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# Nordic Walking Tracks in Herzogenaurach

Nordic Walking is the ideal endurance sport for everybody and an increasing number of people in Herzogenaurach have been enthused already. This sport is particularly joint-friendly while the use of walking poles enables an exercising of 90% of the entire musculature. Nordic Walking is perfect for everybody who wants to do something good for their health and fitness but do not want to go running.



In order to further support this popular sport, the first Nordic Walking Track with corresponding signage has been established in Herzogenaurach in the framework of the Integrated Sports Development Plan.

The track runs through the Dohnwald forest, starting at the car park at the end of the Schlaffhäusergasse. The entire track has a length of 4.5 km and has been labeled with corresponding signs in both directions.

## Weekly Nordic Walking Group



Everybody who is interested in walking with a group is invited to join the Weekly Nordic Walking Group of the Turnerschaft Herzogenaurach.

They meet on Tuesday and Thursday at 8.15 AM and 6.30 PM at the sports center of the Turnerschaft Herzogenaurach.

Corresponding information is available at the Turnerschaft Herzogenaurach [running sports department](#).

Additionally, the international Nordic Walking Group meets at the Dohnwald for their "walk and talk".

Corresponding information, e.g. regarding the specific meeting point, is available at:

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