

# FITNESS NATURPARK WEISSENSEE

LOW SEASON FROM 08/05 TO 02/07 AND 04/09 TO 06/10/2017

**EVERY MONDAY AT 11.30 AM:  
GUIDED E-BIKE TOUR**

**EVERY MONDAY AT 4PM:  
NORDIC WALKING FOR EVERYONE**

**EVERY WEDNESDAY AT 3PM:  
RUNNING – TECHNIQUE/STRETCHING OR RUNNING – ADVENTURE**

**EVERY THURSDAY AT 09.30AM:  
STRESS-FREE HIKING**

**EVERY THURSDAY AT 04PM:  
NORDIK WALKING FOR EVERYBODY**

**EVERY FRIDAY AT 09.30AM  
GUIDED MTB TOUR FOR BEGINNERS OR FOR ADVANCED LEARNERS**

PEAK SEASON FROM 03/07 TO 03/09/2017

**EVERY MONDAY AT 11.30AM:  
GUIDED E-BIKE TOUR**

**EVERY MONDAY AT 4PM:  
NORDIC WALKING FOR EVERYONE**

**EVERY TUESDAY AT 10AM:  
RUNNING-TECHNIQUE/STRETCHING-OR RUNNING-ADVENTURE**

**EVERY THURSDAY AT 5PM:  
NORDIC WALKING FOR EVERYBODY**

**EVERY FRIDAY AT 09.30PM:  
GUIDED MTB TOUR FOR BEGINNERS OR ADVANCED LEARNERS**

**EVERY FRIDAY AT 02.30PM:  
GUIDED E-BIKE TOUR**

## MEETING POINT:

At Weissensee  
Information in  
Techendorf-Süd

## PARTICIPATION

Free of charge  
(except e-bike tours,  
free of charge only  
with Adventure Pass  
Mobile+, otherwise €  
10,-)

## NOTES

Don't forget Nordic  
Walking sticks.  
Guests without  
sticks can borrow  
them from the guide.  
Please bring a MTB  
or E-Bike for the  
guided tour. Please  
mind – compulsory  
wearing of a helmet!