

AID STATION AND NUTRITION GUIDE

Mallorca by UTMB® is a mountain race run in **semi-autonomy**, so every runner must manage their own food and hydration along the course.

In this guide you will find all the information about the **aid stations of each race**: their location, kilometre point and the products available at each one, as well as their main **nutritional features and allergens**, with guidance on **gluten-free, vegan and other specific dietary options**.

Remember that changes or unforeseen events can happen in the mountains, so the availability of some products may vary.



LIQUID AID STATION

Drinks, fruit and quick options to refuel.

- Still water, sparkling water, Näak isotonic drink, cola and orange soda
- Lemon and clementines
- Gummy sweets
- Broth (at some stations)

SDT and CPS: Sóller · ETM: Coll d'en Poma and Sóller



SOLID AID STATION

A wider choice of drinks and sweet and savoury food.

- All drinks
- Fresh fruit and nuts
- Sweets, chocolate, quince paste, ensaïmada
- Bread, cheese, ham, fuet, crackers
- Broth (at some stations)
- Näak products

Most stations in every race.



HOT FOOD AID STATION

A fuller aid station, with hot dishes for a longer stop.

- Everything at the solid aid station
- Hot pasta
- Hot rice
- Cold rice salad
- Coffee

SDT: Alaró and Lluc · CPS: Alaró

BYOU · BRING YOUR OWN UTENSILS

Always carry your own cup and cutlery: they are not provided at aid stations.



Your own cup, 15 cl minimum

No disposable cups. Bottles and lidded containers are not accepted as a cup.



Cutlery and bowl

Required if you want hot food (soup, pasta...). No disposable tableware is handed out.

OFFICIAL NUTRITION: NÄAK

Train with it: don't try anything new on race day.

Näak isotonic drink

At every station.

Näak waffles

At solid aid stations.

Näak energy bars

At solid aid stations.

All information in this document, including the products available, may change due to unforeseen circumstances.

OUR COMMITMENT TO THE TERRITORY



Local produce

At Mallorca by UTMB® we want the race to make a positive contribution to the land it crosses. That is why, whenever possible, **we choose local producers and suppliers**, supporting the local economy and reducing the impact of transport.

Thanks to our partnership with the **Cooperativa Agrícola de Sóller**, our aid stations offer **local, zero-kilometre products**, fresh and high quality, which also give runners a taste of Mallorca.

This choice of local produce is part of our commitment to a more sustainable event: **less transport, support for the local economy, a smaller environmental footprint and better use of the island's resources.**



Water and waste reduction

Water is a particularly precious resource in Mallorca. For this reason, in line with our environmental commitment and local regulations against water waste, most of the water at the aid stations is served **in bulk, from the public supply and safe to drink.**

We also work to **minimise single-use plastic packaging and wrappers**, both at the aid stations and across the whole event.

AID STATIONS IN NUMBERS

STATIONS

16 aid stations

2 life bases

17,000 servings

DRINKS

20,000 l of water

3,000 l of Näak isotonic drink

500 l of broth

FOOD

500 kg of Sóller clementines

50 kg of ensaïmada

1,600 hot meals

SUPPLIERS



100M M SDT

 Solid aid station  Liquid aid station  Hot food aid station (life base)

Product	Esportles	Valldemossa	Bunyola	Orient	Alaró	Tossals Verds	Can Bajoca	Son Amer	Lluc	Cúber	Fornalutx	Sóller
Type												
Km	14	25	38	52	60	69	76	86	96	110	122	129
DRINKS												
Still water	●	●	●	●	●	●	●	●	●	●	●	●
Sparkling water	●	●	●	●	●	●	●	●	●	●	●	●
Näak isotonic drink	●	●	●	●	●	●	●	●	●	●	●	●
Cola	●	●	●	●	●	●	●	●	●	●	●	●
Orange soda		●		●	●		●		●	●	●	●
Coffee					●				●			
FRUIT AND FRESH PRODUCE												
Lemon			●		●		●		●			●
Banana	●	●	●	●	●	●	●	●	●	●	●	
Tomato			●		●		●		●		●	
Sóller clementines	●	●		●	●		●	●	●		●	●
Gherkins / olives			●		●		●		●	●	●	
NUTS AND DRIED FRUIT												
Dried apricots / dates		●			●	●		●	●	●		
Nuts and raisins	●	●	●		●	●	●	●	●	●	●	
SWEET												
Gummy sweets	●	●	●	●	●	●	●	●	●	●	●	●
Milk chocolate	●		●	●	●	●	●		●	●	●	
Quince paste		●			●		●		●		●	
Ensaimada / pastries	●		●		●	●		●	●	●		
BREAD, SANDWICHES AND SAVOURY												
Sliced bread	●		●	●	●	●		●	●	●	●	
Pagès bread		●			●		●		●		●	
Cocoa spread	●		●		●	●		●	●	●	●	
Peanut butter		●		●	●		●		●		●	
Cheese		●			●		●		●	●	●	
Fuet (cured sausage)	●		●	●	●	●		●	●	●	●	
Serrano ham		●			●		●		●	●	●	
Picos (breadsticks)	●		●	●	●	●		●	●	●		
Salted crackers		●			●		●		●	●	●	
Cereal bars	●		●	●	●	●		●	●		●	
HOT FOOD												
Hot pasta					●				●			
Hot rice					●				●			
Cold rice salad					●				●			
Broth		●	●	●	●	●	●	●	●	●		●
NÄAK												
Näak waffles	●	●	●	●	●	●	●	●	●	●	●	
Näak energy bars	●	●	●	●	●	●	●	●	●	●	●	



FINISH · PORT DE SÓLLER · KM 137

Full, varied meal and a range of drinks, beer included.

Hot food and coffee at Alaró and Lluc (life bases).

Allergens for each product: see the table at the end of this document.

100K / M CPS

 Solid aid station
  Liquid aid station
  Hot food aid station (life base)

Product	Esportles	Valldemossa	Bunyola	Orient	Alaró	Tossals Verds	Cúber	Fornalutx	Sóller
Type									
Km	14	25	38	52	60	69	76	88	95
DRINKS									
Still water	●	●	●	●	●	●	●	●	●
Sparkling water	●	●	●	●	●	●	●	●	●
Näak isotonic drink	●	●	●	●	●	●	●	●	●
Cola	●	●	●	●	●	●	●	●	●
Orange soda		●		●	●		●	●	●
Coffee					●				
FRUIT AND FRESH PRODUCE									
Lemon			●		●				●
Banana	●	●	●	●	●	●	●	●	
Tomato			●		●		●		
Sóller clementines	●	●		●	●			●	●
Gherkins / olives			●		●		●	●	
NUTS AND DRIED FRUIT									
Dried apricots / dates		●			●	●	●		
Nuts and raisins	●	●	●		●	●	●	●	
SWEET									
Gummy sweets	●	●	●	●	●	●	●	●	●
Milk chocolate	●		●	●	●	●	●	●	
Quince paste		●			●			●	
Ensaimada / pastries	●		●		●	●	●		
BREAD, SANDWICHES AND SAVOURY									
Sliced bread	●		●	●	●	●	●	●	
Pagès bread		●			●			●	
Cocoa spread	●		●		●	●	●	●	
Peanut butter		●		●	●			●	
Cheese		●			●		●	●	
Fuet (cured sausage)	●		●	●		●	●	●	
Serrano ham		●			●		●	●	
Picos (breadsticks)	●		●	●		●	●		
Salted crackers		●			●		●	●	
Cereal bars	●	●	●	●	●	●		●	
HOT FOOD									
Hot pasta					●				
Hot rice					●				
Cold rice salad					●				
Broth		●		●	●		●		●
NÄAK									
Näak waffles	●	●	●	●	●	●	●	●	
Näak energy bars	●	●	●	●	●	●	●	●	



FINISH · PORT DE SÓLLER · KM 103

Full, varied meal and a range of drinks, beer included.

Hot food and coffee at Alaró (life base).

Allergens for each product: see the table at the end of this document.

Product	Luc	Cúber	Coll d'en Poma	Fornalutx	Sóller
Type	☒	☒	☒	☒	☒
Km	11	25	32	41	48
DRINKS					
Still water	●	●	●	●	●
Sparkling water	●	●	●	●	●
Näak isotonic drink	●	●	●	●	●
Cola	●	●	●	●	●
Orange soda		●	●	●	●
FRUIT AND FRESH PRODUCE					
Lemon					●
Banana	●	●		●	
Tomato		●		●	
Sóller clementines	●		●	●	●
Gherkins / olives		●		●	
NUTS AND DRIED FRUIT					
Dried apricots / dates		●			
Nuts and raisins	●	●		●	
SWEET					
Gummy sweets	●	●	●	●	●
Milk chocolate	●	●		●	
Quince paste	●			●	
Ensaimada / pastries		●			
BREAD, SANDWICHES AND SAVOURY					
Sliced bread	●	●		●	
Pagès bread				●	
Cocoa spread	●	●		●	
Peanut butter				●	
Cheese		●		●	
Fuet (cured sausage)	●	●		●	
Serrano ham		●		●	
Picos (breadsticks)	●	●			
Salted crackers		●		●	
Cereal bars	●			●	
HOT FOOD					
Broth		●			●
NÄAK					
Näak waffles	●	●		●	
Näak energy bars	●	●		●	



FINISH · PORT DE SÓLLER · KM 55

Full, varied meal and a range of drinks, beer included.

No hot food in this race. Broth at Cúber and Sóller.

Allergens for each product: see the table at the end of this document.

AID STATIONS

20K / M

CDA

 Solid aid station  Liquid aid station

Product	Deià	Béns d'Avall
Type		
Km	13	21
DRINKS		
Still water	●	●
Sparkling water	●	●
Näak isotonic drink	●	●
Cola	●	●
Orange soda		●
FRUIT AND FRESH PRODUCE		
Banana	●	●
Tomato		●
Sóller clementines	●	●
Gherkins / olives	●	
NUTS AND DRIED FRUIT		
Dried apricots / dates		●
Nuts and raisins	●	
SWEET		
Gummy sweets	●	●
Milk chocolate	●	
Quince paste	●	
Ensaïmada / pastries	●	
BREAD, SANDWICHES AND SAVOURY		
Sliced bread	●	
Pagès bread		●
Cocoa spread	●	
Peanut butter	●	
Cheese		●
Fuet (cured sausage)	●	
Serrano ham		●
Picos (breadsticks)	●	
Salted crackers	●	
Cereal bars		●
NÄAK		
Näak waffles	●	●
Näak energy bars	●	●



FINISH · PORT DE SÓLLER · KM 27

Light snack, drinks included.

No hot food in this race.

Allergens for each product: see the table at the end of this document.

ALLERGENS

This table shows the **presence of the 14 allergens that must be declared in the EU** in the products available at the aid stations of every race.

● Contains ○ May contain traces

Product	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Näak isotonic drink														
Cola														
Orange soda														
Coffee														
Lemon														
Banana														
Tomato														
Sóller clementines														
Gherkins / olives														
Dried apricots / dates														
Nuts and raisins														
Gummy sweets														
Milk chocolate														
Quince paste														
Ensaïmada / pastries														
Sliced bread														
Pagès bread														
Cocoa spread														
Peanut butter														
Cheese														
Fuet (cured sausage)														
Serrano ham														
Picos (breadsticks)														
Salted crackers														
Cereal bars														
Hot pasta														
Hot rice														
Cold rice salad														
Broth														
Näak waffles														
Näak energy bars														

PENDING

[Pending: data sheet for the flavour served]

Open buffet: even if a product does not list an allergen among its ingredients, cross-contamination may occur. However, **if you have coeliac disease, we can prepare a personal bag of individually packed gluten-free products and leave it at the aid stations agreed with you in advance.** Request it in advance by writing to mallorca@service.utmb.world. All information in this document, including the products available, may change due to unforeseen circumstances.