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)

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| OCTOBER WEEK 1 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| WED 1 | 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 - Trinity Arms | | Meet in the public Car Park at Trinity Arms | |
| FRI 3 | 10:00 | | Level 1: West - Les Quennevais | | Meet in the car park behind the Sports Centre | |
| 10:00 | | Level 3:  West - Jersey Pearl | | Meet in the car park at Jersey Pearl, Five Mile Road | |
| SAT 4 | 9:30 | | Level 4: West - St Peter's Village | | Meet at the Community Centre, behind the Parish Hall | |

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| OCTOBER WEEK 2 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 6 | 9:30 | | Level 4: N&C - Les Platons | | Meet at Les Platons (Beez Kneez) car park – St John’s | |
| TUES 7 | 10:00 | | Level 1: East - St Catherine | | Meet in the car park near the entrance to the café - by the Millennium Stone | |
| 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 | |
| WED 8 | 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 – 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 10 | 10:00 | | Level 1: West - St Ouen's Church | | Meet in St Ouen's Church car park | |
| 10:00 | | Level 3: West - St Aubin's | | Meet outside St Aubin's Parish Hall | |
| SAT 11 | 9:30 | | Level 4: N&C - Les Fontaines | | Meet in the public Car Park opposite Les Fontaines Tavern | |

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| OCTOBER WEEK 3 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 13 | 9:30 | | Level 4: East - St Catherine's | | Meet in the car park near the entrance to the café - by the Millennium Stone | |
| TUES 14 | 10:00 | | Level 1: East - Holme Grown | | Meet in the rear of the car park at the Holme Grown | |
| 10:00 | | Level 2: East - Holme Grown | |
| WED 15 | 10:00 | | Level 1: N&C - Catherine Best, The Windmill | | Meet in the gravel car park at Catherine Best | |
| 10:00 | | Level 2: West - St Peter's Village | | Meet in the public Car Park opposite Les Fontaines Tavern | |
| 10:00 | | Level 3: N&C - Hamptonne | | Meet in the Hamptonne car park. | |
| FRI 17 | 10:00 | | Level 1: West - St Peter's Village | | Meet at the Community Centre, behind the Parish Hall | |
| 10:00 | | Level 3: West - St Ouen's Church | | Meet in St Ouen's Church car park | |
| SAT 18 | 9:30 | | Level 4: West - Corbiere Phare | | Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare) | |

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| OCTOBER WEEK 4 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 20 | 9:30 | | Level 4: West - Battery Molke (Les Landes) | | Meet at Les Landes South Carpark | |
| TUES 21 | 10:00 | | Level 1: East - Gorey | | Meet in the car park at Longbeach | |
| 10:00 | | Level 2: East - Durrell Zoo | | Meet at the front entrance of Durrell. | |
| WED 22 | 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 Quennevais | | Meet in the car park behind the Sports Centre | |
| 10:00 | | Level 3: N&C - Catherine Best, The Windmill | | Meet in the gravel car park at Catherine Best | |
| FRI 24 | 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 25 | 9:30 | | Level 4: N&C - Devil's Hole | | Meet in the small car park on Chemin des Hougues, continue past Devil’s Hole. | |

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| OCTOBER WEEK 5 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 27 | 9:30 | | Level 4: East - Gorey | | Meet in the car park at Longbeach | |
| TUES 28 | 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: N&C - Grainville School | | Meet in the bottom car park on Deloraine Road next to Grainville School | |
| WED 29 | 10:00 | | Level 1: N&C - St Johns Rec | | Meet in the car park at St John's Rec | |
| 10:00 | | Level 2: N&C - Les Fontaines | | Meet in the public Car Park opposite Les Fontaines Tavern | |
| 10:00 | | Level 3: N&C - Grainville School | | Meet in the bottom car park on Deloraine Road next to Grainville School | |
| FRI 31 | 10:00 | | Level 1: West - Les Ormes | | Meet in the Les Ormes Car Park | |
| 10:00 | | Level 3: N&C - Westhill Hotel | | Meet in Westhill Hotel Carpark | |