



# Corporate and Staff Well Being Nordic Walking Experiences

Nordic Walking is the good fun revolutionary full body exercise; you can work the upper body whilst you're walking by using specially designed Nordic Walking poles. It is an activity open to all ages and levels of fitness, ideal to encourage well being and reduce stress.



Nordic Walking Experience days are centred around the magnificent Newstead Abbey, and can be designed to suit your company needs, whether looking for an activity to promote well being in your employee teams or a new idea to entertain your corporate clients.

They are run as either full or half days, and include instruction from a qualified trainer, use of special Nordic Poles, access to the walking trails on a privately owned estate within the Abbey grounds, and refreshments served in the Abbey's historic rooms.



Combine a staff meeting or client presentation with one of the half day Nordic Walking Experiences or network with clients while walking by staging a **"netwalking event"**. Fully equipped meeting rooms are available in various sized stunning rooms within the Abbey and we can tailor the day to suit all events.



Staff Well Being Experience full day including buffet lunch from **£80 to £35 per person**

Staff Well Being Experience half day from **£41 to £20 per person**

Client Corporate Experience half day, including evening buffet from **£75 to £45 per person**

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