

-STANDARD Aid Station (Food and cold drinks)

DRINKS: Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelon, Trail Mix (dried fruit), jelly beans, kit-kat (chocolate cookies), salty cookies

-COMPLETE Aid Station (Cold food and sandwiches, cold drinks)

DRINKS: Water, Sparkling Water, Coca Cola, Fruit Juice

FOOD: Bananas, Oranges, Watermelon, Melon, Trail Mix (dried fruits), Raisins, Chocolate, Jelly beans, Kit-kat (chocolate bars), Crackers, Chocolate bar with hazelnuts, Bread (sliced and plain), Nocilla, Cheese, Sausage (ham and fuet), Tomato, Salt, Oil

-HOT FOOD: Pasta or rice with sauce: bolognese, carbonara, Neapolitan

-NAAK PRODUCTS: See table

*At the points marked with this symbol * you can also find broth, coffee, and hot tea*



	COMPLETE	STANDARD	STANDARD+ HOT FOOD
		Coll d'Ordino	Cortinada
ACCUMULATED KM (KM)	12.6	21.6	24.9
SLOPE ACCUMULATED (M)	889	1279	1713