











MOVE MORE SPORTEERING

WATERWORKS VALLEY – WALK / RUN

Please ensure you have read the [Move More Jersey Sporteering Terms of Use](#) prior to undertaking this course.

	Type of course:	Walk / Run
	Difficulty:	Intermediate/ Challenging
	Area:	Centre of island, St Lawrence
	Start and finish:	Start and Finish: Car park at Moignard Gardens, La Grande Route de St Laurent
	Environment:	Foot paths and minor roads. Terrain involves a steep ascent and descent. Footpaths are over mixed terrain, including steps and tree roots, and are unsuitable for less mobile walkers or buggies. CAUTION: The Mont Misere path/ road is particularly steep and becomes very slippery when wet/ damp. Please use as an ascent only, NOT as a descent.
	Suitable for:	Suitable for: Competent and steady walkers and runners, 5+km depending on route chosen
	Points available:	260 (including start and finish)
	Approx. time:	40-minute run – 2.5 hours walk (maximum time available 6 hours)
	Parking:	Moignard Gardens car park
	Bus route:	Number 7