



Nordic Walking Nova Scotia

Summer 2024

Nordic Pole Walking Groups and Learn to Nordic Pole Walk

Clinics

Always available outside of in-person classes: 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. The videos will show you the specific 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.

Wolfville, NS – Thursday, July 25th – Wolfville Recreation Centre, 7 Victoria Avenue, Wolfville, NS. 10:30AM – Noon. Contact the Wolfville Recreation Dept for information. Registration is limited. Pre-registration is required: <https://wolfville.ca/events/try-it-nordic-walking>

Halifax, NS – Thursday, August 8th – The Pond Playhouse, 6 Parkhill Rd, Halifax, NS – Registration fee \$20 in support of the Theatre Arts Guild. 10AM – 11:30AM. Registration is limited. You MUST pre-register by calling 902 454 2267 or emailing Esther@NordicWalkingNovaScotia.ca

Shelburne, NS – Tuesday, August 13th – Shelburne Community Centre, 63 King Street, Shelburne, NS. 1:15PM – 3:00PM. Contact the Shelburne Recreation Dept for information. Registration is limited. Pre-registration is required: Benn.Himmelman@municipalityofshelburne.ca

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) for future location, dates and times.

Regular Group Walks

Note: Nordic Walking Nova Scotia is not the organizer of these walks. The information is as up to date as we can make it, but you must contact the organizer for full details.

In poor 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>

- **Halifax North West Trails Association** Call 902-490-7481 for location. A free opportunity to walk or get out with your poles.
- **Nova Scotia Walks/Hike Nova Scotia** organize regular walks around the province, with and without poles. <https://www.hikenovascotia.ca/ns-walks-find-a-walking-group/>
- **Chester NS at the Our Health Centre** For info contact Lorraine at the OHC 1-902-275-3847 or email lburch@ourhealthcentre.ca
- **BLT (Beechville, Lakeside & Timberlea Trail)** Info: Shirley Blair at shirley.blair@eastlink.ca
Please contact them about joining the group (loaner poles are available if you do not have your own) <https://www.facebook.com/BLTTrails>
- **St Margaret's Bay Seniors' Centre** Info: 902 820 3334 or email info@bayseniors.ca
- **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: Monday, Wednesday & Friday the track is free to use and is open to the public: No Membership or Day Pass required
- **Cole Harbour Place** 902 464 5100

New Brunswick

- **Walking Club of Fredericton** – Wednesday mornings from mid-May – mid-October: regular walk at 9:30AM and gentle walk 11:30AM. There is a charge for membership in the club. Contact Walk Leader, Jane Stafford, for details: performancebydesign3@gmail.com (one-on-one instruction also available)



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

