



Have fun and experience the joy of Nordic walking by beginning to learn the first steps of the INWA 10 step technique with Debbie our fully qualified BNW Instructor and resident Blue-tit!



£5
per person
Saturday 28th Sept
2.15 pm
3.30 pm
4.45 pm

Spaces are limited!

Booking essential. Reserve your place Friday evening or Saturday Breakfast. Pay on session. Cash Only. Tuition and use of Nordic poles included. All based within Celtic camping.



*Participants must complete a physical readiness questionnaire before taking part. Participation is at instructor's discretion.

For more information on Nordic Walking see:

<https://britishnordicwalking.org.uk/pages/about-nordic-walking>