

ENDURANCE TRAIL

	Aid station snacks *	Water	Coca Cola	Red Bull	Näak Drink Mix	Näak Waffles	Näak Bars	Soup (instant, vegan)	Pasta (veggie)	Bread, cheese & landjäger
1 Pengelstein	x	x	x		x					
2 Jochberg * *	x	x	x	x	x	x	x	x		x
3 Jochberger Wildalm	x	x	x	x	x					
4 Jochberger Wildalm	x	x	x	x	x					
5 Oberaurach * *	x	x	x	x	x	x	x	x	x	x
6 Hochwildalm	x	x	x	x	x	x				
7 Lärchfilzhochalm	x	x	x	x	x	x	x			
8 Fieberbrunn	x	x	x	x	x	x	x	x		

* Aid station snacks include the following:

Fruits such as bananas, water melons, etc., nuts, dried fruits, cucumbers, salt, pretzels (soletti), cake, fruit gums (vegan) & fruit puree

** tea (if temperatures are below 10° C)