



# Make the New Year a Nordic Year!

**Seen the craze and want to give it a try?  
Come along for a FREE taster session:**

Rowntree Park, Terry Avenue - Wednesday 8 Feb 10.00 - 11.00am

Rawcliffe Country Park, Shipton Road - Saturday 4 Feb 11.30am - 12.30pm

Rowntree Park, Terry Avenue - Saturday 4 Feb 9.30 -10.30am

St George's Field car park, Castle Mills Bridge - Wednesday 15 Feb, 5.30 - 6.30pm

**To reserve your place on a taster contact  
Fiona Barker on (01904) 553377 or [fiona.barker@york.gov.uk](mailto:fiona.barker@york.gov.uk)**

For Nordic walking courses visit [www.york.gov.uk/healthwalks](http://www.york.gov.uk/healthwalks)