



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



AUGUST WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 1	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: N&C L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
SAT 2	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas

AUGUST WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 4	9:30	Level 4: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	18:15	Level 3: N&C Devil's Hole	Meet in the small car park on Chemin des Hougues
TUES 5	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 6	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 - Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School
	10:00	Level 3: East - Durrell Zoo	Meet at the front entrance of Durrell.
FRI 8	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 9	9:30	Level 4: N&C - Les Platons	Meet at Les Platons (Beez Kneez) car park – St John's

AUGUST WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 11	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: West St Ouen's Church	Meet in St Ouen's Church car park
TUES 12	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 - Trinity Arms	Meet in the public Car Park at Trinity Arms
WED 13	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 - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: N&C - Catherine Best, The Windmill - all clear	Meet in the gravel car park at Catherine Best
FRI 15	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
SAT 16	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez

AUGUST WEEK 4			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
Mon 18	9:30	Level 4: West - Portlet	Meet in the public car park opposite The Portelet Inn
	18:15	Level 4: West - Grosnez	Meet in the car park at Grosnez
TUES 19	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 20	10:00	Level 1: N&C - St John's Rec	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 2: N&C - Hamptonne	Meet in the Hamptonne car park.
	10:00	Level 3: West - Tesson Chapel, St Peters	Tesson Chapel car park – Rue des Pres Sorsoleil (off St Peter's Valley)
FRI 22	10:00	Level 1: West - Les Ormes	Meet in the Les Ormes Car Park
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 23	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

AUGUST WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 26	10:00	Level 1: East - Holme Grown	Meet in Holme Grown car park
	10:00	Level 2: East - Holme Grown	
WED 27	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 Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
FRI 29	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
SAT 30	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone