

**POPULAR NORDIC WALKING IS EXERCISING AT ITS BEST!**



Nordic Walking led by a professional guide best serves as a counterbalance to your everyday work.

Try guided Nordic Walking after a seminar, a meeting day or on your teambuilding day.

This all can be done at a low cost and it is possible to arrange almost everywhere!

Nordic Walking can also be combined with other types of adventures.

For example, why won't you organize your own Superman Contest, with Nordic Walking, cycling and a journey with tar boats.

**JOIN US FOR A GUIDED TOUR!**

<b>Equipment</b>	Appropriate clothing for outdoors Proper walking shoes
<b>Languages</b>	Finnish and English. (German and French on agreement).
<b>Weather conditions</b>	Will be considered
<b>Program duration</b>	1-2hours on agreement
<b>Insurance</b>	Oulu Safarit has a liability insurance
<b>Possible time period</b>	Throughout the year
<b>Location</b>	Program can be carried out almost everywhere
<b>Price</b>	21 €/ person, incl. VAT 8 %. Minimum charging for 15 people Maximum participant volume 100 people  The price includes the following: <ul style="list-style-type: none"> <li>• Guide services</li> <li>• Disposable raincoats</li> <li>• (Winter time) overalls, gloves, shoes and a bonnet, if needed</li> <li>• Nordic Walking sticks</li> </ul>

