



Low Intermediate Guernsey, Channel Islands 21-27 April 2018 (Sat-Fri)

Accommodation: Saints Bay Hotel, Icart Point, St Martins, Guernsey, GY4 6JG **Tel:** 01481 238888

Walking Women Office: 0114 241 2774

The perfect opportunity to enjoy the stunning views of Guernsey's coastal paths and venture out to explore the nearby islands of Sark and Herm too. We will be based at the comfortable Saints Bay Hotel located just back from the cliffs of Icart Point. From here we will have immediate access to Guernsey's spectacular coastal path in both directions. Our walks will take in stunning sea views, cliffs & coves and more ups and downs than some Low Intermediate walks. We can reach other walks around the island by minibus or public bus, and we'll take day trips by ferry to the fascinating smaller islands of Sark and Herm (weather permitting). Guernsey can be reached by plane from several mainland airports, or by ferry from Portsmouth, Poole, or Weymouth. The Saints Bay Hotel is a short taxi ride from both the airport and the port.

Price includes: 6 nights full board in ensuite twin rooms. (Single ensuite rooms available if you book early – £15 per night); Sark & Herm ferries; any transport to walks.

Itinerary

The itinerary is subject to change and will depend on the weather, the wind, tide times and ferry times!

Day 1 Meet up at the Saints Bay Hotel, Icart Point. There may be time for a stroll before dinner at the hotel, and certainly there'll be time to meet in the hotel bar to talk about plans for the holiday and our walks.

Day 2 Today we head eastward from the hotel amid the glorious wild flowers of the beautiful coast path to Jerbourg Point – a dramatic rocky outcrop from where we might see Jersey on a clear day. This walk has lots of short ups and downs, but is not too taxing. It also includes a tearoom along the way and at our destination! Our return journey is along the scenic inland lanes of the island, exploring some of the flora and fauna that Guernsey has to offer.

Day 3 Today we head westwards along the coast path, descending to the spectacular sandy cove at Petit Bot Bay. We then continue on the undulating coast path overlooking the stunning Guernsey coast as far as beautiful Le Gouffre or La Corbiere. There is an option to visit the interesting German Occupation Museum as we return via more 'green lanes' inland: <http://www.germanoccupationmuseum.co.uk/> (£5 entrance fee not included)

Day 4 After breakfast, we set out for the idyllic island of Sark – taking the bus to St Peter Port, then the small Sark ferry (approx 55 mins journey). Sark is a fascinating car-free island that was feudal until a few years ago. It has striking walks and views to offer, and there should also be time to stroll through its only village and to visit the stunning gardens of La Seigneurie – home to the feudal Seigneurs of Sark for hundreds of years: <http://www.laseigneuriegardens.com/gardens.html> (£4 entrance fee not included)

Day 5 This morning, we may head north by bus to Vale to follow this gentler section of the striking coast path. Alternatively, if the tides are in our favour, we could visit Lihou Island – which can only be reached on foot across a causeway when the tide is low. It's a tiny island just to the west of Guernsey rich in flora and birdlife and a delight to visit.

Day 6 Today we head to Herm by another small ferry. This little island 3 miles off the Guernsey coast lacks the dramatic cliffs of Sark, but has a glorious long sandy beach instead. We'll have time to follow the coastal

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path looking for puffins, then relax for a while on beautiful Shell beach before returning across the island. Herm is also car-free.

Day 7 Depending on your flight or ferry time, it may also be possible to have a short walk on this last day. A popular option is to leave luggage at the airport, then walk from there to the fascinating Little Chapel – decorated all over with shells: <http://www.visitguernsey.com/the-little-chapel> This is also feasible if you are leaving by ferry since after the walk there will be buses from the airport to near the ferry in St. Peter Port.

Travel options

You can travel to Guernsey by Condor Ferry or by plane from one of several UK airports. From the port or airport, it's then a relatively short taxi ride to the hotel on Icart Point. From the port, it's also possible to take a bus, though it does involve some walking.

By Plane:

You can fly with Aurigny or Flybe from many UK airports. As there is no airport transfer you are free to choose whichever flight suits you best and then take a taxi or bus to the hotel. Below is a list of possible flights but there are more to choose from.

Aurigny from London Gatwick

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
21/04/2018	GR605	London Gatwick	UK	09:50	11:50	13:05	Guernsey	Channel Islands
27/04/2018	GR604	Guernsey	Channel Islands	08:20	10:20	11:15	London Gatwick	UK

Flybe from Manchester

DATE	FLIGHT	AIRPORT	COUNTRY	CHECK-IN	DEPART	ARRIVE	AIRPORT	COUNTRY
21/04/2018	BE451	Manchester	UK	05:00	07:00	08:20	Jersey	Channel Islands
21/04/2018	BE6411	Jersey	Channel Islands	transfer	08:50	09:10	Guernsey	Channel Islands
27/04/2018	BE6336	Guernsey	Channel Islands	14:15	16:15	17:00	Southampton	UK
27/04/2018	BE873	Southampton	UK	transfer	18:35	19:40	Manchester	UK

By Ferry:

You can travel to Guernsey by **fast** Condor ferry from Poole taking 3 hrs, or by **slow** Condor ferry from Portsmouth taking 7 -13 hours. See the website for more details: <http://www.condoferries.co.uk/>

By taxi from the airport or ferry to Saints Bay Hotel

The Saints Bay Hotel is on Icart Point, not far from the airport, and a little further from the port. Taxis meet all planes and ferries so you shouldn't need to order one.

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By bus from the port

If you don't mind some extra walking, you can alternatively take 6 or 6A bus from St Peter Port to near the hotel (direction Jerboug & St Martins). You will have to walk down the long pier from the ferry, and from the bus stop at Icart Corner you will have a 5-8 minutes walk down the lane towards Icart Point. Ask the driver to point you in the right direction (no pavement but also very few cars). The hotel is the 2nd building on the right.

Meeting up at the hotel

Your WW guide will be at the Saints Bay Hotel by 5pm and possibly earlier. If you come on an earlier flight or ferry, the friendly hotel reception will look after you – and you can always go for a stroll along the coast path, relax on the terrace beside the pool, or even go for a dip – don't forget your swim suit and a swim towel! Your guide will leave a message at reception once they arrive to say where to meet up – e.g. in the bar or on the terrace in the sunshine.

Passport

As a British passport holder you don't need a passport for Guernsey since the Channel Islands are part of the UK but please bring it anyway as you require some form of photo ID for Condor Ferries and all airlines.

Insurance

Guernsey has no reciprocal health provision and therefore you will need to purchase travel insurance for this trip. Try www.direct-travel.co.uk for a competitive quote.

Guernsey currency

Guernsey has its own Sterling notes which are not accepted on mainland Britain. However, all UK money is accepted on Guernsey. Apart from drinks in the bar and refreshment when out walking, souvenirs and presents, taxi to from the airport or port, you won't have much else to spend money on as all the rest is included!

What to Bring

Essential items:

- **Walking boots** - leather or waterproof fabric, broken in and comfortable, with ankle support & sufficient tread left for good grip. If you're buying a pair for this trip, walk around in them as much as possible to break them in before you come.
- **2 or 3 pairs of walking socks.** Wearing a thin coolmax sock underneath a thicker sock helps avoid blisters. Tape on the heels is also a useful preventative measure
- **Waterproof anorak** – should ideally also be breathable.
- **Waterproof trousers**
- **Extra fleece or sweater** - to put on during a stop or if it's windy.
- **Trousers &/or shorts** - loose enough not to restrict your movement (Jeans are not advisable)
- **Walking tops** – cotton is not advisable as it holds the moisture if you're sweaty and then you get cold easier during a stop. 'Wicking' tops or anything synthetic will tend to take the moisture away from your body.
- **Gloves & hat** – in case it's windy!
- **Day pack** - to carry spare clothing, waterproofs, packed lunch, water bottle and other bits and pieces.
- If you're buying one for this trip, try and get one that carries the weight on your hips rather than only your shoulders – you'll be much more comfortable. Also, if you think that poles will help you, most walking rucksacks now have straps to carry them when not in use.
- **Water flask** - or strong plastic water bottle –1 – 1.5 litres
- **Sun screen, lip salve, sun hat**
- **Large plastic bag** - to keep the contents of your rucksack dry if it rains.

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Non-essential, but nice!

- **Towel & Swimming costume** – for a dip in the sea! You can buy light-weight towels from outdoor shops.
- **Walking poles** – not essential but many women use them to help with balance and to save wear to their knees. 2 poles are best if you have troublesome joints – you can then reduce pressure on your knees by up to a third.
- **Gaiters** – not expensive, and they do keep your boots drier, and stop rain running from waterproof trousers into your boots (i.e. worn under waterproofs).
- **Also:** Slippers – such bliss in the evening! Camera and spare battery, maybe binoculars, a mat to sit on during a drink stop, a flask for a hot drink.

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