

# Nordic Walking Worldwide



## NORDIC WALKING WORLDWIDE VIERUMÄKI, 23-27 JULY, 2014

Vierumäki, the Sport Institute of Finland, is the most versatile leisure centre in Finland, offering visitors high-quality holiday and conference services throughout the year.

Vierumäki is the place where Nordic walking was invented.  
Welcome to Vierumäki!

Vierumäki is surrounded by beautiful forests and rolling terrain. At Vierumäki you can participate in exotic adventures, do a variety of sports or just relax amidst a range of recreational activities like Resort & Spa.

Vierumäki is also known for its wide culinary offering; you can enjoy sumptuous meals at our wilderness lodges or fine restaurants, or just treat yourself to some refreshing pastries at one of our cafés.

It takes about 1,5 hours to get to Vierumäki from Helsinki Airport by car. We offer a full-range of services to businesses and groups, adults and children, families and singles— something for everyone.



# Nordic Walking Worldwide Wed–Sun, 23–27 July, 2014

Programme:

## Wednesday, 23 July

2–3:30pm: Arrival at Vierumäki and check-in  
4–5:30pm: Quiz track and getting familiar with the area  
7:00pm: Dinner

## Thursday, 24 July

7:30–9am: Breakfast  
9:30–10:15am: Themed control points  
• Group 1: Mobility with poles  
• Group 2: Muscle tone with poles  
• Group 3: Light-hearted contest with poles  
10:30–11:15am: Themed control points  
• Group 2: Mobility with poles  
• Group 3: Muscle tone with poles  
• Group 1: Light-hearted contest with poles  
noon–1:30pm: Lunch  
2–2:45pm: Themed control points  
• Group 3: Mobility with poles  
• Group 1: Muscle tone with poles  
• Group 2: Light-hearted contest with poles  
2:45–3:15pm: Coffee break  
3:30–5pm: Nordic walking in line with one's fitness, 3, 5, or 10 km  
5–7pm: Lakeshore saunas Pihka and Kaski  
7:00pm: Dinner and soirée at the lakeshore saunas

## Friday, 25 July

7:30–9am: Breakfast  
9:30–11am: For Group 1, hill training with poles  
For Group 2, Nordic walking through bog land  
noon–1:00pm: Lunch  
1–6pm: Long aerobic Nordic walk around the lake Suurjärvi  
+ coffee break on the shore of the Saarijärvi  
7:30pm: Dinner + soirée at the pavilion (later, Teatro Night Club or karaoke)

## Saturday, 26 July

7:30–9am: Breakfast  
9am–noon: Country clinics'  
• Briefings, demonstrations, fresh winds about Nordic walking from around the world, and more  
noon–1pm: Lunch  
2–5pm: 'Country clinics', continued  
7:00pm: Buffet dinner + soirée at Scandic

## Sunday, 27 July

7:30–9am: Breakfast  
9–10:30am: For Group 1, Nordic walk through bog land  
For Group 2, hill training with poles  
10:30–11:30am: Check-out  
11:30am–12:30pm: Lunch  
12:30–1pm: Departure

