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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| SEPTEMBER WEEK 1 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 1 | 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: West - Les Cruex | | Meet in the car park at Les Creux, outside Bowlers | |
| TUES 2 | 10:00 | | Level 1: East - St Catherines | | Meet in the car park near the entrance to the café - by the Millennium Stone | |
| 10:00 | | Level 2: East - St Catherines | |
| WED 3 | 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 - L’Auberge du Nord (The Farmhouse) | | Meet in the L’Auberge du Nord Car Park, St John | |
| 10:00 | | Level 3: N&C - Goose on the green | | Meet in car park, behind the Goose on the Green | |
| FRI 5 | 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 - Les Quennevais | | Meet in the car park behind the Sports Centre | |
| SAT 6 | 9:30 | | Level 4: East- Queens Valley | | Meet in the lower Queen's Valley car park off Rue du Moulin de Bas | |

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| SEPTEMBER WEEK 2 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 8 | 9:30 | | Level 4: N&C - L’Auberge du Nord (The Farmhouse) | | Meet in the L’Auberge du Nord Car Park, St John | |
| 18:15 | | Level 3: East - St Martins Village | | Meet in the car park at the Village Green, café end. | |
| TUES 9 | 10:00 | | Level 1: East- Gorey Long beach | | Meet in the car park at Longbeach | |
| 10:00 | | Level 2: East - Gorey Long beach | |
| WED 10 | 10:00 | | Level 1: N&C - La Mare Wine Estate | | Meet in the La Mare Wine Estate Car Park | |
| 10:00 | | Level 2: East - Durrell Zoo | | Meet at the front entrance of Durrell. | |
| 10:00 | | Level 3: East - St Clements Parish Hall | | Meeting in the Parish Hall Car Park. | |
| FRI 12 | 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 13 | 9:30 | | Level 4: East - St Martins Village | | Meet in the car park at the Village Green, café end. | |

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| SEPTEMBER WEEK 3 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 15 | 9:30 | | Level 4: West - Les Quennevais | | Meet in the car park behind the Sports Centre | |
| 18:15 | | Level 3: West - Ouaisne | | Meet in Ouasine car park. | |
| TUES 16 | 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: Level 2: East Queen's Valley | | Meet in the upper Queen's Valley car park off Rue du Moulin de Bas | |
| WED 17 | 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 - St Lawrence | | Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden. | |
| 10:00 | | Level 3: N&C - L’Auberge du Nord (The Farmhouse) | | Meet in the L’Auberge du Nord Car Park, St John | |
| FRI 19 | 10:00 | | Level 1: West - Elephant Park | | Meet in the car park along the side of the elephant park. | |
| 10:00 | | Level 3: West - Portlet | | Meet in the public car park opposite The Portelet Inn | |
| SAT 20 | 9:30 | | Level 4: West - St Ounes Church | | Meet in St Ounes Church car park | |

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| SEPTEMBER WEEK 4 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 22 | 9:30 | | Level 4: West - St Aubins | | Meet outside St Aubin's Parish Hall | |
| TUES 23 | 10:00 | | Level 1: East - St Martins 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 24 | 10:00 | | Level 1: N&C - St Johns Rec | | Meet in the car park at St John's Rec | |
| 10:00 | | Level 2: West - Portlet | | Meet in the public car park opposite The Portelet Inn | |
| 10:00 | | Level 3: East - St Martins Village | | Meet in the car park at the Village Green, café end. | |
| FRI 26 | 10:00 | | Level 1: West - Les Cruex | | Meet in the car park at Les Creux, outside Bowlers | |
| 10:00 | | Level 3: West - St Peter's Village | | Meet at the Community Centre, behind the Parish Hall | |
| SAT 27 | 9:30 | | Level 4: N&C - Catherine Best, The Windmill | | Meet in the gravel car park at Catherine Best | |

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| SEPTEMBER WEEK 5 | | | | | | |
| DAY | | TIME | | LEVEL & LOCATION | | MEETING POINT |
| MON 29 | 9:30 | | Level 4: N&C - Les Fontaines | | Meet in the public Car Park opposite Les Fontaines Tavern | |
| TUE 30 | 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 | |