

JUMP IN THIS JULY...





## Introduction

### Thank you for signing up to the 30 Bays in 30 Days Challenge!

The challenge takes place in July when everyone is invited to swim in 30 bays throughout the month. It's a fantastic way to explore our beautiful island, visiting old family favourite beaches and discovering some hidden treasures. It's a great way to spend time with family and friends, as well as a fun way to stay active!

As well as enjoying your July, you will also be raising money for to very worthwhile local charities.

### National Trust for Jersey

The National Trust for Jersey is an independent charitable organisation, which permanently protects and cares for over 1,500 vergées of land, 19,000 metres of footpath and 29 historic buildings for the benefit of the Island.

### Jersey Hospice Care

Jersey Hospice Care is the island's Hospice, offering specialist palliative care, free of charge, to all islanders with life-limiting illnesses, irrespective of cause or diagnosis.

### About this little booklet

This little booklet lists over 30 bays you could explore, including Les Ecrehous and Les Minquiers, with a map to give you an idea of their locations. You're, of course, welcome to explore others.

We've included a table, where you can tick off all the bays you have visited throughout the month, or add your own.

## List of bays to tick off

<input type="checkbox"/>	Anne Port
<input type="checkbox"/>	Archirondel
<input type="checkbox"/>	Beauport
<input type="checkbox"/>	Belcroute
<input type="checkbox"/>	Belval Cove
<input type="checkbox"/>	Bonne Nuit Bay
<input type="checkbox"/>	Bouley Bay
<input type="checkbox"/>	Fliquet Bay
<input type="checkbox"/>	Gorey Beach
<input type="checkbox"/>	Green Island
<input type="checkbox"/>	Greve D'Azette
<input type="checkbox"/>	Greve de Lecq
<input type="checkbox"/>	Grouville Bay
<input type="checkbox"/>	Havre des Pas
<input type="checkbox"/>	La Coupe
<input type="checkbox"/>	La Grande Maison
<input type="checkbox"/>	

<input type="checkbox"/>	La Rocque
<input type="checkbox"/>	La Saie
<input type="checkbox"/>	Le Hocq
<input type="checkbox"/>	Lido Bathing Pool, Havre de Pas
<input type="checkbox"/>	Ouasine
<input type="checkbox"/>	Petit Port
<input type="checkbox"/>	Plémont
<input type="checkbox"/>	Portlet Bay
<input type="checkbox"/>	Rozel Bay
<input type="checkbox"/>	St Aubin's Bay (La Haule)
<input type="checkbox"/>	St Brelade's Bay
<input type="checkbox"/>	St Catherine's (Breakwater slip)
<input type="checkbox"/>	St Ouen's Bay (Watersplash)
<input type="checkbox"/>	St Ouen's Bay (L'Etacq)
<input type="checkbox"/>	St Ouen's Bay (Le Braye)
<input type="checkbox"/>	Les Ecrehous
<input type="checkbox"/>	Les Minquiers



## Anne Port

A shingle beach, which reveals fine sand in mid or low tide and gentle shelving makes for good swimming. It catches the morning and midday sun.

## Archirondel

This popular beach with an excellent beach cafe is pebbly at first but sandy at low tide when the water stays shallow for some way out. Archirondel loses the sun in the late afternoon. There is a car park and public toilets nearby and a popular café.

## Beauport

With a long and steep path down from the car park, it never gets too busy on a hot summer day. Once you've negotiated the many stones at the bottom of the path, you are rewarded with the bay's soft sand and shelter from any wind.

## Belcroute

It's a small cove with a shingle beach, which can be accessed from the beach at St Aubin at low tide or by dropping down a wooded lane from the Route de Noirmont. Belcroute is a quiet spot, which loses the sun just after midday.

## Belval Cove

Just a few hundred yards south of St Catherine's, a short path from the road takes you to the cove. A large layby offers plenty of parking. This is a relatively sheltered small beach, popular with locals in the know, where good swimming is almost guaranteed, except when the tide is out. The nearest refreshment facilities and public toilets are back at St Catherine's.

## Bonne Nuit Bay

Bonne Nuit is the smallest of the four harbours on the north coast. Parking is easy, the public toilets are more than adequate and there is a good café/restaurant specialising in Thai food. There is a very small sandy beach and, in the summer, many fishing boats filling the harbour.

## Bouley Bay

Bouley Bay is reached by a steep and winding road. It has a pebble beach, so the sea is usually accessed by the slip way or the steps down from the pier. There is a pub and kiosk for refreshments.

## Fliquet Bay

This is a lovely tranquil spot, easily accessible by two lanes. It's an attractive beach of pebbles, sand and rock, which is sheltered from the usual westerly and south-westerly winds. There are no refreshment facilities or public toilets.

## Gorey Beach

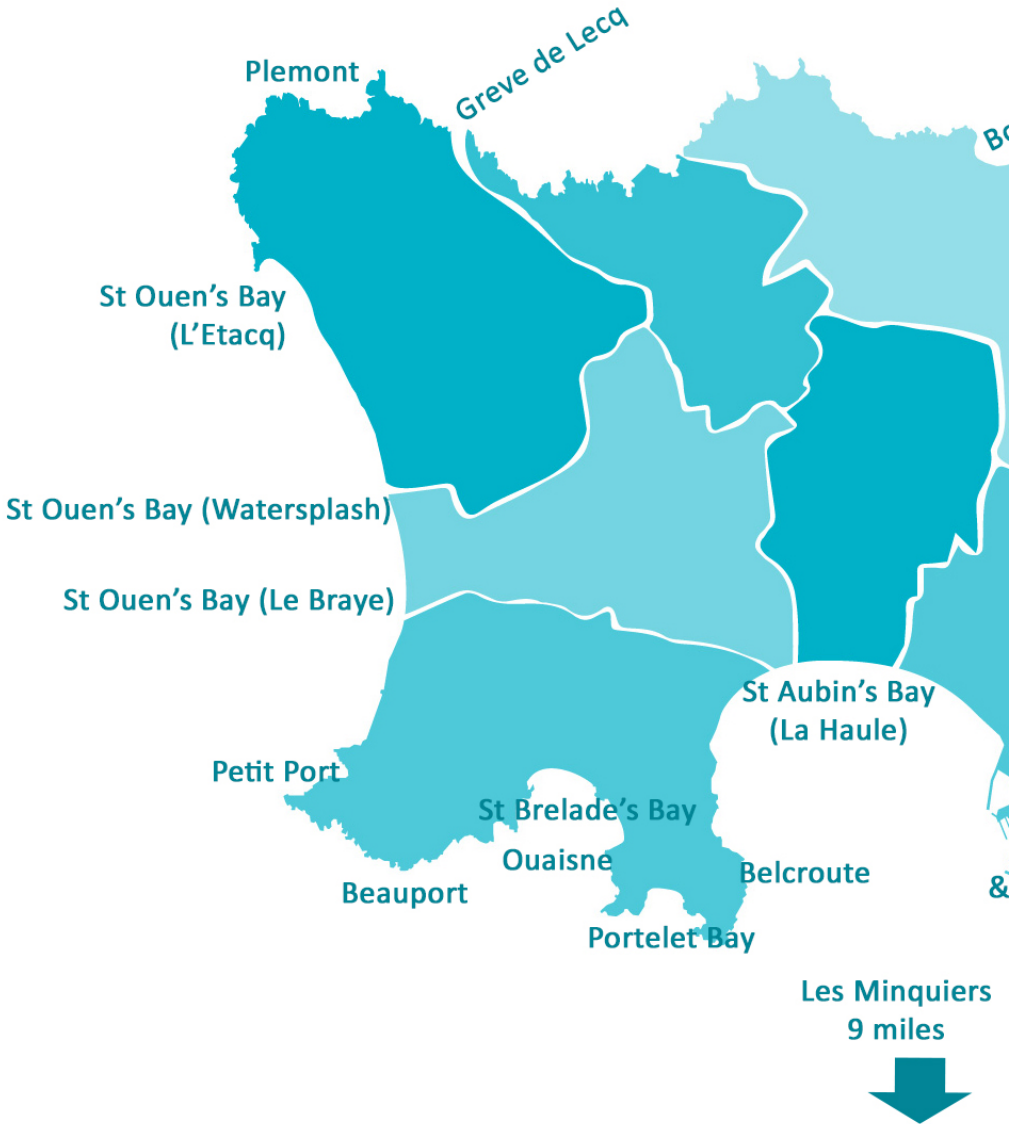
Swimming at Gorey is not in its harbour but from an attractive beach behind the harbour wall. There are plenty of cafés and bars nearby.

## Green Island

This sheltered south-facing beach is a real sun trap with soft sand, rock climbing and rock pools. The tide goes out a long way, so take care with the swift incoming tide and pick times close to high water to enjoy swimming or paddling.

There is ample car parking, public toilets, showers and the nearby restaurant and kiosk.

# Where to find the bays



Les Ecrehous  
5 miles



One Nuit Bay

Bouley Bay

Rozel Bay

La Saie

La Coupe

Fliquet Bay

St Catherine's (Breakwater Slip)

Belval Cove

Archirondel

Anne Port

Gorey Beach

Grouville Bay

Havre des Pas  
Lido Bathing Pool

Greve  
D'Azette

Le Hocq  
Green Island

La Rocque



## Greve D'Azette

This is a lovely sandy beach. There are some rocks, but only visible at low tide. The nearest facilities and parking are at Le Mare (the other side of the Rice Bowl), where there is a refreshment kiosk.

## Greve de Lecq

This sandy beach is one of Jersey's most picturesque and popular spots. It has two cafes, a hotel and a pub, the Moulin de Lecq. There is also a refreshment kiosk at the top of the slipway.

## Grouville Bay / Long Beach

There is a long stretch of sand that leads to Gorey harbour, with Mont Orgueil Castle as a backdrop. There's plenty of parking, beach cafes and kiosks as well as a children's beachside playground and soft sand.

Swimmers should take note of tide times, as at low water the tide is well over a mile out from the shore, making a dip a bit of a hike!

## Havre Des Pas beach & Lido Bathing Pool

This is a sandy beach and popular Lido, with good nearby facilities – changing rooms, toilets, a café and lifeguards on duty at the Lido between May and October. Unfortunately, there is no parking nearby, the closes being along Route du Fort.

## La Coupe

This is a small, mostly sandy beach, which is very sheltered from all but onshore breezes. There is a small car park but no kiosks or cafes.





## La Grande Maison

This is a hidden gem by the in-shore Lifeboat Station at St Catherine's. Well worth a visit.

## La Rocque

If the tide is in, you can swim from the sandy beach. Once the tide is out, walk along the pier to take your dip. There is a kiosk and public toilets.

## La Saie

This is a lovely tranquil spot, with no cafes or public toilets. The beach is full of coloured shells, with sandy bits emerging at low water.

## Le Hocq

This spot has much to offer with its small sandy beach, plenty of parking and public toilets. There is also the pub nearby as well as a refreshment kiosk to the track down from the road. Be careful of the tides here.

## Ouaisne

Ouaisne has much to offer – a big car park with public toilets, a refreshment kiosk by the slipway and a sandy beach, with a popular pub nearby.

## Petit Port

This is a rocky and exposed cove with limited parking. It's best to swim on a rising tide, as the waters warm up over the rocks.

## Plémont

Plémont is often described as one of the most beautiful bays in Jersey. This sandy beach offers safe bathing and surfing, rock pools and caves and a popular café.



## Portelet Bay

This is a fine sandy bay, worth the steep climb down from the Old Portelet Inn. There's safe swimming when the sea is calm and surfing when it's wilder. The beach is completely covered at high tide. There is a restaurant by the sea and toilets nearby.

## Rozel Bay

Rozel is more of a fishing harbour than a place to swim. But at low tide, there is a small stretch of white sand that is safe for children to play on. There is a popular refreshment kiosk, as well as a tea room and restaurant.

## St Aubin's Bay (La Haule)

La Haule slipway is 400 yards or so east of St Aubin. Once a popular spot, this sandy beach is now spoilt by sea lettuce. There is a café on the slipway and it's the site of a sea sport centre. Time your swims carefully – at low tide the water is a very long way out.

## St Brelade's Bay

St Brelade's Bay (the location for both our opening and closing group swims) is perhaps the most popular beach in Jersey. As well as a long sandy beach, there is a host of cafés, restaurants and hotels along the front, as well as public toilets. You can also hire boats and paddle boards here.

## St Catherine's (Breakwater slip)

You can enjoy a good swim at any tide, with easy access from the slipway by the breakwater. There is a very popular café and toilets.



## St Ouen's Bay (Watersplash)

With miles of sand washed by rolling Atlantic waves, St Ouen's beach is a natural playground for surfers and adrenaline seekers. Swimmers should take care in the strong currents and stick to the flagged zones. The beach is patrolled by RNLI lifeguards during the season.

## St Ouen's Bay (L' Etacq)

Swimming here has to be on a high-ish tide; at low water the rocks make an impressive sight. There is parking here.

## St Ouen's Bay (Le Braye)

Le Braye has plenty going for it – soft sand, swimming at all tides, a large car park, public toilets and a popular café.

## Les Ecrehous

Les Écréhous are a hidden treasure five miles offshore, mid-way between France and Jersey. The area is perfect for swimming and picnics (although watch the current).

## Les Minquiers

The sandbank is ideal for paddle-boarding, swimming and picnics. If you're lucky, you may spot a resident seal or pod of dolphins on your crossing.



We live on a beautiful island, the perfect place for sea swimming, so why not get out there and explore it this July and what's more you'll be raising money for two worthy causes. So go on... 

# JUMP IN THIS JULY



[www.30bays30days.org.je](http://www.30bays30days.org.je)



**Jersey Hospice Care**  
your care, your choice, your time



**National Trust Jersey**