

TRUE NORTH Expedition - Guide Rail

A fusion of coaching and nature experience



„Better have a plan and change it than starting without a plan and getting lost.“

First Day

- 15.00 Meeting at base camp (Mühlenberg 4, 24398 Winnemark)
- 16.30 Ready to start
- 17.00 On the WATER
- 18.00 **ON@kayak Coaching** - Session 01 (90 minutes)
- 20.00 Search for sleeping place -> Set up camp
- 21.00 Cooking & socializing

Second Day

- 8.00 Breakfast
- 8.30 **Coaching Session 02** (90 minutes)
- 10.00 **Me-Time 1** (60 minutes)
- 11.00 Dismantling camp
- 12.00 On the WATER
- 16.00 Set up camp
- 17.00 **Coaching Session 03** (90 minutes)
- 19.00 **Me-Time 2** (60 minutes)

Third Day

- 8.30 Breakfast
- 9.00 **Coaching Session 04** (90 minutes)
- 11.00 **Me-Time 3** (60 minutes)
- 12.00 Dismantling camp
- 13.00 On the WATER
- 15.00 Arrival base camp
- 16.00 End & Departure