



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

The Level 3 walk is getting really popular, which is great! But with so many people, it can be hard to manage. Starting in February, we'll try something new for the month: a Level 4 walk at the same time and place as the Level 3 walk on Wednesdays.



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An initiative by



FEBRUARY WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 2	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.
TUES 3	10:00	Level 1: East - Gorey Long Beach	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey Long Beach	
WED 4	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 - La Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 4: West - Les Quennevais	
FRI 6	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
SAT 7	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq

FEBRUARY WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 9	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park
TUES 10	10:00	Level 1: East - St Cathereine's	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: East - St Cathereine's	
WED 11	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 - Catherine Best, The Windmill	
	10:00	Level 3: N&C L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 4: N&C L'Auberge du Nord (The Farmhouse)	
FRI 13	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 14	9:30	Level 4: West - St Aubins	Meet outside St Aubin's Parish Hall

FEBRUARY WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 16	9:30	Level 4: N&C - Les Platons	Meet at Les Platons (Beez Kneez) car park – St John’s
TUES 17	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - Queen's Valley	Meet in the upper Queen's Valley car park
WED 18	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 Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
	10:00	Level 4: West - Vic in the Valley, St Peter	
FRI 20	10:00	Level 1: West - Elephant Park	Meet in the car park along the side of the elephant park.
	10:00	Level 3: West - Le Braye	Meet in the car park at Le Braye
SAT 21	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

FEBRUARY WEEK 4			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 23	9:30	Level 4: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
TUES 24	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 - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
WED 25	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 2: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues,
	10:00	Level 4: N&C - Devil's Hole	
FRI 27	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
SAT 28	9:30	Level 4: N&C - L'Auberge du Nord (Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John