



MOVE MORE WALKS

Move More Walks are easy, short walks suitable for those with lower physical ability or long-term conditions. Each is led by fully trained and friendly walk leaders who are highly experienced in supporting people to get started and are free of charge.

On each walk choose from four levels:

Level 1 (up to 30 mins) a slow pace suitable for those who sometimes have difficulty walking or get out of breath easily

Level 2 (50 mins approx.) intermediate

Level 3 (75 mins approx.) more advanced, brisk pace

Level 4 (105 mins approx.) advanced, mixed terrain, uneven surfaces

Please dress for the weather, wear shoes with covered toes and feel free to ask walk leaders which level may be appropriate to meet your needs.

Please arrive **5 minutes before** the start of your chosen walk. Walks range in length from 30 to 105 minutes.

New walkers must register themselves via the Move More Hub before joining their first walk. Please note that should anyone arrive at a walk on the day without registering, they will be politely asked to register and return to another walk on a future date.

To register for our Move More Walks please visit:

[Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](#)

For more information please visiting our Move More Walks page, here:

www.movemore.je/activity/walk

For further information telephone: **01534 757700** or email: movemore@jerseysport.je

AUGUST WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 1	9:30	Level 4: East Les Platons	Meet in Les Platon car park (Bee'z Kneez Café) – St John.
	18:15	Level 3: N&C Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best.
TUES 2	10:00	Level 1: East Waterfront, St Helier	Meet at the grassy area opposite La Fregate Café.
	10:00	Level 2: East Waterfront, St Helier	
WED 3	10:00	Level 1: N&C Oaklands Lodge	Meet in the Oaklands Lodge Car Park (Red Rose) Trinity Hill.
	10:00	Level 2: N&C Oaklands Lodge	
	10:00	Level 3: N&C Goose on the Green	Meet in car park, behind the Goose on the Green.
FRI 5	10:00	Level 1: West L'Ouziere, Sands	Meet in the car park at Sands, Five Mile Road.
	10:00	Level 3: West Les Cruex	Meet in the car park at Les Creux, outside Bowlers.
SAT 6	9:30	Level 4: West Greve D'Elecq	Meet in the public car park at the round Conway Tower, Greve D'Elecq.

AUGUST WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 8	9:30	Level 4: N&C Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best.
	18:15	Level 3: West Les Quennevais	Meet in the car park behind Les Quennevais Sports Centre.
TUES 9	10:00	Level 1: East St Martin's Village	Meet in the car park at the Village Green, café end.
	10:00	Level 2: East St Martin's Village	
WED 10	10:00	Level 1: N&C The Farmhouse, L'Auberge	Meet in the Farmhouse Car Park, St John.
	10:00	Level 2: N&C The Farmhouse, L'Auberge	
	10:00	Level 3: N&C St Lawrence Parish Hall	Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden.
FRI 12	10:00	Level 1: West St Brelade's Bay	Meet in the Woodford car park (known as Winston Churchill car park).
	10:00	Level 3: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall.
SAT 13	9:30	Level 4: N&C Jardin D'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise.

AUGUST WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 15	09:30	Level 4: West Vic in the Valley	Meet in the car park at Vic in the Valley
	18:15	Level 3: West St Ouen's Church	Meet in the car park at St Ouen's Church.
TUES 16	10:00	Level 1: East Le Hocq	Meet in the car park at the Parish Hall, Le Hocq.
	10:00	Level 2: East Le Hocq	
WED 17	10:00	Level 1: N&C Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best.
	10:00	Level 2: N&C Catherine Best, The Windmill	
	10:00	Level 3: N&C Trinity Arms	Meet in the public Car Park at Trinity Arms.
FRI 19	10:00	Level 1: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall.
	10:00	Level 3: West L'Ouziere, Sands	Meet in the car park at Sands, Five Mile Road.
SAT 20	9:30	Level 4: West Les Cruex	Meet in the car park at Les Creux, outside Bowlers.

AUGUST WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 23	9:30	Level 4: West Les Quennevais	Meet in the car park behind Les Quennevais Sports Centre.
	18:15	Level 3: West Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road.
TUES 23	10:00	Level 1: East St Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone.
	10:00	Level 2: East St Catherine's Breakwater	
WED 24	10:00	Level 1: N&C Goose on the Green	Meet in car park, behind the Goose on the Green.
	10:00	Level 2: N&C Goose on the Green	
	10:00	Level 3: N&C Waterworks Valley	Parking area at Le Don Sinkins, Waterworks Valley.
FRI 26	10:00	Level 1: West Les Quennevais	Meet in the car park behind Les Quennevais Sports Centre.
	10:00	Level 3: West Vic in the Valley	Meet in the car park at Vic in the Valley
SAT 27	9:30	Level 4: West Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road.

AUGUST WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 30	10:00	Level 1: East Longbeach, Gorey	Meet in the car park at Longbeach, Gorey.
	10:00	Level 2: East Longbeach, Gorey	
WED 31	10:00	Level 1: N&C Devil's Hole	Meet in the car park at Devil's Hole.
	10:00	Level 2: N&C Devil's Hole	
	10:00	Level 3: N&C Oaklands Lodge	Meet in the Oaklands Lodge Car Park (Red Rose) Trinity Hill.