

MOVE MORE WALKS

Move More Walks are here to support all islanders to move more. Our Level 1 and 2 walks are easy, short walks and are also suitable for those with lower physical ability or long-term conditions. Our level 3 and 4 walks are more advanced and for those wishing to develop their walking ability. 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 (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 via the Move More Hub before joining their first walk. Please note that should anyone arrive at a walk on the day without registering, they will be politely asked to register and return to another walk on a future date.

To register for our Move More Walks please visit:

[Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](#)

Our Health Walks page: www.movemore.je/activity/walk

For further information telephone: **01534 757704** or email: **movemore@jerseysport.je**

DECEMBER WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 1	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 - L'Ouziere, Sands	Meet in the gravel car park at Sands
SAT 2	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone

DECEMBER WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 4	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
TUES 5	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 6	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 - Waterworks Valley	Parking area at Le Don Sinkins , Waterworks Valley.
	10:00	Level 3: N&C - Waterworks Valley	
FRI 8	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - St Aubin's	Meet outside St Aubin's Parish Hall
SAT 9	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

DECEMBER WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 11	9:30	Level 4: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
TUES 12	10:00	Level 1: East - Holme Grown	Meet in Holme Grown car park
	10:00	Level 2: East - Queen's Valley	Meet in the upper Queen's Valley car park
WED 13	10:00	Level 1: N&C - L'Auberge du Nord	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 2: N&C - L'Auberge du Nord	
	10:00	Level 3: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
FRI 15	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 16	9:30	Level 4: N&C - Devil's Hole	Meet in the car park at Devil's Hole

DECEMBER WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 18	9:30	Level 4: West - St Aubins	Meet outside St Aubin's Parish Hall
TUES 19	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 20	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 - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	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 22	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 23	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.

DECEMBER WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 27	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: N&C - Trinity Arms	Meet in the public Car Park at Trinity Arms
FRI 29	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
SAT 30	9:30	Level 4: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers