

FEED STATION MENU INFO

Location	Times	Amenities	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
Honister	Fri 19:15 - Fri 21:45	   	15.5km			
Wasdale Head	Fri 21:15 - SAT 01:15	   	29.0km			
Eskdale	Fri 22:30 - Sat 04:15	    	38.0km			
Coniston	SAT 01:30 - Sat 09:00	  	61.0km			
Wray	Sat 03:45 - Sat 12:45	    	76.0km			
Langdale	Sat 05:00 - Sat 15:45	  	88.0km	13.0km		
Rosthwaite	Sat 07:45 - Sat 20:15	   	106.0km	30.5km		
Grasmere	Sat 09:30 - SUN 00:01	      	119.0km	44.0km		
Troutbeck	Sat 08:30 - Sun 02:30	    	133.0km	57.5km	5.0km	
Hartsop	Sat 09:15 - Sun 07:00	  	147.0km	72.0km	19.5km	
Glenridding	Sat 09:45 - Sun 09:30	   	157.0km	82.0km	29.0km	
Threlkeld	Sat 10:30 - Sun 13:15	   	174.0km	99.0km	46.0km	9.0km
FINISH		  	186.3km	111.0km	58.0km	21.1km

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	●		●	●
	Moma Cranberry & Raisin porridge	●		●	
Hot Feed Stations	Katsu Curry Rice (Eskdale)	●	●	●	●
	Joeys Vegan Chilli (Wray)	●	●	●	●
	Joeys Pasta Bake (Grasmere)	●	●	AVAILABLE ON REQUEST	●
	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.