












































FEED STATION MENU INFO

Venue	Times	Amenities	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
Honister Slate Mine	Fri 19:15 - Fri 21:45	  	15.5km			
Wasdale Head Inn	Fri 21:15 - SAT 01:15	  	29.0km			
Dalegarth Station	Fri 22:30 - Sat 04:15	   	38.0km			
Conistion Boating Centre	SAT 01:30 - Sat 09:00	  	59.0km			
Joey's Café at Wray Castle	Sat 03:45 - Sat 12:45	   	74.0km			
Lanty Slee's @ Sticklebarn	Sat 05:00 - Sat 15:45	  	86.0km	13.0km		
Borrowdale Institute, Rosthwaite	Sat 07:45 - Sat 20:15	   	103.5km	30.5km		
Grasmere Gather	Sat 09:30 - SUN 00:01	      	116.5km	43.5km		
Troutbeck Institute	Sat 08:30 - Sun 02:30	    	129.5km	56.0km	5.0km	
The Filter House, Hayeswater	Sat 09:15 - Sun 07:00	  	144.0km	71.0km	19.5km	
Bury Hostel, Glenridding	Sat 09:45 - Sun 09:30	   	153.0km	80.5km	29.0km	
Blencathra FSC	Sat 10:30 - Sun 13:15	   	170.5km	97.5km	46.0km	10.5km
FINISH - Crow Park		  	182.8km	109.5km	58.0km	22.4km



All Feed Stations



Enhanced Feed Stations



Hot Feed Stations

FEED STATION MENU INFO



		Vegetarian	Vegan	Gluten Free	Nut Free
All Feed Stations	Water	●	●	●	●
	Coca Cola	●	●	●	●
	Tea	●	●	●	●
	Coffee	●	●	●	●
	VOOM Nutrition Hydrate Electrolyte drink	●	●	●	●
	VOOM Nutrition Pocket Rockets	●	●	●	●
	VOOM Nutrition POWr Bars	●	●	LOW GLUTEN	●
	Watermelon	●	●	●	●
	Jelly Sweets	●	●	●	●
	Bananas	●	●	●	●
	Cadbury Dairy Milk Freddo	●			
	Caramelised Biscuit Beignets	●			
	Walkers Ready Salted Crisps	●	●	●	●
Enhanced Feed Stations	Knorr Soup	●			●
	Greggs White Sliced Bread	●	●	AVAILABLE ON REQUEST	●
	Baybel Cheese	●		●	●
	Tomatoes	●	●	●	●
	Salami / Chorizo				●
	Soreen Malt Loaf	●	●		●
	Nutella Chocolate Spread	●		●	
	Hartleys Strawberry Jam	●	●	●	●
	Sun-Pat Peanut Butter	●	●	●	
	Ambrosia Rice Pudding	●		●	●
Hot Feed Stations	Katsu Curry Rice (Eskdale)	●	●	●	●
	Joeys Vegan Chilli (Wray Castle)	●	●	●	●
	13 Valleys Kitchen Pasta (Grasmere)	●	●		●
	Pizza (Glenridding)	●			●

Please note that we reserve the right to amend some food options ahead of the event but will communicate this to all runners.