

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

NOVEMBER WEEK 1			
Day	**Time**	**Level and Location**	**Meeting point**
MON 2	9:30	Level 4: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers, St Brelade.
TUES 3	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach, Grouville.
	10:00	Level 2: East - Gorey	
WED 4	10:00	Level 1: N&C - St John's Rec	Meet in the car park at St John's Rec. St Johns.
	10:00	Level 2: N&C – The Hamptonne	Meet in the Hamptonne car park, St Lawrence.
	10:00	Level 3: N&C - Devil's Hole	Meet in the car park at Devil's Hole. St Mary.
	9:30	Level 4: N&C - Devil's Hole	
THUR 5	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 6	10:00	Level 1: West - Les Creux	Meet in the car park at Les Creux, outside Bowlers, St Brelade..

	10:00	Level 3: West - Les Quennevais	Meet in the car park behind the Sports Centre, St Brelade.
SAT 7	9:30	Level 4: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best, St Peters.

NOVEMBER WEEK 2			
Day	**Time**	**Level and Location**	**Meeting point**
MON 9	9:30	Level 4: West - Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road, St Ouen.
TUES 10	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 - Devil's Hole	Meet in the car park at Devil's Hole, St Mary.
WED 11	10:00	Level 1: East - Le Hocq	Meet in the car park at the Parish Hall, Le Hocq, St Clement.
	10:00	Level 2: N&C - Catherine Best, The Windmill	Meet in the gravel car park at Catherine Best, St Mary.
	10:00	Level 3: East - St Martin's Village	Meet in the car park at the Village Green, café end, St Martin.
	9:30	Level 4: East - Durrell Zoo	Meet at the front entrance of Durrell, Trinity.

THUR 12	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 13	10:00	Level 1: est - L'Ouziere, Sands	Meet in the gravel car park at Sands. St Peter.
	10:00	Level 3: N&C - Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern, St John.
SAT 14	9:30	Level 4: East - Grouville Parish Hall	Meet in the car park at Grouville Parish Hall, Grouville.

NOVEMBER WEEK 3			
Day	**Time**	**Level and Location**	**Meeting point**
MON 16	9:30	Level 4: West - Vic in the Valley, St Peter	Meet in the car park at Vic in the Valley, St Peters.
TUES 17	10:00	Level 1: East - St Catherine's Breakwater	Meet in the car park near the entrance to the café - by the Millennium Stone, St Martin.
	10:00	Level 2: East - St Catherine's Breakwater	
WED 18	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 - St Ouen's Church	Meet in St Ouen's Church car park, St Ouen.

	10:00	Level 3: East - Durrell Zoo	Meet at the front entrance of Durrell, Trinity.
	9:30	Level 4: West - Les Quennevais	Meet in the car park behind the Sports Centre, St Brelade
THUR 19	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 20	10:00	Level 1: West - St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park), St Brelade.
	10:00	Level 3: N&C - St Lawrence	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden., St Lawrence.
SAT 21	9:30	Level 4: East - St Martin's Village	Meet in the car park at the Village Green, café end, St Martin's.

NOVEMBER WEEK 4			
Day	**Time**	**Level and Location**	**Meeting point**
MON 23	9:30	N&C - Jardins d'Olivet	Meet in Jardin d'Olivet Car Park off Rue de la Falaise, Trinity.
TUES 24	10:00	Level 1: East - Partner's Tennis Club	Meet in the car park at Partners, St Clements Golf & Sports Centre, St Clements.
	10:00	Level 2: East - Partner's Tennis Club	

WED 25	10:00	Level 1: East - Gorey	Meet in the car park at Longbeach, Grouville.
	10:00	Level 2: West - St Peter's Village	Meet at the Community Centre, behind the Parish Hall, St Peters.
	10:00	Level 3: N&C - Goose on the Green	Meet in car park, behind the Goose on the Green, St Peters.
	9:30	Level 4: N&C - Goose on the Green	
THUR 26	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 27	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 28	9:30	Level 4: N&C - L'Auberge du Nord (Farmhouse)	Meet in the L'Auberge du Nord Car Park, St John

NOVEMBER WEEK 4			
Day	**Time**	**Level and Location**	**Meeting point**
MON 30	9:30	Level 4: N&C - N&C - Les Fontaines	Meet in the public Car Park opposite La Fontaine Tavern

*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