

FEED STATION INFORMATION

Venue Inc. Grid Reference	Opening Time	Amenities	13 VALLEYS ULTRA		7 VALLEYS ULTRA		5 VALLEYS ULTRA		2 VALLEYS TRAIL	
			Start Time - Fri - 18:00		Start Time - Sat - 06:00		Start Time - Sat - 08:00		Start Time - Sat - 10:00	
			Distance*	Cut-Off Time	Distance*	Cut-Off Time	Distance*	Cut-Off Time	Distance*	Cut-Off Time
Honister Slate Mine NY 224 135	Fri 19:15	  	15.5km	FRI 21:45						
Wasdale Head Inn NY 186 087	Fri 21:15	  	29.0km	SAT 01:15						
Dalegarth Station NY 173 007	Fri 22:30	   	38.0km	SAT 04:15						
Conistion Boating Centre SD 307 970	Sat 01:30	  	59.0km	SAT 09:15						
Joey's Café at Wray Castle NY 374 009	SAT 03:45	   	74.0km	SAT 13:00						
Lanty Slee's @ Sticklebarn NY 294 064	SAT 05:00	  	86.0km	SAT 16:00	13.0km	SAT 09:15				
Borrowdale Institute NY 257 148	SAT 07:45	   	103.5km	SAT 20:30	30.5km	SAT 14:00				
Grasmere Gather NY 336 073	SAT 09:30	      	116.5km	SAT 00:00	43.5km	SAT 18:30				
Troutbeck Institute NY 407 026	SAT 08:30	    	129.5km	SUN 01:45	56.0km	SAT 20:30	**5.0km	SAT 09:30		
The Filter House NY 421 130	SAT 09:15	  	144.0km	SUN 07:00	71.0km	SUN 01:00	19.5km	SAT 15:00		
Bury Hostel NY 365 174	SAT 09:45	   	153.0km	SUN 09:30	80.5km	Sun 03:00	29.0km	SAT 18:15		
Blencathra FSC NY 302 255	SAT 10:30	   	170.5km	SUN 13:00	97.5km	SUN 06:30	46.0km	SAT 22:45	10.5km	SAT 13:15
FINISH - Crow Park NY 263 228		 	182.8km	SUN 16:30	109.5km	SUN 10:00	58.0km	SUN 03:15	22.4km	SAT 16:00

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To the
nearest
0.5KM

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Water
refill
only