



July, 2014 Nordic Walking Schedule

<u>Day & Time</u>	<u>Venue</u>	<u>O.S.Ref.</u>	<u>Distance & Notes</u>
Weds 2 nd 1pm	Hedges + RT		3 -5 miles, some hills
Mon 7 th 11am	Beckford Bridge, Stockland Rd	26,06 – 01,06 M116	5 -6 miles, some hills
Weds 9 th 1pm	Hedges + RT		4 -5 miles, some hills
Fri 11 th 11am	Pecorama, Beer	22,04 – 89,03 M116	4 – 5 miles, some hills
Mon 14 th 11am	The Old Inn, Kilmington	on A35 M116	6 -7 miles, some hills
Weds 16 th 1pm	Hedges + RT		4 -5 miles, some hills
Fri 18 th 11qm	Road Green, Colyton !	M116	5 – 7 miles, some hills
Mon 21 st 11am	Axmouth Harbour Inn *	25,07 – 91,01 M116	8 – 10 miles, mostly flat One long hill
Tue 22 nd 6.30pm	Seaton (venue to be arranged)		2 – 4 miles, Flat & Urban
Weds 23 rd 1pm	Hedges + RT		4 -6 miles, some hills
Fri 25 th 11am	Dalwood, alongside Church*	24,09 – 100,06 M116	7 – 9 miles, some hills
Mon 28 th 11am	East Budleigh CP *	06,05 – 84,09 M115	9 – 10 miles, some hills
Tue 29 th 6.30pm	Seaton (venue to be arranged)		2 – 4 miles, Flat, Urban
Weds 30 th 1pm	Hedges RT + Map Reading		4 – 5 miles, some hills

‘Hedges’ – HQ where you did your taster & training

RT – *Restive Training, to strengthen your muscles!*

* ED Way training walks

Maps: OS Lyme Regis & Bridport – Explorer 116

VH = Village Hall

OS Exmouth & Sidmouth – Explorer 115 ! = isolated location CP = Car Park

All above walks available to walkers with a Nordic Walking UK Freedom (Competency) Card. Costing's: £30 for the month, or £9 per walk with your own poles, £11 per walk with pole hire. Session cards are available from 12 walks at a cost of £96 and valid for 1 year with your own poles (£2 per walk for pole hire) also a session card for 12 walks for a couple at a cost for £185 valid for 1 year (£2 per person for pole hire per walk) **please contact me the evening before the walk you'd like to attend on 01297 553522 or text 07815957683 or email me at info@eastdevonhealthandfitness.co.uk by 7pm ☺** Many thanks, Lindsay