



move
more
je

MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.

MOVE MORE HEALTH WALKS

Move More Health Walks are easy, short walks suitable for those with lower physical ability or long-term conditions. Each is led by fully trained and friendly walk leaders who are highly experienced in supporting people to get started and are free of charge.

Due to the outbreak of COVID-19 and subsequent Government of Jersey guidelines, we have made some changes to our walk timetable and booking process to ensure everyone's health and safety.

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. *Asterix denotes benches available on the route.

♥♥ **Level 2 (50 mins approx.)** Intermediate. Relatively flat with gradual hills in places.

♥♥♥ **Level 3 (up to 1hr 15)** A more advanced, brisk pace. May include uneven terrain and steep sections and/or steps.

♥♥♥♥ **Level 4 (up to 1hr 45)** Mixed terrain, uneven surfaces, likely to include steep sections and/or steps.

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 and avoid lingering.

Walks range in length from 30 minutes to 1 hour 45 minutes.

New walkers must please complete a health questionnaire before joining their first walk.

Please note: should anyone arrive at a walk on the day without booking, they will be politely asked to book online and return to another walk on a future date.

To register and book for our Move More Health Walks please visit: www.movemore.je/activity/walk

For further information telephone: **01534 757700** email: june.powell@jerseysport.je

APRIL 2021

DAY	TIME	LEVEL & LOCATION	MEETING POINT
THU 1	10:00	Level 1: Sands* (Promenade walk)	Meet in l'Ouziere car park, St Ouen
FRI 2	9:45	Level 2: Railway Walk	Meet in Pont Marquet car park opposite Elephant Park
	10:00	Level 1: Les Quennevais Cycle Track	Meet in the car park behind the sport centre
	14:15	Level 3: St Brelade's Bay (Beach walk)	Meet in Woodford car park (known as Winston Churchill park)
SAT 3	14:15	Level 3: Sands (Beach walk)	Meet in l'Ouziere car park, St Ouen
MON 5	9:45	Level 2: Queen's Valley	Meet at the top car park, Rue d'Aval
TUE 6	9:45	Level 2: Longbeach (Beach walk)	Meet in Longbeach car park, Grouville
	10:00	Level 1: St Catherine's Breakwater*	Meet in the car park near the entrance to the café – by the Millenium Stone
WED 7	9:30	Level 3: La Haule (Beach walk)	Meet at Clos de la Mielle car park, near La Haule, St Aubin
	9:45	Level 2: Bel Royal (Beach walk)	Meet at the Kiosk, Bel Royal (formerly the Burger Bar)
THU 8	10:00	Level 1: St Martin's Village Green	Meet in St Martin Village Green car park
FRI 9	9:45	Level 2: Railway Walk	Meet in Pont Marquet car park opposite Elephant Park
	10:00	Level 1: Sands* (Promenade walk)	Meet in l'Ouziere car park, St Ouen
	14:15	Level 3: St Brelade's Bay (Beach walk)	Meet in Woodford car park (known as Winston Churchill park)
SAT 10	14:15	Level 3: Bel Royal (Beach walk)	Meet at the Kiosk, Bel Royal (formerly the Burger Bar)
MON 12	9:45	Level 2: Queen's Valley	Meet at the top car park, Rue d'Aval
TUE 13	10:00	Level 1: St Catherine's Breakwater*	Meet in the car park near the entrance to the café – by the Millenium Stone
	14:00	Level 2: Longbeach (Beach walk)	Meet in Longbeach car park, Grouville
WED 14	14:00	Level 2: Bel Royal (Beach walk)	Meet at the Kiosk, Bel Royal (formerly the Burger Bar)
	14:15	Level 3: La Haule (Beach walk)	Meet at Clos de la Mielle car park, near La Haule, St Aubin

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DAY	TIME	LEVEL & LOCATION	MEETING POINT
THU 15	10:00	Level 1: Sands* (Promenade walk)	Meet in l'Ouziere car park, St Ouen
FRI 16	9:45	Level 2: Railway Walk	Meet in Pont Marquet car park opposite Elephant Park
	10:00	Level 1: Les Quennevais Cycle Track	Meet in the car park behind the sport centre
	14:15	Level 3: St Brelade's Bay (Beach walk)	Meet in Woodford car park (known as Winston Churchill park)
SAT 17	14:15	Level 3: Sands (Beach walk)	Meet in l'Ouziere car park, St Ouen
MON 19	9:30	Level 4: St Catherine's	Meet in the car park near the entrance to the café – by the Millenium Stone
	18:00	Level 3: Corbiere	Meet in the car park at the Radio Tower next to the Corbiere Phare
TUE 20	9:30	Level 2: St Catherine's	Meet in the car park near the entrance to the café – by the Millenium Stone
	10:00	Level 1: St Catherine's*	
WED 21	9:30	Level 3: Oaklands Lodge (Trinity)	Meet in the Oaklands Lodge car park (Red Rose), Trinity Hill
	9:30	Level 2: Trinity Arms Pub	Meet in the Trinity Arms pub car park
THU 22	9:30	Level 2: Les Creux	Meet in Les Creux car park outside Bowlers
	10:00	Level 1: St John's Rec	Meet in St John's recreational centre car park
FRI 23	9:30	Level 3: Les Creux	Meet in Les Creux car park outside Bowlers
	10:00	Level 1: Les Creux	
SAT 24	9:00	Level 4: Grosnez	Meet in the car park at Grosnez
MON 26	9:30	Level 4: Gorey (Longbeach)	Meet in Longbeach car park
	18:00	Level 3: St Martin's Village	Meet in the car park at St Martin's Village Green
TUE 27	9:30	Level 2: Holme Grown	Meet in the car park at Holme Grown
	10:00	Level 1: Holme Grown	

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DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 28	9:30	Level 2: Oaklands Lodge (Trinity)	Meet in the Oaklands Lodge car park (Red Rose), Trinity Hill
	9:30	Level 3: Les Fontaines	Meet in the public car park opposite Les Fontaines tavern
THU 29	9:30	Level 2: Jersey Pearl	Meet in the Jersey Pearl car park
	10:00	Level 1: Les Fontaines	Meet in the public car park opposite Les Fontaines tavern
FRI 30	9:30	Level 3: Jersey Pearl	Meet in the Jersey Pearl car park
	10:00	Level 1: Jersey Pearl	