



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

For further information telephone: **01534 757700** or email: movemore@jerseysport.je

OCTOBER WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 1	10:00	Level 1: East - East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - East - Le Hocq	
WED 2	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 - Goose on the Green	
	10:00	Level 3: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
FRI 4	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 5	9:30	Level 4: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall

OCTOBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 7	9:30	Level 4: N&C - Les Platons	Meet at Les Platons (Beez Kneez) car park – St John's
TUES 8	10:00	Level 1: East - St Catherine	Meet in the car park near the entrance to the café - by the Millennium Stone
	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 9	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 – 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 11	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 12	9:30	Level 4: N&C - Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise

OCTOBER WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 14	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone
TUES 15	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 16	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 - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	10:00	Level 3: N&C - Hamptonne	Meet in the Hamptonne car park.
FRI 18	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - St Ouen's Church	Meet in St Ouen's Church car park
SAT 19	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

OCTOBER WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 21	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez
TUES 22	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 23	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 Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
FRI 25	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 26	9:30	Level 4: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.

OCTOBER WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 28	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park
TUES 29	10:00	Level 1: East - East - Holme Grown	Meet in the rear of the car park at the Holme Grown
	10:00	Level 2: East - Holme Grown	
WED 30	10:00	Level 1: N&C - St Johns Rec	Meet in the car park at St John's Rec
	10:00	Level 2: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	10:00	Level 3: N&C - L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John