



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

SEPTEMBER WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 2	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 - Les Cruex	Meet in the car park at Les Creux, outside Bowlers
TUES 3	10:00	Level 1: East - St Catherines	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: East - St Catherines	
WED 4	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 - L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 3: N&C - Goose on the green	Meet in car park, behind the Goose on the Green
FRI 6	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 - Les Quennevais	Meet in the car park behind the Sports Centre
SAT 7	9:30	Level 4: East- Queens Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas

SEPTEMBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 9	9:30	Level 4: N&C - L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	18:15	Level 3: East - St Martins Village	Meet in the car park at the Village Green, café end.
TUES 10	10:00	Level 1: East- Gorey Long beach	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey Long beach	
WED 11	10:00	Level 1: N&C - La Mare Wine Estate	Meet in the La Mare Wine Estate Car Park
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
	10:00	Level 3: N&C - Devils Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole
FRI 13	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 14	9:30	Level 4: East - St Martins Village	Meet in the car park at the Village Green, café end.

SEPTEMBER WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 16	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre
	18:15	Level 3: West - Ouaisne	Meet in Ouasine car park.
TUES 17	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: Level 2: East Queen's Valley	Meet in the upper Queen's Valley car park off Rue du Moulin de Bas
WED 18	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 - St Lawrence	Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden.
	10:00	Level 3: East - Durrell Zoo	Meet at the front entrance of Durrell.
FRI 20	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: West - Portlet	Meet in the public car park opposite The Portelet Inn
SAT 21	9:30	Level 4: West - St Ounes Church	Meet in St Ounes Church car park

SEPTEMBER WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 23	9:30	Level 4: West - St Aubin's	Meet outside St Aubin's Parish Hall
TUES 24	10:00	Level 1: East - St Martins Village	Meet in the car park at the Village Green, café end.
	10:00	Level 2: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
WED 25	10:00	Level 1: N&C - St Johns Rec	Meet in the car park at St John's Rec
	10:00	Level 2: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: East - St Martins Village	Meet in the car park at the Village Green, café end.
FRI 27	10:00	Level 1: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - St Aubin's	Meet outside St Aubin's Parish Hall
SAT 28	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

SEPTEMBER WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 30	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern