



move
more
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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

MAY 2021			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
SAT 1	9:00	Level 4: Grosnez	Meet in the car park at Grosnez
MON 3	9:30	Level 4: Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	18:00	Level 3: Gorey (Longbeach)	Meet in the car park at Longbeach
TUE 4	9:30	Level 2: St Martin's Village	Meet in the car park near St Martin's Village Green (Café end)
	10:00	Level 1: St Martin's Village	
WED 5	9:30	Level 3: The Farmhouse	Meet in The Farmhouse car park, St John
	10:00	Level 2: The Farmhouse	
THU 6	9:30	Level 2: Goose on the Green	Meet in the car park behind the Goose on the Green (Beaumont)
	10:00	Level 1: The Farmhouse	Meet in The Farmhouse car park, St John
FRI 7	9:30	Level 3: Portelet	Meet in the public car park opposite The Portelet Inn
	10:00	Level 1: Portelet	
SAT 8	9:00	Level 4: Les Creux	Meet in the car park at Les Creux Outside Bowlers
MON 10	9:30	Level 4: Queen's Valley	Meet in the lower car park at Queen's Valley
	18:00	Level 3: Les Fontaines	Meet in the car park opposite Les Fontaines Tavern
TUE 11	9:30	Level 2: Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
	10:00	Level 1: Le Hocq	
WED 12	9:30	Level 3: Catherine Best	Meet in the car park at Catherine Best (Windmill, St Mary)
	10:00	Level 2: Catherine Best	
THU 13	9:30	Level 2: Grosnez	Meet in the car park at Grosnez
	10:00	Level 1: The Waterfront	Meet at La Fregate Café (garden side)

MAY 2021			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 14	9:30	Level 3: Grosnez	Meet in the car park at Grosnez
	10:00	Level 1: St Brelade's Bay	Meet in Woodford car park (known as Winston Churchill car park)
SAT 15	9:00	Level 4: Jersey Pearl	Meet in the car park at Jersey Pearl
MON 17	9:30	Level 4: St Martin's Village	Meet in the car park at St Martin's Village Green (café end)
	18:00	Level 3: Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
TUE 18	9:30	Level 2: Gorey (Longbeach)	Meet in the car park at Longbeach
	10:00	Level 1: Gorey (Longbeach)	
WED 19	9:30	Level 3: Ransoms	Meet in the Ransoms top (overflow) car park, do not turn left as you drive in
	10:00	Level 2: Ransoms	
THU 20	9:30	Level 2: St Ouen's Church	Meet in St Ouen's church car park
	10:00	Level 1: St John's Rec	Meet in St John's recreational centre car park
FRI 21	9:30	Level 3: St Ouen's Church	Meet in St Ouen's church car park
	10:00	Level 1: St Ouen's Church	
SAT 22	9:00	Level 4: Les Quennevais	Meet in the car park behind the sports centre
MON 24	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: Les Quennevais	Meet in the car park behind the sports centre
TUE 25	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 26	9:30	Level 3: Les Fontaines	Meet in the public car park opposite Les Fontaines Tavern, St John
	10:00	Level 2: Oaklands Lodge (Trinity)	Meet in the Oaklands Lodge car park (Red Rose) Trinity

MAY 2021

DAY	TIME	LEVEL & LOCATION	MEETING POINT
THU 27	9:30	Level 2: Les Quennevais	Meet in the car park behind the sports centre
	10:00	Level 1: Les Fontaines	Meet in the car park opposite Les Fontaines Tavern
FRI 28	9:30	Level 3: Les Quennevais	Meet in the car park behind the sports centre
	10:00	Level 1: Les Quennevais	
SAT 29	9:00	Level 4: St Ouen's Church	Meet in St Ouen's Church car park
MON 31	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