



FNL D GRVL PR/Media Schedule

Wednesday, June 7, 2023

What	When	Where
Shake out ride hosted by locals - Lahden Pyöräilijät Cycling Club and Henttala Development Team	18:00-19:45	Downtown Lahti Farmers Market Market Vapaudenkatu 7, 15110 Lahti, Finland

Thursday, June 8, 2023

What	When	Where
Canyon WMN's Ride hosted by Tiffany Cromwell (open to all)	11:00-12:30	Sports Center
Expo & Packet Pick up	14:00 - 18:00	Sports Center
Strava Social Ride	14:00-15:30	Sports Center
Kid's Race Hosted by Lahden Pyöräilijät	17:00-18:00	Sports Center
Lahden Cycling Club Ride	18:00-19:45	Sports Center

Friday, June 9, 2023

What	When	Where
Castelli Shake Out Ride and Kahiwa Coffee Route: Castelli Shake Out Ride	9:00-10:30	Castelli Expo Booth at Sports Center
Yoga	10:45-11:45	Fellmen's Park (7 minute walk from Sports Center) Paasikivenkatu 11, 15110 Lahti, Finland
Pro Panel Led by Betsy Welch	13:00-13:30	Sports Center Stage
Press Q&A	13:30-14:00	Sports Center Stage
Castelli Happy Hour / Pro Panel Viewing Party	13:00-14:00	Sports Center - Castelli Tent
Race Briefing with Race Director Micah Rice	14:00-14:45	Sports Center Stage
Zipp Shake Down Ride	15:00-16:30	Sports Center
Media Meeting - Mandatory (pick up media passes)	16:30 - 17:30	Sports Center Media Room
Welcome Dinner at Lokki Info & RSVP ----- Invited only.	18:00-20:00	Lahti Harbor Lokki - https://ravintolalokki.fi/

Saturday, June 10, 2023 (RACE DAY!)

What	When	Where
77k Lakes Course Start Route Map (50 miles, 3383' elevation gain)	8:00	Lahti Harbor Vesijärven satama, Satamakatu 7, Lahti, Finland
Expected finish time for top riders of Lakes Course	10:15	Sports Center
177k Midnight Sun Start Route Map (110.5 miles, 6893' elevation gain)	9:00	Lahti Harbor Vesijärven satama, Satamakatu 7, Lahti, Finland
40k Forest Start Route Map (26 miles, 1719' elevation gain)	9:05	Lahti Harbor Vesijärven satama, Satamakatu 7, Lahti, Finland
Post race festivities Post Race meal, Bike Wash	12:00-19:30	Sports Center
Expected Finish Time for 1st place Pro Riders of Midnight Sun Course	13:45	Sports Center
Festivities Begin Rider Awards & Music	20:00-20:45	Lahti Harbor Vesijärven satama, Satamakatu 7, Lahti, Finland

Sunday, June 11, 2023

What	When	Where
Hangover Ride & coffee and	10:00-12:00	Kahiwa Coffee

pastries hosted by Suunto Route: Suunto Hangover Ride		Päijänteenkatu 9, 15140 Lahti, Finland
Canyon Presentation	TBD	

Restaurant Recommendations

Restaurant Roux

Fine Dining, tasteful, old and stylish interior in an old pharmacy. Inspired by seasonality, the head chef creates Finnish & nordic cuisine à la carte of local ingredients.

<http://roux.fi/roux-restaurant/>

Located 5 minutes walk from the Hotel Seurahuone/Solo Sokos.

Restaurant Taivaanranta

The Restaurant's kitchen focuses on Finnish quality raw materials, supporting local farmers and naturally the products from Teerenpeli Brewery & Distillery. Restaurant Taivaanranta is part of Teerenpeli Distillery – family. Teerenpeli's Whisky is famous around the world and has won many awards. They have this showroom downstairs of the restaurant.

<https://taivaanranta.com/en/Home>

Located 3 minutes walk from the Hotel Seurahuone/Solo Sokos.

Kuja Street Food Lahti

Street food with a local Lahti twist. Kuja Street Food Lahti is a unique restaurant where you can enjoy not only the delicious street food but also the graffiti artwork on the wall.

<https://book.visitlahti.fi/en/to-do/1848594/kuja-street-food-lahti/showdetails>

Kokka Bar & Bistro

The menu includes e.g. in a Dry Ager cabinet cooked meat, portions to be shared among the table party, artisan pizzas and small tapas delicacies.

<https://book.visitlahti.fi/en/to-do/1926435/lahti-harbour-%7c-kokka-bistro-bar/showdetails>

At the Lahti harbor, 15 minutes walk from the hotel.

Restaurant Harald

Culinary voyage into the past. Harald's Viking milieu takes you and your friends on a voyage back to the age of the Vikings, lot's of finnish tastes are served here.

<https://www.ravintolaharald.fi/en/a-la-carte/>

Located in Lahti city center, 5 minutes walk from the Solo Sokos Hotel.

Restaurant Mamma Maria

Traditional Italian restaurant that has been here since 1995.

<https://mammamaria.fi/en/welcome/>

Located beside the Market Square in the heart of Lahti city center.