

FEED STATION LEVEL

- ALL FEED STATIONS
- ENHANCED FEED STATIONS
- HOT FEED STATIONS

| VENUE | TIMES | AMENITIES | 13 VALLEYS ULTRA | 7 VALLEYS ULTRA | 5 VALLEYS ULTRA | 2 VALLEYS TRAIL |
|----------------------------------|-----------------------|-----------|------------------|-----------------|-----------------|-----------------|
| HONISTER YHA | FRI 19:15 - FRI 21:45 | | 15K | | | |
| BLACK SAIL YHA | FRI 20:15 - FRI 23:45 | | 23K | | | |
| WASDALE HEAD | FRI 21:15 - SAT 01:30 | | 30K | | | |
| ESKDALE YHA | FRI 22:15 - SAT 04:30 | | 41.5K | | | |
| CONISTON BOATING CENTRE | FRI 00:15 - SAT 08:15 | | 57K | | | |
| JOEY'S CAFÉ AT WRAY CASTLE | SAT 01:30 - SAT 11:45 | | 71K | | | |
| STICKLE BARN | SAT 02:45 - SAT 14:30 | | 82K | 8K | | |
| BORROWDALE INSTITUTE, ROSTHWAITE | SAT 04:45 - SAT 19:00 | | 100K | 26K | | |
| GRASMERE SHOWFIELD | SAT 06:45 - SAT 23:15 | | 117K | 43K | | |
| LAKESIDE CAR PARK, WATERHEAD | SAT 07:45 - SUN 01:45 | | 127K | 53K | | |
| THE FILTER HOUSE, HAYESWATER | SAT 09:00 - SUN 06:30 | | 146K | 72K | 19K | |
| BURY HOSTEL, GLENRIDDING | SAT 09:45 - SUN 08:30 | | 154K | 80K | 27K | |
| THRELKELD VILLAGE HALL | SAT 11:30 - SUN 13:15 | | 169K | 95K | 42K | 9K |
| FINISH | | | 180K | 109K | 56K | 22K |

- NO SPECTATORS
- SPECTATORS
- HOT DRINKS
- NUTRITION
- HOT FOOD
- SLEEPING
- BAG DROP
- DROP OUT VIA PUBLIC BUS SYSTEM

FEED STATION MENU INFO

ALL FEED STATIONS

| | VEGETARIAN | VEGAN | GLUTEN FREE | CONTAINS NUTS |
|--|------------|-------|-------------|---------------|
| WATER | ● | ● | ● | |
| COKE | ● | ● | ● | |
| TEA | ● | ● | ● | |
| COFFEE | ● | ● | ● | |
| VOOM NUTRITION HYDRATE ELECTROLYTE DRINK | ● | ● | ● | |
| VOOM NUTRITION POCKET ROCKETS | ● | ● | ● | |
| VOOM NUTRITION POWR BARS | ● | ● | LOW GLUTEN | |
| WATERMELON OR ORANGE | ● | ● | ● | |
| JELLY SWEETS | ● | ● | ● | |
| BANNANAS | ● | ● | ● | |
| COCONUT MACAROONS | ● | ● | ● | |
| CHOCOLATE CREPES | ● | ● | | |
| SALTED CRISPS | ● | ● | | |

ENHANCED FEED STATIONS

| | | | | |
|---------------------|---|---|---|--|
| SOUP | ● | ● | | |
| BREAD | ● | ● | | |
| SALTED NEW POTATOES | ● | ● | ● | |
| TOMATOES | ● | ● | ● | |
| SALAMI / CHORIZO | | | | |
| MALT LOAF | ● | ● | | |
| COLD RICE PUDDING | ● | | | |

HOT FEED STATIONS

| | | | | |
|------------------------|---|---|---|--|
| ZENB PASTA AGILE BOWLS | ● | ● | ● | |
|------------------------|---|---|---|--|

PLEASE NOTE THAT WE RESERVE THE RIGHT TO AMEND SOME FOOD OPTIONS AHEAD OF THE EVENT BUT WILL COMMUNICATE THIS TO ALL RUNNERS.