



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 three 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 (1hr 45min approx) mixed, challenging terrain, brisk pace

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 to 75 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: emma.sterry@jerseysport.je



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An initiative by



AUGUST			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
MON 2	09:30	Level 4: West St Peter's Village	Meet in car park at St Peter's Community Centre, behind the Parish Hall
	18:00	Level 4: East St Martin's Village	Meet in the car park at the Village Green, café end.
TUE 3	10:00	Level 1: East St Martin's Village	
		Level 2: East St Martin's Village	
WED 4	10:00	Level 2: N&C St Lawrence Parish Hall	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
		Level 3: N&C St Lawrence Parish Hall	
THU 5	10:00	Level 1: N&C St Lawrence Parish Hall	
		Level 2: West L'Ouziere Sands	
FRI 6	10:00	Level 1: West L'Ouziere Sands	Meet in the gravel car park at Sands
		Level 3: West L'Ouziere Sands	
SAT 7	09:15	Level 4: East Gorey Longbeach	Meet in the car park at Longbeach
MON 9	09:30	Level 4: East St Catherine	Meet in the car park near the entrance to the café - by the Millennium Stone
	18:00	Level 3: N&C St Lawrence Parish Hall	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
TUE 10	10:00	Level 1: East Gorey Longbeach	Meet in the car park at Longbeach
		Level 2: East Gorey Longbeach	
WED 11	10:00	Level 2: N&C The Windmill Catherine Best	Meet in the gravel car park at Catherine Best
		Level 3: N&C The Windmill Catherine Best	
THU 12	10:00	Level 1: N&C The Windmill Catherine Best	
		Level 2: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall

AUGUST			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 13	10:00	Level 1: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall
		Level 3: West St Peter's Village	
SAT 14	09:15	Level 4: West Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
MON 16	09:30	Level 4: N&C Les Fontaines	Meet in the public Car Park opposite Les Fontaines Tavern
	18:00	Level 3: East Le Hocq	Meet in the car park at the Parish Hall, Le Hocq
TUE 17	10:00	Level 1: East Le Hocq	
		Level 2: East Le Hocq	
WED 18	10:00	Level 2: N&C Trinity Oaklands Lodge Red Rose	Meet in the Oaklands Lodge Car Park (Red Rose) Trinity Hill
		Level 3: N&C Trinity Arms	Meet in the public Car Park at Trinity Arms
THU 19	10:00	Level 1: N&C Trinity Arms	
		Level 2: West St Ouen's Church	
FRI 20	10:00	Level 1: West St Ouen's Church	Meet in St Ouen's Church car park
		Level 3: West St Ouen's Church	
SAT 21	09:15	Level 4: West Grosnez	Meet in the car park at Grosnez
MON 23	09:30	Level 4: East St Martin's Village	Meet in the car park at the Village Green, café end.
	18:00	Level 3: East Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
TUE 24	10:00	Level 1: East Queen's Valley	Meet in the top car park at Queen's Valley off Rue D'Aval
		Level 2: East Queen's Valley	

AUGUST

DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 25	10:00	Level 2: N&C The Farmhouse	Meet in L'Auberge / The Farmhouse Car Park, St John
		Level 3: N&C The Farmhouse	
THU 26	10:00	Level 1: N&C The Farmhouse	
		Level 2: West St Aubin	Meet outside St Aubin's Parish Hall
FRI 27	10:00	Level 1: West Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
		Level 3: West Jersey Pearl	
SAT 28	09:15	Level 4: West Les Creux	Meet in the car park at Les Creux, outside Bowlers
MON 30	09:30	Level 4: N&C Les Platons	Meet at Les Platons (Beez Kneez) car park - St John's
	18:00	Level 3: East St Catherine	Meet in the car park near the entrance to the café - by the Millennium Stone
TUE 31	10:00	Level 1: East St Catherine	
		Level 2: East St Catherine	