



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

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



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An Initiative by



JULY WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 1	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 2	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 - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	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 4	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - Le Braye	Meet in the car park at Le Braye
SAT 5	9:30	Level 4: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall

JULY WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 7	9:30	Level 4: West - Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare)
	18:15	Level 3: N&C – Goose on The Green	Meet in car park, behind the Goose on the Green
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 - Queen's Valley	Meet in the upper Queen's Valley car park
WED 9	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: East - Durrell Zoo	Meet at the front entrance of Durrell.
	10:00	Level 3: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
FRI 11	10:00	Level 1: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - Les Cruex	
SAT 12	9:30	Level 4: East - Gorey	Meet in the car park at Longbeach

JULY WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 14	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre
	18:15	Level 3: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall
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: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues,
WED 16	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: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
FRI 18	10:00	Level 1: West - Portlet	Meet in the public car park opposite The Portelet Inn
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 19	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq

JULY WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 21	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	18:15	Level 3: N&C The Windmill Catherine Best	Meet in the gravel car park at Catherine Best
TUES 22	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: N&C - Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School
WED 23	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 Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: East - Holme Grown	Meet in Holme Grown car park
FRI 25	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - Grosnez	Meet in the car park at Grosnez
SAT 26	9:30	Level 4: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road

JULY WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 28	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park
	18:15	Level 3: West Portelet	Meet in the public car park opposite The Portelet Inn
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: East - St Martin's Village	
WED 30	10:00	Level 1: N&C - La Mare Wine Estate	Meet in the La Mare Wine Estate Car Park
	10:00	Level 2: West - Portlet	Meet in the public car park opposite The Portlet Inn
	10:00	Level 3: N&C - Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School