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)](https://secure.refer-all.net/referrals/Jersey/Refer)

**Our Health Walks page:** [**www.movemore.je/activity/walk**](http://www.movemore.je/activity/walk)

For further informationtelephone: **01534 757700** or email: [**movemore@jerseysport.je**](mailto:emma.sterry@jerseysport.je)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MAY WEEK 1 | | | | | |
| DAY | TIME | | LEVEL & LOCATION | MEETING POINT | |
| FRI 2 | 10:00 | Level 1: West - L'Ouziere Sands | | | Meet in the gravel car park at Sands |
| 10:00 | Level 3: West - St Peter's Village | | | Meet at the Community Centre, behind the Parish Hall |
| SAT 3 | 9:30 | N&C - East - Le Hocq | | | Meet in the car park at the Parish Hall, Le Hocq |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MAY WEEK 2 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | MEETING POINT | |
| TUE 6 | 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 7 | 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 - Goose on the Green | | |
| 10:00 | | Level 3: N&C - Les Fontaines | | | Meet in the public Car Park opposite Les Fontaines Tavern |
| SAT 10 | 9:30 | | Level 4: West - Jersey Pearl | | | Meet in the car park at Jersey Pearl, Five Mile Road |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MAY WEEK 3 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | MEETING POINT | |
| MON 12 | 9:30 | | Level 4: N&C - L’Auberge du Nord (Farmhouse) | | | Meet in the L’Auberge du Nord Car Park, St John |
| 18:15 | | Level 3: N&C - Les Fontaines | | | Meet in the public Car Park opposite Les Fontaines Tavern |
| TUES 13 | 10:00 | | Level 1: East - Gorey | | | Meet in the car park at Longbeach |
| 10:00 | | Level 2: East - Gorey | | |
| WED 14 | 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 - Goose on the Green | | | Meet in car park, behind the Goose on the Green |
| FRI 16 | 10:00 | | Level 1: West - Les Ormes | | | Meet in the Les Ormes Car Park |
| 10:00 | | Level 3: West - Grosnez | | | Meet in the car park at Grosnez |
| SAT 17 | 9:30 | | Level 4: West - St Peter's Village | | | Meet at the Community Centre, behind the Parish Hall |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MAY WEEK 4 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | MEETING POINT | |
| MON 19 | 9:30 | | Level 4: N&C - Les Platons | | | Meet at Les Platons (Beez Kneez) car park – St John’s |
| 18:15 | | Level 3: Level 3: East Catherine’s Breakwater | | | Meet in the car park near the entrance to the café - by the Millennium Stone |
| TUES 20 | 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 21 | 10:00 | | Level 1: N&C - St Lawrence | | | Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden. |
| 10:00 | | Level 2: West - Wanderers FC | | | Meet at the Football Club House. Parking is available on your first left as you turn in, just before the club house. Located behind the Bowling Alley. |
| 10:00 | | Level 3: N&C - Westhill Hotel | | | Meet in Westhill Hotel Carpark |
| FRI 23 | 10:00 | | Level 1: West - Portlet | | | Meet in the public car park opposite The Portelet Inn |
| 10:00 | | Level 3: West - Les Cruex | | | Meet in the car park at Les Creux, outside Bowlers |
| SAT 24 | 9:30 | | Level 4: N&C - Catherine Best, The Windmill | | | Meet in the gravel car park at Catherine Best |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MAY WEEK 5 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | MEETING POINT | |
| TUES 27 | 10:00 | | Level 1: East - St Cathereine's | | | Meet in the car park near the entrance to the café - by the Millennium Stone |
| 10:00 | | Level 2: East - Queen's Valley | | | Meet in the upper Queen's Valley car park |
| WED 28 | 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 - Grainville School | | | Meet in the bottom car park on Deloraine Road next to Grainville School |
| FRI 30 | 10:00 | | Level 1: West - St Peter's Village | | | Meet at the Community Centre, behind the Parish Hall |
| 10:00 | | Level 3: West - Le Braye | | | Meet in the car park at Le Braye |
| SAT 31 | 9:30 | | Level 4: West - Corbiere Phare | | | Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare) |