



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
Spenborough 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 training technique session. Please call in advance to arrange.	10.00 am (approx. 1 ½ hours)	Christine - 07715566816 Jerry – 07794198142
Oakwell Hall Country Park Nutter Lane, Birstall, Batley Meet by the Gift Shop	Every Wednesday	10.30 am	Oakwell Hall - 01924 324761 option 4
Cleckheaton Library Whitcliffe Road Cleckheaton (01274 335170)	Every Thursday	10.00 am (2 hour brisk walk) 11.00 am (1 hour)	Chris - 01274 683870 John - 07762134243
Castle Hill Top Car Park Huddersfield	Thursdays 2019: Jan 10th & 21st Feb 7th & 21st Mar 7th & 21st Apr 4th & 18th May 2nd, 16th & 30th June 13th & 27th	10.30 (approx. 1 ½ hours)	Julian Brown 07870 570914
Greenhead Park Huddersfield Meet top café opposite the tennis courts	Every Friday Circuits of the park at your own pace	10.00 - 11.00am	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 £1.50

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