



Walking Holidays in Britain's most Beautiful Landscapes

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Jersey Coastal Path

With its rugged cliffs, golden sandy beaches, and crystal-clear waters, Jersey boasts some of the most breathtaking coastal scenery in the British Isles. Located in the Gulf of Saint-Malo off the Normandy coast, Jersey is the most southerly of the Channel Islands, and despite being the largest, covers an area of just 45 square miles, with no point on the island being more than 2 miles from the sea. The Jersey Coastal Path itself is a captivating 50 mile circular walk beginning and ending in the island's capital, St Helier.

Jersey is a haven for wildlife enthusiasts and nature lovers alike. The island is renowned for its wild flowers, which you'll find in bloom throughout the season. The sand dunes of Les Quennevais support around 400 species alone. The bluebells and narcissi found on the northern cliffs of the island are an absolute delight, and add to that sea campion, red campion, wild orchids and ox-eye daises, and you have a joyous display of colour along the trail.

The birdlife is remarkably rich for such a small land mass, both in terms of migrating and wintering species. Look out for owls, kestrels, peregrines and marsh harriers, as well as short-toed treecreepers, Dartford warblers and nightjars. Naturally seabirds feature strongly. Expect to see shags, great cormorants and common terns on the islets and stacks, while an array of waders search the beaches and rock pools for food.

Beyond its obvious natural beauty, the Jersey Coastal Path is a gateway to the island's rich history and cultural heritage. On your journey you'll encounter castles, churches, ancient monuments and fortifications. These landmarks offer an insight to Jersey's fascinating past, from its Neolithic roots to its more recent maritime history.

Famed for its glorious sunshine, delicious cuisine, intriguing history and spectacular coastline, the lure of Jersey is irresistible. Lace up your boots, and with the sound of waves crashing against the shore, and a warm sea breeze for company, embark on the truly unforgettable journey that is the Jersey Coastal Path.



100% Financial Protection





Summary

Why do this walk?

- Delightful walking on magnificent cliff and coastal paths.
- Enjoy stunning golden sandy beaches and crystal clear waters.
- Explore the many rocky tidal islands with their castles, forts and lighthouses.
- Stroll through wooded valleys and along quiet country lanes.
- Experience an abundance of wildflowers including the beautiful Jersey Orchid.
- Enjoy delicious cuisine from street food to Michelin-starred fine dining.
- Explore Mont Orgueil Castle, one of the finest examples of a medieval fortress.
- Marvel at stunning panoramic views out to Sark, Herm, Guernsey and France.

Essential Info

Length	5-6 nights
Full Route Length	50 miles / 80 km

Grade

Easy to moderate

Jersey has a gentle landscape and with the exception of one 15 mile day on our shorter itinerary, daily trail distances never exceed 12 miles, therefore with a little preparation, most walkers will find the Jersey Coastal Path really quite comfortable.

Terrain: A combination of cliff and coastal paths, sandy beaches, woodland and quiet country lanes.

What's it like underfoot? For the most part the trail is on firm, dry surfaces, however some stretches can become muddy following heavy rain. Some of the steeper slopes benefit from wooden steps, most of which are slip-proof.

How Much Up & Down? Although the coastline is undulating and there are one or two steeper slopes, there are no hills to speak of, and you will rarely find yourself much above 330 feet (100m). The tallest cliffs on the island are between Greve de Lecq and Rozel, and are a mere 400 feet (120m).



Signposting & Navigation: There are very few signposts or waymarkers, however the guidebook is incredibly detailed and is supported with a 1:25,000 map, therefore you should find it straightforward. Once out of built up areas and onto the trail coastal paths tend to be easy to follow.

It is important to note that Jersey has one of the world's biggest tidal ranges. As much as 40 feet (12m) at spring tides. Please pay close attention to the tide tables and avoid venturing onto the beach when the tide is incoming as you can quickly become cut off. Do not attempt to walk from beach to beach around the foot the cliffs!

Weather: The weather on Jersey tends to be a touch milder than the south of England, however you must be prepared because the weather can change quickly. Autumn is generally the wettest season. Whatever the time of year ensure you wear comfortable footwear and carry reliable waterproofs. It is important you carry plenty of water on warm days. As always, pack your floppy hat and sun cream!



Route

St Helier to La Pulente

From St Helier a delightful promenade walk leads to the busy village of St Aubin. Time and tide permitting there are two fascinating extensions available on this opening stretch of the trail. When the tide is out it is possible to walk out to Elizabeth Castle off St Helier, and St Aubins Fort off St Aubin. A walk out to the castle and back, including some exploring, will add around 2.5 miles/4 km, while a walk out to the fort and back will add a mere 0.5 mile/800 m. It's worth noting at St Aubin that while you are free to step onto the island, it's not possible to visit the fort itself.

Leaving St Aubin the trail follows green lanes and mixed woodland to reach the impressive viewpoint on the headland at Noirmont, before turning for Portelet Beach. If the tide allows consider walking the short distance to the rocky tidal island of Ile au Guerdain, known locally as Janvrin's Tomb.

Beyond Portelet Beach the trail heads through the delightful Portelet Common nature reserve to reach Ouaisne Beach and the magnificent St Brelade's Bay, home to a whole host of hotels, restaurants and cafes.

Cliff-top paths lead to Corbiere, where, again tide permitting, it is possible to walk out to the rocky islet of La Corbiere with its striking lighthouse. The walk out and back is around 1 mile/1.5 km

From Corbiere it's a short walk to the village of La Pulente, from where you leave the trail and take the bus to St Brelade for the evening.

La Pulente to Greve de Lecq

Returning to the trail the next stretch is along the stunning St Ouens Bay. Running the length of Jersey's west coast it's the longest beach on the island. The road running parallel with the beach is known locally as 'The Five Mile Road' but this is a bit of a myth as neither the road nor the beach are quite five miles in length. However there's certainly a good 4 miles/6.5km of golden sands and dunes to

enjoy as you make your way to L'Etacq.

Next up is the broad upland heath of Les Landes, a Site of Special Interest, and home to some 200 species of plant as well as several species of butterfly and dragonfly. Look out for sparrowhawks, hen harriers and peregrines here too. Weather permitting you may be rewarded with views of Sark, Herm and Guernsey.

On the extreme northwest of the island sit Grosnez Castle and Grosnez Lighthouse. Both worthy of exploration. Heading east the trail passes above the attractive Plemont Beach before a fine stretch of cliff path leads to the little village of Greve de Lecq with its popular golden beach.





Greve de Lecq to Rozel

Leaving Greve de Lecq the trail heads inland for a short time avoiding the Crabbe rifle range, before rejoining the cliff top in time to view the impressive sea stack of Ile Agois, Jersey's smallest offshore islet. The stack is just 500 yards square and is separated from the 250 foot high cliffs by a narrow gorge.

A short way along comes the next point of interest, the Devil's Hole, an impressive 100ft wide and 200ft deep natural crater that has been eroded into Jersey's coastline over the millennia. You can look down into the crater from the safety of a viewing platform and watch the waves crash in through the tunnel entrance onto the rocks below.

The fine clifftop walking continues as the trail visits popular viewpoints at Sorel Point and the rocky headland of La Tete de Fremont providing stunning views over Bonne Nuit Bay.

From Bonne Nuit Bay the trail heads along flower-fringed cliff paths making its way to Bouley Bay which is located next to

Jersey's tallest cliffs, standing at 400 feet. The pebble beach at Bouley Bay, once a haunt of smugglers, stretches for 3km/2 miles before a roller-coaster clifftop path leads to Rozel.

Rozel to St Helier

The trail climbs out of Rozel offering great views over the harbour before dropping down to a lovely wooded valley.

Woodland walking continues to Dolmen du Couperon, from where the trail heads inland for a time before once again turning for the coast and Fliquet Bay. Further wooded coastal walking leads to the impressive structure, St Catherine's Breakwater. A walk to the end of the breakwater and back will add 1 mile/1.5 km to your day's walk, however the views over St Catherine's Bay are a fine reward for your efforts.

Pleasant walking round St Catherine's Bay leads to one of the highlights of the Jersey Coastal Path, Mont Orgueil Castle. Take time to explore this idyllic hill-top castle overlooking the picturesque Gorey Harbour.

Next up are the sweeping golden sands of Grouville Bay and a fascinating string of five Jersey Towers as the trail makes its way to La Rocque harbour, the southernmost point of Jersey.

The final stretch of the trail along the southern coast to St Helier involves a mix of road, promenade and tide permitting, beach walking.

Additional Days

St Helier

Jersey's capital St Helier is a great choice for an additional day on your island break. It's big enough to have plenty to see and do, yet small enough to easily explore. St. Helier has so much to offer; from its celebrated culinary scene with street food and Michelin-starred fine dining, to its collection of shopping neighbourhoods, each with their own individual character.

Jersey Museum, Art Gallery & Victorian House is a fascinating experience. Discover the Island's story and learn about its rich heritage of fishing, farming and food.



Just north of St Helier is Jersey Zoo which began life over 60 years ago as the first ever conservation-themed zoo. Today, Gerald Durrell's beautiful 32-acre park is the natural place to discover some of the world's most incredible creatures and rarest animals.

Also nearby are the Jersey War Tunnels, where you can discover the true story of



wartime Jersey. The exhibition is housed within the tunnel complex orchestrated by the Germans during WWII.

St Brelade

St Brelade's Bay is regularly voted one of the very best beaches in the British Isles. Home to glorious golden sand fringed with palm trees, and with crystal clear waters for safe swimming this is an ideal location to take a break from the trail. As well as soaking up the sun why not try out some of the exciting watersports on offer, or check out the cuisine in one of the seafront restaurants or beach cafés.

Nearby in St Ouen you'll find Jersey Pearl, where you can pick a pearl from an oyster, see pieces being made in the workshop, enjoy delicious food and treat yourself to something special.

Your guidebook features a short 'La Pulente and Les Quennevais' circular walk with sandy and grassy paths over dunes as well as some woodland walking. A great opportunity to enjoy some inland trails.

Greve de Lecq

Fringed with wooded slopes and leafy country pubs, Greve de Lecq's beautiful sheltered beach has rocks to climb, pools to search, and a sea that's never too far out, even at a low tide, making it a perfect place to relax for a day.

Nearby in the picturesque parish of St Mary is the La Mare Wine Estate where you can enjoy a tour and tasting experience, relax and refuel in the Vineyard Café and purchase genuine Jersey treats in the Cellar Gift Shop.

Also nearby is the Val de la Mare Arboretum, home to unusual trees and plants from all around the world. Jersey's temperate climate is able to support tree life and other exotic fauna from the likes of the Mediterranean, Australasia and East Asia. Val de la Mare is also rich in birdlife, with regular visitors including egrets, herons, moorhens and owls, and there's no shortage of fauna either, look out for frogs, hedgehogs, lizards and Jersey's trademark red squirrels.



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Your guidebook features a short 'La Greve de Lecq and Devil's Hole' circular walk with some road walking and woodland paths, which could be adapted to avoid duplicating coastal sections, yet allow for an opportunity to indulge in a little wine tasting at the aforementioned La Mare Wine Estate.

Rozel

If you'd like to take a day out from walking the trail and simply enjoy some tranquility then consider adding an additional day here. Rozel Bay is a delightful fishing port nestled in the north-east of the island and is sheltered by green rolling hills. At low tide you can visit the small expanse of beautiful white sand and walk among the tiny fishing boats stranded on its banks while enjoying views of the French coast.

Your guidebook features a short 'Rozel and St Catherine's' circular walk on paths, tracks and roads which could be adapted to avoid duplicating coastal sections while accommodating a visit to St Martin's Church. Quiet green lanes and wooded valleys link St Martin's and Rozel.

Getting There and Away

General travel information for the Jersey Coastal Path will be in your holiday pack.

Detailed instructions on getting to your first night's accommodation will also be included in the holiday pack on individual accommodation maps.

To view bus timetables please see Visit Jersey

Getting to St Helier:

By Air: Jersey has an International Airport (JER) located in the parish of St Peter's. Flights operate to Jersey from over 20 British airports as well as a number of European countries including France, Germany, Ireland, Netherlands and Switzerland. Buses run regularly between the airport and the capital, St Helier.

By Ferry: Ferries from Britain sail to St Helier from Poole and Portsmouth, while ferries from France sail from St Malo, Granville and Barnville-Carteret.

Getting Back:

As this is a circular route you will be walking back to your starting location so you can depart by the same means you arrived.

How our Holidays Work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures and history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday.



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Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please.

You can start on any day you like and we can arrange extra nights at any of the overnight stops giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed or posted to us. We will get in touch with you once we have received your booking to confirm your holiday details.

Alternatively you can either book online using our website at mickledore.co.uk or telephone us during office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation.

As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight in to the day-to-day operation, and lets us spot any potential issues before they become a problem. One of the great features of our Jersey holidays is the quality of the accommodation, including small country house hotels, guest houses, bed and breakfasts and farm house accommodation. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. Occasionally we may use a chain hotel.

Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than two for any one group. Single room bookings include a supplement.

What We Provide

All Holidays

Accommodation Overnight accommodation in selected hotels, farmhouses, village inns, guest houses and B&Bs, including a Full English or Continental breakfast.

Guidebook A guidebook with route information, maps, photos and background information.

Information of Services Along the Route

A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

Maps A waterproof map from Harvey Maps covering the whole route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find them easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

12.5% discount at Cotswold Outdoors We will issue you with a 12.5% Discount Card valid at all Cotswold Outdoor stores, and



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online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – if you leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk.

Packed Lunches Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option)!

What's Not Included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a

pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you.

Transport to the Start & Away from the Finish You will need to pay for your own transport, but we can help you to make arrangements.

Taxi or bus transport along the way If you need to miss a stage you will need to pay for the cost of a bus or taxi, but we can help you to organise it.

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website at mickledore.co.uk



About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone, drop us an email or visit us in Keswick.

- We specialise in UK holidays, and by concentrating on what we consider to be the best routes, we get to know the trails, accommodation, and local area really well.
- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.



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- Peace of mind – help is only ever a telephone call away.
- We are all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.
- Book with Confidence

Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant

with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at www.aito.com Visit the website to find out more about the Association or call 020 8744 9280.



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Jersey Coastal Path

We offer 2 itineraries on the Jersey Coastal Path making a clockwise circuit over 4 or 5 days beginning and ending in the island's capital, St Helier.

Please bear in mind that the distances each day are trail distances only. They do not take into account walking to your accommodation. On some days the accommodation might be on or close to the trail but on other days you may need to walk one or two miles to get to your overnight stop.

When choosing from 4 or 5 days walking consider how far you'd like to walk each day, as well as how much time you'd like to spend exploring the countless historical sites, and time and tide permitting, the many tidal islands along the way. With the exception of one 15 mile day on our 4 day itinerary, daily trail distances never exceed 12 miles. Both itineraries involve a short bus transfer.

Round Trip from St Helier in 4 Days Walking Code: JC5				Round Trip from St Helier in 5 Days Walking Code: JC6		
		miles	km		miles	km
Day 1	Travel to St Helier for your first nights accommodation			Travel to St Helier for your first nights accommodation		
Day 2	St Helier to La Pulente then bus transfer to St Brelade	12	19	St Helier to La Pulente then bus transfer to St Brelade	12	19
Day 3	Bus transfer back to La Pulente then walk to Greve de Lecq	11	18	Bus transfer back to La Pulente then walk to Greve de Lecq	11	18
Day 4	Greve de Lecq to Rozel	15	24	Greve de Lecq to Bouley Bay then transfer to Gorey Bay	12	19
Day 5	Rozel to St Helier	12	19	Transfer back to Bouley Bay then walk to Gorey Bay	8	13
Day 6	Depart from St Helier after breakfast			Gorey Bay to St Helier	7	11
Day 7				Depart from St Helier after breakfast		



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Booking Form

Contact Details

Address:

Telephone: Mobile / Alternative Tel:

Email: Emergency Contact No:

Your Holiday

Holiday Name: Holiday Code: (Hadrian's Wall: Add an "R" if starting in the West)

Date of First Night: Date of Last Night:

Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required:	Rest Days (give date & location)
Luggage Transport <input type="text"/>	No. Double Rooms <input type="text"/>	
Packed Lunches <input type="text"/>	No. Twin rooms <input type="text"/>	
Off Street Parking (there is normally a charge for this) <input type="text"/>	No. Single Rooms <input type="text"/>	
Transfer required (additional charge) <input type="text"/>	No. Triple Rooms (Double & Single) <input type="text"/>	

Comments (special diets, other requirements, etc):

Payment

Holiday cost per person <input type="text"/>	I enclose a cheque for the deposit value (made payable to Mickledore Travel Ltd)
Rest Days <input type="text"/>	OR please debit my Visa/Visa Debit/Mastercard/Mastercard Debit/Solo (delete as appropriate)
Total cost per person <input type="text"/>	Card number:
Number in group <input type="text"/>	Valid from: Expires: Security number*:
Total group cost <input type="text"/>	*The last 3 digits on the back of the card
Deposit (20% of Total Cost) <input type="text"/>	I authorise Mickledore Travel to charge a 20% deposit to my card now and the remaining balance 6 weeks before commencement of my holiday, (for card payments only). I confirm that the above details are correct and that I have read and accept the terms and conditions available on the website.
Single and solo supplements will be added where applicable.	Signed: Date:
	Name:

2% charge for credit cards, no charge for debit cards

How did you hear about Mickledore Travel: