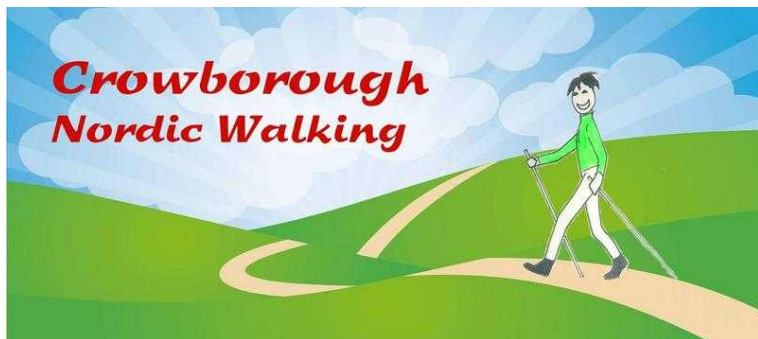


# Nordic Walking Crowborough



Location

**South East, East Sussex**

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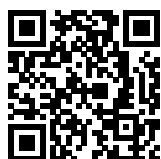


Want to tone up and burn calories without getting out of breath or paying hefty fees? Want to make new friends and enjoy the outdoors? Nordic walking is good for the upper and lower body, as your arms and legs are used to propel you along. We are a small and friendly group who meet up regularly to Nordic walk in the area. This is not a class, so there are no fees. Don't worry if you have never done this before as you can Google the technique and group members are happy to provide tips. All you need are trainers and a pair of Nordic poles (about £15-25). Why not call Sue on 07539 625954 to find out more, or find our page on Facebook 'Crowborough Nordic Walking' and message.



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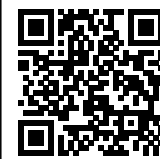
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