



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](http://www.movemore.je/activity/walk)

For further information telephone: **01534 757700** or email: [movemore@jerseysport.je](mailto:movemore@jerseysport.je)



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An initiative by



### NOVEMBER WEEK 1

| DAY   | TIME | LEVEL & LOCATION        | MEETING POINT                                    |
|-------|------|-------------------------|--------------------------------------------------|
| SAT 1 | 9:30 | Level 4: East - Le Hocq | Meet in the car park at the Parish Hall, Le Hocq |

### NOVEMBER WEEK 2

| DAY    | TIME  | LEVEL & LOCATION               | MEETING POINT                                        |
|--------|-------|--------------------------------|------------------------------------------------------|
| MON 3  | 9:30  | Level 4: West - Les Creux      | Meet in the car park at Les Creux, outside Bowlers   |
| TUES 4 | 10:00 | Level 1: East - Gorey          | Meet in the car park at Longbeach                    |
|        | 10:00 | Level 2: East - Gorey          |                                                      |
| WED 5  | 10:00 | Level 1: N&C - St John's Rec   | Meet in the car park at St John's Rec                |
|        | 10:00 | Level 2: N&C – The Hamptonne   | Meet in the Hamptonne car park.                      |
|        | 10:00 | Level 3: N&C - Devil's Hole    | Meet in the car park at Devil's Hole                 |
| FRI 7  | 10:00 | Level 1: West - Jersey Pearl   | Meet in the car park at Jersey Pearl, Five Mile Road |
|        | 10:00 | Level 3: West - Les Quennevais | Meet in the car park behind the Sports Centre        |

|       |      |                                             |                                               |
|-------|------|---------------------------------------------|-----------------------------------------------|
| SAT 8 | 9:30 | Level 4: N&C - Catherine Best, The Windmill | Meet in the gravel car park at Catherine Best |
|-------|------|---------------------------------------------|-----------------------------------------------|

### NOVEMBER WEEK 3

| DAY     | TIME  | LEVEL & LOCATION                            | MEETING POINT                                                                |
|---------|-------|---------------------------------------------|------------------------------------------------------------------------------|
| MON 10  | 9:30  | Level 4: West - Jersey Pearl                | Meet in the car park at Jersey Pearl, Five Mile Road                         |
| TUES 11 | 10:00 | Level 1: East - Holme Grown                 | Meet in Holme Grown car park                                                 |
|         | 10:00 | Level 2: N&C - Devil's Hole                 | Meet in the car park at Devil's Hole                                         |
| WED 12  | 10:00 | Level 1: West - St Aubin's                  | Meet outside St Aubin's Parish Hall                                          |
|         | 10:00 | Level 2: N&C - Catherine Best, The Windmill | Meet in the gravel car park at Catherine Best                                |
|         | 10:00 | Level 3: East - St Martin's Village         | Meet in the car park at the Village Green, café end.                         |
| FRI 14  | 10:00 | Level 1: West - Les Quennevais              | Meet in the car park behind the Sports Centre                                |
|         | 10:00 | Level 3: West - Portlet                     | Meet in the public car park opposite The Portelet Inn                        |
| SAT 15  | 9:30  | Level 4: East - St Catherine's              | Meet in the car park near the entrance to the café - by the Millennium Stone |

NOVEMBER WEEK 4

| DAY     | TIME  | LEVEL & LOCATION                            | MEETING POINT                                                                                     |
|---------|-------|---------------------------------------------|---------------------------------------------------------------------------------------------------|
| MON 17  | 9:30  | Level 4: West - Vic in the Valley, St Peter | Meet in the car park at Vic in the Valley                                                         |
| TUES 18 | 10:00 | Level 1: East - St Catherine's Breakwater   | Meet in the car park near the entrance to the café - by the Millennium Stone                      |
|         | 10:00 | Level 2: East - St Catherine's Breakwater   |                                                                                                   |
| WED 19  | 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 - St Ouen's Church            | Meet in St Ouen's Church car park                                                                 |
|         | 10:00 | Level 3: East - Durrell Zoo                 | Meet at the front entrance of Durrell.                                                            |
| FRI 21  | 10:00 | Level 1: West - St Ouen's Church            | Meet in St Ouen's Church car park                                                                 |
|         | 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 22  | 9:30  | Level 4: East - St Martin's Village         | Meet in the car park at the Village Green, café end.                                              |

NOVEMBER WEEK 5

| DAY     | TIME  | LEVEL & LOCATION                             | MEETING POINT                                                                                    |
|---------|-------|----------------------------------------------|--------------------------------------------------------------------------------------------------|
| MON 24  | 9:30  | N&C - Jardins d'Olivet                       | Meet in Jardin d'Olivet Car Park off Rue de la Falaise                                           |
| TUES 25 | 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 - Partner's Tennis Club        |                                                                                                  |
| WED 26  | 10:00 | Level 1: N&C - St Lawrence                   | Meet in the Memorial Garden. Parking is available roadside near Parish Hall and Memorial Garden. |
|         | 10:00 | Level 2: West - Les Quennevais               | Meet in the car park behind the Sports Centre                                                    |
|         | 10:00 | Level 3: N&C - Goose on the Green            | Meet in car park, behind the Goose on the Green                                                  |
| FRI 28  | 10:00 | Level 1: West - Les Ormes                    | Meet in the Les Ormes Car Park                                                                   |
|         | 10:00 | Level 3: N&C - Les Fontaines                 | Meet in the public Car Park opposite Les Fontaines Tavern                                        |
| SAT 29  | 9:30  | Level 4: N&C - L'Auberge du Nord (Farmhouse) | Meet in the L'Auberge du Nord Car Park, St John                                                  |