



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](#)

SEPTEMBER WEEK 1

Day	Time	Level and location	Meeting point
TUES 1	10:00	Level 1: East – St Catherines	Meet in the car park near the entrance to the café – by the Millennium Stone, St Martin.
	10:00	Level 2: East – St Catherines	
WED 2	10:00	Level 1: N&C – Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best, St Peter.
	10:00	Level 2: N&C – L'Auberge du Nord (The Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John
	10:00	Level 3: East – Le Hocq	Meet in the car park at the Parish Hall, Le Hocq, St Clement.
	9:30	Level 4: West – Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road, St Ouen.
FRI 4	10:00	Level 1: West – Portelet	Meet in the public car park opposite The Portelet Inn, St Brelade.
	10:00	Level 3: West – St Ouen's Church	Meet in St Ouen's Church car park, St Ouen.
SAT 5	9:30	Level 4: East- Queens Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas, Grouville.

SEPTEMBER WEEK 2

DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 7	9:30	Level 4: N&C – Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise, Trinity.
	18:15	Level 3: East – St Martins Village	Meet in the car park at the Village Green, café end, St Martin.
TUES 8	10:00	Level 1: East- Gorey Long beach	Meet in the car park at Longbeach, Grouville.
	10:00	Level 2: East – Gorey Long beach	
WED 9	10:00	Level 1: N&C – St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden, St Lawrence.
	10:00	Level 2: West – Les Quennevais	Meet in the car park behind the Sports Centre, St Brelade.
	10:00	Level 3: East – Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas, Grouville.
	9:30	Level 4: West – St Aubins	Meet outside St Aubin's Parish Hall, St Brelade.
FRI 11	10:00	Level 1: West – L'Ouziere, Sands	Meet in the gravel car park at Sands, St Ouen.

	10:00	Level 3: West – Le Braye	Meet in the car park at Le Braye, St Brelade.
SAT 12	9:30	Level 4: East – Le Hocq	Meet in the car park at the Parish Hall, Le Hocq, St Clement.

SEPTEMBER WEEK 3			
Day	Time	Level and Location	Meeting point
MON 14	9:30	Level 4: West – Les Quennevais	Meet in the car park behind the Sports Centre, St Brelade.
	18:15	Level 3: West – Ouaisne	Meet in Ouasine car park, St Brelade.
TUES 15	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: Level 2: East Queen's Valley	Meet in the upper Queen's Valley car park off Rue du Moulin de Bas, Grouville.
WED 16	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: N&C – St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden, St Lawrence.
	10:00		

		Level 3: N&C – Trinity Arms	Meet in the public Car Park at Trinity Arms, Trinity.
	9:30	Level 4: West – Greve D'Elecq	Meet in the Public Car Park at the round Conway Tower, Greve De Lecq, St Ouen
Thur 17	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 18	10:00	Level 1: West – Elephant Park	Meet in the car park along the side of the elephant park, St Brelade.
	10:00	Level 3: West – Portlet	Meet in the public car park opposite The Portelet Inn, St Brelade.
SAT 19	9:30	Level 4: West – Corbiere Phare	Meet in the public car park at the Radio Tower, Corbiere (next to Corbiere Phare), St Brelade.

SEPTEMBER WEEK 4

Day	Time	Level and location	Meeting point
MON 21	9:30	Level 4: &C – Les Platons	Meet at Les Platons (Beez Kneez) car park – St John's
TUES 22	10:00	Level 1: East – St Martins Village	Meet in the car park at the Village Green, café end, St Martin.
	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 23	10:00	Level 1: N&C – St Johns Rec	Meet in the car park at St John's Rec, St John.
	10:00	Level 2: West – Portlet	Meet in the public car park opposite The Portelet Inn, St Brelade.
	10:00	Level 3: East – St Martins Village	Meet in the car park at the Village Green, café end, St Martin,
	9:30	Level 4: East – St Martins Village	
Thur 24	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 25	10:00	Level 1: West – Les Cruex	Meet in the car park at Les Creux, outside Bowlers, St Brelade
	10:00	Level 3: West – St Peter's Village	Meet at the Community Centre, behind the Parish Hall, St Peter.
SAT 26	9:30	Level 4: N&C – Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best, St Peter.

SEPTEMBER WEEK 5

Day	Time	Level and location	Meeting point
MON 28	9:30	Level 4: West – St Peter's Village	Meet at the Community Centre, behind the Parish Hall, St Peter.
TUE 29	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 30	10:00	Level 1: East – St Catherines	Meet in the car park near the entrance to the café – by the Millennium Stone, St Martin.
	10:00	Level 2: West – Le Braye	Meet in the car park at Le Braye, St Brelade.
	10:00	Level 3: West – Les Creux	Meet in the car park at Les Creux, outside Bowlers, St Brelade.
	9:30	Level 4: West – Les Creux	

*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.