

FEED STATION INFORMATION

Location 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 - Sun - 10:00	
			Distance*	Cut-Off Time	Distance*	Cut-Off Time	Distance*	Cut-Off Time	Distance*	Cut-Off Time
Honister NY 224 135	Fri 19:15	  	15.5km	FRI 21:45						
Wasdale Head NY 186 087	Fri 21:15	  	29.0km	SAT 01:15						
Eskdale NY 173 007	Fri 22:30	   	38.0km	SAT 04:15						
Coniston SD 307 970	Sat 01:30	  	61.0km	SAT 09:15						
Wray NY 374 009	SAT 03:45	   	76.0km	SAT 13:00						
Langdale NY 294 064	SAT 05:00	  	88.0km	SAT 16:00	13.0km	SAT 09:15				
Rosthwaite NY 257 148	SAT 07:45	   	106.0km	SAT 20:30	30.5km	SAT 14:00				
Grasmere NY 339 073	SAT 09:30	      	119.0km	SAT 00:00	44.0km	SAT 18:30				
Troutbeck NY 407 026	SAT 08:30	    	133.0km	SUN 03:00	57.5km	SAT 21:30	**5.0km	SAT 09:30		
Hartsop NY 421 130	SAT 09:15	  	147.0km	SUN 07:00	72.0km	SUN 01:00	19.5km	SAT 15:00		
Glenridding NY 365 174	SAT 09:45	   	157.0km	SUN 09:30	82.0km	Sun 03:00	29.0km	SAT 18:15		
Threlkeld NY 302 255	SAT 10:30	   	174.0km	SUN 13:30	99.0km	SUN 07:00	46.0km	SAT 23:15	9.0km	SAT 13:15
FINISH NY 263 228		 	186.3km	SUN 16:30	111.0km	SUN 10:00	58.0km	SUN 03:15	21.1km	SUN 18:00

*
To the
nearest
0.5KM

**
Water
refill
only