



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.



MOVE MORE WALKS

Move More Walks are here to support all islanders to move more. Our Level 1 and 2 walks are easy, short walks and are also suitable for those with lower physical ability or long-term conditions. Our level 3 and 4 walks are more advanced and 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

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



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An initiative by



JUNE WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 2	10:00	Level 1: West – Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West – Grosnez	Meet in the car park at Grosnez
SAT 3	9:30	Level 4: West – Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare)

JUNE WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 5	9:30	Level 4: West – St Ouen's Church	Meet in St Ouen's Church car park
	18:15	Level 3: West – St Ouen's Church	Meet in St Ouen's Church car park
TUES 6	10:00	Level 1: East – Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: West – St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
WED 7	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 – Trinity Arms	Meet in the public Car Park at Trinity Arms
	10:00	Level 3: N&C – Oaklands Lodge, Trinity	Meet in the Oaklands Lodge Car Park (Red Rose) Trinity Hill
FRI 9	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 10	9:30	Level 4: N&C – Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

JUNE WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 12	9:30	Level 4: West – Grosnez	Meet in the car park at Grosnez
	18:15	Level 3: N&C – Goose on the Green	Meet in car park, behind the Goose on the Green
TUES 13	10:00	Level 1: East – Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East – Gorey	
WED 14	10:00	Level 1: N&C – Oaklands Lodge, Trinity	Meet in the Oaklands Lodge Car Park (Red Rose) Trinity Hill
	10:00	Level 2: N&C – Oaklands Lodge, Trinity	
	10:00	Level 3: N&C – Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
FRI 16	10:00	Level 1: West – St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West – Portlet	Meet in the public car park opposite The Portelet Inn
SAT 17	9:30	Level 4: N&C – Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise

JUNE WEEK 4			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 19	9:30	Level 4: East – St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone
	18:15	Level 3: West – Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
TUES 20	10:00	Level 1: East – Partner's Tennis Club	Meet in the car park at Partners, St Clements Golf & Sports Centre
	10:00	Level 2: East – Partner's Tennis Club	
WED 21	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 – Goose on the Green	Meet in car park, behind the Goose on the Green
FRI 23	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 Ouen's Church	Meet in St Ouen's Church car park
SAT 24	9:30	Level 4: East – Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas

JUNE WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 26	9:30	Level 4: N&C – Devils Hole	Meet in the small car park on Chemin des Hougues, continue past Devil’s Hole.
	18:15	Level 3: East – Gorey	Meet in the car park at Longbeach
TUES 27	10:00	Level 1: East – St Martin’s Village	Meet in the car park at the Village Green, café end.
	10:00	Level 2: West – St Peter’s Village	Meet at the Community Centre, behind the Parish Hall
WED 28	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 - Waterworks Valley	Parking area at Le Don Sinkins , Waterworks Valley.
	10:00	Level 3: N&C – St Lawrence	Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden.
FRI 30	10:00	Level 1: West – Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: West – Grosnez	Meet in the car park at Grosnez