



MOVE MORE WALKS

Move More Walks are easy, short walks suitable for those with lower physical ability or long-term conditions. 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 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 before joining their first walk.

To register for our Move More Walks please visit:

<https://form.typeform.com/to/s6s5NXL5>

Our Move More Walks Webpage: [WALK MORE • Jersey Sport - Move More](#)

For further information telephone: **01534 757700** or email: movemore@jerseysport.je

MARCH WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 2	9:30	Level 4: West - St Ounes (Les Landes) - Battery Molke	Meet at Les Landes South Carpark
TUES 3	10:00	Level 1: East - Holme Grown	Meet in Holme Grown car park
	10:00	Level 2: East - Holme Grown	
WED 4	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Hotel Carpark
FRI 6	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 - Portlet	Meet in the public car park opposite The Portlet Inn
SAT 7	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.

MARCH WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
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MON 9	9:30	Level 4: East - Gorey	Meet in the car park at Longbeach
TUES 10	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 - La Fontaine	Meet in the public Car Park opposite La Fontaine Tavern
WED 11	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 - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
FRI 13	10:00	Level 1: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
SAT 14	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best

MARCH WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 16	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.
TUES 17	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 18	10:00	Level 1: East - St Cathereine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: 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.
FRI 20	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 21	9:30	Level 4: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers

MARCH WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 23	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
TUES 24	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 25	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 - 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: East - St Martin's Village	Meet in the car park at the Village Green, café end.
FRI 27	10:00	Level 1: West - Les Ormes	Meet in the Les Ormes Car Park
	10:00	Level 3: West - St Ouen's Church	Meet in St Ouen's Church car park
SAT 28	9:30	Level 4: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall

MARCH WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
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MON 30	9:30	Level 4: West - St Aubins	Meet outside St Aubin's Parish Hall
TUE 31	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell.