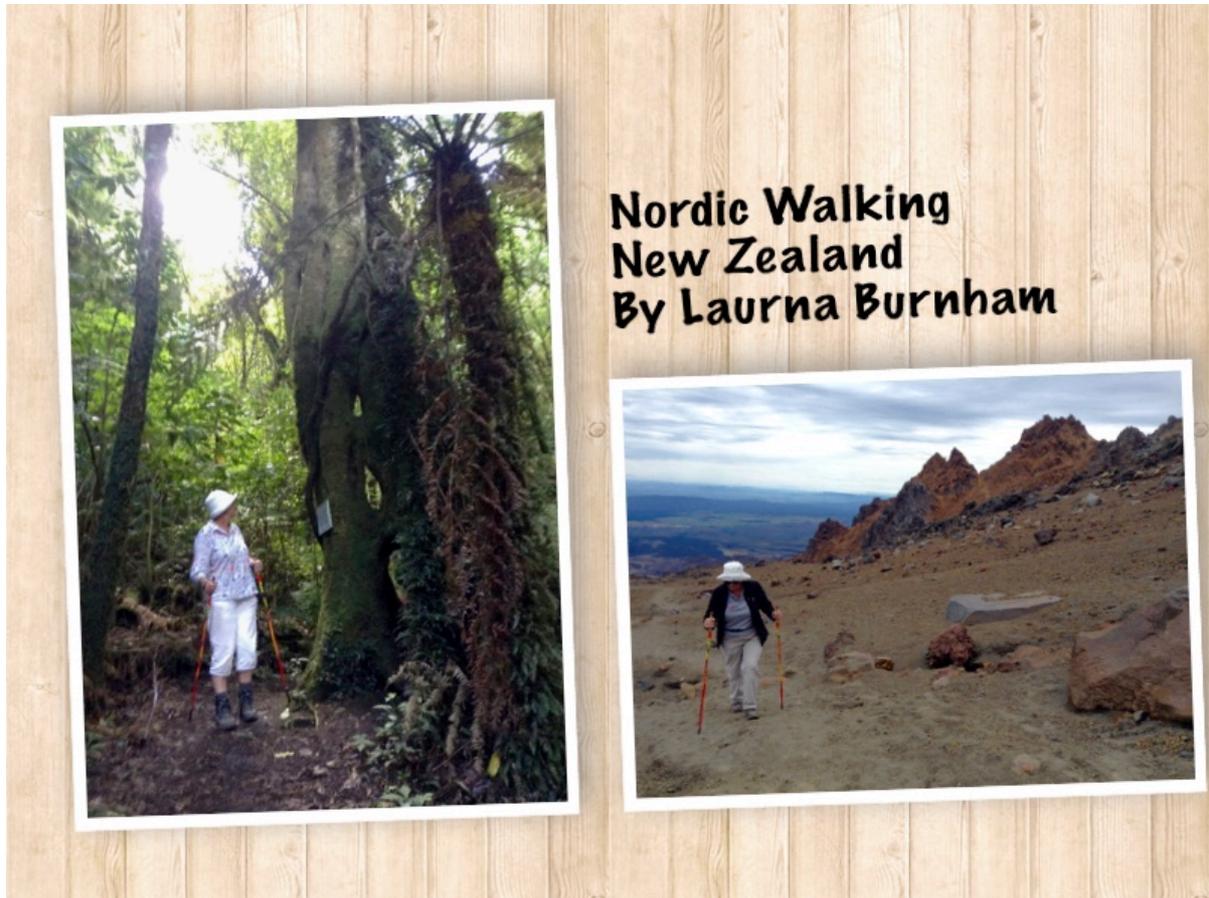


Nordic Walking in New Zealand by Lurna Burnham

During three weeks in February 2017 my Nordic Walking Poles were used, misused and abused! Each time they came up trumps and have returned home almost unscathed.



Used: for walks round Lake Otamangakau, and bushland tracks at, they and I functioned well, allowing me to stop to admire the scenery, check out trees and bird life and then catch up with my companion who was fast disappearing into the distance.

Misused: walking to Aratiatia Lookouts near the Huka Falls, and to Okerere Falls to see the daredevils white water rafting. The paths were uneven, with protruding rocks and tree roots, often narrow with sharp drops on one side, and a distinct camber threatening to pitch me down to the river. The poles kept me upright and moving, while alleviating some of the fear of pitching over the side.

At the Orakei Korako geothermal terraces I could have used the paws but the intermittent boardwalks had gaps just the size to grab and swallow the paws so I used spikes the whole way round.

Definitely abused: a planned gentle walk to a lake in Tongariri National Park somehow turned into a climb up to the Skyline on Mount Raupehu. I should have had hiking poles but my NW poles got me to the top and back. I was asked about my skiing poles at one point but they stopped me falling on the way up and acted as brakes on the way downhill.

The poles could have also been used in Auckland and Wellington because the pavements are uneven with varying cambers and the streets are hilly.

A quick wash and scrub to remove any bio contamination and my poles folded and returned home triumphant, ready for the next walk round the Lake and any subsequent walking adventures.