

VENUE	TIMES	AMENITIES				13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
HONISTER YHA	FRI 18:15 - FRI 21:00					15K			
BLACK SAIL YHA	FRI 19:15 - FRI 23:15					23K			
WASDALE HEAD	FRI 20:15 - SAT 01:00					30K			
ESKDALE YHA	FRI 21:15 - SAT 03:45					41.5K			
CONISTON BOATING CENTRE	SAT 23:15 - SAT 07:30					57K			
JOEY'S CAFÉ AT WRAY CASTLE	SAT 0030 - SAT 11:30					71K			
STICKLE BARN	SAT 01:45 - SAT 14:00					82K	8K		
BORROWDALE INSTITUTE, ROSTHWAITE	SAT 03:45 - SAT 18:15					100K	26K		
GRASMERE SHOWFIELD	SAT 05:45 - SAT 22:30				  	117K	43K		
LAKESIDE CAR PARK, WATERHEAD	SAT 06:45 - SUN 01:00					127K	53K		
THE FILTER HOUSE, HAWESWATER	SAT 09:00 - SUN 05:45					146K	72K	19K	
BURY HOSTEL, GLENRIDDING	SAT 09:45 - SUN 07:45					154K	80K	27K	
THRELKELD VILLAGE HALL	SAT 11:30 - SUN 11:30					169K	95K	42K	9K
FINISH						180K	106K	53K	20K