

# Jersey Coastal Path Guided Trail

**Trip style:** Guided trails

**Destination:** 📍 Jersey

**Trip code:** JOF07-LDW11

**Grades:** 1, 3

**Carbon Footprint:** 🌳 229kg CO2



## HOLIDAY OVERVIEW

An independent, English-speaking territory with an intriguing mix of cultures, Jersey is the largest of the Channel Islands that sits between England and France. Not only does it boast better-than-average British weather, but also beautiful beaches, impressive castles, and seaside towns that have all the laidback charms of a European resort. Though the island measures just 45 square miles, it has 50 miles of varied coastline to explore, and our experienced leaders will guide you along the entire coastal path which circumnavigates the island. Discover the rugged cliffs and secluded coves of the north, the broad sweeping bays of St Aubin's and St Ouen's in the south and west, plus

the pretty harbour towns and the iconic castle-crowned Mont Orgueil in the east.

## WHAT YOU'LL LOVE

- Circumnavigating the entire island
- Discovering the island's fascinating history
- Enjoying the most stunning coastal walks in the UK
- Relaxing by the beach or taking a dip in the pool on your free day
- Staying at the comfortable Somerville Hotel
- 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
- 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 including hold baggage and airport transfers

## TRIP SUITABILITY

This Jersey Coast Path Guided Walking /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 will require a good level of fitness. 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. Provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent detailed in the daily itineraries. The walking day is normally 6 to 7 hours. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. 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.

### 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 1:** Arrival Day

You're welcome to check in at the Somerville Hotel from 3pm onwards. Your HF Holidays Leaders will be on hand from 6:30pm to give you a warm welcome and explain the plan of action before dinner.

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### **Day 2:** St. Aubin to La Corbiere

Distance: 8 miles (14km) Ascent: 560 feet (170m) Descent: 650 feet (200m) We'll start our walk from the hotel door this morning and head down to Noirmont, Jersey National Park. We'll continue across St Brelade's Bay where we can visit the ancient church and the Fisherman's Chapel. It's then time to cross the headland above Flicquet Bay and aim for the former German Artillery Observation Tower, to finish our walk at Corbière.

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### **Day 3:** To La Greve de Lecq

Distance: 10.5miles (16.5km) Ascent: 560ft (170m) Descent: 505ft (154m) Today's route takes us the full length of St Ouen's Bay which provides a perfect natural arena for many sports, including motor racing, board sailing and surfing. After crossing the bay, we'll climb the headland passing Le Pinnacle, a 200ft outcrop of pink granite. We'll walk along the headland to the ruin of Grosnez Castle, a 14th century fort. Continuing along the undulating cliff path we pass Plemont Bay and to Greve de Lecq with its sandy beach, pub, and cafés.

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### **Day 4:** To Bouley Bay

Distance: 10.5 miles (16.5km) Ascent: 1400ft (425m) Descent: 1470ft (450m) Our walk today takes us on a visit to a collapsed cave known as the Devil's Hole before we cross the Mourier Valley and on to Sorrel Point. We'll descend to Bonne Nuit Bay, a once famous haunt of smugglers of Spanish brandy, French wines, and tobacco. Leaving Bonne Nuit Bay, we'll pass La Crete Fort, a mid-19th century guardhouse and now the Lieutenant Governor's weekend retreat. Heading east we pass La Petit Port on our way to Bouley Bay.

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### **Day 5:** Free day

Each week there's a free day when no walks are organised. This is an ideal opportunity to relax around the hotel or explore independently. Bring your National Trust card if you have one, as it can be used in Jersey.

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### **Day 6:** To Tower 5

Distance: 9 miles (15km) Ascent: 560ft (170m) Descent: 625ft (190m) This morning we'll join the undulating coastal path that takes us to the White Rock, above Rozel Bay. We'll continue to Flicquet Bay where we'll see our first Jersey round tower, one of 30 built in the 18th century to help counter a French invasion. Depending on the tides, much of the next stage of the walk can be undertaken along the beach. Leaving Gorey Pier, we'll walk along to end our day at Tower 5.

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### **Day 7:** To St Aubin

Distance: 10 miles (16km) Ascent: 80ft (24m) Descent: 105ft (32m) On our final day we'll follow the trail to St Helier passing the Victoria and South Piers and the Commercial Buildings which were built by wealthy merchants in the early 1800s. Leaving St Helier we'll continue our walk along St Aubin's Bay, to end our circumnavigation of the island, at St Aubin.

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**Day 8:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Somerville

The family-owned 4-star Somerville is a delightful country house hotel, nestled in the hillside overlooking the quaint village of St Aubin. Enjoying fabulous views over the harbour and across the bay to Elizabeth Castle, the hotel is a great base for our walking holiday with nearby access to public transport to explore on your free day. You will find friendly service and all the modern conveniences to make your holiday comfortable. Tides restaurant focuses on top-quality food using seasonal ingredients, and the Voyager lounge and bar offer a stylish and relaxing environment to enjoy a glass of something delicious. The hotel is set in lush gardens and has an outdoor swimming pool (heated mid-May to mid-September). Rooms have been recently refurbished and have tea and coffee making facilities, hairdryer, bathrobes, toiletries, TV and Wi-Fi.