

See Finland product description for incentive groups

## NORDIC WALKING

In Finland Nordic walking is a widely spread outdoor activity. Now you can try it with professional instructions!



**Description:** Nordic walking was originally developed for a summer training method for competition cross-country skiers in late 1990s. It is an outdoors activity with many benefits: fun, easy to learn, suitable for anyone with any condition. Due to that, it has rapidly grown to a very popular fitness sports. If you are visiting Helsinki, you can now try it in the original home country, with professional instructions from the trainer leading you in small groups.

**Site:** Selection of Helsinki city outdoors sites: seashore or sports park paths.

**Duration:** According to your wishes 1,5 - 2,5 hours.

**Operation period:** All year around

**Service language:** English. Other languages possible on request.

**Group size:** Best suitable for groups of 2-20 persons.

**Program includes:**

- 2 hours of outdoor activity including walking and stretching.
- Comfortable outdoor clothes during the event are provided, complete with walking sticks. Please bring your own walking shoes.
- A light snack to keep you going.
- Service by our expert guides.

We reserve the right for program changes.



**See Finland Oy**

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