

A photograph of a group of people walking on a grassy coastal path. The path leads down towards a rocky coastline with blue water. The text 'MOVE MORE WALKS' is overlaid in large white letters on the left side of the image.

# MOVE MORE WALKS

Move More Walks are easy, short walks suitable for those with lower physical ability or long-term conditions. 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 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)



MORE ISLANDERS.  
MORE ACTIVE.  
MORE OFTEN.

FEBRUARY WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
SAT 1	9:30	Level 4: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole

FEBRUARY WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 3	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.
TUES 4	10:00	Level 1: East - Gorey Long Beach	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey Long Beach	
WED 5	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 - La Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	10:00	Level 3: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
FRI 7	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 8	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq

FEBRUARY WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 10	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park
TUES 11	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: East - St Catherine's	
WED 12	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 - Catherine Best, The Windmill	
	10:00	Level 3: N&C – St Saviours Bowls Club	Meet in St Saviours Bowls Club Car Park (next to Grainville Cricket Ground)
FRI 14	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
SAT 15	9:30	Level 4: West - Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare)

FEBRUARY WEEK 4			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 17	9:30	Level 4: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
TUES 18	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 19	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 Saviours Bowls Club	Meet in St Saviours Bowls Club Car Park (next to Grainville Cricket Ground)
	10:00	Level 3: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
FRI 21	10:00	Level 1: St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 22	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

FEBRUARY WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 24	9:30	Level 4: East - Gorey long beach	Meet in the car park at Longbeach
TUES 25	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 26	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: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Carpark
FRI 28	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq