

Nordic walking...

Nordic walking is defined as fitness walking with specially designed poles.



Origin

It evolved from an off-season ski-training activity known as ski walking, hill bounding or ski striding to become a way of exercising year-round. Ski walking and hill bounding with poles has been practiced for decades as dry land training for competitive cross-country skiing. Ski coaches saw the success of world-class cross-country skiers who used ski poles in the summer for ski walking and hill bounding, and it became a staple of off-season Nordic ski training.

In 1997, Finnish ski pole manufacturer Exel, working with Marko Kantaneva, introduced the trademarked Nordic Walker poles. "Nordic walking" became the accepted term for fitness walking with specially designed poles. Although fitness walking with poles has been relatively slow to be embraced in North America, the Nordic skiing savvy Northern Europeans quickly embraced this dry land hybrid of two of their favorite fitness activities, Nordic skiing and walking, and a little more than a decade after its introduction in Europe, an estimated 8-10 million people (mostly in Northern Europe) have taken up fitness walking with specially designed poles as a regular form of exercise.

Technique

Compared to regular walking, Nordic walking involves applying force to the poles with each stride. Nordic walkers use more of their entire body (with greater intensity) and receive fitness building stimulation not as present in normal walking for the chest, lats, triceps, biceps, shoulder, abdominals, spinal and other core muscles. Nordic walking poles are significantly shorter than those recommended for cross-country skiing. The recommended length is roughly 68-70% of the user's height.

Recommended for people:

- who like easy sport types
- with weight problem
- who're sitting the whole day
- with joint or circulation problems, depression
- who are senior aged
- who are expecting a child
- who need rehabilitation after an operation

Recommended tours:

Easy variations:

- Visiting the wine cellars in Villány, on the Villány-Siklós wine street
- Sculpture park in Nagyharsány

Challenging variations:

- Church-hill of Villány
- Free promenade among the wine yards in Villány

On the reception are nordic walking poles with variable length to hire, respectively there are maps for the tours to ask for.

Rental price for 1 day for 1 pair of poles:

1.000 Ft /pair of poles

Price to pay in case of losing or damage:

15.000 Ft /pair of poles