

Nordic Walking Session

Nordic Walking has arisen at the end of last world war in Finland. The goal then was for the cross-country skiing competitors to have a similar activity during the months where snow was lacking.

At the end of the 90es one realised how this activity could be healthful for everybody. In fact, this activity develops the physical shape required to prevent cardiovascular and motor functions diseases. An enormous plus is that this activity is not traumatizing for the joints. At the same time it is complete and enables an energy consumption of 40% over the normal walking activity.

Nordic Walking can be practised in the scope of prevention as well as in the scope of another long-distance sport training programme.

If you are a beginner I will teach you the rudiments and if you are already a practiser, I will help you improve your technique.

Of course, my Mountain Leader activity will not be set aside and, oppositely to the instructors that are only concentrating on Nordic Walking, I will sometimes stop to look at a flower or a tree that are worth an explanation.

Price:

CHF 20.- (adult) / CHF 18.- (child, student, retiree)

€12.90 (adult) / €11.60 (child, student, retiree)

This fee includes the loan of a pair of Nordic Walking sticks

Level:

The level is easy.

Altitude gain:

200 m

Duration:

2h

Registration deadline:

2h before start

Topographic maps:

CN 1:25 000 no. 1300 Chancy

Meeting:

6:30 PM at the Parking of Bernex Sport Center

If you come by car

Drive out of Geneva by Route de Chancy. At the roundabout take Bernex. In the village, follow the directions to "Centre Sportif".

Return:

Around 8:00 PM at the Parking of Bernex Sport Center

Couldn't you find any scheduled date for this outing? Then please have a look at <http://www.destination-montagne.ch/En/Schedule.htm> web page.

Destination



Montagne

1233 Bernex

Phone: +41 22 757 67 57

Fax: + 41 22 757 67 58

Mobile: +41 79 629 02 62

E-Mail: lehmann.charles@destination-montagne.ch

<http://www.destination-montagne.ch>