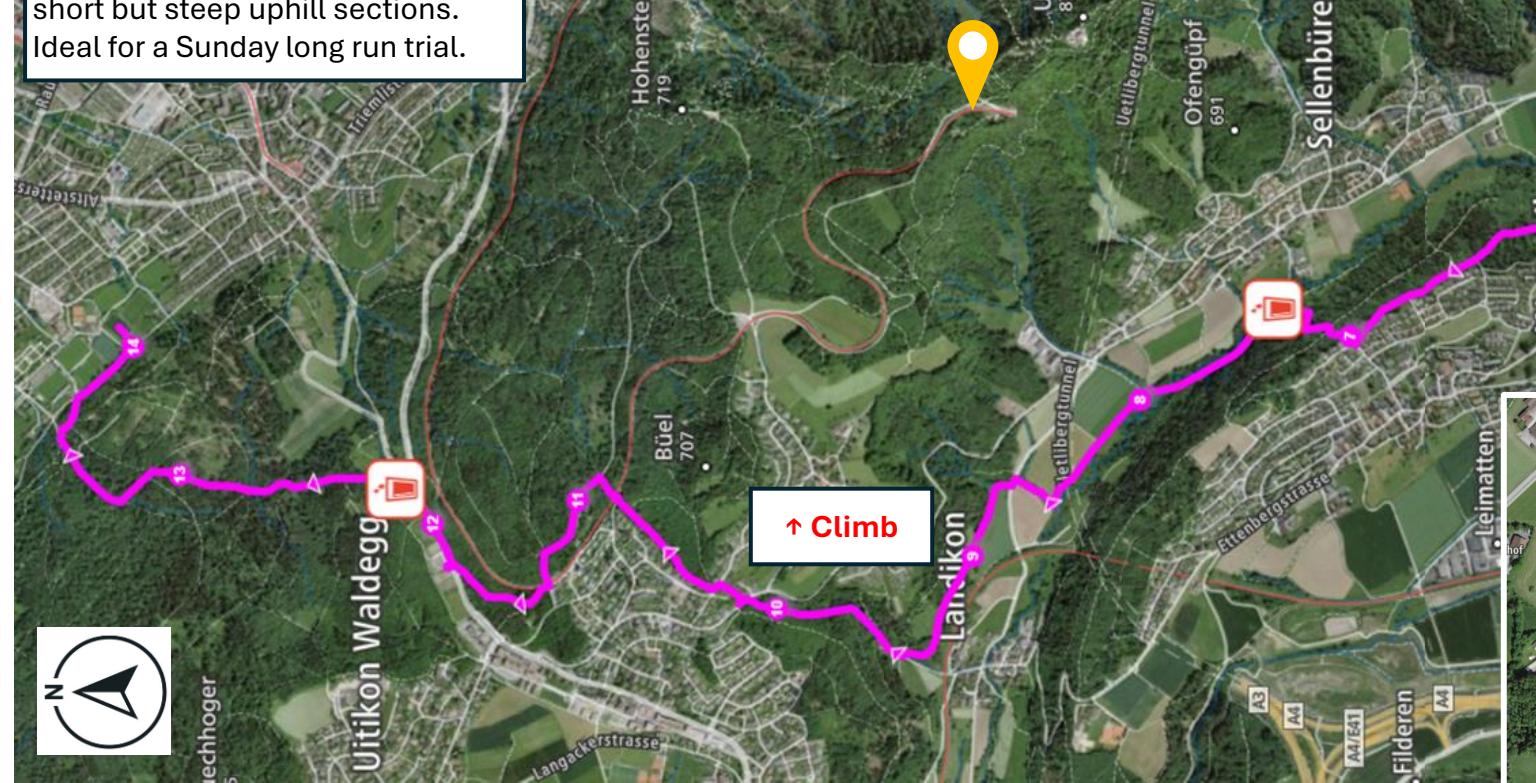
Mix of Tarmac & Gravel

Long endurance run, contains two short but steep uphill sections.
Ideal for a Sunday long run trial.

Worth stopping by while training:

 Watch how nature takes over an **ABANDONED TENNIS COURT**

 Enjoy a bike ride or run to **UETLIBERG** along the tracks.
Can be exhausting as it's forbidden to take the bike onto the train.
Attention: Fare gerrymandering!



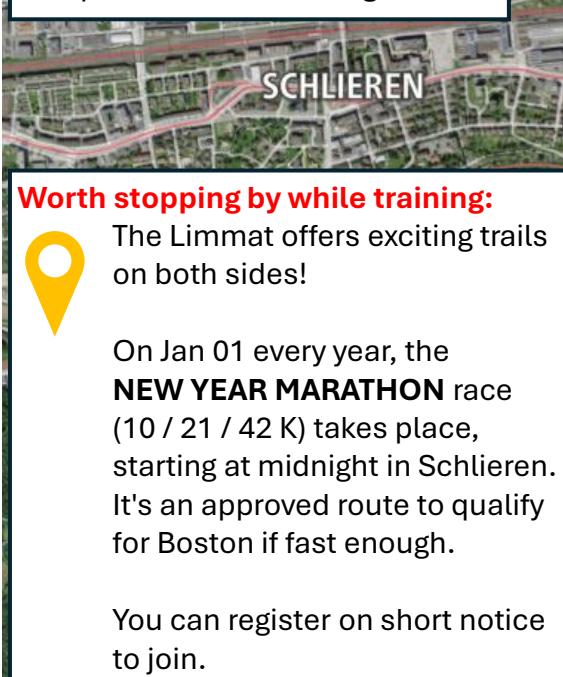
Route 06 – Moderate

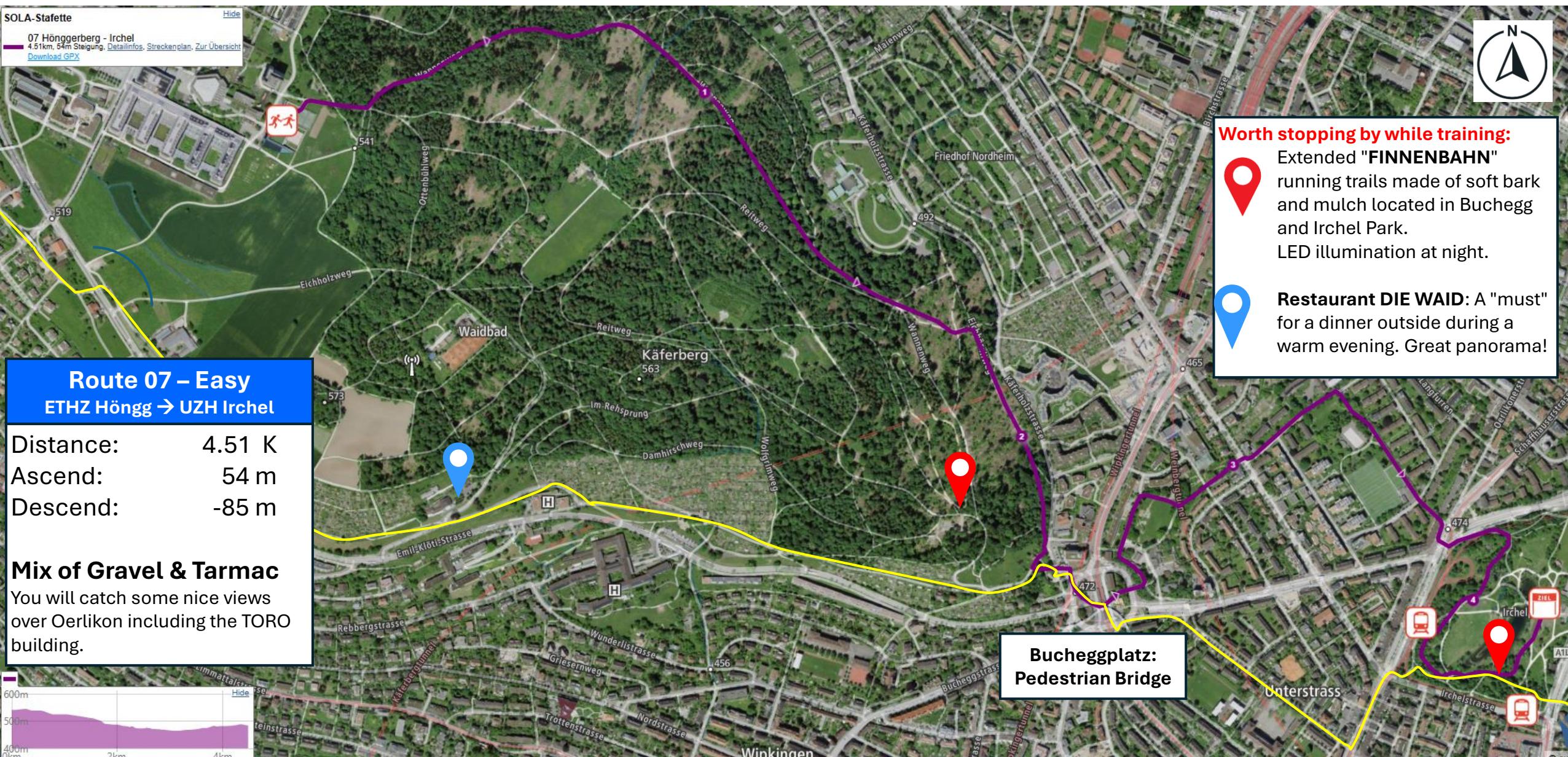
Buchlern → ETHZ Höngg

Distance: 10.40 K
Ascend: 234 m
Descend: -135 m

Mix of Tarmac & Gravel

Extensive downhill sections and some nice riverside sections.
Steep climb after crossing Limmat.





Route 08 – Moderate UZH Irchel → Fluntern / Zoo



Distance: 6.21 K
Ascend: 212 m
Descend: -95 m

Mainly Gravel in Forest

First half follows steep uphill path, then rewarded by cooler air from the shadows of the dense forest.

Worth stopping by while training:

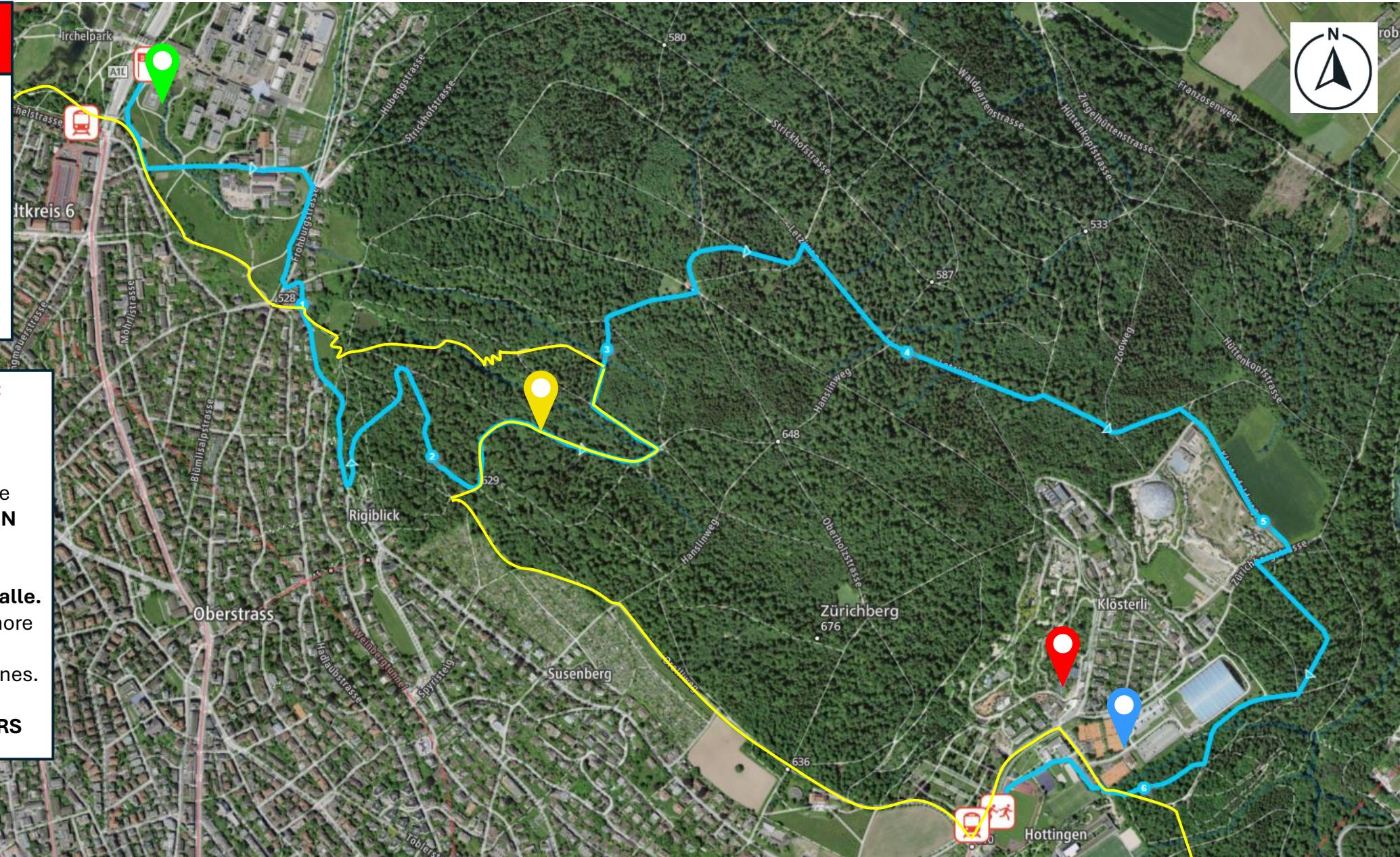
SOLA PARTY village site

Part of your route follows the ZURICH GREEN MARATHON TRAIL shown in YELLOW.

ZOO Zürich + MASOALA Halle.

You are lucky as you have more endurance than most other animals, including the big ones.

Global FIFA HEADQUARTERS



Route 09 – Demanding

Fluntern / Zoo → Forch

Distance: 11.13 K

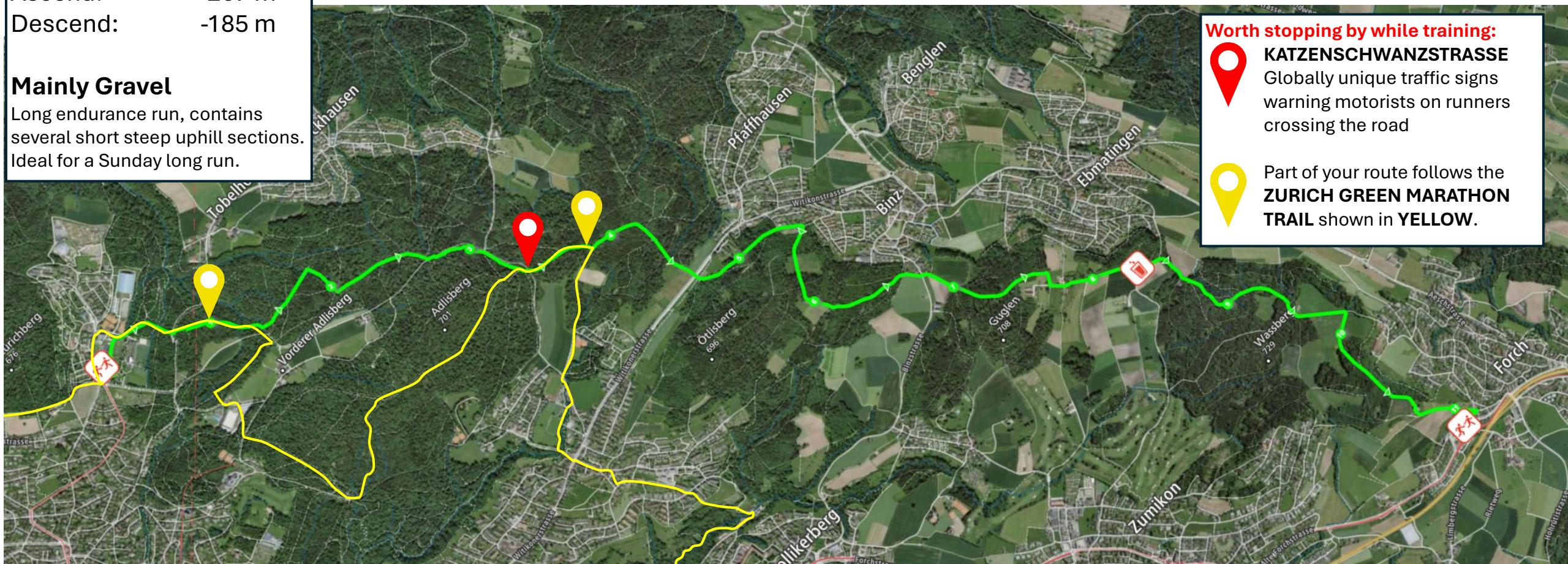
Ascend: 267 m

Descend: -185 m

Mainly Gravel

Long endurance run, contains several short steep uphill sections. Ideal for a Sunday long run.

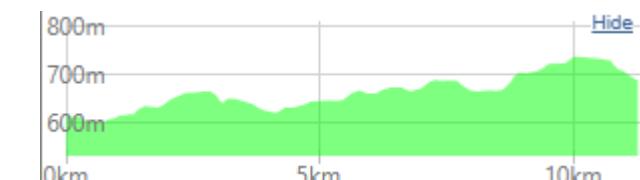
Attention:
Map rotated
by 45 degrees !



Worth stopping by while training:

KATZENSCHWANZSTRASSE
Globally unique traffic signs
warning motorists on runners
crossing the road

Part of your route follows the
ZURICH GREEN MARATHON
TRAIL shown in **YELLOW**.



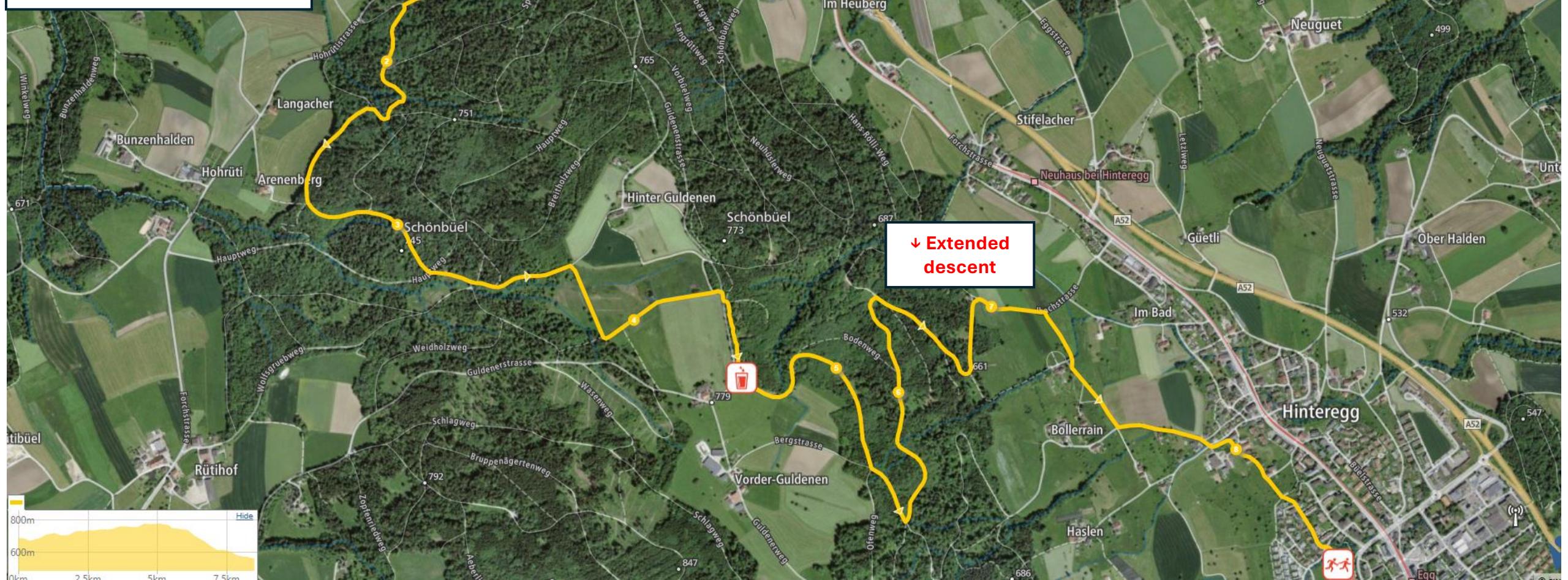
Route 10 – Moderate

Forch → Egg

Distance: 8.62 K
Ascend: 159 m
Descend: -295 m

Gravel, little Tarmac

After leaving Forch, route ascends over longer stretch and concludes with steep downhill run.



11 Egg - Zumikon
 12.64km, 421m Steigung. [Detailinfos](#), [Streckenplan](#), [Zur Übersicht](#)
[Download GPX](#)



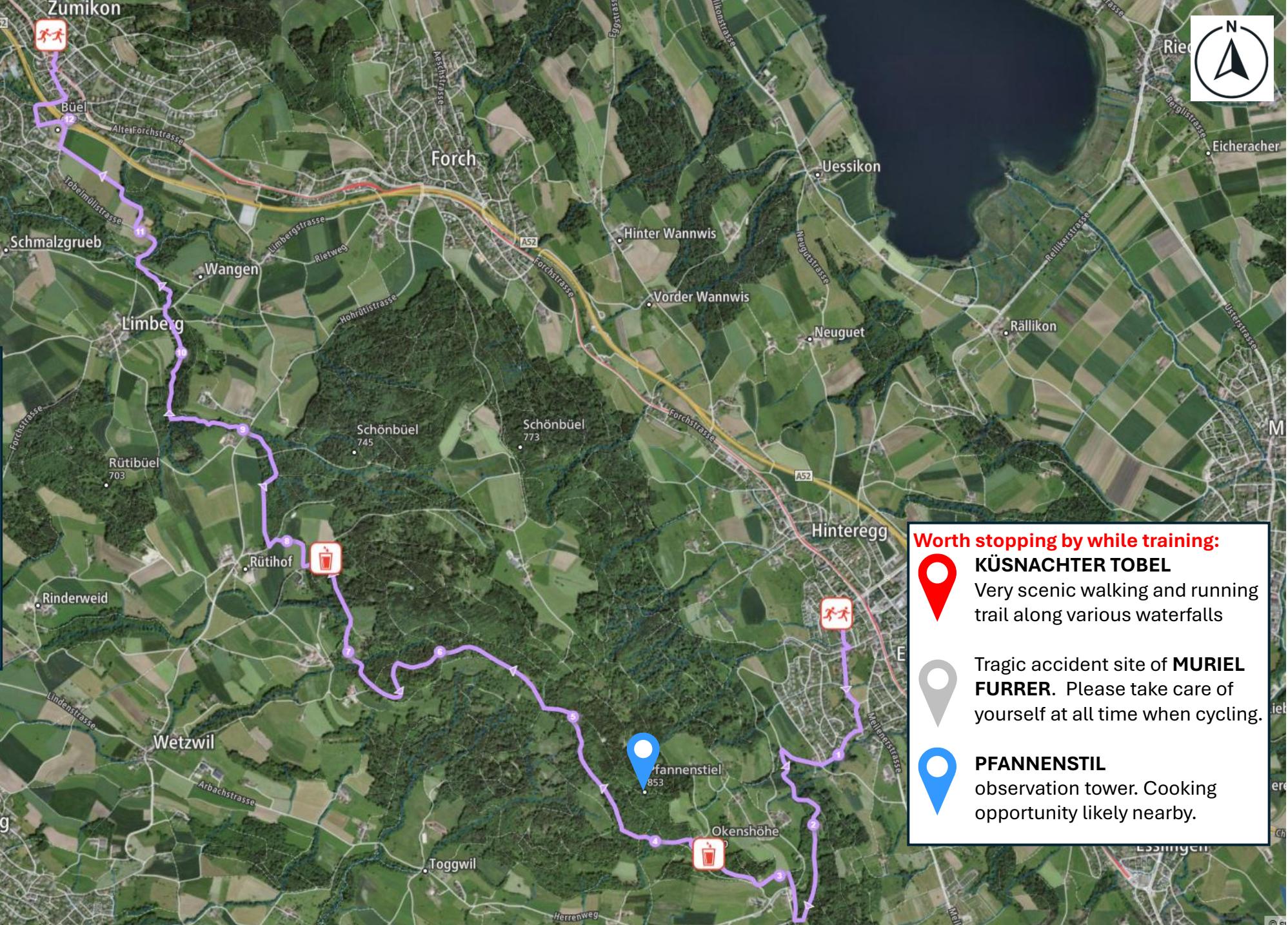
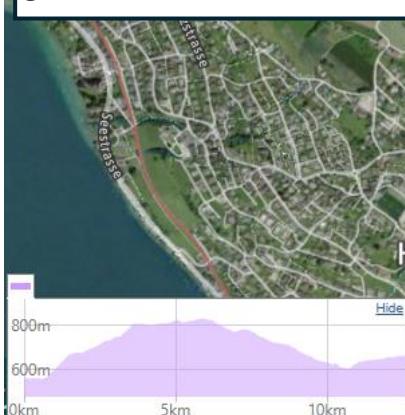
Route 11 – Demanding

Egg → Zumikon

Distance: 12.64 K
 Ascend: 421 m
 Descend: -350 m

Mainly Gravel

Long distance with significant ascends and descends. Develop good endurance before the race.



Route 12 – Moderate

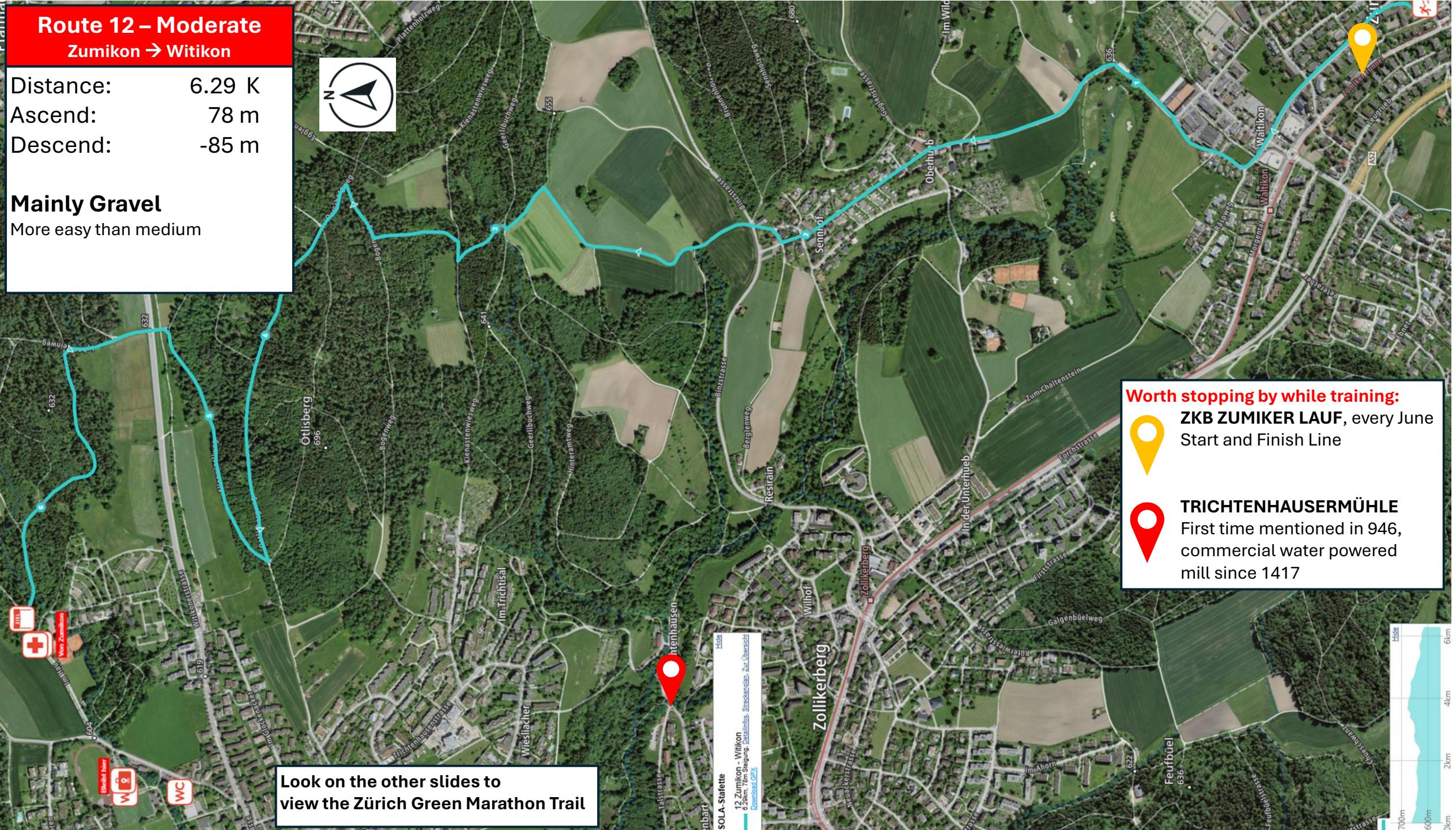
Zumikon → Witikon

Distance: 6.29 K
Ascend: 78 m
Descend: -85 m



Mainly Gravel

More easy than medium



Look on the other slides to view the Zürich Green Marathon Trail

Worth stopping by while training:

ZKB ZUMIKER LAUF, every June
Start and Finish Line

TRICHTENHAUSERMÜHLE

First time mentioned in 946,
commercial water powered
mill since 1417

13 Witikon - Fluntern
4.82km, 80m Steigung. [Detailinfos](#), [Streckenplan](#), [Zur Übersicht](#)
[Download GPX](#)



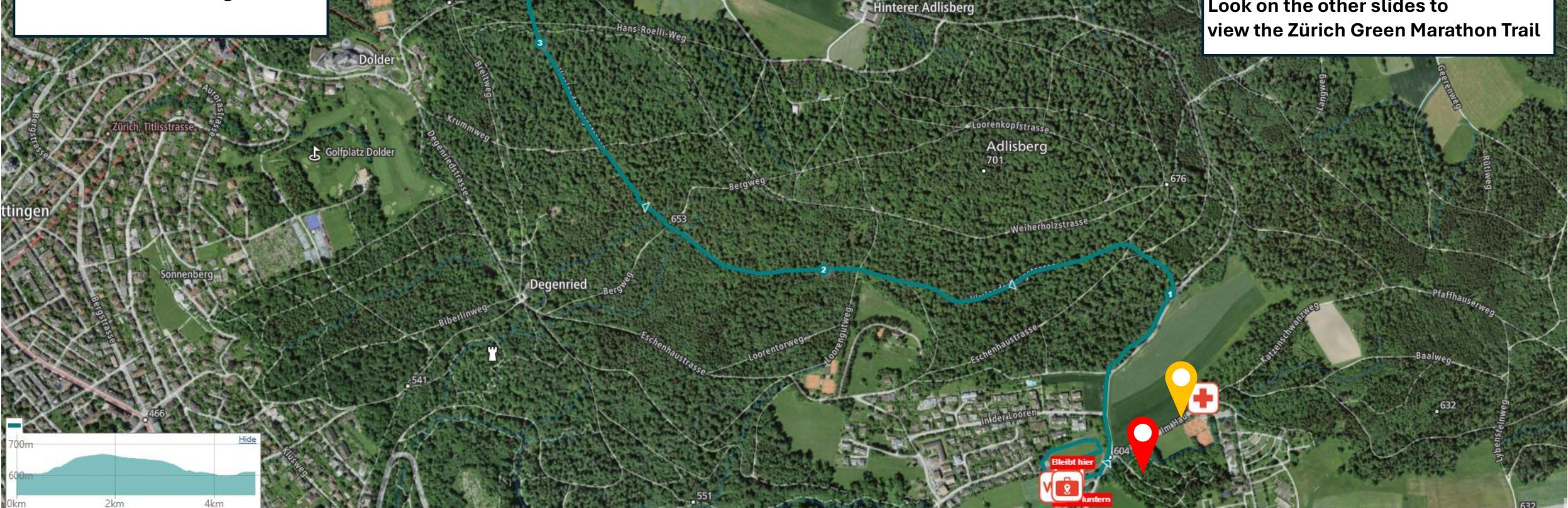
Route 13 – Easy

Witikon → Fluntern / Zoo

Distance: 4.62 K
Ascend: 80 m
Descend: -75 m

Mainly Gravel (Forest)

Hilltop forests provide for a cool and comfortable running climate.



Worth stopping by while training:

WITIKON BACKYARD ULTRA

race site (Last Man Standing), takes place during Ascension Day weekend. Repeat the same 4.1 mi route within 1 h till you drop!



FINNENBAHN running trail in Zürich Witikon

Look on the other slides to view the Zürich Green Marathon Trail

14 Fluntern - Irchel
5.59km, 65m Steigung. [Detailinfos](#), [Streckenplan](#), [Zur Übersicht](#)
[Download GPX](#)



SOLA 2025 Interesting Links

SOLA Stafette

<https://asvz.ch/413-sola-stafette>

Finding "**Finnenbahnen**" near you – Bark and mulch trails

<https://www.stadt-zuerich.ch/de/stadtleben/sport-und-erholung/sport-und-badeanlagen/laufen-und-outdoorsport/laufen.html>

SRI CHINMOY Events

Running and crossing Zürisee on the longest part

<https://ch.srichinmoyraces.org>

NEW YEAR MARATHON in Schlieren

Opportunity to start your season immediately after the champagner, and qualify for Boston in the same year

<https://www.neujahrsmarathon.ch>

ZÜRICH GREEN MARATHON TRAIL

42k route beginning and ending on a Sihl bridge near the station

Consider santiagoing parts of the route on different days or evenings to discover new places in Zürich

<https://www.greenmarathon.ch/strecke>

ZKB Races (Uetliberg, Wyland, circumnavigating the airport, etc.)

<https://www.zuerilaufcup.ch/12-laeufe?date=all>