

A group of people are walking on a grassy cliffside overlooking the ocean. The cliffside is covered in green grass and some yellow flowers. The ocean is a deep blue, and the sky is a light blue. The text 'MOVE MORE WALKS' is overlaid on the image in large, white, bold, sans-serif capital letters.

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 Move More Walks page: www.movemore.je/walk-more/

For further information telephone: **01534 757704** or email: movemore@jerseysport.je

AUGUST WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 1	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 2	9:30	Level 4: N&C - Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise

AUGUST WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 5	9:30	Level 4: East - Gorey	Meet in the car park at Longbeach
	18:15	Level 3: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole
TUES 6	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
WED 7	10:00	Level 1: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden.
	10:00	Level 2: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole
	10:00	Level 3: N&C - L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
FRI 9	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
SAT 10	9:30	Level 4: N&C - Les Platons	Meet at Les Platons (Beez Kneez) car park - St John's

AUGUST WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 12	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: West - Les Quennevais	Meet in the car park behind the Sports Centre
TUES 13	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 14	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 – near the Crapaud
	10:00	Level 3: N&C - Catherine Best, The Windmill - all clear	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 - L'Ouziere, Sands	Meet in the gravel car park at Sands
SAT 17	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez

AUGUST WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 19	9:30	Level 4: West - Portlet	Meet in the public car park opposite The Portelet Inn
	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 - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	10:00	Level 2: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
FRI 23	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 24	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

AUGUST WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 27	10:00	Level 1: East - Holme Grown	Meet in Holme Grown car park
	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
WED 28	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 - Wanderers FC	Meet at the Football Club House. Parking is available on your first left as you turn in, just before the club house. Turn in at rugby club (rue des sauvalleries) go past the rugby club carpark and take next right, go down that lane and it's on the right.
	10:00	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
FRI 30	10:00	Level 1: West - Wanderers FC - All clear	Meet at the Football Club House. Parking is available on your first left as you turn in, just before the club house. Turn in at rugby club (rue des sauvalleries) go past the rugby club carpark and take next right, go down that lane and it's on the right.
	10:00	Level 3: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden.



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

SAT 31	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone
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