



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





An initiative by





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
	10:00	Level 2: East - St. Catherine's	the café - by the Millennium Stone
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

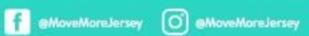








APRIL WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 7	9:30	Level 4:Tesson Chapel, St Peters	Tesson Chapel car park – Rue des Pres Sorsoleil (off St Peter's Valley)
	18:15	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
TUES 8	10:00	Level 1: East - Partner's Tennis Club	Meet in the car park at Partners, St
	10:00	Level 2: East - Partner's Tennis Club	Clements Golf & Sports Centre.
	10:00	Level 1: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
WED 9	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	Leve 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









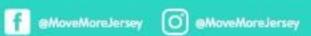
APRIL WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 14	9:30	Level 4: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
	18:15	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
TUES 15	10:00	Level 1: East - Holme Grown	Meet in the rear of the car park at the
	10:00	Level 2: East - Holme Grown	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
	9:30	Level 4: St Ouen's Church	Meet in St Ouen's Church car park
MON 28	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.



