

Nordic
Walking -
MSA
Town Park



Self care with
Yvonne B



Nordic Walking

Midsomer Norton Town Park

Starting Point: Gullock Tynning, Midsomer Norton

This circular walk begins on the footpath that leads from outside the Somer Centre into the Town Park, with access to cycle paths and beyond.

We have two main path choices within the park, one following the River Somer before heading to Radstock Road to join the cycle path or uphill to join the cycle path before venturing on a variety of routes. (We change these regularly for variety).

With a varied terrain incorporating foot paths, fields, hills, cycle paths and use of main roads, you get a bit of everything!

This is a good walk with potentially one to three uphill walks, depending on the route, to provide you with fitness training. It can also be adapted for flat walks, being ideal for those new to Nordic Walking and wanting to build their mobility..

Proper walking footwear is always recommended due to the fields being muddy after rainfall. However, during the summer months, good trainers suffice. Due to walking through some overgrowth, long leggings or tracksuit bottoms are ideal

ALL WALKS ARE SUBJECT TO CHANGE.





Nordic Walking

Email:
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for workshop availability,
timetable and programme
rates



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