

Fun and fitness on snow and ice...

the kicksled

"Alive and kicking ..."

Whether enjoying the summer forest trails or the winter ice covered lakes people throughout the world are footbiking and kicksledding in increasing numbers.

The kicksled, a traditional means of transportation in Nordic countries, has been rediscovered by new generations looking for a fitness activity that is fun, environmentally friendly and ideal for all ages. Kicking on ice is truly a unique experience. You can glide easily over large bodies of ice including canals and lakes.

Next to the traditional wooden Scandinavian kicksled that is used for recreation, transport and ice fishing, nowadays also metal-framed kicksleds are available (which are more rigid and sturdy especially at higher velocities).

Ordinary kicksleds come with a pair of all-round runners that suit natural surfaces ranging from hard snow to natural ice. >>>

more info at www.iksaworld.com





A kicksled can be equipped with broader runners that work like skis on softer snow or with narrow-bladed runners designed exclusively for ice.

Kicksledding on snow tracks is an unsurpassed trekking experience, while kicksledding on ice gives you the ultimate feeling of speed and lightness. You can race swiftly over frozen waters or simply enjoy the scenery. Besides the kicksled you need footwear that provides enough traction not to slip backwards while kicking.

Along with the 2 runner kicksleds the market also provides monoglidors, snowgliders and let's not forget the famous alloy mini-scooter which can also be equipped with ice runners and snow gliders.



The advantage that kicksledding has over other winter sports is that the kicksled does not need groomed snow or quality ice conditions. Practically all snow and solid ice conditions are favourable.

Kicksled sport

Just like footbiking in summer also kick-sledding in winter is evolving. Tour and race events are organized in several countries every year culminating in the Kicksled World Championships. Hundreds of people of various ages take part in these championships where a good kicksled competitor may reach a speed of 40 km/h.



If you would like further info about the kicksled please visit our website at www.iksaworld.com.

Sponsored by



www.esla.fi

Int. Kicksled & Scooter Association

www.iksaworld.com