



erje Rakke/ Nordic Life/Innovation Norway



Roller Skiing

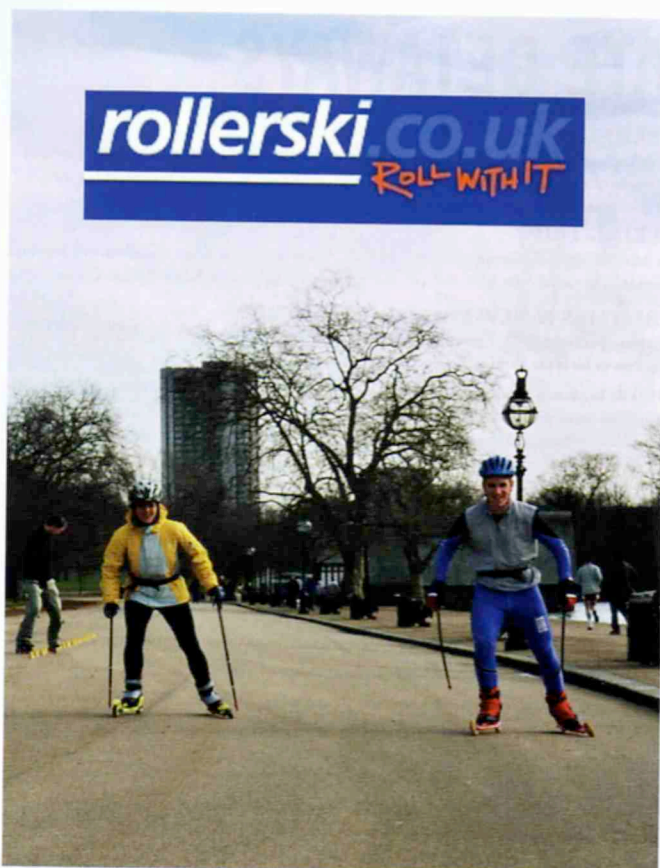
What is roller skiing?

Roller skiing is an exciting new activity that is rapidly growing in popularity across the country. In short, it is cross-country skiing without the snow. Developed by Nordic skiers for off-season training and keeping fit, it replicates exactly the health benefits of x-country skiing and is perfect preparation for your Waymark winter holidays.

We have teamed up with rollerski.co.uk to offer you the opportunity to try out this new sport. Their fully qualified instructors, all experienced x-country skiers, will focus on getting you roller-skiing with good technique, safely, and enjoyably.

If you are based in or around London the easiest way to try out roller-skiing is to join one of their regular training sessions. For more information, visit www.rollerski.co.uk

Or why not join the Special New Year departure, Dec 28 to Jan 4, of the Rollerski week at Sjusjoen staying at the Fjellheimen. The trip price starts from GBP £585 per person, based on twin share. This holiday is aimed at anyone wanting to get more out of cross-country skiing, whether you are skiing for the first time, or looking to improve your skills. Instruction will be in both cross-country skiing disciplines, skating and classic, with two leaders for the week. See the Waymark website for more details. Click on the News section or Web Only Special Departures link.



Walk this way...

If you fancy walking your way to winter fitness then why not join us on one of our autumn/winter walking holidays. For more information on what's still available this year see the back page or visit the website, www.waymarkholidays.com

Important note

The information contained in this article is a guide only. Before embarking on any exercise programme you should consult your doctor to ensure that you do not have any pre-existing conditions that could be affected by exercise, such as high blood pressure.