

A group of people are walking on a grassy cliffside overlooking the ocean. The text 'MOVE MORE WALKS' is overlaid on the image in large, white, bold, sans-serif capital letters.

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

| APRIL WEEK 1 | | | |
|--------------|-------|--|--|
| DAY | TIME | LEVEL & LOCATION | MEETING POINT |
| TUES 1 | 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 2 | 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 - Les Cruex | Meet in the car park at Les Creux, outside Bowlers |
| | 10:00 | Level 3: East - St Martin's Village | Meet in the car park at the Village Green, café end. |
| FRI 4 | 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 5 | 9:30 | Level 4: N&C - Jardins d'Olivet | Meet in Jardin d'Olivet Car Park off Rue de la Falaise |

| APRIL WEEK 2 | | | |
|--------------|-------|--|---|
| DAY | TIME | LEVEL & LOCATION | MEETING POINT |
| MON 7 | 9:30 | Level 4:Tesson Chapel, St Peters | Tesson Chapel car park – Rue des Pres Sorsoleil (off St Peter’s Valley) |
| | 18:15 | Level 3: West – Jersey Pearl | Meet in the car park at Jersey Pearl, Five Mile Road |
| TUES 8 | 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 9 | 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 – Le Braye | Meet in the car park at Le Braye |
| | 10:00 | Level 3: N&C –Hamptone | Meet in the Hamptonne car park. |
| FRI 11 | 10:00 | Level 1: West – St Ouen's Church | Meet in St Ouen's Church car park |
| | 10:00 | Level 3: West – Jersey Pearl | Meet in the car park at Jersey Pearl, Five Mile Road |
| SAT 12 | 9:30 | Level 4: N&C – Devil's Hole | Meet in the car park at Devil's Hole |

APRIL WEEK 3

| DAY | TIME | LEVEL & LOCATION | MEETING POINT |
|---------|-------|---|--|
| MON 14 | 9:30 | Level 4: West - Vic in the Valley, St Peter | Meet in the car park at Vic in the Valley |
| | 18:15 | Level 3: East - Le Hocq | Meet in the car park at the Parish Hall, Le Hocq |
| TUES 15 | 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 16 | 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 - Trinity Arms | Meet in the public Car Park at Trinity Arms |
| SAT 19 | 9:30 | Level 4: West - Grosnez | Meet in the car park at Grosnez |

APRIL WEEK 4

| DAY | TIME | LEVEL & LOCATION | MEETING POINT |
|---------|-------|---|---|
| TUES 22 | 10:00 | Level 1: East – Gorey Longbeach | Meet in the car park at Longbeach |
| | 10:00 | Level 2: East - Durrell Zoo | Meet at the front entrance of Durrell. |
| WED 23 | 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- Hamptone | Meet in the Hamptonne car park. |
| | 10:00 | Level 3: East – St. Clements Parish Hall | Meet in St Clements Parish Hall car park. |
| FRI 25 | 10:00 | Level 1: West - Elephant Park | Meet in the car park on Rue du Pont Marquet next to the traffic lights. |
| | 10:00 | Level 3: West - St Aubin's | Meet outside St Aubin's Parish Hall |
| SAT 26 | 9:30 | Level 4: East – Gorey Longbeach | Meet in the car park at Longbeach |

| APRIL WEEK 5 | | | |
|--------------|-------|-------------------------------------|---|
| DAY | TIME | LEVEL & LOCATION | MEETING POINT |
| MON 28 | 9:30 | Level 4: St Ouen's Church | Meet in St Ouen's Church car park |
| | 18:15 | Level 3: East - St Martin's Village | Meet in the car park at the Village Green, café end. |
| TUES 29 | 10:00 | Level 1: East - St Martin's Village | Meet in the car park at the Village Green, café end. |
| | 10:00 | Level 2: N&C - Devil's Hole | Meet in the small car park on Chemin des Hougues, continue past Devil's Hole. |
| WED 30 | 10:00 | Level 1: St. Lawrence | Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden. |
| | 10:00 | Level 2: West - Portlet | Meet in the public car park opposite The Portelet Inn |
| | 10:00 | Level 3: East - Durrell Zoo | Meet at the front entrance of Durrell. |