

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	FRI 23:15 - SAT 07:30		57K			
JOEY'S CAFÉ AT WRAY CASTLE	SAT 00:30 - 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, HAYESWATER	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

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