



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** (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 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](http://www.movemore.je/activity/walk)

For further information telephone: **01534 757700** or email: [emma.sterry@jerseysport.je](mailto:emma.sterry@jerseysport.je)



@MoveMoreJersey



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An initiative by



SEPTEMBER			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 1	10:00	Level 1: N&C St Lawrence Parish Hall	Meet in the Memorial Garden. Parking is available road side near Parish Hall and Memorial Garden.
		Level 2: N&C St Lawrence Parish Hall	
THU 2	10:00	Level 3: N&C St Lawrence Parish Hall	
FRI 3	10:00	Level 1: West L'Ouziere Sands	Meet in the gravel car park at Sands
		Level 2: West L'Ouziere Sands	
		Level 3: West L'Ouziere Sands	
SAT 4	09:15	Level 4: East Gorey Longbeach	Meet in the car park at Longbeach
MON 6	09:30	Level 4: St Martin's Village	Meet in the car park at the Village Green, café end.
	18:00	Level 3: N&C St Peter's Valley	Meet in the car park at Vic in the Valley
TUE 7	10:00	Level 1: East St Martin's Village	Meet in the car park at the Village Green, café end.
		Level 2: East St Martin's Village	
WED 8	10:00	Level 1: N&C The Windmill Catherine Best	Meet in the gravel car park at Catherine Best
		Level 2: N&C The Windmill Catherine Best	
WED 8	10:00	Level 3: N&C Trinity Arms	Meet in the public car park at Trinity Arms

## SEPTEMBER

DAY	TIME	LEVEL & LOCATION	MEETING POINT
FRI 10	10:00	Level 1: West St Peter's Village	Meet at the Community Centre, behind the Parish Hall
		Level 2: West St Peter's Village	
		Level 3: West St Peter's Village	
SAT 11	09:15	Level 4: West Jersey Pearl	Meet in the car park at Jersey Pearl, Five Mile Road
MON 13	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 14	10:00	Level 1: East Le Hocq	
		Level 2: East Le Hocq	
WED 15	10:00	Level 1: N&C Trinity Arms	Meet in the public Car Park at Trinity Arms
		Level 2: N&C Trinity Arms	
WED 15	10:00	Level 3: N&C The Windmill Catherine Best	Meet in the car park at Catherine Best
FRI 17	10:00	Level 1: West St Ouen's Church	Meet in St Ouen's Church car park
		Level 2: West St Ouen's Church	
		Level 3: West St Ouen's Church	
SAT 18	09:15	Level 4: West Grosnez	Meet in the car park at Grosnez
MON 20	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: East Queen's Valley	Meet in the lower Queen's Valley car park off Rue du Moulin de Bas
TUE 21	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	

SEPTEMBER			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 22	10:00	Level 1: N&C St John's Rec	Meet in St John's Recreational Centre Car Park
		Level 2: N&C The Fontaines	Meet in the public Car Park opposite La Fontaine Tavern
WED 22	10:00	Level 3: N&C Devil's Hole	Meet in the small car park on Chemin des Hougues, continue past Devil's Hole
FRI 24	10:00	Level 1: West Les Quennevais	Meet in the car park behind the Sports Centre
		Level 2: West Les Quennevais	
		Level 3: West Les Quennevais	
SAT 25	09:15	Level 4: West St Ouen's Church	Meet in St Ouen's Church car park
MON 27	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 28	10:00	Level 1: East St Catherine	
		Level 2: East St Catherine	

SEPTEMBER			
DAY	TIME	LEVEL & LOCATION	MEETING POINT
WED 29	10:00	Level 1: N&C The Farmhouse	Meet in the Farmhouse Car Park, St John
		Level 2: N&C The Farmhouse	
WED 29	10:00	Level 3: N&C Les Fontaines	Meet in the public Car Park opposite La Fontaine Tavern