

# Nordic Walking

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A whole-body exercise that not only helps with fitness, heart-health and joint pain but also provides the perfect opportunity to enjoy the benefits of nature in the company of friends.

Our Nordic Walking group is ideal for people of all abilities and is just as much about enjoying the freedom of getting out and about, as it is about getting and staying active.

**When:** Coming Soon....

**Where:** We start our ramble at Roadford Lake, Broadwoodwidge

**Cost:** £3 per session, £5 with pole hire

**Booking details:** Please call 01872 266383 to find out more. We aim to adapt walks for different abilities & fitness.



**Exploring new opportunities in Cornwall**