FEED STATION MENU INFO

Location	Times	Amenities	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
Honister	FRI 19:00 - FRI 21:45		15.5km			
Wasdale Head	FRI 20:45 - SAT 01:15		29.0km			
Eskdale	FRI 21:45 - SAT 04:15		38.0km			
Coniston	SAT 00:15 - SAT 09:00		61.0km			
Wray	SAT 02:00 - SAT 12:45		76.0km			
Langdale	SAT 03:15 - SAT 15:45		88.0km	13.0km		
Borrowdale	SAT 05:45 - SAT 20:15		106.0km	30.5km		
Grasmere	SAT 08:00 - SUN 00:01		119.0km	44.0km		
Troutbeck	SAT 07:45 - 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

All Feed Stations

Enhanced Feed Stations

Hot Feed Stations

NO Spectators

Spectators

Hot drinks

Nutrition

Hot food

Sleeping

Bag drop

Drop out
via Public Bus System

FEED STATION MENU INFO

		Vegetarian	Vegan	Gluten Free	Nut Free
All Feed Stations	Water	●	●	●	●
	Coca Cola	●	●	●	●
	Tea	●	●	●	●
	Coffee	●	●	●	●
	Hot Chocolate	●		●	●
	VOOM Nutrition Hydrate Electrolyte drink	●	●	●	●
	VOOM Nutrition Pocket Rockets	●	●	●	●
	VOOM Nutrition POWr Bars	●	●	LOW GLUTEN	●
	Watermelon	●	●	●	●
	Jelly Sweets	●	●	●	●
	Bananas	●	●	●	●
	Cadbury Dairy Milk Freddo	●			
	Beignets	●			
	Walkers Ready Salted Crisps	●	●	●	●
Enhanced Feed Stations	Knorr Soup	●			●
	Greggs White Sliced Bread	●	●	AVAILABLE ON REQUEST	●
	Baybel Cheese	●		●	●
	Cheese Slices	●		●	●
	Tomatoes	●	●	●	●
	Chorizo				●
	Soreen Malt Loaf	●	●		●
	Nutella Chocolate Spread	●		●	
	Hartleys Strawberry Jam	●	●	●	●
	Sun-Pat Peanut Butter	●	●	●	
	Marmite	●	●		●
	Ambrosia Rice Pudding	●		●	●
	Bio & Me Spiced Apple Porridge	●	●	●	
Hot Feed Stations	Naked 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.