



## Cascade Lodge Nordic Walking Weekend Friday, October 15th – Sunday October 17th



Join Nordic Walk for Life and other Nordic walkers and friends for this fun weekend on the North Shore of Lake Superior! Enjoy the fall and colors by walking trails, dining together, and enjoying the Lutsen and Grand Marais areas with Historic Cascade Lodge as the home base. Rentals will be available for a small fee and lessons provided along the way. Give us a call for reservations or more details at 800-322-9543. We hope to see you out on the trails with us! (2 night min stay).