

# Nordic Walking

**Sherwood Pines**  
**Friday 10.30 – 11.30**



Nordic Walking is great for a full body workout and good fun too!

Borrow some poles, learn how to use them with a qualified instructor and enjoy Nordic walking through the forest.

**£5 a session**

20% discount with a Discovery Pass

**Booking essential.**

Contact Hannah for more information on 07789 942599 or 01623 822447 or email [hannah.darcel@forestry.gsi.gov.uk](mailto:hannah.darcel@forestry.gsi.gov.uk)

[www.britishnordicwalking.org.uk](http://www.britishnordicwalking.org.uk)

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