



## *Nordic Walking Nova Scotia*

*Summer 2023*

# Nordic Pole Walking Groups and Learn to Nordic Pole Walk Clinics

**When in-person classes aren't available, we offer on-line video instruction.**

Go to <https://nordicwalkingnovascotia.ca/howNPW.htm> and other pages on our website for instruction videos. Please contact us if you have questions about the proper technique or equipment at [info@NordicWalkingNovaScotia.ca](mailto:info@NordicWalkingNovaScotia.ca). The videos will show you the particular technique for successful Nordic Walking with legitimate Nordic style poles with thumb-hole or cradle hand straps. Note: hiking poles or strapless poles are NOT Nordic poles.

### In Person Beginner Clinics

**New Glasgow** – Certified Instructor Karey Fleming of Health Walks Inc. is offering a Beginner Nordic Walking Clinic **on Wednesday, July 19<sup>th</sup> at 3:00PM**. Location: Health Walks' New Glasgow store at 452 E River Rd, New Glasgow. Link to the Facebook event page: <https://fb.me/e/6g8Ze3Dzw> Register online at <https://l.facebook.com/l.php?> Or by calling 902 755 9675 Cost: \$40.

**Halifax/Jollymore – Thursday, August 17<sup>th</sup> at 10:00AM**. Location: The Pond Playhouse, 6 Parkhill Rd (Turn left onto Parkhill Rd at the 4-way stop, just past the Frog Pond on Purcell's Cove Rd.) Taught by Certified Instructors & Master Trainers, Bill & Esther VanGorder of Nordic Walking Nova Scotia. This is a fundraiser for the Theatre Arts Guild; cost \$20. Loaner poles are available for those who don't have their own. Genuine Nordixx Nordic Walking poles are available for sale after the class. **You must register**: by email at [info@NordicWalkingNovaScotia.ca](mailto:info@NordicWalkingNovaScotia.ca) or by phone 902 454 2267.

### **Halifax and Area CARP Walks**

Our CARP / NWNS monthly walks will resume when conditions permit. Watch our CARP NS Facebook page ( <https://www.facebook.com/NordicPoleWalkingNS> ), newsletters and website ( [www.NordicWalkingNovaScotia.ca](http://www.NordicWalkingNovaScotia.ca) ) for future location, dates and times.

## Regular Group Walks

In bad weather, Nordic Pole Walking can be done indoors as well as outside. Because of the rubber feet on the Nordic Poles, it does not injure the walking surface. See a list of Nova Scotia indoor walking spaces here: <https://bit.ly/NordicWalkingIndoors>

Most outdoor walks have restarted for the Summer season. Contact the organizers to determine the days and times as they restart their group walks.

- **Upper Tantallon - Bay Seniors** Thursdays: Meet at the CEC (Community Enterprise Centre) at 10:15, on the trail at 10:30. Approximately one hour walk. Parking at the trailhead on Sonny's Road. Will likely move start time to 09:30 once it gets warmer but will post the change in time on the Bay Seniors Facebook page. Contact Pamela Graham [pjgnurse@gmail.com](mailto:pjgnurse@gmail.com)
- **Halifax – Point Pleasant Park** Tuesday mornings 10:00AM Meet in the upper parking lot (end of Tower Rd). 45 minute walk. Contact Yvonne Bertrand [yvonnembertrand@gmail.com](mailto:yvonnembertrand@gmail.com)
- **Dartmouth** – Registration required: call or text Michelle Lindsay 902 497 0125. Wednesdays at 9:30AM. Meet in front of the Woodlawn Library. \$5/session includes instruction, refresher, friendly conversation & outdoor exercise.
- **Halifax North West Trails Association** Call 902-490-7481 for location. A free opportunity to walk or get out with your poles.
- **BLT (Beechville, Lakeside & Timberlea Trail)** Info: Shirley Blair at [shirley.blair@eastlink.ca](mailto:shirley.blair@eastlink.ca) Please contact them about joining the group. Monday and Wednesday at 9:15AM. Meet at Silverbirch and Hwy 3.
- **Zoomer's Physiotherapy** – walks regularly on the BLT – call 902 453 1525 for more information.
- **SMB Trail** – Fridays at 9:15AM. Meet at the Bike & Bean.
- **Lakeside Recreation Dept.** – for times contact 902 876 8812
- **Truro, Rath Eastlink Community Centre** [\(902\) 893-2224](tel:9028932224)
- **Sheet Harbour Recreation Dept.** 902 885 2988
- **Dartmouth Zatzman Sportsplex** 902-464-2600 Mondays, Wednesdays & Fridays the track is free to use and is open to the public: No Membership or Day Pass required. Sundays, Tuesdays, Thursdays and Saturdays are paid days. Check with the Sportsplex as they sometimes close the track for other events at the facility.

- **Cole Harbour Place** 902 464 5100
- **New Brunswick – Fredericton area** – contact Performance by Design –  
performancebydesign3@gmail.com



## **Nordic Walking Nova Scotia**

**Nordixx Brand Nordic Walking Poles & Supplies**  
**Classes, Lunch 'n Learns, Instructor Certification**  
**Esther and Bill VanGorder 902 454 2267**

*...A Better Way to Walk*

[www.NordicWalkingNovaScotia.ca](http://www.NordicWalkingNovaScotia.ca)