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**

JERSEY SPORT

OCTOBER WEEK 1			
Day	**Time**	**Level and location**	**Meeting point**
Thur 1	12:30	Level 2: N&C – Liberty Wharf St Helier	Meet outside Liberty Wharf by the fountains. St. Helier *In partnership with Circle of Health Jersey.
FRI 2	10:00	Level 1: West - Les Quennevais	Meet in the car park behind the Sports Centre, St Brelade
	10:00	Level 3: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road, St Ouen.
SAT 3	9:30	Level 4: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall, St Peter.

OCTOBER WEEK 2			
Day	**time**	**level and location**	**Meeting point**
MON 5	9:30	Level 4: East - Durrell Zoo	Meet at the front entrance of Durrell, Trinity.
TUES 6	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach, Grouville.
	10:00	Level 2: N&C - Acorn	Meet in the bottom of the ramp near the Acorn Cafe Carpark, Trinity. Please park if possible adjacent to the Cafe. Please note the car park does not open till 10:00

WED 7	10:00	Level 1: East - St Martin's Village	Meet in the car park at the Village Green, café end, St Martin.
	10:00	Level 2: N&C – Trinity Arms	Meet in the public Car Park at Trinity Arms, Trinity.
	10:00	Level 3: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley, St Peter.
	9:30	Level 4: West - Vic in the Valley, St Peter	
Thur 8	12:30	Level 2: N&C – Liberty Wharf St Helier	Meet outside Liberty Wharf by the fountains, St Helier. *In partnership with Circle of Health Jersey.
FRI 9	10:00	Level 1: West - St Ouen's Church	Meet in St Ouen's Church car park, St Ouen.
	10:00	Level 3: West - St Aubin's	Meet outside St Aubin's Parish Hall. St Brelade.
SAT 10	9:30	Level 4: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern, St John.

OCTOBER WEEK 3			
Day	**Time**	**Level and location**	**Meeting point**
MON 12	9:30	Level 4: East - St Catherine's	Meet in the car park near the entrance to the café - by the Millennium Stone, St Martin.
TUES 13	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq, St Clement.
	10:00	Level 2: East - Le Hocq	
WED 14	10:00	Level 1: West - St Aubin's	Meet outside St Aubin's Parish Hall, St Brelade.
	10:00	Level 2: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall, St Peter.
	10:00	Level 3: N&C - Hamptonne	Meet in the Hamptonne car park, St Lawrence.
	9:30	Level 4: West - Portlet	Meet in the public car park opposite The Portelet Inn, St Brelade
Thur 15	12:30	Level 2: N&C – Liberty Wharf St Helier	Meet outside Liberty Wharf by the fountains, St Helier. *In partnership with Circle of Health Jersey.
FRI 16	10:00	Level 1: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall, St Peter.

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	10:00	Level 3: West - St Ouen's Church	Meet in St Ouen's Church car park, St Ouen.
SAT 17	9:30	Level 4: West - Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare), St Brelade.

OCTOBER WEEK 4			
Day	**Time**	**Level and location**	**Meeting point**
MON 19	9:30	Level 4: West - Battery Molke (Les Landes)	Meet at Les Landes South Carpark, St Ouen.
TUES 20	10:00	Level 1: East - St Cathereine's	Meet in the car park near the entrance to the café - by the Millennium Stone, St Martin.
	10:00	Level 2: East - Durrell Zoo	Meet at the front entrance of Durrell, Trinity.
WED 21	10:00	Level 1: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green, St Peter
	10:00	Level 2: West - Les Quennevais	Meet in the car park behind the Sports Centre, St Brelade.
	10:00	Level 3: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best, St Peter.

	9:30	Level 4: West – Grosnez	Meet in the car park at Grosnez, St Ouen.
Thur 22	12:30	Level 2: N&C – Liberty Wharf St Helier	Meet outside Liberty Wharf by the fountains. St Helier. *In partnership with Circle of Health Jersey.
FRI 23	10:00	Level 1: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road, St Ouen.
	10:00	Level 3: West - Les Cruex	Meet in the car park at Les Creux, outside Bowlers, St Brelade.
SAT 24	9:30	Level 4: N&C - Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole, St John.

OCTOBER WEEK 5			
Day	**Time**	**Level and location**	**Meeting point**
MON 26	9:30	Level 4: East - Gorey	Meet in the car park at Longbeach, Grouville.
TUES 27	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach, Grouville.
	10:00	Level 2: N&C - Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School, St Saviour.

WED 28	10:00	Level 1: East - Partner's Tennis Club	Meet in the car park at Partners, St Clements Golf & Sports Centre, St Clement.
	10:00	Level 2: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern, St John.
	10:00	Level 3: N&C - Grainville School	Meet in the bottom car park on Deloraine Road next to Grainville School, St Saviour.
	9:30	Level 4: Grainville School	
Thur 29	12:30	Level 2: N&C – Liberty Wharf St Helier	Meet outside Liberty Wharf by the fountains. St Helier. *In partnership with Circle of Health Jersey.
FRI 30	10:00	Level 1: West - Les Ormes	Meet in the Les Ormes Car Park, St Brelade.
	10:00	Level 3: N&C - Westhill Hotel	Meet in Westhill Hotel Carpark, St Helier.
SAT 31	9:30	Level 4: East - Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas, Grouville.

*The Thursday Level 2 Walks from Liberty Wharf are run in partnership with Circle of Health Jersey. These walks last approximately 40 minutes and include a few gentle strength-based exercises along the way. The exercises are entirely optional, and participants are welcome to take part as much or as little as they feel comfortable.

Circle of Health JERSEY

JERSEY SPORT