

# Get Up, Get Out, Get Active



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## Nordic Walking Taster

Nordic Walking is walking with poles which has more benefits than ordinary walking. It is one of the fastest growing outdoor activities as it is suitable for all and easy to learn. Nordic Walking burns **20-40%** more calories than normal walking so it is great for keeping fit and healthy. Book a place on one of our taster sessions to find out more.

**Tasters are run on the first Saturday of every month. Contact us to book your place NOW!**



We also offer a 4 week technique course so that you can get the most out of Nordic Walking. Our popular weekly walks let you socialise, keep fit and enjoy the scenery!



One free taster with purchase or renewal of a Discovery Pass. See the Discovery Pack for details.

For more information: [www.way2goadventures.co.uk](http://www.way2goadventures.co.uk)