

A Workout in Nature and History in Sendai's Aobayama Area

Nordic Walking in Sendai



【What is Nordic Walking?】

Nordic walking is a total-body walking workout using poles. The poles reduce the strain on your lower body and provides an effective workout of 90% of your body's muscles. It increases the effectiveness of your walk by 20-30%, while the poles make walking easier. It's a suitable workout and light sport for beginners to athletes of any age that can increase stamina.

Nordic walking in nature provides relaxing and stress-relieving benefits. It's also a great team building activity. In particular, Nordic walking in the clear early morning air is perfect if you want to start the day fresh.

【What's in the Plan?】

Your Nordic walking guide will adjust the trail and difficulty according to your skill level. The walk's length is also easily adjustable.

Try Nordic walking, a beginner-friendly way to exercise!

Available Year-round (may be canceled in extreme heat or snow)

Time 8:00-17:00

Price 70,000 yen base fee + 5,000 yen/pax

Capacity 4-20 pax *please inquire for groups 20+

Length 1 hr. ~ *can be adjusted

Language English, Chinese

Sample Itinerary

08:00	-	09:30	Nordic Walking (Aobayama area)
10:00	-	12:00	Team building in Aobayama Park • Ryokusaikan (seated)
12:00	-	13:00	Lunch in Ryokusaikan café
13:00	-	17:00	Sendai City sightseeing (Sendai Castle Ruins, Zuihoden Mausoleum, etc.)

Contact & Reservations

Japan Convention Service Tohoku Branch

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Business hours: Weekdays 9:30-17:30 (Closed Sat., Sun., holidays)