

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

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

JUNE WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 2	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
	18:15	Level 3: West Le Braye	Meet in the car park at Le Braye
TUES 3	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
WED 4	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec
	10:00	Level 2: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
	10:00	Level 3: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
FRI 6	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
SAT 7	9:30	Level 4: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues,

JUNE WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 9	9:30	Level 4: West - St Aubin's	Meet outside St Aubin's Parish Hall
	18:15	Level 3: West St Aubin's	Meet outside St Aubin's Parish Hall
TUES 10	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
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 - 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: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
FRI 13	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 - Portlet	Meet in the public car park opposite The Portlet Inn
SAT 14	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite La Fontaine Tavern

JUNE WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 16	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone
	18:15	Level 3: East Gorey Longbeach	Meet in the car park at Longbeach
TUES 17	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 18	10:00	Level 1: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	10:00	Level 2: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: N&C - St Lawrence route 3	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
FRI 20	10:00	Level 1: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
	10:00	Level 3: West - St Ouen's Church	Meet in St Ouen's Church car park
SAT 21	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.

JUNE 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
	18:15	Level 3: N&C St Lawrence Parish Hall	Meet in the Memorial Garden. Parking is available on the roadside near the Parish Hall and Memorial Garden.
TUES 24	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 - Holme Grown	Meet in the rear of the car park at the Holme Grown
WED 25	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 - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: East - Durrell Zoo	Meet at the front entrance of Durrell.
FRI 27	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 28	9:30	Level 4: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers

JUNE WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 30	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.
	18:15	Level 3: N&C Westhill Hotel	Meet in Westhill Hotel Carpark