

Nordic Walking in The New Forest & Isle of Wight

Friday 22 – Sunday 24 October

(2 nights, 5-6 miles daily)

Suitable for both Beginners and Improvers

Individual video technique analysis

The Balmer Lawn Country House Hotel

A 4 star privately-owned 17th-century country house hotel at Brockenhurst in the heart of the New Forest. Here you'll enjoy the award-winning restaurant with AA rosettes, a leisure suite including indoor pool, sauna and jacuzzi, a well-equipped gym as well as a range of health and beauty treatments. There are 93,000 acres of national park on the doorstep and the ferry to The Isle of Wight is within easy reach.

Price per person: £298 per person for 2 nights for singles (2 only), doubles and twins; £15 per person per night for single occupancy of spacious double rooms

Price includes:

- En-suite rooms with tea and coffee-making facilities
- Full English breakfasts
- 3-course dinners each evening in award-winning restaurant
- 8 hours' tuition from INWA instructors
- Video technique analysis
- Hire of Nordic Walking poles
- Services of 2 leaders throughout
- Ferry crossing to Isle of Wight
- Unique experiences that money can't buy

Price excludes:

- Bus fare on the Isle of Wight (approx £6)
- Lunches
- Tea (optional)
- Drinks
- Items of a personal nature

Itinerary

Friday After a Welcome Meeting and introduction to your companions and to Nordic Walking, we dine together in the hotel's award-winning restaurant.

Saturday Today we're off for a day in ancient wooded glades and open heathland. Silent, sylvan forest paths, populated only by deer and ponies, ideal for Nordic Walking. From time to time, a pause for a demonstration, a drill or a laugh together (this is great fun!), sometimes beneath the canopy of the mighty beech, sometimes beside silvery streams. This is your 'classroom,' your green 'gym' where you will learn a new skill which will change your life. After lunch back into the forest, putting into practice newly-learnt skills. After a day of fresh air and exercise, nothing quite beats the relaxing comforts of your hotel and a delicious meal with like-minded companions, reflecting on the day's shared experiences.

Sunday Today a complete contrast. By ferry to picturesque Yarmouth on the Isle of Wight, where boats bob in calm harbour waters. The bus takes us to join the Tennyson Trail, where we swing along across great chalk ridges, gaining confidence now in the use of the poles, enjoying the exercise and bracing sea air. Fully rested after lunch we head for the sea again, practising uphill and downhill techniques as we traverse rounded combs and green fertile valleys. Up on to glorious Tennyson Down, down to a jewel of a bay, all the while enjoying ever-unfolding seascapes and panoramas. Finally, following a viewing of the famous Needles, the open-top bus takes us scenically back to Yarmouth and tea! A perfect end to a perfect and memorable weekend away!

Travel Information

By rail, fast direct trains twice an hour from London Waterloo to Brockenhurst - 90 minutes; you will be collected on arrival at the station. By road: Total mileage from central London: 80 miles (3.20 hours). We may be able to arrange car-sharing. Ample car parking at the hotel.

Shared cars for short journeys to the start of the walks and for the 4-mile drive to Lympington for the Isle of Wight ferry.