

Walk Schedule April – June 2019

Please see overleaf for meeting points

Tue / Wed / Fri walks start at 10am, registration from 9:30 – 9:45

Walking for Health Jersey is supported by Jersey Sport, to encourage our community to stay active and healthy.

TUESDAYS

April	2 St Catherine	9 St Martin	16 Gorey	23 Ransoms	30 Gorey
May	7 St Catherine	14 St Martin	21 Gorey	28 Ransoms	
June	4 St Catherine	11 St Martin	18 Gorey	25 Ransoms	

WEDNESDAYS

April	3 Catherine Best	10 Farmhouse	17 Jersey Bowl	24 Trinity Arms	
May	1 Catherine Best	8 Farmhouse	15 Jersey Bowl	22 Trinity Arms	29 La Fontaine
June	5 Catherine Best	12 Farmhouse	19 Jersey Bowl	26 Trinity Arms	

FRIDAYS

April	5 Goose on the Green	12 Les Creux	19 No Walk (Good Friday)	26 Jersey Pearl	
May	3 Goose on the Green	10 Les Creux	17 Portelet	24 St. Ouen's Church	31 Les Quennevais
June	7 Goose on the Green	14 Les Creux	21 Portelet	28 St Ouen's Church	

Health Walk Venue Meeting Points

Café Ouen	Was North Point Bistro near Plemont.
Corbiere	Meet in Observation Tower car park next to Corbiere Phare Restaurant.
Goose on the Green	Meet in the Goose on the Green car park at Beaumont. (1 paycard needed for 2 hours).
Gorey	Meet in Longbeach car park (the large gravel car park on the right-hand side as you drive into Gorey). Walkers gather on the left-hand-side of the car park.
Jersey Bowl	Meet in the car park at Jersey Bowl, St. Peter (Turn right immediately inside the entrance).
Jersey Pearl	Meet in the Jersey Pearl car park along Five Mile Road.
La Mare Vineyards	Meet in the La Mare Vineyards car park.
Le Brayed	Meet in car park.
Les Creux	Meet in the parking bays around Bowling Centre.
Les Fontaines	Meet in the large car park opposite Les Fontaines pub on the north coast road.
Les Quennevais	Meet in the car park at the back of the Sports Centre.
Plemont	Meet at new car-park on right hand side, where there is enough space for 1 heart walkers. All other walkers, please use the large car-park on the left-hand side.
Portelet	Meet in the top car park opposite Portelet Inn.
Ransoms	Park in the overflow car park by the green houses (enter the garden centre and continue straight). Walkers meet in the car park.
St Aubin	Meet in front of the main entrance of the parish hall.
St Catherine	Meet in the car park by the café.
St John's Rec Centre	Meet in St John's Recreation Centre car park, La Route du Mont Mado, St John.
St Martin	Meet in the car park opposite St Martin's School.
St Ouen's Church	Meet in St Ouen's Church car park.
Tamba Park	Meet and park in car park at Tamba Park (Turn left off Mont Felard Road at Six Rues, just before Carrefour Selous, and follow the road around).
The Farmhouse	Meet in the Farmhouse car park, Rue du Nord, St John.
The Red Rose	Meet and park in the car park of The Red Rose, Trinity.
The Windmill / Catherine Best	Meet in the car park at Catherine Best/The Windmill, St Peter.
Trinity	Meet in the Trinity Arms Pub car park. There is limited parking, but additional spaces are available at Trinity Parish Hall, La Rue Du Presbytere.
Waterfront	Meet in front of La Fregate Café.

Walks range in length from roughly 30 to 75 minutes. On each walk choose from three levels:
 ♥ 1 heart (up to 30 min) - a slow pace suitable for those who sometimes have difficulty walking or get out of breath easily
 ♥♥ 2 hearts (50min approx.) – intermediate
 ♥♥♥ 3 hearts (75 min approx.) – more advanced, brisk pace

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