



# 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)

**DECEMBER WEEK 1**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 2	9:30	Level 4: East - Gorey	Meet in the car park at Longbeach
TUES 3	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 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 - 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
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
FRI 6	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
SAT 7	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

DECEMBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 9	9:30	Level 4: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
TUES 10	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - Queen's Valley	Meet in the upper Queen's Valley car park
WED 11	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 - L'Auberge du Nord (The Farmhouse)	
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Carpark
FRI 13	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
SAT 14	9:30	Level 4: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.

**DECEMBER WEEK 3**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 16	9:30	Level 4: West - St Aubins	Meet outside St Aubin's Parish Hall
TUES 17	10:00	Level 1: East - Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: East - Catherine's Breakwater	
WED 18	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
	10:00	Level 3: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
FRI 20	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 21	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.

**DECEMBER WEEK 4**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 23	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre
TUES 24	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
FRI 27	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: N&C - Grainville	Meet in the bottom car park on Deloraine Road next to Grainville School
SAT 28	9:30	Level 4: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers

**DECEMBER WEEK 5**

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 30	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park
TUES 31	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	