

Nordic Walking 11th September 2025

Bath Nordic Walking Instructor Lindsay Atkin who regularly hosts a Beginners Workshop in the Royal Victoria Park in Bath met 9 adventurers willing to give this a try. Lindsay split the 9 into a two groups of 5 and 4 and scheduled the starts appropriately. Each workshop lasted around 60-75 minutes. Poles were provided and adjusted to meet an individual's height. Adventurers had to master the art of putting on the hand wrist grips before setting off to the Royal Crescent to learn the rudiments of the classic Nordic walking technique. It is not as easy as it might first appear but with clear instruction, focus, patience and practice Lindsay ensured everyone got a good idea of what to do. Nordic walking is one of the best forms of gentle exercise which develops a strong body core and back, improves your posture, and is a work out if you want to manage your weight. It also has the fringe benefit of being a sociable activity, offering lots of fun, fresh air and can be done anywhere. Some poles will even fold up to pack in a rucksack. Lindsay "The Lady with the Poles" had the full range to show us just what kit you need. The sessions ended with the chance for a chat over a coffee in the Tree Tops. It didn't rain and it seemed as though everyone really enjoyed this experience, including Lindsay. If you want to try Nordic Walking follow the link. The poles are always ready for a work out.

<https://nordicwalkingbath.co.uk/>



