



World Nordic Walking Festival Korea

Reported News

In May, Nordic Walking!

Nordic Walking Festival was held on Bukhan Mountain.

On Saturday, May 21, 2022, the International Nordic Walking Association, Korea held a festival to promote Nordic Walking as a healthy life with nature and an exercise for an aging society. Total 180 people from the youngest 32 months to 75 years old participated in this festival.

Yeon-seo Ju, the director of INWA Korea and a national trainer, focused on aiming for all participants to learn healthy steps through the Nordic Walking safely and promoting Nordic Walking.

This festival was sponsored by magazine of 'Monthly People and Mountain', sports and outdoor premium brands 'Salomon', 'Buff', 'LEKI', 'ODLO', etc. Abundant prizes were offered to all participants to give them another pleasure with fun and interesting events.

INWA Korea will grow into a lifelong education and healthy fitness business with the goal of helping to find daily habits for people through Nordic Walking, which is appropriate to Korea's walking culture.

<https://blog.naver.com/nordicwalking/222723066641>

https://www.instagram.com/p/CeNzMk_F5SJ/?igshid=YmMyMTA2M2Y=

Secretariat of the International Nordic Walking Korea Association

02-388-5577



Saturday, May 21, 2022

The scene of the festival

Runs 21 km, 11 km, and 7 km of Bukhan mountain trail walking.

Gather for each course and follow the instruction of trainer, Yeon-seo Ju, to stretch using poles and complete Nordic Walking. After completing the race, we were able to finish our festival seeing the pleasant and healthy laughter of participants who reived the eco-friendly wood medal and the Westwood brand shoes as a souvenir.

As annual festival, we look forward to 2023 festival, too.

#World Nordic Walking Festival #Bukhan Mountain #Nordic walking Event #International Nordic Walking Association



The trainer Yeon-seo Ju, director of the International Nordic Walking Association, Korea, is coaching on how to use poles appropriately depending on the race course.

World Nordic Walking Festival Course

- **21KM** - Proficient
- **11KM** - Beginner and Challenger
- **7KM** - Family and Senior





Photo by each group during the Nordic Walking Festival



International Nordic Walking Festival

After guiding and explaining the safety rules, the event was held at a distance of 2m for each course.

Lottery of prizes for participants in the festival

Festival atmosphere of participants who receive prizes by drawing memories after completing each course



**All participants finished the
International Nordic Walking
Festival without any
accident safely.**

