



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

NOVEMBER WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 1	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 - Le Braye	Meet in the car park at Le Braye
SAT 2	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq

NOVEMBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 4	9:30	Level 4: N&C - L'Auberge du Nord	Meet in the L'Auberge du Nord Car Park, St John
TUES 5	10:00	Level 1: East - Gorey	Meet in the car park at Long Beach
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
WED 6	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 Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: N&C - Devil's Hole	Meet in the car park at Devil's Hole
FRI 8	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
SAT 9	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best

NOVEMBER WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 11	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
TUES 12	10:00	Level 1: East - Holme Grown	Meet in Holme Grown car park
	10:00	Level 2: N&C - Devil's Hole	Meet in the car park at Devil's Hole
WED 13	10:00	Level 1: N&C - La Mare Wine Estate	Meet in the La Mare Wine Estate Car Park
	10:00	Level 2: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	10:00	Level 3: East - St Martin's Village	Meet in the car park at the Village Green, café end.
FRI 15	10:00	Level 1: West - St Brelade's Social Club	Meet in St Brelade's Social Club car park.
	10:00	Level 3: West - Portlet	Meet in the public car park opposite The Portelet Inn
SAT 16	9:30	Level 4: East - Gorey Long Beach	Meet in the car park at Long Beach

NOVEMBER WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 18	9:30	Level 4: West - Tesson Chapel, St Peter	Tesson Chapel car park – Rue des Pres Sorsoleil (off St Peter's Valley)
TUES 19	10:00	Level 1: East - St Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: East - St Catherine's Breakwater	
WED 20	10:00	Level 1: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
	10:00	Level 2: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: East - Durrell Zoo	Meet at the front entrance of Durrell.
FRI 22	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: West - Grosnez	Meet in the car park at Grosnez
SAT 23	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.

NOVEMBER WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 25	9:30	N&C - Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise
TUES 26	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 27	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: 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
FRI 29	10:00	Level 1: West - Les Creux	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 30	9:30	Level 4: West - Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare)



**MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.**