



**MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.**

# MOVE MORE CYCLING



Move More Cycling is here to support islanders to increase their confidence on a bike and help them to be more physically active. Our cycling programmes are a great way to meet new people and explore some new routes which you may have not seen before.

Our programmes include:

- Women Only – a fun and free bike ride for women of all abilities.
- Mixed – a free bike ride for adults looking to build up their confidence, fitness, and ability on a bike.

Helmets are highly recommended on our rides and Ride Leaders have the right to refuse to take you on a ride if you do not have a helmet. Every bike should be fitted with a bell that works to let people know you are coming. We recommend you have glasses, gloves, drink, snack, spare inner tube, tyre levers/tools, pump/gas, lights (both front and rear), rear mud guard in wet conditions, hi-vis clothing and any medication necessary for this activity. Please ensure you have warm clothing such as layers and a waterproof jacket.

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

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

To register for our Move More Cycling please visit:

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

For further information telephone: **01534 757700** or email: [movemore@jerseysport.je](mailto:movemore@jerseysport.je)

## MARCH WEEK 1

DAY	TIME	TYPE OF RIDE / LEVEL	MEETING POINT
WED 1	9:30-11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
	14:00-15:30	Gaining Momentum Programme	Les Quennevais Cycle Track (Behind Tennis Courts)
THUR 2	10:00-11:30	Mixed Ride – Steady	Old Station Café, Millbrook St Lawrence
SAT 4	9:00-10:30	Mixed Ride – Steady	La Fregate Café, Jardin de la Mer St Helier
	9:00-10:30	Women Only – Challenging	La Fregate Café, Jardin de la Mer St Helier
	9:00-10:30	Mixed Ride – E-bike Challenging	Old Station Café, Millbrook St Lawrence
	9:00-10:30	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier
	10:00-11:30	Mixed Ride – Steady	FB Fields
SUN 5	9:00-10:30	Women Only Ride - Steady	Blue Kiosk, Jardin de la Mer St Helier
	10:00-11:30	Gaining Momentum Programme	La Fregate Café, Jardin de la Mer St Helier

## MARCH WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 6	9:30 – 11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
	17:45 – 19:15	Mixed Ride – Challenging	Blue Kiosk, Jardin de la Mer St Helier
TUE 7	10:00 – 11:30	Mixed Ride – Steady	Old Station café
	17:15 – 18:45	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier

WED 8	9:30-11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
	14:00-15:30	Gaining Momentum Programme	Les Quennevais Cycle Track (Behind Tennis Courts)
THUR 9	10:00-11:30	Mixed Ride – Steady	Old Station Café, Millbrook St Lawrence
SAT 11	9:00-10:30	Mixed Ride – Steady	La Fregate Café, Jardin de la Mer St Helier,
	9:00-10:30	Women Only – Challenging	La Fregate Café, Jardin de la Mer St Helier
	9:00-10:30	Mixed Ride – E-bike Challenging	Old Station Café, Millbrook St Lawrence
	9:00-10:30	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier
	10:00-11:30	Mixed Ride – Steady	FB Fields
SUN 12	10:00-11:30	Gaining Momentum Programme	La Fregate Café, Jardin de la Mer St Helier

### MARCH WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 13	9:30-11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
	17:45- 19:15	Mixed Ride – Challenging	Blue Kiosk, Jardin de la Mer St Helier
TUE 14	10:00-11:30	Mixed Ride – Steady	Old Station café
	17:15-18:45	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier
WED 15	9:30-11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
	14:00-15:30	Gaining Momentum Programme	Les Quennevais Cycle Track (Behind Tennis Courts)
THUR 16	10:00-11:30	Mixed Ride – Steady	Old Station Café, Millbrook St Lawrence
SAT 18	9:00-10:30	Mixed Ride – Steady	La Fregate Café, Jardin de la Mer St Helier
	9:00-10:30	Women Only – Challenging	La Fregate Café, Jardin de la Mer St Helier

SAT 18	9:00-10:30	Mixed Ride – E-bike Challenging	Old Station Café, Millbrook St Lawrence
	9:00-10:30	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier
	10:00-11:30	Mixed Ride – Steady	FB Fields
SUN 19	9:00-10:30	Women Only Ride - Steady	Blue Kiosk, Jardin de la Mer St Helier
	10:00-11:30	Gaining Momentum Programme	La Fregate Café, Jardin de la Mer St Helier

## MARCH WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 20	9:30-11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
TUE 21	10:00-11:30	Mixed Ride – Steady	Old Station café
	17:15- 18:45	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier
WED 22	9:30- 11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
	14:00-15:30	Gaining Momentum Programme	Les Quennevais Cycle Track (Behind Tennis Courts)
THUR 23	10:00-11:30	Mixed Ride – Steady	Old Station Café, Millbrook St Lawrence
SAT 25	8:30-10:00	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier
	9:00-10:30	Mixed Ride – Steady	La Fregate Café, Jardin de la Mer St Helier,
	9:00-10:30	Mixed Ride – E-bike Challenging	Old Station Café, Millbrook St Lawrence
	9:00-10:30	Women Only – Challenging	La Fregate Café, Jardin de la Mer St Helier
	10:00-11:30	Mixed Ride – Steady	FB Fields
SUN 26	10:00-11:30	Gaining Momentum Programme	La Fregate Café, Jardin de la Mer St Helier

## MARCH WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 27	9:30-11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
TUE 28	10:00-11:30	Mixed Ride – Steady	Old Station café
	17:15-18:45	Mixed Ride – Grand Fondo Prep	La Fregate Café, Jardin de la Mer St Helier
WED 29	9:30-11:00	Women Only Ride – E-Bike Challenging	Old Station Café, Millbrook St Lawrence
THUR 30	10:00-11:30	Mixed Ride – Steady	Old Station Café, Millbrook St Lawrence