

# LAPPONIA SKIING WEEK PROGRAM AT OLOS

**LAPPONIA SKIING "PRE GAMES" AT POLAR KOTA:  
INFORMATION ON THE COMPETITION OF THE FOLLOWING DAY.  
SUN 8.4 (4PM - 4:30PM), TUE 9.4 (5PM - 5:30PM) & THU 11.4 (4PM - 4:30PM).  
MEET FINNISH OLYMPIC TEAM SKIERS  
KERTTU NISKANEN & ANSSI PENTSINEN ON TUESDAY & THURSDAY!**

## **SPECIAL PROGRAM ON TUESDAY 9.4 & THURSDAY 11.4.2019**

Program Pass 20€/day. Separate tickets 8€ for waxing or ski Technik. Lecture in Olos Polar Center 10€.  
Members of Lapland Hotels Club -50%.

### **TUESDAY 9.4.2019**

- 10:30 - 11:15 REX Ski waxing course (mainly in Finnish), Olos building 4/waxing hall nro 5  
11:30 - 12:30 Technical course for skiing (in Finnish & in English) by Kerttu Niskanen & Anssi Pentsinen, Start area  
12:30 - 12:45 Streching routines after skiing (in Finnish & in English) by Kerttu & Anssi, Finish area  
12:30 - 14:00 Lunch (for additional price at Olos Log restaurant)  
15:30 - 16:30 Movement and exercise can act as a medicine and maximize performance! - if there is appropriate quality and dosage! In English, Lecture in Olos Polar Center.  
Ari-Pekka Lindberg, Anatomy Trains/Trainer 4 Yo

### **THURSDAY 11.4.2019**

- 10:30 - 11:15 REX Ski waxing course (mainly in Finnish), Olos building 4/waxing hall nro 5  
11:30 - 12:30 Technical course for skiing (in Finnish & in English) by Kerttu Niskanen & Anssi Pentsinen, Start area  
12:30 - 12:45 Streching routines after skiing (in Finnish & in English) by Kerttu & Anssi, Finish area  
12:30 - 14:00 Lunch (for additional price at Olos Log restaurant)  
14:00 - 15:00 Hiking routes on the coast of Northern Norway, In English, Lecture in Olos Polar Center.  
Non-fiction writer Harri Ahonen.

The presentation gives information about hiking routes in different scale and presents hiking areas like Vesterålen and Lofoten together with information of different walks and lodging possibilities along the fjords and in the archipelago on the coast of the Northern Norway.

### **HUSKY TOURS AVAILABLE**

on Tuesday and on Thursday. Bookings & payment in advance at Lapland Hotels Olos reception.  
Ask details and rates at reception.

### **GET TOGETHER ON WEDNESDAY 10.4.2019 IN POLAR KOTA at 8 pm**

#### **LEARN ABOUT MUONIO & LAPLAND (in English)**

Lasse Peltonen, the Mayor of Muonio, welcomes you to Muonio, village of happy people.

Greeting words and piece of information.

Meet representatives of local outdoor activity companies whose playground is Lappish nature

Take photos with **Santa Claus and his Reindeer**, find them on the terrace of Polar Kota!

Let's get together and taste a piece of Muonio & Lapland!  
Free entrance!

### **SPECIAL DINNER À LA LAPPONIA**

FRI 12.4. at Takka Restaurant

Reservations for the buffet 5pm & 8:15pm.

Tel. +358 40 553 4092

[lyyti.in/ruokafestilapponia2019](http://lyyti.in/ruokafestilapponia2019)

### **MOVIES AT OLOS POLAR CENTER Ticket 12€/movie**

- Sun 7.4. at 5pm **DUMBO, 3D** (in English)  
Sun 7.4. at 7pm **THE SISTERS BROTHERS** (in English)  
Mon 8.4. at 5pm **AILO - THE AMAZING ODYSSEY OF NEW-BORN REINDEER** (SUBTITLES in English)  
Mon 8.4. at 7pm **LYCKLIGARE KAN INGEN VARA** (på svenska, teksti suom.)  
Tue 9.4. at 5pm **LUONTOSINFONIA** (Beautiful Finnish becomes one with music)  
Wed 10.4. at 7pm **ON THE BASIS OF SEX** (in English)  
Thu 11.4. at 5pm **LUONTOSINFONIA** (Beautiful Finnish becomes one with music)  
Thu 11.4. at 7pm **BEN IS BACK** (in English)

### **PRIZE SEREMONY AT OLOS POLAR CENTER FRI 12.4. AT 7PM.**

  
**LAPLAND HOTELS  
OLOS**

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