

A group of people are walking along a grassy path that leads down to a rocky coastline. The ocean is visible in the background under a clear sky. A yellow-flowered tree is on the right side of the path.

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

OCTOBER WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
SAT 1	9:30	Level 4: N&C Jardin D'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise.

OCTOBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 3	9:30	Level 4: N&C Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best.
TUES 4	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 5	10:00	Level 1: N&C The Farmhouse	Meet in the Farmhouse Car Park, St John.
	10:00	Level 2: N&C The Farmhouse	
	10:00	Level 3: N&C Goose on the Green	Meet in the car park at the Goose on the Green.
FRI 7	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 car park at Les Cruex, Bowlers.

SAT 8	9:30	Level 4: West Jersey Pearl	Meet in the car park at the Jersey Pearl, Five Mile Road.
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OCTOBER WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 10	09:30	Level 4: East St Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone.
TUES 11	10:00	Level 1: East Partners – St Clements Sports Centre	Meet in the car park at Partners, St Clements Golf & Sports Centre.
	10:00	Level 2: East Partners – St Clements Sports Centre	
WED 12	10:00	Level 1: N&C Devil's Hole	Meet in the public Car Park at Devil's Hole.
	10:00	Level 2: N&C Devil's Hole	
FRI 14	10:00	Level 3: N&C St Lawrence's Parish Hall	Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden.
	10:00	Level 1: West St Brelade's Bay	Meet in 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 15	9:30	Level 4: East La Charrière du Bourg, Grouville FC	Meet in the car park at Grouville Football Club on Le Grend Bourg.

OCTOBER WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 17	9:30	Level 4: West Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.
TUES 18	10:00	Level 1: East Le Hocq	Meet in the car park at St Clement's Parish Hall.
	10:00	Level 2: East Le Hocq	
WED 19	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 car park at the Trinity Arms.
FRI 21	10:00	Level 1: West St Aubin	Meet outside St Aubin's Parish Hall.
	10:00	Level 3: West L'Ouziere, Sands	Meet in the car park at Sands, Five Mile Road.
SAT 22	9:30	Level 4: West Les Cruex	Meet in the car park at Les Cruex, Bowlers.

OCTOBER WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 24	9:30	Level 4: West Vic in the Valley	Meet in the car park at the Vic in the Valley.
TUES 25	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 26	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 28	10:00	Level 1: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall.
	10:00	Level 3: West Vic in the Valley	Meet in the car park at the Vic in the Valley.
SAT 29	9:30	Level 4: West Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare).

OCTOBER WEEK 6

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 31	9:30	Level 4: West St Aubin	Meet outside St Aubin's Parish Hall.