



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



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An initiative by



JUNE WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 1	9:30	Level 4: N&C - Jardins D'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise
	18:15	Level 3: West Le Braye	Meet in the car park at Le Braye
TUES 2	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.
WED 3	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 Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - Portlet	Meet in the public car park opposite The Portelet Inn
	9:30	Level 4: West - Portlet	
FRI 5	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
SAT 6	9:30	Level 4: St Ouen's Church	Meet in St Ouen's Church car park

JUNE WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 8	9:30	Level 4: West - St Aubin's	Meet outside St Aubin's Parish Hall
	18:15	Level 3: West St Aubin's	Meet outside St Aubin's Parish Hall
TUES 9	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	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
WED 10	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	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: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
FRI 12	10:00	Level 1: West - Elephant Park	Meet in the car park on Rue du Pont Marquet next to the traffic lights.
	10:00	Level 3: West - Portlet	Meet in the public car park opposite The Portlet Inn
SAT 13	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite La Fontaine Tavern

JUNE WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 15	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone
	18:15	Level 3: East Gorey Longbeach	Meet in the car park at Longbeach
TUES 16	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 17	10:00	Level 1: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
	10:00	Level 2: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
	9:30	Level 4: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
FRI 19	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 - St Ouen's Church	Meet in St Ouen's Church car park
SAT 20	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.

JUNE 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
	18:15	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
TUES 23	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 - Holme Grown	Meet in the rear of the car park at the Holme Grown
WED 24	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: East - Gorey	Meet in the car park at Longbeach
	9:30	Level 4: East - Gorey	
FRI 26	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 27	9:30	Level 4: West - Les Cruex	Meet in the car park at Les Cruex, outside Bowlers

JUNE WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 29	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.
	18:15	Level 3: N&C Westhill Hotel	Meet in Westhill Hotel Carpark
TUE 30	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: East - St. Catherine's	