

Nordic Pole Walking Groups

Walking Groups are held in the following locations. Contact the organizer listed for each for information.

Note that some groups are in hiatus for the winter months. We will publish the restart dates when we receive them.

Do you know of a group not listed here? Please let Bill know by emailing him at: bill@NordicWalkingNovaScotia.ca

-CARP Nova Scotia Chapter *Stand Up Straight, Move Your Butt* Nordic Pole Walking events.

Monthly group walks held throughout Nova Scotia. Watch also for free CARP Beginner Nordic Walking Classes. New walks to be announced soon. For regular updates watch here or join our Nordic Walking MeetUp group at

<https://www.meetup.com/Nordic-Pole-Walking-NS-Walking-Groups-Instruction/>

CARP Nordic Walks return in February.

-Town of Pictou - Nordic Walking with Pictou Recreation meets on Mondays at 10am at the Hector Arena 38 Arena Dr. Phone: (902) 485-5122

-Kingston Nova Scotia – Wednesdays at 10 a.m. Meet Lynda Kane at the Kingston Village offices. Info contact rlkane@eastlink.ca (group will resume Nordic Walks in the spring)

-Wolfville/Port Williams -Wayfarer's Ale Society – Wednesdays at 1 pm. Meet at the brewery: 1116 Kars St, Port Williams, NS. Info: johnjmcneil@eastlink.ca

-BLT Trail – Regular Nordic walk on the BLT trail every Monday and Wednesday at 9:15 am. Meet at Silverbirch and Hwy 3. Usually have at least 12 walkers April to November. Only deterred by heavy rain. Info: 902 876 2393

-SMB Trail – Walks on the SMB Trail every Friday at 9:15 am. Meet at The Bike and Bean in Tantallon. Usually have at least 12 walkers April to November. Only deterred by heavy rain. Info: 902 876 2393

-Halifax Public Gardens – Tuesdays and Thursdays – Instruction from 12-12:15 PM; Walk begins at 12:15 PM Looking for something fun to do at lunch? Drop in to socialize and get active by trying Nordic Walking. A limited number of poles will be available to try. If you have poles bring them along. This is a drop in program and there is no charge. Call 902 490 3895 to learn time of resuming in spring.

-**Halifax Point Pleasant Park** Tuesdays Instruction from 9:30 AM-9:45 AM - Walk begins at 9:45 AM. This is a drop in program and there is no charge. Call 902 490 3895 to get restart date in the spring.

-**Lakeside Recreation** Dept. - Brian Little 902 876 8812

-**Sheet Harbour Recreation** Dept. 902 885 2988

-**Canada Games Centre** 902 490 2400

-**Cole Harbour Place** 902 464 5100

-**Dartmouth/Woodside Tara MacDonald FitClub** 902 407 7502

-Watch for **Halifax Emera Oval** Nordic Walking Group starting soon.

- **Halifax North West Trails Association** holds occasional Nordic Walking Group Walks See: <http://www.halifaxnorthwesttrails.ca/Events/Events-Hikes/>

Remember to dress for the weather and wear good walking shoes. We endeavor to start all walks on time. Please arrive 15 minutes before walk start time to complete the registration process. Nordic Pole Walking "Loaner" poles will be available for those who do not own Nordic Pole Walking poles so you can try Canada's fastest growing adult fitness activity. If you own poles, bring them so we can teach you the proper techniques for fitness and health. Genuine Nordix Nordic Walking Poles will be available for purchase after the walk.

Nordic Pole Walking (NPW) is an excellent low-impact exercise that offers the highest benefits for health, wellness and fitness for adults of all ages. Nordic Walking Poles enables you to incorporate over 90% of all your body muscles.

Always consult your physiotherapist or other health professional before starting or altering any fitness activity.

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