

# Nordic Walking

free for  
guests of  
Abtenau



31.12. - 05.03.

## TUESDAY

**2-hours basic course 02.00 - 04.00 p.m.**

**(In case of holiday the 1<sup>st</sup> course is on Monday, 31<sup>st</sup> of December 2018!)**

Meeting point will be announced at registration.

Nordic Walking poles for rent during the course: € 2.00

Registration till Monday 05.00 p.m. absolutely necessary at:

Intersport Schwaighofer: +43 6243 3192

On Sundays and public holidays the week program doesn't take place!