



MORE ISLANDERS.
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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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AUGUST WEEK 1

DAY	TIME	LEVEL & LOCATION	MEETING POINT
SAT 1	9:30	Level 4: West - St Ouen's Church	Meet in St Ouen's Church car park



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AUGUST WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 3	9:30	Level 4: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	18:15	Level 3: N&C Devil's Hole	Meet in the small car park on Chemin des Hougues
TUES 4	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 5	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 - Goose on the Green	Meet in car park, behind the Goose on the Green
	10:00	Level 3: East - Durrell Zoo	Meet at the front entrance of Durrell.
	9:30	Level 4: East - Durrell Zoo	
FRI 7	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
SAT 8	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.

AUGUST WEEK 3

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 10	9:30	Level 4: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	18:15	Level 3: West St Ouen's Church	Meet in St Ouen's Church car park
TUES 11	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 - Trinity Arms	Meet in the public Car Park at Trinity Arms
WED 12	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 - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: East - Gorey	Meet in the car park at Longbeach
	9:30	Level 4: East – Gorey	
FRI 14	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
SAT 15	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez

AUGUST WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
Mon 17	9:30	Level 4: East - Grouville Parish Hall	Meet in the car park at Grouville Parish Hall
	18:15	Level 4: West - Grosnez	Meet in the car park at Grosnez
TUES 18	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 19	10:00	Level 1: N&C - St John's Rec	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 2: Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Hotel Carpark
	9:30	Level 4: West - St Aubins	Meet outside St Aubin's Parish Hall
FRI 21	10:00	Level 1: West - Les Ormes	Meet in the Les Ormes Car Park
	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre
SAT 22	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern

AUGUST WEEK 5

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 24	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 - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best
TUES 25	10:00	Level 1: East - Holme Grown	Meet in Holme Grown car park
	10:00	Level 2: East - Holme Grown	
WED 26	10:00	Level 1: East - St Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone
	10:00	Level 2: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley
	9:30	Level 4: West - Vic in the Valley, St Peter	
FRI 28	10:00	Level 1: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill 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.
SAT 29	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone



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