

KÜHTAI REFRESHMENT STATION

SERVED BY HOTEL DAS CENTRAL – ALPINE. LUXURY. LIFE

Altitude: 2.020 m | Distance: at KM 49

| AVAILABLE DRINKS | AVAILABLE SNACKS |
|-------------------------------|--|
| Red Bull Energy | Soup |
| Red Bull Cola | Whole grain bread with hard- or cream cheese |
| PowerBar Isoactive sportdrink | Savoury snacks |
| Tea | Bananas |
| Apple juice | PowerBar PowerGels different Flavours |
| Ice tea peach/lemon | PowerBar Energize Bars different Flavours |
| Water | Ötztal power balls, bakery cookies |
| | Salt |

BRENNER REFRESHMENT STATION

SERVED BY DESIGN- AND WELLNESSHOTEL BERGLAND AND CASTELLO SÖLDEN

Altitude: 1.377 m | Distance: at KM 121,5

| AVAILABLE DRINKS | AVAILABLE SNACKS |
|---------------------------------------|--|
| Red Bull Energy | Soup |
| Red Bull Cola | Whole grain bread with hard- or cream cheese |
| PowerBar Isoactive sportdrink | Savoury snacks |
| Tea | Bananas, apples, lemons |
| Blackcurrant juice | PowerBar PowerGels different Flavours |
| Ice tea peach/lemon | PowerBar Energize Bars different Flavours |
| Mineral water/Sparkling Mineral water | Dried fruit |
| Water | Cookies, cakes |
| | Salt |

JAUFENPASS REFRESHMENT STATION

SERVED BY SPORTHOTEL ALPINA and HOTEL ERHART

Altitude: 2.090 m | Distance: at KM 153

| AVAILABLE DRINKS | AVAILABLE SNACKS |
|---------------------------------------|--|
| Red Bull Energy | Soup |
| Red Bull Cola | Whole grain bread with hard- or cream cheese |
| PowerBar Isoactive sportdrink | Savoury snacks |
| Tea | Lemons, apples, oranges, bananas, water melons |
| Apple juice | PowerBar PowerGels different Flavours |
| Ice tea peach/lemon | PowerBar Energize Bars different Flavours |
| Mineral water/Sparkling Mineral water | Dried fruit, trail mix |
| Water | cookies, Ötztal power balls, cakes |
| | Salt |

SCHÖNAU REFRESHMENT STATION

SERVED BY HOTEL GASTHOF NEUE POST ZWIESELSTEIN

Altitude: 1.500 m | Distance: at KM 191,5

| AVAILABLE DRINKS | AVAILABLE SNACKS |
|-------------------------------|--|
| Red Bull Energy | Soup |
| Red Bull Cola | Whole grain bread with hard- or cream cheese |
| PowerBar Isoactive sportdrink | Savoury snacks |
| Tea | Bananas, water melons, oranges, lemons |
| Blackcurrant juice | PowerBar PowerGels different Flavours |
| Apple juice | PowerBar Energize Bars different Flavours |
| Ice tea peach | Dried fruit, trail mix |
| Water | Cookies, cakes |
| | Salt |

LABESTATION SEEBERLIM

SERVED BY HOTEL ALPHOF SÖLDEN

Altitude: 2.000 m | Distance: at KM 196

| AVAILABLE DRINKS | AVAILABLE SNACKS |
|---------------------------------------|---|
| Red Bull Energy | Soup |
| Red Bull Cola | Savoury snacks |
| PowerBar Isoactive sportdrink | Bananas, apples, oranges, water melons |
| Tea | PowerBar PowerGels different Flavours |
| Apple juice | PowerBar Energize Bars different Flavours |
| Mineral water/Sparkling Mineral water | Dried fruit |
| Water | Cookies, cakes |
| | Salt |

LABESTATION ZIEL

SERVED BY HOTEL LIEBE SONNE

Altitude: 1.377 m | Distance: at KM 227

| AVAILABLE DRINKS | AVAILABLE SNACKS |
|---------------------------------------|-------------------------------|
| Red Bull Energy | Bananas, apples, water melons |
| Red Bull Cola | trail mix |
| Tea | Cakes, cookies |
| Apple juice | |
| Ice tea peach/lemon | |
| Mineral water/Sparkling Mineral water | |
| Water | |