



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

MOVE MORE WALKS

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 (60 mins approx.) intermediate

Level 3 (90 mins approx.) more advanced, brisk pace

Level 4 (120 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.

New walkers must register themselves before joining their first walk.

To register for our Move More Walks please visit:

[Jersey Sport and Move More Adult Programmes Registration Form](#)

Our Move More 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



DECEMBER WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 1	9:30	Level 4: East - Gorey	Meet in the car park at Longbeach
TUES 2	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 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 - 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
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
FRI 5	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
SAT 6	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre

DECEMBER WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 8	9:30	Level 4: West - St Aubins	Meet outside St Aubin's Parish Hall
TUES 9	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 10	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 - L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Carpark
FRI 12	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
SAT 13	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

DECEMBER WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 15	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
TUES 16	10:00	Level 1: East - Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: East - Catherine's Breakwater	
WED 17	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
	10:00	Level 3: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
FRI 19	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 20	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.

DECEMBER WEEK 4			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 22	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre
TUES 23	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 24	10:00	Level 1: East - Holme Grown	Meet in the rear of the car park at the Holme Grown
	10:00	Level 2: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: East - Holme Grown	Meet in the rear of the car park at the Holme Grown
FRI 26	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 27	9:30	Level 4: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers

DECEMBER WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 29	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park
TUES 30	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 31	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: N&C - Grainville	Meet in the bottom car park on Deloraine Road next to Grainville School