

Menus at the service points

The offerings at the service points include:

- Drinks, such as water, sports drink, and juice.
- Energy supplements, such as energy gels, energy bars, and bananas.
- The menu is lactose-free.
- Gluten-free options are available upon request.
- Vegetarian options are available upon request.

Pitkä Pirkka 217 km

Hämeenkyrö / Mihari	Water, juice, sports drink, raisins
Hämeenkyrö / Frantsila	Water, juice, sports drink, chocolate bar, banana
Komi / Päivölä	Water, juice, sports drink, energy gel, pickled cucumber, coffee, warm soup

Klassikko 134 km, HiekkaPirkka 177 km & Pitkä Pirkka 217 km

Mutala	Water, juice, sports drink, raisins
Kuru	Water, juice, sports drink, energy gel, banana, coffee
Murole	Water, juice, sports drink, blueberry soup, pickled cucumber, crisp
Terälahti	Water, juice, sports drink, chocolate bar, pickled cucumber
Aitolahti	Water, juice, sports drink, raisins

Pirkan Pyhä 40 km

Rantaniitty	Water, juice, sports drink, chocolate bar, raisins, banana
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Soveltava Pyöräily 10 km

Along the route	Water, juice, chocolate bar, raisins
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Lilliputti 4 km

Along the route	Trip-juice, chocolate bar, raisins
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