



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](mailto:movemore@jerseysport.je)

There will be **no Walks on Monday 4<sup>th</sup> and 24<sup>th</sup> May** due to Bank Holiday. The Level 4 walk on **Wednesday 6<sup>th</sup> May** will be a social walk. There will be no designated leaders, with participants taking responsibility for themselves throughout the walk.



An initiative by





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## MAY WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 1	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 2	9:30	Level 4: East - Grouville Parish Hall	Meet in the car park at Grouville Parish Hall



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MAY WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUE 5	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 2: East - Le Hocq	
WED 6	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 - Goose on the Green	
	10:00	Level 3: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
	9:30	Level 4: East - Queen's Valley <b>*Social Walk</b>	
FRI 8	10:00	Level 1: West - Elephant Park	Meet in the car park along the side of the elephant park.
	10:00	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
SAT 9	9:30	Level 4: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road

MAY WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 11	9:30	Level 4: N&C - L'Auberge du Nord (Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	18:15	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
TUES 12	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach
	10:00	Level 2: East - Gorey	
WED 13	10:00	Level 1: East - Holme Grown	Meet in the rear of the car park at the Holme Grown
	10:00	Level 2: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green
	9:30	Level 4: N&C - Goose on the Green	
FRI 15	10:00	Level 1: West - Les Ormes	Meet in the Les Ormes Car Park
	10:00	Level 3: West - Grosnez	Meet in the car park at Grosnez
SAT 16	9:30	Level 4: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall

MAY WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 18	9:30	Level 4: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues,
	18:15	Level 3: Level 3: East Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone
TUES 19	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 20	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 Portelet Inn
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Hotel Carpark
	9:30	Level 4: N&C Les Platons	Meet at Les Platons (Beez Kneez) car park – St John's
FRI 22	10:00	Level 1: West - Portlet	Meet in the public car park opposite The Portelet Inn
	10:00	Level 3: West - Les Cruex	Meet in the car park at Les Cruex, outside Bowlers
SAT 23	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best

MAY WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
TUES 26	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 - Queen's Valley	Meet in the upper Queen's Valley car park
WED 27	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 - Trinity Arms	Meet in the public Car Park at Trinity Arms
	9:30	Level 4: N&C - Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School
FRI 29	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: West - Le Braye	Meet in the car park at Le Braye
SAT 30	9:30	Level 4: West - Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare)