

FEED STATION INFORMATION

VENUE	OPENING TIME	AMENITIES	13 VALLEYS ULTRA		7 VALLEYS ULTRA		5 VALLEYS ULTRA		2 VALLEYS TRAIL	
			DISTANCE	CUT-OFF TIME	DISTANCE	CUT-OFF TIME	DISTANCE	CUT-OFF TIME	DISTANCE	CUT-OFF TIME
HONISTER YHA	FRI 19:15		15.4KM	FRI 21:45						
WASDALE HEAD	FRI 21:15		28.7KM	SAT 01:15						
ESKDALE YHA	FRI 22:15		41.3KM	SAT 04:15						
CONISTON BOATING CENTRE	FRI 00:15		59.7KM	SAT 09:00						
JOEY'S CAFÉ AT WRAY CASTLE	SAT 00:15		74.6KM	SAT 12:45						
STICKLE BARN	SAT 02:45		86.7KM	SAT 15:45	12.8KM	SAT 09:15				
BORROWDALE INSTITUTE, ROSTHWAITE	SAT 04:45		104.3KM	SAT 20:15	30.5KM	SAT 14:00				
GRASMERE SHOWFIELD	SAT 06:45		117.2KM	SAT 23:30	43.4KM	SAT 18:30				
AMBLESIDE UNITED, AMBLESIDE,	SAT 07:45		125.4KM	SUN 01:30	51.5KM	SAT 20:30				
THE FILTER HOUSE, HAYESWATER	SAT 09:00		144.7KM	SUN 06:45	71.0KM	SUN 01:00	18.8KM	SAT 15:00		
BURY HOSTEL, GLENRIDDING	SAT 09:45		154.0KM	SUN 09:15	80.6KM	SUN 03:00	28.4KM	SAT 18:15		
THRELKELD VILLAGE HALL	SAT 11:30		168.7KM	SUN 12:45	95.0KM	SUN 06:30	42.7KM	SAT 22:45	8.4KM	SUN 13:15
FINISH			182.9KM	SUN 16:15	109.2KM	SUN 10:00	56.7KM	SUN 03:15	22.3KM	SUN 16:00

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