



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

JULY WEEK 1			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 1	10:00	Level 1: N&C - St Lawrence Parish Hall	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
	10:00	Level 2: N&C The Hamptonne	Meet in the Hamptonne car park.
	10:00	Level 3: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues,
	9:30	Level 4: N&C - Devil's Hole	
FRI 3	10:00	Level 1: West - L'Ouziere, Sands	Meet in the gravel car park at Sands
	10:00	Level 3: Trinity Arms	Meet in the public Car Park at Trinity Arms
SAT 4	9:30	Level 4: West - Grosnez	Meet in the car park at Grosnez

JULY WEEK 2			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 6	9:30	Level 4: West - Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare)
	18:15	Level 3: Goose on the Green	Meet in car park, behind the Goose on the Green
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: East - Queen's Valley	Meet in the upper Queen's Valley car park
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: East - Durrell Zoo	Meet at the front entrance of Durrell.
	10:00	Level 3: West - La Braye	Meet in the car park at Le Braye
	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end.
FRI 10	10:00	Level 1: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers
	10:00	Level 3: West - Les Cruex	
SAT 11	9:30	Level 4: West - Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq.

JUNE WEEK 3			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 13	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
	18:15	Level 3: St. Peter's Village	Meet at the Community Centre, behind the Parish Hall
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: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues,
WED 15	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 - St Peter's Village	Meet at the Community Centre, behind the Parish Hall
	10:00	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	9:30	Level 4: N&C - Les Fontaines	
FRI 17	10:00	Level 1: West - Portlet	Meet in the public car park opposite The Portelet Inn
	10:00	Level 3: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 18	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best

JULY WEEK 4

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 20	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre
	18:15	Level 3: N&C - Westhill Hotel	Meet in Westhill Hotel Carpark
TUES 21	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: Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School
WED 22	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 Ouen's Church	Meet in St Ouen's Church car park
	10:00	Level 3: East - Holme Grown	Meet in Holme Grown car park
	9:30	Level 4: N&C - L'Auberge du Nord (Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
FRI 24	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre
	10:00	Level 3: West - Grosnez	Meet in the car park at Grosnez
SAT 25	9:30	Level 4: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road

JULY WEEK 5			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 27	9:30	Level 4: N&C - Les Platons	Meet at Les Platons (Beez Kneez) car park – St John’s
	18:15	Level 3: West - Portelet	Meet in the public car park opposite The Portelet Inn
TUE 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: East - St Martin's Village	
WED 29	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall
	10:00	Level 2: West - Les Quennevais	Meet in the car park behind the Sports Centre
	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: N&C – Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School
FRI 31	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
	10:00	Level 3: N&C - L’Auberge du Nord (Farmhouse)	Meet in the L’Auberge du Nord Car Park, St John