



the trinity
walk . cycle . public transport



Learn To Nordic Walk
February – December 2024

What is Nordic Walking?

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. It provides a highly effective, full body workout that doesn't feel like one! Originating in Finland, Nordic Walking combines the simplicity of walking with core and upper body conditioning similar to Nordic skiing.

Nordic Walking provides a number of benefits above that of normal walking. It exercises 90% of your muscles, increasing strength in your legs, arms, shoulders, chest and back. Using poles not only helps burn more calories but also reduces the impact on your joints.



FREE! Nordic Walking Classes

Our **FREE** Trinity Active Travel Hub sessions are aimed at beginners who would like to learn about Nordic Walking.

Each session includes:

- Introduction to Nordic Poles
- Basic Nordic Walking Techniques
- Warm up
- Led Walk. Our walks are roughly 2 miles long and can be tailored to each group depending on experience and fitness
- Cool down stretches

Nordic Walking Programme

Walks take place on the 1st and 3rd Thursday of each month



February	1st & 15th
March	7th & 21st
April	4th & 18th
May	2nd & 16th
June	6th & 20th
July	4th & 18th
August	1st & 15th
September	5th & 19th
October	3rd & 17th
November	7th & 21st



How To Join

Walks start and finish at Trinity Active Travel Hub, Bridgegate, Irvine.

The sessions start at 12pm and last around one hour

To book a space please email: thetrinity@north-ayrshire.gov.uk

Or phone 01294 204800 or message us on Facebook.

Please wear comfortable shoes and clothing to suit the weather.

Visit the Active Travel Hub at:

**The Trinity Active Travel Hub
Bridgegate
Irvine
KA12 8BJ**

**Contact us by email: thetrinity@north-ayrshire.gov.uk
Or phone 01294 204800**

