

Nordic Walking Diary November 2023

Date	Time	Meeting Point	Type of Nordic Walk	Cost	Description
NOVEMBER					
Wednesday 1 st	18:00 for 18:10	The Esplanade, Seaton EX12 2NL ///scarecrow.inert.bulges	Walk	£6.00	H20 Seaton *New route* From the Esplanade to Seaton Hole and through the town. 3 miles
Friday 3 rd	10:00 for 10:10	Tesco Superstore, Shand Park EX13 5NG ///engineers.absent.pampered	Fresh Air Friday	£6.00	FAF4 Axminster A walk over fields alongside the river Axe towards Weycroft, returning to the cars via Clockham Lawns. 2.9 miles
NOVEMBER					
Monday 6 th	10:00 – 11:30	Lambert's Castle car park EX13 5XL ///wildfires.shoppers.spared	Stride	£9.00	S34 Lambert's Castle *New Route* Linear route from Lambert's castle to Lyme Regis. Transport to the start at the end of the walk will be organised . 6.5 miles
Tuesday 7 th	10:00 for 10:10	Station Yard car park, West bay DT6 4EW ///otherwise.lively.zapped	Stride	£9.00	S6 West Bay, Freshwater to Bothenhampton Circular Starts with a near vertical climb at West Bay, then along the coast path to Freshwater. Some amazing views from the coast path. From Freshwater, we head inland to a ridge, before returning via the nature reserve at Bothenhampton 5.6 miles
Friday 10 th	10:00 for 10:10	Dolphin Street car park, Colyton EX24 6NB ///holly.darling.custard	Fresh Air Friday	£6.00	FAF16 Colyton A gentle walk following the East Devon Way to Colyford and returning to the start along the river Coly. 2.5 miles
NOVEMBER					
Monday 13 th	10:00 for 10:10	Charmouth Recreation Field, Barr's Lane ///baths.distanced.atomic	Introduction	£30.00	Introduction to Nordic walking
Tuesday 14 th	10:00 for 10:10	Kingcombe visitor centre DT2 0EQ ///awakening.balconies.pursuit	Stride	£9.00	S21 Kingcombe A delightful and very peaceful route which has the full range of paths – open fields, farm tracks, woodland paths and lanes. 6.1 miles
Wednesday 15 th	18:00 for 18:10	Co-op car park, Sea Road North, Bridport DT6 4RR ///sunflower.outbid.bigger	Health	£6.00	H13 Bridport Green Route A walking route around the heart of Bridport. 3 miles

Friday 17 th	10:00 for 10:10	The Ridgeway, Smallridge EX13 7JJ ///gravitate.wizard.cave	Fresh Air Friday	£6.00	FAF11 Smallridge A walk around the hamlet of Smallridge. Some open fields and lane walking. 2.5 miles
NOVEMBER					
Monday 20 th	10:00 for 10:10	Hawkchurch TBC	Stride	£9.00	S17 Hawkchurch Route around Hawkchurch which follows some of the Monarch's way. 6 miles
Tuesday 21 st	10:00 for 10:10	Bridport rest area DT6 6AA ///sugars.cursing.fortnight	Stride	£12.00	S3 Higher Eype, West Bay and Thorncombe Beacon Coastal route with a variety of paths, grassland, woodland and some roads. 6.4 miles
Wednesday 22 nd	18:00 for 18:10	Bridport Football club car park DT6 5LA ///unhelpful.sublet.uses	Health	£6.00	H1 Bridport to West Bay Gentle route along the new footpath into West Bay and returning along the old railway line. 3 miles
Friday 24 th	10:00 for 10:10	Charmouth Recreation Field, Barr's Lane ///baths.distanced.atomic	Fresh Air Friday	£6.00	FAF2 Charmouth A short walk around the village of Charmouth 2.5 miles
NOVEMBER					
Monday 27 th	10:00 for 10:10	Seaton Down picnic area, Seaton Down Hill EX12 ///digress.guidebook.overtime	Stride	£9.00	S33 Seaton *New Route* TBC
Tuesday 28 th	10:00 for 10:10	Co-op car park, Sea Road North, Bridport DT6 4RR ///sunflower.outbid.bigger	Stride	£9.00	S5 Bridport, Loders and Mangerton river A pleasant walk with a variety of paths – open fields, ancient routeways and woodland. 4.9 miles
Wednesday 29 th	18:00 for 18:10	Charmouth Road car park DT7 3DW ///automate.massaged.tilting	Health	£6.00	H19 Lyme Regis sea front A walk along the esplanade and then through the gardens. 3 miles
DECEMBER					
Friday 1 st	10:00 for 10:10	Tesco superstore, Harbour Road EX12 2PB ///hedgehog.cursing.agreement	Fresh Air Friday	£6.00	FAF12 Seaton Coastal path to Seaton Hole, returning through woodland and the cliff field gardens. 2.5 miles

Type of Nordic walk

Fresh Air Friday - this is a slower paced walk of 2 to 2.5 miles, aimed at getting individuals back into walking.

Walk - this walk is 1 to 1.5 hours in duration, undulating route but nothing too challenging in terms of terrain. Suitable for those looking to improve their fitness post illness/injury and for walkers seeking a shorter route at a slower pace.

Stride - this walk is between 2 and 3 hours in duration, undulating route with possibly some challenging hills. Suitable for those who enjoy a steady pace.

Event – This walk is usually 3+ hours in duration and will generally involve lunch out or another activity.

Prices

Fresh Air Friday £6.00

Walk £6.00

Stride £9.00

Event £12.00+

Block Booking is £36.00 with no limit in time for use.

Pole Hire is £1 per walk

Bank Account with Virgin Money

Lyme Bay Nordic walking

Sort code 05-02-00

Account Number 29935180

Development of Nordic Walking Technique

Over the next year, each month, we will try to work on one of the ten 'steps' of Nordic Walking Technique

1. Posture
2. Lean Forward

3. Walk

We will be thinking about:

- Relaxed arm swing
- Rolling from heel through to toes

4. Rotate
5. Drag
6. Place
7. Push
8. Extend Fully
9. Release Actively
10. Swing Forward