



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

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



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

MARCH WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
SAT 1	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.

MARCH WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 3	9:30	Level 4: West - St Ounes (Les Landes) - Battery Molke	Meet at Les Landes South Carpark
TUES 4	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - Le Hocq	
WED 5	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 - St Lawrence	
	10:00	Level 3: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole
FRI 7	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - Portlet	Meet in the public car park opposite The Portelet Inn
SAT 8	9:30	Level 4: N&C L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John

MARCH WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 10	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre
TUES 11	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 - Queen's Valley	Meet in the upper Queen's Valley car park
WED 12	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 – Acorn	Meet in the bottom of the ramp near the Acorn Cafe Carpark. Please park if possible adjacent to the Cafe.
	10:00	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
FRI 14	10:00	Level 1: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
SAT 15	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best

MARCH WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 17	9:30	Level 4: N&C Les Platons	Meet at Les Platons (Beez Kneez) car park – St John’s
TUES 18	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 19	10:00	Level 1: N&C - La Mare Wine Estate	Meet in the La Mare Wine Estate Car Park
	10:00	Level 2: West - St Ouen's Church	Meet in St Ouen's Church car park
	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 21	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 22	9:30	Level 4: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road

MARCH WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 24	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
TUES 25	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 26	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec
	10:00	Level 1: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Hotel Carpark
FRI 21	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: West - St Ouen's Church	Meet in St Ouen's Church car park
SAT 28	9:30	Level 4: West - St Peter's Village	Meet in St Ouen's Church car park

MARCH WEEK 6



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DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 31	9:30	Level 4: West - St Aubins	Meet outside St Aubin's Parish Hall