

See Finland product description for VIP Individuals

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 2-10 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

Internet: www.seeфинland.com

Email: seeфинland@seeфинland.com

Tel: +358-(0)9-5301720 / +358-(0)505-327628

Fax: +358-(0)5085-327628

© 2007 See Finland Matkailu Oy - All rights reserved

Updated 26.1.2007