

Channel Islands Guided Trail

Trip style: Guided trails

Destination: 📍 Channel Islands

Trip code: GUE07-LDW11

Grades: 1, 3

Carbon Footprint: 🚲 436kg CO2



HOLIDAY OVERVIEW

Visit Guernsey, Sark, and Herm all in one holiday. Blessed with better-than-average British weather these stunning islands offer awe-inspiring coastal walks, white sand beaches, and seaside resorts fit to rival any you'll find in Europe.

WHAT YOU'LL LOVE

- The car-free lanes and stunning clifftop paths of Sark
- Sailing to Herm to explore the smallest of the Channel Islands
- Stunning coastal walks on Guernsey
- A more personalised experience thanks to small group sizes (maximum 15 people)

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Return flights

TRIP SUITABILITY

This Guided Island Hopping /Hiking Trail is graded 3 which involves walks/hikes on well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough and steep in sections, and often with many steps, so a good level of fitness is required. Coastal paths such as this often feature a considerable amount of ascent and descent due to the nature of the coast, so you should be prepared for this. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina. Walking days will involve a mix of transport; coach, boat and air transport in order to visit the islands and enjoy the walks.

Your fitness

Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking - whether the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance

- Time training will help ensure you enjoy your holiday to the max.

ITINERARY

Day 4: Free Day

The day has been left free for you to relax or explore the local area.

Moores Central Hotel, St Peter Port, Guernsey - Channel Islands

The Moores Hotel enjoys an almost unique position in the centre of St. Peter Port, Guernsey and only minutes from the picturesque marinas and seafront from where the ferries leave for the neighbouring Channel Islands. Rooms include TV, radio alarm, hairdryer, tea and coffee making facilities and WiFi. Drying facilities are available. It has a recently refurbished conservatory restaurant with a roof terrace and outdoor seating. Other features of the hotel include a relaxing lounge, an authentic Austrian patisserie and a health suite with Jacuzzi, sauna and fitness room.

Packing list - UK Guided Walking

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing. Essentials Suitable footwear such as waterproof walking boots that provide ankle support and good grip Waterproof and windproof jacket Comfortable clothing (jeans & waterproof capes are not suitable) Mid-layer(s) to keep you warm. Fleeeces make a good choice Waterproof overtrousers Gloves and a warm hat Rucksack with waterproof liner Flask for hot drinks Water bottle (at least 1 litre capacity) Sunscreen UV sunglasses For holidays operating October through to the end of March, please also bring the following on your walks: spare warm clothing spare high energy food head torch and spare batteries please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hyrodstatic head - this is the rating given on waterproof jackets) of 10,000mm+ Recommended Several base layers (long-sleeve or short-sleeve) Cushioned walking socks to avoid blisters First aid kit, including plasters and insect repellent Sit mat Waterproof pouch for valuables Rubbish bag (remember to always leave no trace) Wallet/purse Camera Walking poles

Flight info

If you have booked your own flights and would like airport transfers, you must contact us on +44 (0)20 8732 1250 or email reservations@hfholidays.co.uk at least 8 weeks before your holiday start date to provide your flight details. If you do not contact us, we will assume you are making independent travel arrangements.
