

## INWA NORDIC WALKING WORLD CHAMPIONSHIPS 2024 in Lahti - Finland

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*The president of the International Nordic Walking Federation, Aki Karihtala, welcomes everyone interested in Nordic Walking to take part in the INWA Nordic Walking World Championships held in Lahti!*

**The International Nordic Walking Federation INWA and Finski (Finlandia-hiihto) will jointly organise the INWA Nordic Walking World Championships on September 13-15, 2024 in Lahti**, which is one of the most famous Nordic winter sports competition centres in the world.

A good number of participants from abroad as well as from Finland are expected to participate in this unique event. Several skiing world championships and World Cup competitions have been organised in Lahti.

The Salpausselkä region also hosts an international mass skiing event Finlandia-hiihto every year.



The previous INWA Nordic Walking World Championships 2022 and the Nordic Walking European Championships 2023 were held in Poland.

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Aki Karihtala, Founder and President of INWA International Nordic Walking Federation:  
**"On behalf of the world's largest sports federation that promotes Nordic Walking, I am very pleased with the cooperation agreement with Finlandia-hiihto on organising our Nordic Walking World Championships in Lahti".**

Finlandia-hiihto has a long tradition in organising large skiing events, and this cooperation with Finlandia-hiihto in organising the Nordic Walking World Championships is well justified.

"Nordic Walking has been a well-received innovation from Finland as a health exercise, but with the competition concept, we have gained and will continue to gain additional momentum for the sport's development, keeping younger enthusiasts in mind. People of all ages are interested in the competitions, and this has also been considered when designing the age categories. We estimate that there are currently over 13 million enthusiasts and followers of the sport in more than 30 nations," says Aki Karihtala.

Finlandia-hiihto event director Markku Levanen expresses his delight that Nordic Walking has become part of the spectrum of international events organised in Lahti as a competitive activity. "The INWA Nordic Walking World Championships provide an accessible opportunity to participate in an internationally prestigious competition, allowing individuals to challenge Nordic Walkers from various countries. Similar to Finlandia skiing events, this event is suitable for participants with different fitness levels. Lahti, Salpausselkä UNESCO Global Geopark, and Finlandia-hiihto collectively offer a splendid backdrop and a professional team as organisers for the event," affirms Levanen.

**Tentative programme and schedule of the INWA Nordic Walking World Championships:**

|           |                                                                                                                             |
|-----------|-----------------------------------------------------------------------------------------------------------------------------|
| 13.9.2024 | 5 km (men and women), opening ceremony.                                                                                     |
| 14.9.2024 | 10 km and 21 km (men and women)                                                                                             |
| 15.9.2024 | 4 x 5 km relay (men, women, and mixed teams), public Finlandia Fun Nordic Walking event, and closing ceremony of the games. |

FINLANDIA-HIIHTO



If you are interested in participating, the registration to the event is now open. You can register yourself via this link:  
<https://www.finlandiahiihto.fi/nwwc>

**INWA Nordic Walking  
World Championships 2024**

**13.-15.9.2024 LAHTI FINLAND**

## About INWA and Finlandia-hiihto

### International Nordic Walking Federation INWA:

The International Nordic Walking Federation INWA is an organisation registered in Finland in 2000, which has successfully exported Nordic Walking to more than 30 countries for over 20 years. The organisation has Nordic Walking activities in more than 20 countries through its member organisations and it has trained thousands of Nordic Walking instructors around the world. INWA officially started its competitive Nordic Walking program in 2017 in China with the first official competition. Nowadays, the number of enthusiasts is currently growing at a dizzying pace.

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### Finlandia-hiihto

The Finlandia-hiihto organisation operates in Lahti and has organised the world-famous Finlandia skiing for more than 50 years already, since 1974. Recently, the Finlandia-Skiing event has had approximately 4,000 to 5,000 participants each year.

#### Contact:

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