



# 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)

JULY WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 1	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.
	18:15	Level 3: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
TUES 2	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 3	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 - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	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 - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - Le Braye	Meet in the car park at Le Braye
SAT 6	9:30	Level 4: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall

**JULY WEEK 2**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 8	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.
	18:15	Level 3: West - Portlet	Meet in the public car park opposite The Portelet Inn
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 L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
	10:00	Level 3: N&C - Waterworks Valley	Parking area at Le Don Sinkins, Waterworks Valley.
FRI 12	10:00	Level 1: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - Les Cruex	
SAT 13	9:30	Level 4: East - Gorey	Meet in the car park at Longbeach

**JULY WEEK 3**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 15	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre
	18:15	Level 3: N&C - Trinity Arms	Meet in the Parish Hall Car Park.
TUES 16	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 17	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: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
FRI 19	10:00	Level 1: West - Portlet	Meet in the public car park opposite The Portelet Inn
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 20	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq

**JULY WEEK 4**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 22	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	18:15	Level 3: West - St Peters Village	Meet at the Community Centre, behind the Parish Hall
TUES 23	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.
WED 24	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 Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: East - Holme Grown	Meet in Holme Grown car park
FRI 26	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
SAT 27	9:30	Level 4: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road

**JULY WEEK 5**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 29	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park
	18:15	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
TUES 30	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 31	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: West - Portlet	Meet in the public car park opposite The Portlet Inn
	10:00	Level 3: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms