

FEED STATION LOCATIONS

LOCATION	DESCRIPTION	GRID REF	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
HONISTER	HONISTER SLATE MINE	NY 224 135	15.4KM			
WASDALE HEAD	WASDALE HEAD INN	NY 186 087	28.7KM			
ESKDALE	YHA	NY 194 010	41.3KM			
CONISTON	LDNP BOAT HOUSE	SD 307 970	59.7KM			
WRAY CASTLE	JOEYS CAFÉ	NY 374 009	74.6KM			
LANGDALE	LANTY SLEE @ STICKLEBARN	NY 294 064	86.7KM	12.8KM		
ROSTHWAITE	BORROWDALE INSTITUTE	NY 257 148	104.3KM	30.5KM		
GRASMERE	GRASMERE GATHER	NY 336 073	117.2KM	43.4KM		
WATERHEAD	AMBLESIDE UNITED	NY 372 043	125.4KM	51.5KM		
HAYESWATER	THE FILTER HOUSE	NY 421 130	144.7KM	71.0KM	18.8KM	
GLENRIDDING	BURY HOSTEL	NY 365 174	154.0KM	80.6KM	28.4KM	
THRELKELD	VILLAGE HALL	NY 319 253	168.7KM	95.0KM	42.7KM	8.4KM
FINISH	CROW PARK	NY 263 228	182.9KM	109.2KM	56.7KM	22.3KM