

# Nordic Walking Weekend Getaway

## Schedule

### Friday, Oct. 15<sup>th</sup>

- 5:00 – 7:30 pm Dinner/check-in
- 7:30 – 9:00 pm Social get-together and presentations on the area by local experts

### Saturday, Oct. 16<sup>th</sup>

- Breakfast available at Cascade Restaurant
- 9:00 – 9:30 am Beginning Nordic walking lesson (optional)
- 9:30 – 10:15 am Nordic walking lesson: 'Walk with Comfort and Ease: Techniques to Help You Relax, Relieve Strain and Build Strength' (also applicable to walking without poles)
- 10:15 – 11:45 am Group walk in Cascade Park
- 11:45 am – 2:30 pm Lunch on your own, time for sightseeing and photography in Grand Marais, where there are numerous shops and art galleries
- 2:30 – 4:00 pm Group walk in Grand Marais area
- 4:00 – 6:00 pm Return to lodge and relax on your own
- 6:00 – 7:30 pm Group dinner at Cascade Restaurant
- 7:30 – 9:00 pm Nordic walking entertainment and party at the Lodge

### Sunday, October 17<sup>th</sup>

- Breakfast
- 9:00 – 11:00 am Group walk near Cascade
- 11:00 am Depart