



MOVE MORE WALKS

Move More Walks are easy, short walks suitable for those with lower physical ability or long-term conditions. 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 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

APRIL WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 2	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 3	10:00	Level 1: N&C - L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 2: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.
FRI 5	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: West - St Ouen's Church	Meet in St Ouen's Church car park
SAT 6	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.

APRIL WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 8	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	18:15	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
TUES 9	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 - Queen's Valley	Meet in the upper Queen's Valley car park
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 - Devil's Hole	Meet in the car park at Devil's Hole
	10:00	Level 3: N&C - Waterworks Valley	Parking area at Le Don Sinkins, Waterworks Valley.
FRI 12	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
SAT 13	9:30	Level 4: N&C - Devil's Hole	Meet in the car park at Devil's Hole

APRIL WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 15	9:30	Level 4: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
	18:15	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
TUES 16	10:00	Level 1: East - Holme Grown	Meet in the rear of the car park at the Holme Grown
	10:00	Level 2: East - Holme Grown	
WED 17	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 - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	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 - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 20	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez

APRIL WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 22	9:30	Level 4: Gorey Longbeach	Meet in the car park at Longbeach
	18:15	Level 3: East - St Martin's Village	Meet in the car park at the Village Green, café end.
TUES 23	10:00	Level 1: East – Gorey Longbeach	Meet in the car park at Longbeach
	10:00	Level 2: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
WED 24	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 - Waterworks Valley	Parking area at Le Don Sinkins, Waterworks Valley.
	10:00	Level 3: East - Holme Grown	Meet in the rear of the car park at the Holme Grown
FRI 26	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - St Aubin's	Meet outside St Aubin's Parish Hall
SAT 27	9:30	Level 4: N&C - Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise

APRIL WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 29	9:30	Level 4: St Ouen's Church	Meet in St Ouen's Church car park
	18:15	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite La Fontaine Tavern
TUES 28	10:00	Level 1: East - St Martin's Village	Meet in the car park at the Village Green, café end.
	10:00	Level 2: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.