

## Nordic Walking



- The Nordic Walking group in Sutton Courtenay was set up in 2018 as part of the GO Active Gold project to encourage over 60's to become more active.
- Since then many participants have attended Learn to Nordic Walk courses and joined the weekly group walks.
- The walks are attended by participants of all ages and abilities and come from local surrounding villages to join the friendly walks each week.
- All the walks and courses follow the Government and British Nordic Walking COVID guidelines

## Learn to Nordic Walk Courses



- 3 week courses
- Courses take place on Wednesdays and Fridays from 9:30am-10:30am
- These are led by British Nordic Walking Instructor Graham Wells
- No previous experience needed
- Small group sizes

## Group Walks



- Wednesdays: 10:30am-11:30am
- Fridays: 10:30am-11:30am

- We meet at Sutton Courtenay Recreation Ground.
- We have several small groups all led by trained walk leaders
- All the walks are risk assessed and follow local scenic footpaths around the village
- We have walks to suit different speeds and abilities.
- All walks are free
- New walks will be starting up in Abingdon, Wantage and Wheatley in the next few months

## Feedback from our regular Nordic Walkers:

*Well run activity with good walk leaders and friendly people.*

*Nordic walking is so much better than just strolling along, It has improved my posture and strength.*

*Meet new people and keep active.*

*Joining the group has helped both physically and mentally*

*Nice to mix and talk with different people as well as keeping fitter.*

## Contact Details

- If you are interested in learning how to Nordic Walk and would like to register your interest in a Learn to Nordic walk course or you have already completed a beginners course and would like to join the regular group walks please contact:
- Annalie Thomasson at [Annalie.thomasson@southandvale.gov.uk](mailto:Annalie.thomasson@southandvale.gov.uk)
- 07766991487