



The activity is suitable for all ages and is a great way to meet new people and have a chat as you walk. Exercising outdoors gives a sense of wellbeing and has a positive effect on your mood.

Why not try Nordic Walking?

It doesn't matter if you have never tried it before, we have the Nordic walking poles for you to borrow. A leader will show you how to use the poles and get you started. All you need to do then is practice.

Once you know the basics our Nordic walk leaders organise regular sessions at various locations throughout Kirklees, to get you walking the Nordic way!

For further information about Nordic Walking please contact

The Sport & Physical Activity Development Team

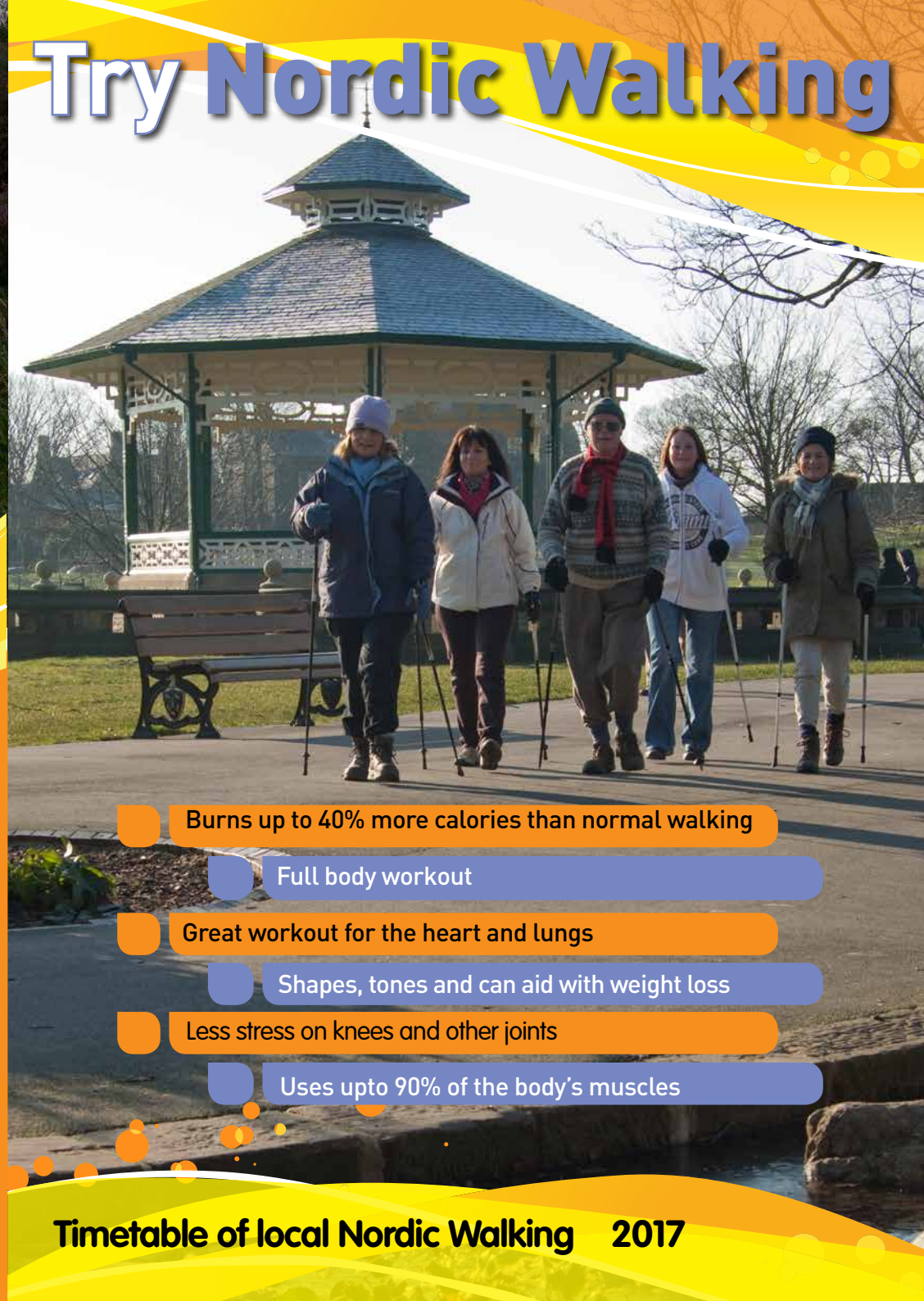
Tel: **01484 221000** and ask for the above team

Email: spadt@kirklees.gov.uk

Web: www.kirklees.gov.uk/walking

Full details inside.

Try Nordic Walking



Burns up to 40% more calories than normal walking

Full body workout

Great workout for the heart and lungs

Shapes, tones and can aid with weight loss

Less stress on knees and other joints

Uses upto 90% of the body's muscles

NORDIC WALKING SESSIONS

Walking sessions take place at various locations throughout Kirklees.

- Most walks are approximately one hour long, but this may vary. Please contact the leader beforehand for details.
- Nordic poles are available to borrow if required.
- Please dress appropriately for the weather, as if you are going for a brisk walk. Outdoor trainers are ideal.

If you've never tried Nordic Walking before no experience is required.

A leader will be on hand to show you how to get the most benefit from Nordic walking. If it's your 1st time please call the relevant walk contact from the list below so they are aware you are coming and they may ask you to arrive a bit earlier so they can show you the basics.

Meeting Point	Day	Time	Contact
Marsden National Trust Old Goods Yard Station Road, Marsden	Every Monday (except Bank Hols)	10.30am (approx. 1 ½ - 2 hours)	Graham Simpson 07761488745
Spensborough Pool Bradford Road Liversedge Meet in the café by the pool	Every Tuesday	10.30 am	Sasha Lockwood 07970096492
Holmfirth Sands Recreation Ground (outside the pool) Huddersfield Rd, Holmfirth	Every Tuesday At 9.30 am there is the option of a 30min steady walk prior to the main walk at 10am please call for details	10.00 am (approx. 1 ½ hours)	Christine - 07715566816
Oakwell Hall Country Park Nutter Lane, Birstall, Batley Meet by the Gift Shop	Every Wednesday	10.30 am	Amanda Walker 01484 221000 option 3 Ian - 07836381533
Cleckheaton Library Whitcliffe Road Cleckheaton (01274 335170)	Every Thursday	10.00 am (2 hour brisk walk) 11.00 am (1 hour)	John - 07762134243
Castle Hill Top Car Park Huddersfield	Thursday's 2017: Jan 12th, 26th July 13th, 27th Feb 9th, 23rd Aug 10th, 24th March 9th, 23rd Sept 7th, 21st April 6th, 20th Oct 5th, 19th May 4th, 18th Nov 2nd, 16th, 30th June 1st, 15th, 29th Dec 14th	10.30 (approx. 1 ½ hours)	Julian Brown 07968 426312
Tolson Museum Ravensknowle Park Wakefield Road Huddersfield	Every Thursday	12 noon (approx. 1 hour)	Museum - Emma 01484 223240
Greenhead Park Huddersfield Meet top café opposite the tennis courts	Every Friday Circuits of the park at your own pace	10.00 am onwards	Sheila - 01484 427792
Lindley Library Lidget St, Lindley	Every Saturday followed by refreshments in the library	10.00am (approx. 1 ½ hours)	Alison - 01484 314863 Library - 01484 414868
Other Opportunities in Kirklees			
HD3 Fitness Centre New Hey Road Salendine Nook	Every Wednesday Duration approx 1hour 30 min	9.30 am	01484 646506 £3.50