



nordic academy
Australia's Nordic Walking Professionals

Nordic Academy has searched the global marketplace to trial and select the best quality and value products available, so that every one of your Nordic Walking experiences, is a positive and effective one.

This catalogue gives general guidelines for selecting the right equipment for your needs. Nonetheless personalised advice and recommendations are always available.



Simply phone Nordic Academy on their national freecall number 1300 791 740

Product Catalogue

What makes a good nordic walking pole?



The enjoyment and physical benefits achievable through Nordic Walking are greatly determined by the quality of the equipment used. The five key factors when selecting a pair of poles include:

1. Salomon licensed mesh strap for ultimate power transfer, control and breathability
2. Ergonomically designed hand grip constructed for sweat absorption, comfort and durability
3. Strong and lightweight carbon shaft (or, in the case of adjustable poles, a quality alloy)
4. Tough and long-wearing carbide tip
5. Non-slip rubber feet for hard surfaces

Fixed length or adjustable poles?

Fixed length poles are recommended for personal use as they provide superior strength, flexibility, durability and performance. Adjustable (telescopic) poles offer easier transportation for frequent travellers and greater convenience for shared usage.

Selecting correct pole length

Pole length is proportionate to your height, and is easily established through the calculation of:

Your height (cm) X 0.68 = pole length

As fixed length poles come in 5cm increments, just round down this calculated figure to the nearest 5cm to find your ideal pole length.

For people with special needs, or who may be carrying injuries, expert advice is recommended by calling 1300 791 740.

About the brands

The 'ONE WAY' brand of poles from Finland is the only one to use the advanced technology of 'diamond carbon' - an ultra light but supremely strong and durable material. It is the brand of choice for many of the world's best cross country ski athletes. Nordic Academy is proud to be the exclusive supplier in Australia and NZ of this leading brand.



'LEKI' has been producing high quality ski poles and trekking poles for decades, now they also excel with their Nordic Walking range. They are German in design and quality and are ideal for any terrain or climate. Like ONE WAY, all LEKI Nordic Walking poles use the important Salomon licensed wrist strap to ensure function and comfort.



To order or gain advice
FreeCall 1300 791 740



nordic academy
www.nordicwalking.com.au