Nordic Walking in Malvern





Walk with poles. Move your whole body. Enjoy the outdoors.

What's the difference between Nordic walking poles and hiking poles?

I'm often asked what the difference is between Nordic walking poles and hiking poles.

Nordic walking poles have specially designed handles and detachable gloves that allow you to use a specific technique. This involves coordinated arm and leg movements, pushing through the poles as you walk to engage your upper body as well as your legs.

Hiking poles are mainly used to provide balance, stability and support on uneven ground, particularly when walking on hills and rough terrain. Although they also involve the arms, they are generally used differently from Nordic walking poles.

Nordic walking has its own technique, designed to make walking a whole-body activity.

Learning the correct technique helps you get the most out of Nordic walking.

Why Nordic walk?

You don't have to be a fast walker or cover long distances to enjoy Nordic walking. You can work at your own pace and gradually build up your fitness and confidence.

It's a way to combine physical activity, time outdoors and the enjoyment of exploring the countryside.

The Malvern Hills and surrounding Worcestershire countryside provide a wonderful setting for getting outside, enjoying the views and making walking part of your routine.

The benefits of Nordic walking

A whole-body workout
Nordic walking involves your upper body as well as your legs. Using the correct technique engages muscles in your arms, shoulders and upper body while you walk.

Improve fitness and stamina
Walking at a pace that suits you can help improve cardiovascular fitness and build stamina over time.

Strength and coordination
The technique encourages coordinated movement between your arms and legs, helping you develop a steady, rhythmic walking style.

Enjoy the outdoors
Spending time outside gives you the chance to enjoy fresh air, changing seasons and beautiful countryside. It's a lovely way to explore new or familiar places.

Time for yourself
Getting outside and moving can provide a welcome break from everyday routines. The rhythm of walking and being surrounded by nature can help you switch off and clear your head.

Walking with others

Joining a group gives you the opportunity to meet people, enjoy good company and make walking a regular part of your life.







Learn to Nordic Walk with Walking the Hills

If you're new to Nordic walking, my Learn to Nordic Walk sessions will introduce you to the technique and help you become confident using the poles.

Poles are provided, so there's no need to buy your own before your session. Once you've learnt the technique, you can also join my regular Nordic walking group walks and enjoy exploring the local countryside with others.

Whether you're looking to try something new, improve your fitness or simply spend more time outdoors, Nordic walking is a great activity to consider.

Upcoming
Learn to Nordic Walking Dates

Saturday 14 November 2026
Learn to Nordic Walk

Saturday 9 January 2027
Nordic Walking Experience Day

Saturday 13 February 2027
Learn to Nordic Walk

Saturday 6 March 2027
Learn to Nordic Walk

Join Our Saturday Nordic Walking Group Walks

Once you have completed a Learn to Nordic Walk session, you can join the regular Saturday group, unless you are already an experienced Nordic walker.

Poles are available to use if you need them.

We usually finish with the option of a coffee or cake at the café.

Group Walks • Walks & Wellness Days • Nordic Walking
Fresh Air • Beautiful Views • Wellbeing
walkingthehills.com