



MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

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

There will be **no Walks on Friday 3rd and Monday 6th April** due to Bank Holiday



An initiative by



APRIL WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 1	10:00	Level 1: East - St. Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: N&C - Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School
	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
SAT 4	9:30	Level 4: N&C - Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise

APRIL WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 7	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 8	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 - The Farmhouse	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 3: N&C - Hamptonne	Meet in the Hamptonne car park.
	9:30	East - St Martin's Village	Meet in the car park at the Village Green, café end.
FRI 10	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
SAT 11	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone

APRIL WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 13	9:30	Level 4: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
	18:15	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
TUES 14	10:00	Level 1: East - Holme Grown	Meet in the rear of the car park at the Holme Grown
	10:00	Level 2: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
WED 15	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec
	10:00	Level 2: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: N&C- L'Auberge du Nord (Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	9:30	Level 4: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
FRI 17	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: West - St Aubin's	Meet outside St Aubin's Parish Hall
SAT 18	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez

APRIL WEEK 4			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 20	9:30	Level 4: West - Portelet	Meet in the public car park opposite The Portelet Inn
	18:15	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
TUES 21	10:00	Level 1: East – Gorey Longbeach	Meet in the car park at Longbeach
	10:00	Level 2: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
WED 22	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- Hamptonne	Meet in the Hamptonne car park.
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
	9:30	Level 4: West - Les Quennevais	
FRI 24	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - Grosnez	Meet in the car park at Grosnez
SAT 25	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas

APRIL WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 27	9:30	Level 4: St Ouen's Church	Meet in St Ouen's Church car park
	18:15	Level 3: East - St Martin's Village	Meet in the car park at the Village Green, café end.
TUES 28	10:00	Level 1: East - St Martin's Village	Meet in the car park at the Village Green, café end.
	10:00	Level 2: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole.
WED 29	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 2: West - Portlet	Meet in the public car park opposite The Portlet Inn
	10:00	Level 3: East - Durrell Zoo	Meet at the front entrance of Durrell.
	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite La Fontaine Tavern