

● ALL FEED STATIONS

● ENHANCED FEED STATIONS

● HOT FEED STATIONS

FEED STATION LEVEL

VENUE	TIMES	AMENITIES	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
HONISTER SLATE MINE	FRI 19:15 - FRI 21:45		15.5KM			
WASDALE HEAD INN	FRI 21:15 - SAT 01:15		29.0KM			
DALEGARTH STATION - ESKDALE	FRI 22:15 - SAT 04:15		38.0KM			
CONISTION BOATING CENTRE	FRI 00:15 - SAT 09:15		60.5KM			
JOEY'S CAFÉ AT WRAY CASTLE	SAT 00:15 - SAT 13:00		75.5KM			
LANTY SLEE @ STICKLEBARN	SAT 02:45 - SAT 16:00		87.5KM	13.0KM		
BORROWDALE INSTITUTE, ROSTHWAITE	SAT 04:45 - SAT 20:30		106.0KM	31.5KM		
GRASMERE GATHER	SAT 06:45 - SAT 00:00		118.5KM	43.5KM		
AMBLESIDE UNITED	SAT 07:45 - SUN 01:45		126.5KM	51.5KM		
THE FILTER HOUSE, HAYESWATER	SAT 09:00 - SUN 07:00		146.5KM	71.5KM	19.0KM	
BURY HOSTEL, GLENRIDDING	SAT 09:45 - SUN 09:30		156.0KM	81.0KM	28.0KM	
THRELKELD VILLAGE HALL	SAT 11:30 - SUN 13:15		170.5KM	95.0KM	42.5KM	8.5KM
FINISH - CROW PARK			182.5KM	108.5KM	56.5KM	22.5KM

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

# FEED STATION MENU INFO

## ALL FEED STATIONS

	VEGETARIAN	VEGAN	GLUTEN FREE	NUT FREE
WATER	●	●	●	●
COCA COLA	●	●	●	●
TEA	●	●	●	●
COFFEE	●	●	●	●
VOOM NUTRITION HYDRATE ELECTROLYTE DRINK	●	●	●	●
VOOM NUTRITION POCKET ROCKETS	●	●	●	●
VOOM NUTRITION POWR BARS	●	●	<i>LOW GLUTEN</i>	●
WATERMELON	●	●	●	●
JELLY SWEETS	●	●	●	●
BANANAS	●	●	●	●
CADBURY DAIRY MILK FREDDO	●			
CARAMELISED BISCUIT BEIGNETS	●			
WALKERS READY SALTED CRISPS	●	●	●	●

PLEASE NOTE THAT WE RESERVE THE RIGHT TO AMEND SOME FOOD OPTIONS AHEAD OF THE EVENT BUT WILL COMMUNICATE THIS TO ALL RUNNERS.

# FEED STATION MENU INFO

## ENHANCED FEED STATIONS

	VEGETARIAN	VEGAN	GLUTEN FREE	NUT FREE
KNORR SOUP	●			●
HOVIS WHITE BREAD	●	●	AVAILABLE ON REQUEST	●
BAYBEL CHEESE		●	●	●
TOMATOES	●	●	●	●
SALAMI / CHORIZO				●
SOREEN MALT LOAF	●	●		●
NUTELLA CHOCOLATE SPREAD	●		●	
HARTLEYS STRAWBERRY JAM	●	●	●	●
SUN-PAT PEANUT BUTTER	●	●	●	
AMBROSIA RICE PUDDING	●		●	●

## HOT FEED STATIONS

KATSU CURRY RICE (ESKDALE)	●	●	●	●
JOEYS VEGAN CHILLI (WRAY CASTLE)	●	●	●	●
13 VALLEYS KITCHEN PASTA (GRASMERE)	●	●		●
PIZZA (GLENRIDDING)	●			●