

# Nordic Walking

**PLEASE NOTE, THIS IS NOT A U3A GROUP ACTIVITY SO IS NOT COVERED BY U3A LIABILITY INSURANCE**

**PLEASE CONTACT ROB OR CAROLINE BORE DIRECTLY, NOT THE U3A GROUPS COORDINATOR.**

The group meets every Wednesday morning at 9.30am. The NW Leader lives in Farnham and we often meet at Farnham Village Hall. The cost of each walk is £4.

The venues vary but they are agreed to the week before.

Every last Wednesday of the month we always meet at Farnham Village Hall at 9am and walk locally to finish in the Village Hall for tea/coffee and homemade cakes the funds going to local charities at the end of the year.

I am the U3A co-ordinator for the Group but Rob can be contacted on [robnavara@btinternet.com](mailto:robnavara@btinternet.com) directly regarding any costs or borrowing of walking poles. The group isn't exclusively U3A members but many of the walkers are Stansted or Thorley U3A members.

Caroline Bore