

Food, beverages and energy at High Coast Ultra 2019

Food stations

Food stations are located at Mädan 38 km, Skule 75 km, Näske 96 km and Sandlågan 112 km. At each station there are water, Tailwind (sport drink with lemon taste), coffee, Coke, vegetable broth, bananas, salt cucumber, something salt (chips/nuts), something sweet (candy/ chocolate), buns or other sweet bread. Vegetarian options are available at every station.

Beside this there are also served the following at these stations:

Mädan: warm blueberry soup.

Skule Naturum : hot dogs with bread and mashed potatoes, shrimp salad, mustard and ketchup. Warm blueberry soup. At this station there are also toilets and showers available. There is also a rest room where runners can rest on a hard surface. Toilets are available.

Näske: sandwiches

Sandlågan: sandwiches, light beer

The finish at Varvsberget, Örnsköldsvik: Tailwind sport drink, chips, sodas and light beer. Food in the form of a wrap (also a gluten free, lactose free and vegetarian option).

Self-service Water stations

Water containers are placed at approximately every 10 k for filling up bottles and camel backs, see the Race-PM for exact locations. Please be aware that there are only water at these stations and that there are no cups.