

# MOVE MORE WALKS

Our Move More Walks are here to support all islanders to move more. The Level 1 and 2 walks are easy, short walks and are also suitable for those with lower physical ability or long-term conditions. With the level 3 and 4 walks more advanced for those wishing to develop their walking ability. Each walk 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 everyone, including 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](http://www.movemore.je/activity/walk)

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



MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.



The Jersey National Park aims to protect, conserve and enhance the natural beauty, wildlife and cultural heritage within its 2,145 designated hectares so that it can be appreciated and enjoyed by all who spend time in it, now and in the future.

May is National Walking Month and we're delighted to partner with Jersey National Park this month, to inspire more islanders to be more active, more often!

Islanders are invited to explore the breathtaking beauty of the Jersey National Park through expert-guided walks whilst learning about the Park's rich history, diverse ecology and unique geology. In addition to our FREE Move More Walks which run through some of the Parks, Jersey National Park are offering a range of guided/ educational walks for you to enjoy in return of a small fee of around £5 per walk.

Some of the educational topics include Life at the edge of the sea, Finding our own natural rhythms, From field-to-fork, Freedom and fortifications, Wake up with nature, The wilderness of St Ouen, Ecosystems in the east and much more!

You can find out more about the walks on the Jersey National Park website:

<https://jerseynationalpark.com/>



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An initiative by





## MAY WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 2	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 3	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec
	10:00	Level 2: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	10:00	Level 3: East - N&C - Devil's Hole	Meet in the car park at Devil's Hole
FRI 5	10:00	Level 1: West - L'Ouziere Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the St Peter's Parish Hall
SAT 6	9:30	Level 4: West - Tesson Chapel, St Peter	Meet Tesson Chapel car park - Rue des Pres Sorsoleil (off St Peter's Valley)

## MAY WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 10	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 – Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
FRI 12	10:00	Level 1: West – Les Quennevais	Meet in the car park behind the Les Quennevais Sports Centre
	10:00	Level 3: West – Portlet	Meet in the public car park opposite The Portelet Inn
SAT 13	9:30	Level 4: West – Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road

**MAY WEEK 3**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 15	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	18:15	Level 3: East - Le Hocq	Meet in the car park at the Le Hocq Parish Hall
TUES 16	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 17	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 – Trinity Arms	Meet in the public Car Park at Trinity Arms
FRI 19	10:00	Level 1: West – Les Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West – Le Braye	Meet in the car park at Le Braye
SAT 20	9:30	Level 4: West – St Peter's Village	Meet at the Community Centre, behind the St Peter's Parish Hall

**MAY WEEK 4**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 22	9:30	Level 4: N&C – Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise
	18:15	Level 3: N&C – St Lawrence	Meet in the Memorial Garden. Parking is available roadside near St Lawrence Parish Hall and Memorial Garden.
TUES 23	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 24	10:00	Level 1: N&C – St Lawrence	Meet in the Memorial Garden. Parking is available roadside near St Lawrence Parish Hall and Memorial Garden.
	10:00	Level 2: West – Les Quennevais	Meet in the car park behind the Les Quennevais Sports Centre
	10:00	Level 3: N&C – Waterworks Valley	Parking area at Le Don Sinkins, Waterworks Valley.
FRI 26	10:00	Level 1: West – Portlet	Meet in the public car park opposite The Portelet Inn
	10:00	Level 3: West – St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 27	9:30	Level 4: N&C – Les Platons	Meet at Les Platons (Beez Kneez) car park – St John's

MAY WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 30	10:00	Level 1: East – St Catherine’s	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: East – Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
WED 31	10:00	Level 1: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	10:00	Level 2: West - West - Grosnez	Meet in the car park at Grosnez
	10:00	Level 3: East – Le Hocq	Meet in the car park at the Le Hocq Parish Hall