

Nordic walks schedule: • Before attending the walk, please confirm all details with the walk leader or visit our website. • Walks are only for people who have completed a 'Learn to Nordic Walk' course. • Please bring along your registration card you were given during the course. • You will need your own poles.

Regular Walks

Brasenose Wood, Oxford	Mondays, 3-4pm	rhona.nordicwalk@btinternet.com / 07502 132 345
Shotover Country Park, Oxford	Sundays 2-3pm	leilalake@hotmail.com / 07703 459 396
Thame Leisure Centre, Thame	Mondays, 9.30-10.30am Thursdays, 11am-12pm	lil.roe@nexuscommunity.org / 07825 089 618
Thame Leisure Centre, Thame	Thursdays, 6-7pm	anniekimblin@hotmail.com
Sheepcot Field, Goring	Mondays, 9.30-10.30am	nigel.j.wheatley@btinternet.com
Goring Heath, Goring	Every 1st, 3rd and 5th Thursday of each month, 9.30—10.30am	michael.woodfine1@btinternet.com
Various locations around Wallingford area	Wednesday 12.30- 1.30pm	sue@mobilerunway.co.uk
Various locations around Kidlington	Starting soon!	jemima.pearce@cherwell-dc.gov.uk / 07817 616 701

Adventure Walks

Various locations around South Oxon	Saturdays, 9am, £6 per session	alison@perfectpulse.co.uk / 07946 703128
Various locations around Henley area	Mondays, 2-4pm	lizclassic54@yahoo.co.uk
Various locations around Thame area	Mondays, 11am-1pm	anniekimblin@hotmail.com
Goring Heath, Goring	Every 2nd and 4th Thursday of each month, 9.30—11.30am	michael.woodfine1@btinternet.com
The Nightingale Pub, Bicester	Every 3rd Sunday of each month, 11am	frank97slade@aol.com / 07799 685 333
Various locations around Banbury area	Mondays, 10am-12pm	anne.tustian@cherwell-dc.gov.uk / 07961 252 866
Various locations around Banbury area	Every 2nd and 4th Sunday of each month, 10am	marion286roderick@btinternet.com / 07836 327 508

Workout Walks

Wittenham Clumps, Abingdon	Tuesdays, 10-11am £5 per session	Book your place with Fay on 07825 089 617
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www.getoxfordshireactive.org



GO Active
Nordic Walking programme

For Oxfordshire



- 'Learn to Nordic Walk' courses
- Refresher Sessions
- Regular Walks
- Adventure Walks
- Wellness Walks
- Workout Walks

Courses, tasters and refresher days

see inside for details



Find a course, walk or session that's right for you

• 'Learn to Nordic Walk'

courses consist of four one hour sessions that will help you master the basics and be able to Nordic walk competently. Some of our courses may start with a 'taster session'. To book on any of the courses, just call your district NW contact. Poles will be provided. Booking is required.

Cost: £10-15 per course.

• **Refresher Sessions** take place every few months for Nordic walkers to brush up on their technique. These sessions are offered by qualified NW Instructors. Booking is required.

Cost: £2-3 per session



For more information and to book, contact:
Oxford City Coordinator,
Vicki Galvin on 01865 252 720 or
vgalvin@oxford.gov.uk

For advice about purchasing poles, please contact Nordic Walking UK on: **0845 260 9339**. We do recommend that everyone on our courses invest in their own set of poles after the course

GO Active offers
15% discount
on pole purchase.

• **Nordic walks schedule** our walks are only for people who have already completed a 'Learn to Nordic Walk' course. Before attending a walk, please visit our website or get in touch with the walk leader or contact from your district to confirm walk details have not changed.

Cost: NW Volunteer Leader walks-FREE, NW Instructor walks might incur a small charge for their time.

- **Regular Walks** are generally one hour long at a moderate pace, there may be gentle ascents/ descents and some stiles en route, this walk will help you keep improving and get noticeable results.

- **Adventure Walks** are more about the location, slightly longer in length (2 hours plus) and all about the social aspect while improving your fitness (often there will be a "refreshments" stop).

- **Wellness Walks** are ideal for those with concerns about either distance or pace, these gentle walks will be just what you need to build up your confidence and improve your health.

- **Workout Walks** are higher intensity workouts incorporating hills, speed and body weight exercises, designed to ensure you work at the level that gets the results you want!

New Nordic Walk Tasters and Courses coming up:

Learn to Nordic Walk

Cotteslowe Park

Tuesdays
10 – 11am
Starting 12th April
£10 per course

Refresher Session

Port Meadow

Tuesday 12th April,
12.30 – 1.30pm
£3 per person

Taster Session

Cotteslowe Park

Saturday 14th May,
2 – 3pm
£3 per person

Learn to Nordic Walk

Cotteslowe Park

Saturdays
2 - 3pm
Starting 4th June
£10 per course

Booking is required for all of the above.

For more information or to book please contact Vicki Galvin, GO Active Coordinator on 01865 252 720 or vgalvin@oxford.gov.uk

Nordic Walking Courses are also offered in other districts.

For more information call:

Cherwell - 01295 221715
West Oxfordshire - 01993 861564
Vale - 01235 540377