

# 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](http://www.movemore.je/activity/walk)**

For further information telephone: **01534 757704** or email: **[movemore@jerseysport.je](mailto:movemore@jerseysport.je)**

NOVEMBER WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 1	10:00	Level 1: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
	10:00	Level 2: N&C - St Lawrence	
	10:00	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
FRI 3	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
SAT 4	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq

## NOVEMBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 6	9:30	Level 4: N&C - L'Auberge du Nord	Meet in the L'Auberge du Nord Car Park, St John
TUES 7	10:00	Level 1: East - Holme Grown	Meet in Holme Grown car park
	10:00	Level 2: East - Holme Grown	
WED 8	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec
	10:00	Level 2: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: N&C - Devil's Hole	Meet in the car park at Devil's Hole
FRI 10	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
SAT 11	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park

NOVEMBER WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 13	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
TUES 14	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - Le Hocq	
WED 15	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: East - St Martin's Village	Meet in the car park at the Village Green, café end.
FRI 17	10:00	Level 1: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - Portlet	Meet in the public car park opposite The Portelet Inn
SAT 18	9:30	Level 4: N&C - Les Platons	Meet at Les Platons (Beez Kneez) car park - St John's

## NOVEMBER WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 20	9:30	Level 4: N&C - Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise
TUES 21	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 - St Catherine's	
WED 22	10:00	Level 1: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
	10:00	Level 2: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
FRI 24	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - Grosnez	Meet in the car park at Grosnez
SAT 25	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.



NOVEMBER WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 27	9:30	Level 4: West – Battery Moltke (St Ounes – Les Landes)	Meet at Les Landes South Carpark
TUES 28	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: N&C – Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
WED 29	10:00	Level 1: N&C – L'Auberge du Nord	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 2: West – St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: N&C – Goose on the Green	Meet in car park, behind the Goose on the Green