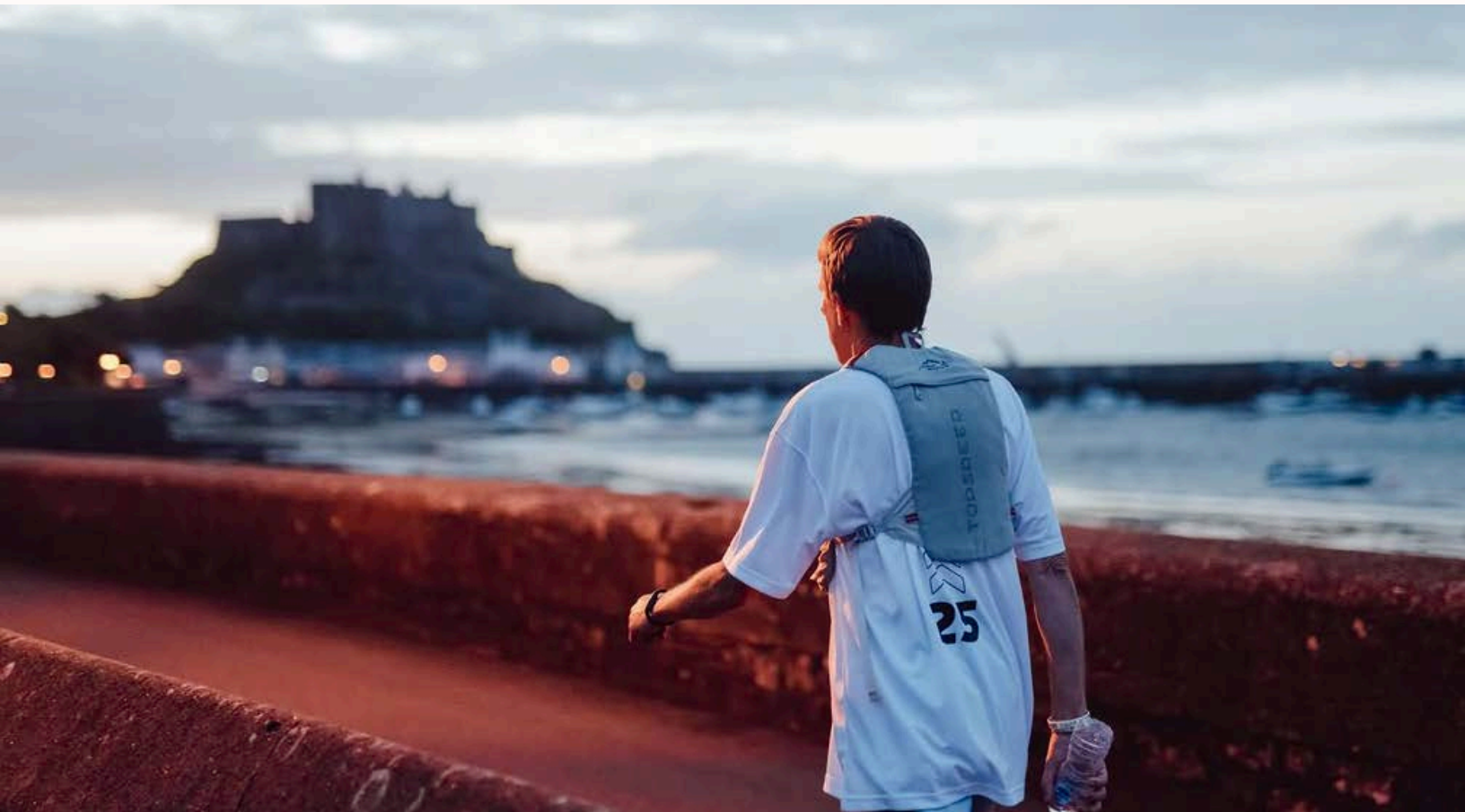




# 2025 Walk Guide



**21st JUNE 2025**

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# Welcome

Dear Walkers,

Welcome to the 2025 Around Island Walk sponsored by TMF Group.

We wanted to say a heartfelt thank you for signing up for the Island Walk 2025 and for all the effort you have put into your training and raising funds for our ten local Jersey charities.

We can't wait to see you all taking in the sights and sounds of this annual community event. You are not just walking but making a huge difference to our charities and the lives of those they support.

The event would not be possible without the sponsorship from TMF, the enormous help of all the local businesses and volunteers who give up their time each year, to them we salute you.

Being inclusive is one of our core values and we welcome everyone taking part whether that be the full 48.1 miles, the Relay, Lieutenant Governors challenge or the ONE TMF Walk that goes from strength to strength each year.

We wish you lots of luck with your training and fundraising and look forward to seeing you on the day.

Robert Syvret  
Chairman - Around the Island Walk Trust



[islandwalk.je](https://islandwalk.je)

# History of the Walk

Since the event's inception in 1991, an overriding objective has been to ensure that funds raised by walkers go to local charities, rather than cover expenses of the event. All organisers, Trustees and helpers on the day give all their time for free and do not receive any compensation. This objective remains one of the Trust's core values hence the voluntary basis of everyone involved.

Since 2014 the trustees have sought sponsorship of the event from local businesses. Such funding effectively covers the Trust's overheads in running the event each year and enables the trustees to continue their promise that funds raised goes direct to charity. Our main sponsor TMF Group covers all expenses for the Walk each year as well as providing goody bags for each registered Walker. Walkers' entry fees goes straight into the charity pot for distribution along with the sponsorship raised.

For more information on the event history head to our website [islandwalk.je](http://islandwalk.je)





# Walker card and t-shirt pickup times.



Walker packs can be collected on Thursday 19<sup>th</sup> June & Friday 20<sup>th</sup> June from 10.30am to 7pm from the finish line marquee located on the top of the waterfront car park (what3words-sleep.along.topping).

Please have your Race Nation walker number ready. Your walker number will be on your confirmation email and on the Race Nation app.

Lunchtimes are our busiest so if possible come along outside of these times to save you waiting.

You can pick up any family or friends packs as long as you have their walker number.

For walkers unable to visit the marquee due to late travel arrival, their walker packs will be at the Elizabeth ferry terminal, from 2:30 am.

LG Walkers packs will be at the St Catherines start if not collected.

Please note we can not change t-shirt sizes that you have requested when you come to pick up, but all extra t-shirts will be taken to the start if you would like swap, subject to availability.

**Any entries after the 18<sup>th</sup> May do not guarantee T-shirt / size.**



[islandwalk.je](https://islandwalk.je)

# The Start



## THE START

**The Main Walk and Relay official start time: 3:00am on Saturday 21<sup>st</sup> June from Elizabeth Harbour Terminal building.**

If you need to drop off sponsorship money, collect a walker pack, use the toilet, you can arrive from 2.30am.

We will scan your checkpoint QR card prior to the start, everybody is asked to wait together for the safety briefing and any other announcements.

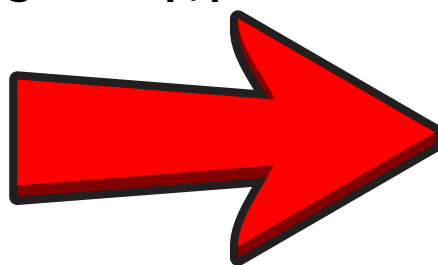
Don't forget to wear your checkpoint QR card around your neck ( lanyard provided ) and ensure that you have attached the luggage label to your bag.

Please keep noise to a minimum during the initial early hours of the walk through town and residential areas.

**The Lieutenants Governors walk will start at 7am from St Catherines breakwater. We have a No.2 bus leaving Liberation Bus Station St Helier at 6.30am getting to the start on time. This is a scheduled bus so spaces are subject to availability.**

**The ONE TMF Challenge will start from Bel Royal at 1pm.**

**The route is marked with signs and red arrows, as a general rule take paths closest to the sea on your right. If you get lost and have already looked on your Race Nation app digital map, phone Race Control. (tel 07700 746777).**



# Checkpoints - Opening and Closing times



	Checkpoint Name	Open	Closed
	Elizabeth Ferry Terminal (Start of main walk & Relay teams)	02.30	03.15
D	Longbeach	04.00	06.30
C	St Catherine's – Checkpoint & breakfasts (Relay handover & LG Start 7am)	04.30	07.15
	Lieutenant Governor walk	06.45	07.00
D	White Rock Car Park	05.30	09.00
C	La Pierre de la Fêtelles	06.00	10.30
C	Les Fontaines Car Park (Relay handover) ( LG Finish )	07.00	12.45
D	Devils Hole	07.45	13.45
D	Greve de Lecq	08.30	14.30
C	Grosnez	09.00	17.15
C	Le Braye (Relay handover)	10.15	19.00
C	Beauport	11.15	20.30
C	Noirmont	12.15	22.00
D	St Aubin	13.00	23.00
C	Finish - On top of Waterfront Car Park (Main & Relay)	11.00	23.59
D	= Drink Stop (no bags)		
C	= Checkpoint (bags)		

**You must reach each checkpoint by the closing time,  
we reserve the right to withdraw any  
walker arriving late.**

# Checkpoints



**For your safety at each of our checkpoints you must have your walker card scanned.**

To make this as quick as possible you will receive a lanyard to attach it to, so please have your card ready. Failure to scan may cause us to alert rescue services so we need to know where you are.

Take a photo of your QR code on your phone in case you lose your walker card, this will allow us to continue to scan you at the checkpoints.

If you are not continuing with the Walk please tell a checkpoint scanner who will withdraw you or call Walk Control (07700 746777).

All of our checkpoints have water and most will have bananas, sweets & crisps to keep you going. Please pack any other food items you require especially if you have food intolerances.

At St Catherines breakfast is available to all our Round the Island walkers. This is a bacon roll or a pasty with tea, coffee or juice. We do have GF rolls and vegetarian alternatives, this is organised by the Scouts.

At the halfway mark at Les Fontaines we have delicious cakes, tea & coffee served by Freedom Church.

Les Fontaines is the end of the LG Walk. Ryde taxi are running a free shuttle from the LG finish to St John's Village to connect to Liberty Bus, that will take you back into St Helier.

**Remember you have to move your bags at the checkpoints, take from the IN pile and when finished place them in the OUT pile, and ensure they are closed securely. [islandwalk.je](http://islandwalk.je)**



# Walker timing



You will receive notification from Race Nation of your walk time shortly after finishing, by email or text.

We have a clock at the finish to take a photo of your finish time and also our photo booth to showcase your well deserved medal.

For a comprehensive list of times this can take up to 48hrs to compile and is available on your Race Nation app.

**PLEASE NOTE, official timing does not stop until your walker card is scanned at the finish line. By the time you cross the finish line, most of our volunteers will have been up as long as you have.**

**Please be patient and respectful as we are only a small team of volunteers who organise the walk.**

Unlike a 10k run or marathon, the Island Walk is not a race.

We have over 300 volunteers, scanning 1,000s of walker cards across 13 checkpoints over a 24 hour period, so mistakes will happen.

Please bear this in mind. This is why we recommend you take a photo with the finish clock.

Any issues with timing after 48hrs please contact Race Nation directly as they are our service provider and the Island Walk does not hold or change this data. Their email is [support@racenation.com](mailto:support@racenation.com)

**Any lost property and bags can be collected from the finish line on Sunday 22<sup>nd</sup> from 4pm - 6pm you may nominate any person to collect for you as long as they have your walker number.**

# During the walk



We want everyone to have a safe walk so please do keep to the marked route. On the cliff paths watch for any unstable ground. Look out for each other if you see someone on their own struggling ask if they are ok.

Watch out for sudden changes in weather and shelter if needed. If you have a trip or fall and need assistance numbers are on the back of your walker card. Non Emergency St John Ambulance 07700 723322 or 999 for an Emergency.

Please respect our environment don't disturb animals and leave no litter. Whilst the Rainbow Girl Guides follow our Walkers to litter pick we hope they are not too busy when they report back to us the next day.

Remember to have your walker card scanned at each checkpoint, this is to ensure your safety and notify a checkpoint if you are withdrawing.

The Race nation app has the ability to allow others to track you during the day. In your app ensure that tracking is turned on. Also there is the GPS map in the Race Nation app that shows you where you are on the route.

## **Race Nation App - Instructions**

Go to the following link ( copy and paste )  
[support.race-nation.com](https://support.race-nation.com)

# Baggage



**Remember you have to move your bags at the checkpoints, take from the IN pile and when finished place them in the OUT pile, and ensure they are closed securely.**

We can transport your bag between Checkpoints. All walkers should bring one small sized holdall/rucksack for their “on walk” essentials.

**Keep your medication and house keys with you!**

We can only transport one small bag per walker, so please ensure everything you need fits into your bag. Remember you will have to be able to lift your own bag at Checkpoints, so don't pack non-essentials.

Ensure your personal luggage label is securely attached to your bag.  
No harm in marking your bag with your name either.

We rarely misplace bags, but cannot guarantee it will be there at each Checkpoint, so keep any vital supplies with you.

If you have walking poles please make sure these are tagged separately with your name and walker number.

# Some Do's and D'onts



- Don't play music out loud
  - Don't wear headphones whilst walking on main roads
  - Don't put your house keys in your main bag
  - Don't compare yourself to others pace
  - Don't leave any litter anywhere along the route
  - Don't pack the kitchen sink !
- 
- Do...
  - Put Walk Control tel number in your phone, 07700 746777
  - move your bag at each checkpoint to the "OUT" pile
  - keep your medication on you in case it is required
  - bring along suncream
  - bring along your water bottle, hydrate regularly
  - bring snacks with you if you have dietary requirements
  - make sure your bag closes securely and has it's bag tag on
  - make sure any walking poles are labelled
  - if you are too tired to continue please try to retire at a checkpoint
  - Call Walk Control ( tel no. on back of walker card ) if you withdraw between checkpoints
  - Follow us on social media FB and insta for up to date walk info



# Preparing for the Island Walk



Are you prepared for the weather?

The sun's UV rays can be very strong in June, even on a cloudy day, with very little shade provided along the route. You will need to take along the following items to prevent sunburn:

- A hat – preferably one that shades not only the face but also the ears and back of the neck.
- A cool, loose long-sleeved shirt made from a tightly woven material, such as cotton that will protect your arms and shoulders, particularly between 11am and 3pm.
- Sun glasses with UV protection.
- An ample supply of sunscreen with SPF of 15+. Remember to re-apply it generously and frequently
- Drink water frequently to prevent dehydration, bring reusable water bottle
- Pack a lightweight windproof/waterproof jacket. The wind on the north coast can bite, especially if the temperature is low

# Preparing for the Island Walk

## YOUR FEET!

### Skin and nails

Moisturise dry or cracked skin daily

Sweaty feet will slide more within the shoe and so increase the risk of blisters. Apply surgical spirit three times per week to tone up the skin

Trim nails regularly

### Socks

Natural fibres are best, such as cotton or wool

Try wearing two pairs of thin socks or double layer socks, rather than one thick pair. The extra layer will take up the friction rather than the skin

If the seam of the sock irritates the toes, try wearing them inside out

### Footwear

Must be correctly fitted

Ensure adequate depth in the toe area to avoid bruising under nails

Lace-ups or adjustable fastenings are essential to relieve pressure

Should be supportive in the arch with shock-absorbing soles

Should have flexible soles to reduce fatigue of the lower leg

If buying new shoes for the walk, do so ASAP and wear them in

Blisters – These are mainly caused by:

Shoes that don't fit

Stones in the shoe

### During the Island Walk

Take extra socks and change them regularly

Apply plasters/blister pads to any red/sore areas

Try petroleum jelly over vulnerable areas

Check shoes for stones or grit

# Nutrition



## FOOD AND WATER PRE, DURING AND AFTER THE ISLAND WALK

You may want to increase your carbohydrates leading up to the walk. Carbohydrate food group of starchy foods helps maintain energy, e.g. cereal and toast for breakfast, sandwiches, or baked potato or pasta based dishes for lunch with rice or noodles for dinner accompanied by some protein and vegetables.

Energy bars and a banana or two could be useful on the day and while training.

**Water is essential.** It helps regulate your temperature and is required for sweating. If you are dehydrated then you may experience cramp. Dehydration can occur when it's hot or cold so even in the early hours of the event, and even if it's cloudy, make sure you drink at the Checkpoints.

To help reduce plastic please **carry your TMF water bottle** from your goody bag. Jersey Water will have refill tanks along the way for you.

Sip regularly. NEVER wait until you are thirsty to drink as dehydration has already set in.

Good preparation is to drink plenty of water the day before, during the walk and after you have finished.

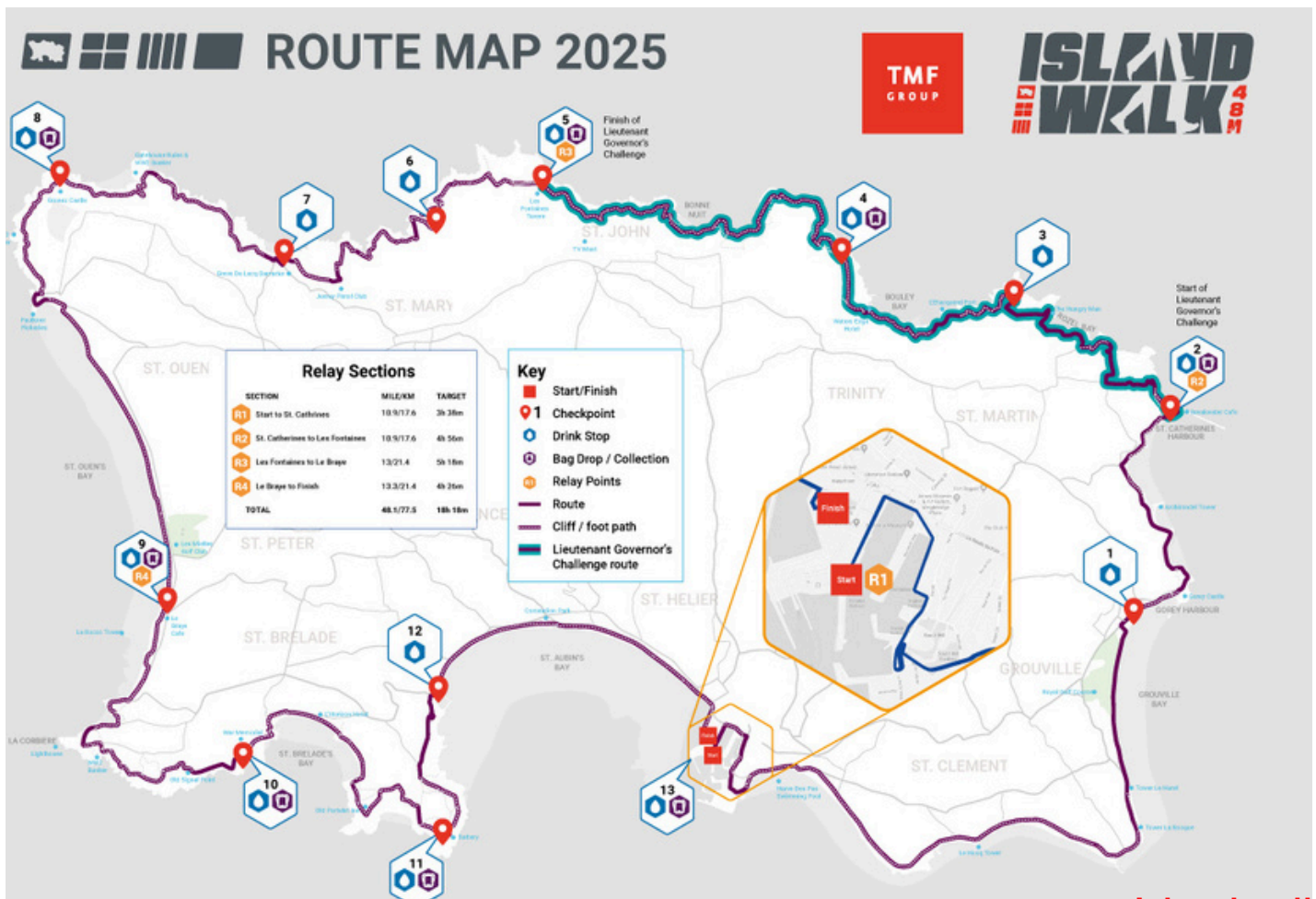
Aim to adjust your food and drink intake about 48 hours before the event, and resist alcohol.

# Maps for Training

As well as the interactive GPS map within your Race Nation app we have prepared training guides for all stages of the Island Walk. Whilst these can change slightly the aim is to always keep the sea on your right hand side as you walk anticlockwise around the Island.

The Walk is signposted but we can't mark every left and right! Follow the signs and the red arrows on the road to help guide you along.

Checkout the full guides on our website by visiting  
(copy and paste link)  
[islandwalk.je/walker-info-training](http://islandwalk.je/walker-info-training)





# Our Charities

The amount we are able to distribute to our charities is entirely dependent upon how much money is raised by walkers in both registration fees and sponsorship money raised.

The Trust aims to raise over £100,000- per annum and has since it's inception raised over £2.9million that has been donated to local charities.

**Please note it is important for us to raise sufficient funds to ensure the event is worthwhile as a fundraiser. To make this viable we kindly ask that each walker tries to raise at least £100-. All of our chosen charities generously contribute their time and resources to make this event possible, and we want to give back to them in return.**

**Please be advised this Walk is intended exclusively to raise funds for the Island Walk Charities and not for other charitable causes.**

You can also pay money to us direct - Bank details: Lloyds Bank – Account: 59444760, sort code 30-94-61.

Sponsorship form can be found at : [islandwalk.je/challenges-main-walk](http://islandwalk.je/challenges-main-walk)

This year we are proud to support ten local charities working in our community.



A big thank you to  
our local businesses



*Gell Electrics Ltd.*



race>nation



A big thank you to  
our local businesses



**DISCLAIMER: All persons participating in the Walk accept that they are doing so entirely at their own risk. Neither The Around the Island Walk Trust, not any of its Trustees, officers, agents or assistance, or owners of any property or land on or adjacent to the Walk will accept any liability for material damage or personal injury or death sustained in conjunction with, or prior to, during, or after, the event whether caused by negligent act, omission, or wilful misconduct.**