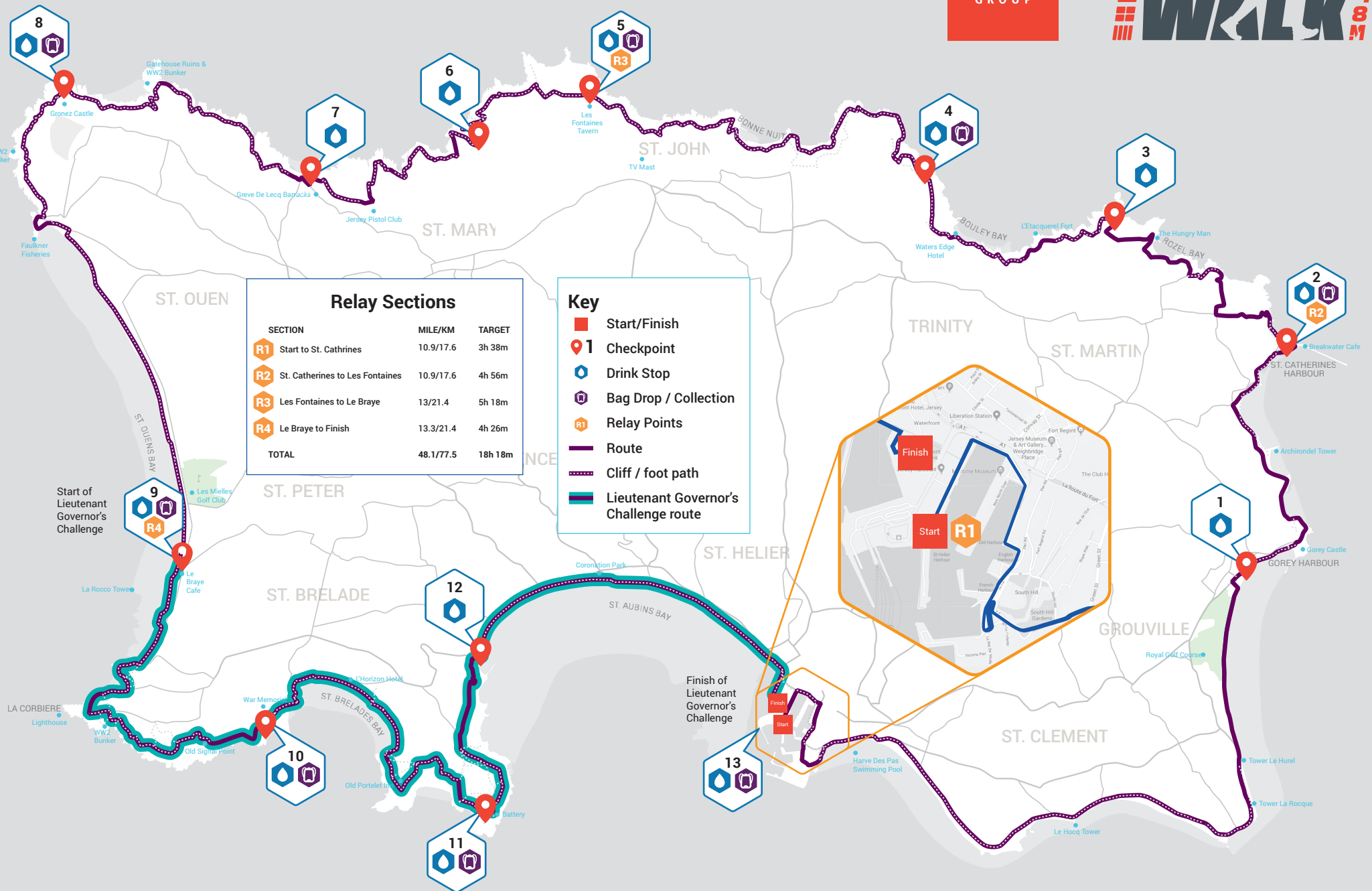


ROUTE MAP 2023



CHECKPOINT HOURS / WALKING TARGETS

Average Pace: 3 mph (20 mins/mile) reducing to 2 mph (30 mins/mile) for stages 4 to 8

Assumes a 10 min break at each Checkpoint

Stage	Checkpoint	Distance (Miles)	Target Time	Arrival Time	Departure Time	Checkpoint	
						Open Time	Close Time
Start	Ferry Terminal R1	-	-	-	03:00	01:00	03:30
1 Drinks only	Longbeach	7.8	02:36	05:36	05:46	04:00	06:30
2 Bag Drop/Pick Up	St. Catherine R2	3.1	01:02	06:48	06:58	04:30	07:15
3 Drinks only	White Rock	3.1	01:02	08:00	08:10	05:30	09:00
4 Bag Drop/Pick Up	Pierre de la Fetelle	3.0	01:30	09:40	09:50	06:00	10:30
5 Bag Drop/Pick Up	Les Fontaines R3	4.8	02:24	12:14	12:24	07:00	12:45
6 Drinks only	Devils Hole	1.9	00:57	13:21	13:31	07:45	13:45
7 Drinks only	Greve de Lecq	2.6	01:18	14:49	14:59	08:30	14:30
8 Bag Drop/Pick Up	Grosnez	3.3	01:39	16:38	16:48	09:00	16:15
9 Bag Drop/Pick Up	Le Braye R4	5.2	01:44	18:32	18:42	10:15	18:30
10 Bag Drop/Pick Up	Beauport	4.1	01:22	20:04	20:14	11:15	20:15
11 Bag Drop/Pick Up	Noirmont	3.8	01:16	21:30	21:40	12:15	22:15
12 Drinks only	St Aubin	-	-	-	-	13:00	23:00
13 Bag Drop/Pick Up	Finish	5.4	01:48	22:58	-	11:00	23:45

- There is no need to officially check-in. Take your time to have a drink, eat or attend to those sore feet!
- Walker bags are stacked in “IN” and “OUT” piles. Remember to leave your bag in the “OUT” pile before leaving each checkpoint, so we can deliver it to the next checkpoint – look out for your personal luggage tag.
- When you are ready to continue, put your bag in the OUT PILE and head to the CHECKOUT DESK
- ENSURE THAT MARSHALLS SCAN YOUR WALKER CARD TO TRACK YOUR PROGRESS WHEN YOU CHECK OUT
- If you do need to retire because of fatigue, or injury, PLEASE NOTIFY AN OFFICIAL at the Checkpoint.
- Try to maintain target pace to reach all Checkpoints before they close. From Grosnez onwards we reserve the right to retire you from the walk. Please don't be offended if asked to retire, but it will be in your best interests to do so.

Please remember **THIS IS NOT A RACE** and enjoy the wonderful views along the beautiful coast of Jersey!

SAFETY

- Drink plenty of fluids throughout the walk.
- Walk with someone – try not to walk alone.
- Protect your head and use sunscreen or sun block.

Look after your feet - if your feet, knees or hips are getting too painful **STOP** at a Checkpoint, or stay on the route, ask others to relay a message to Marshals and wait.

YOUR BAGGAGE

- Attach your personal luggage tag to your bag.
- Just pack essentials into 1 small sized holdall/rucksack.

USEFUL NUMBERS

WALK CONTROL 07700 746777

If you need to leave the walk between checkpoints – call this number, or text the message “RETIRE” followed by your walker number.

Liberty Bus 01534 828555 Fire & Rescue Service 01534 445906

Ambulance 01534 444710 Weather forecast 0900 6690011

Police 01534 612612

THE RELAY

- The target pace in the chart is for main walkers – relay walkers are likely to maintain a faster pace, so just use the chart (opposite) merely as a guide.

THE END

- As you cross the finish line at the Waterfront, ensure your walker card is scanned to get the official finishing time.
- Then, head into the large marquee to get a well-earned drink. You should also be able to get a massage for those sore feet!

Event sponsor



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