



# 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 757700** or email: [movemore@jerseysport.je](mailto:movemore@jerseysport.je)

JUNE WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
SAT 1	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 3	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
	18:15	Level 3: West - St Aubin	Meet outside St Aubin's Parish Hall
TUES 4	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 5	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: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley

FRI 7	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 8	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 10	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez
	18:15	Level 3: East - Gorey	Meet in the car park at Longbeach
TUES 11	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	

WED 12	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: N&C - Acorn	Meet in the bottom of the ramp near the Acorn Cafe Carpark. Please park if possible adjacent to the Cafe. Please note the car park does not open till 10:00
	10:00	Level 3: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
FRI 14	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 15	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 17	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: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
TUES 18	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 19	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 - Devil's Hole	Meet in the car park at Devil's Hole
	10:00	Level 3: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
FRI 21	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 22	9:30	Level 4: West - Tesson Chapel, St Peter	Tesson Chapel car park – Rue des Pres Sorsoleil (off St Peter's Valley)



### JUNE WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 24	9:30	Level 4: N&C - Devil's Hole	Meet in the car park at Devil's Hole
	18:15	Level 3: West - St Ouen's Church	Meet in St Ouen's Church car park
TUES 25	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 - Goose on the Green	Meet in car park, behind the Goose on the Green
WED 26	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 road side near Parish Hall and Memorial Garden.
FRI 28	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
SAT 29	9:30	Level 4: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers