

A group of people are walking on a grassy path that leads down to a rocky coastline. The ocean is visible in the background under a clear sky. The text 'MOVE MORE WALKS' is overlaid on the image in large, white, bold, sans-serif capital letters.

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 \(refer-all.net\)](#)

Our Health Walks page: www.movemore.je/activity/walk

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

SEPTEMBER WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 2	10:00	Level 1: West Les Cruex	Meet in the car park at Les Creux, outside Bowlers.
	10:00	Level 3: West Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road.
SAT 3	9:30	Level 4: East Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas.

SEPTEMBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 5	9:30	Level 4: East Longbeach, Gorey	Meet in the car park at Longbeach.
	18:15	Level 3: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall.
TUES 6	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 7	10:00	Level 1: N&C St Lawrence Parish Hall	Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden.
	10:00	Level 2: N&C St Lawrence Parish Hall	
	10:00	Level 3: N&C Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best.
FRI 9	10:00	Level 1: West Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road.
	10:00	Level 3: West St Ouen's Church	Meet in St Ouen's Church car park.
SAT 10	9:30	Level 4: East St Martin's Village	Meet in the car park at the Village Green, café end.

SEPTEMBER WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 12	09:30	Level 4: West St Ouen's Church	Meet in the car park at St Ouen's Church.
	18:15	Level 3: West Vic in the Valley	Meet in the car park at Vic in the Valley.
TUES 13	10:00	Level 1: East Le Hocq	Meet in the car park at the Le Hocq Parish Hall.
	10:00	Level 2: East Le Hocq	

WED 14	10:00	Level 1: N&C Trinity Arms	Meet in the public Car Park at Trinity Arms.
	10:00	Level 2: N&C Trinity Arms	
FRI 16	10:00	Level 3: N&C Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern.
	10:00	Level 1: West St Ouen's Church	Meet in St Ouen's Church car park.
	10:00	Level 3: West Les Quennevais	Meet in the car park behind the Sports Centre.
SAT 17	9:30	Level 4: N&C Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.

SEPTEMBER WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 19	9:30	Level 4: East La Charrière du Bourg, Grouville FC	Meet in the car park at Grouville Football Club on Le Grend Bourg.
	18:15	Level 3: N&C Trinity Arms	Meet in the public Car Park at Trinity Arms.
TUES 20	10:00	Level 1: East Longbeach, Gorey	Meet in the car park at Longbeach.
	10:00	Level 2: East Longbeach, Gorey	

WED 21	10:00	Level 1: N&C Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern.
	10:00	Level 2: N&C Les Fontaines	
	10:00	Level 3: N&C L'Auberge, The Farmhouse	Meet in the Farmhouse Car Park, St John.
FRI 23	10:00	Level 1: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall.
	10:00	Level 3: West Les Braye	Meet in the car park at Le Braye.
SAT 24	9:30	Level 4: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall.

SEPTEMBER WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 26	9:30	Level 4: East Le Hocq	Meet in the car park at the Parish Hall, Le Hocq.
	18:15	Level 3: West Les Cruex	Meet in the car park at Les Creux, outside Bowlers.
TUES 27	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	
	10:00	Level 1: N&C Goose on the Green	

WED 28	10:00	Level 2: N&C Goose on the Green	Meet in car park, behind the Goose on the Green.
	10:00	Level 3: N&C Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.
FRI 30	10:00	Level 1: West Les Quennevais	Meet in the car park behind the Sports Centre.
	10:00	Level 3: West St Brelades Bay	Meet in the car park at Le Braye.