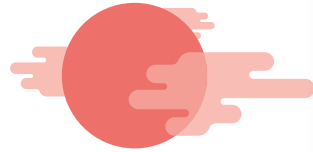


JUMP IN THIS JULY...



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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 great 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 two 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 1,700 verges of land, 19,000 metres of footpath and 30 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, age or diagnosis.

About this little booklet

This booklet lists over 30 bays you could explore, including Les Écréhous 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.

The Challenge

In 2016, we launched a fundraising initiative in Jersey, called 30 Bays in 30 Days - and what a great success it was! We are delighted to confirm that the event will be held again this year and is going from strength to strength and we hope that as many people as possible will register to swim a minimum of 30 strokes in 30 bays from the list below. It all takes place between 1 and 31 July. Don't worry if you can't fit it all in during July - please carry on swimming in August so you can tick those bays off your personal list.

We encourage you to do as much or as little as you wish. How about swimming a minimum of 30 strokes 30 times in bays close to your home? Maybe make an afternoon of walking from bay to bay to tick a few off or plan a couple of coastal swims, followed by a picnic or BBQ? It's all about creating great memories and enjoying the summer fun.

We are lucky to have so many amazing places to swim off Jersey, although some places may present a challenge to get to. If you would like to get involved but think that you will be unable to swim at every bay on the list you are free to choose which bays work for you, to complete 30 swims at those, to complete the challenge.

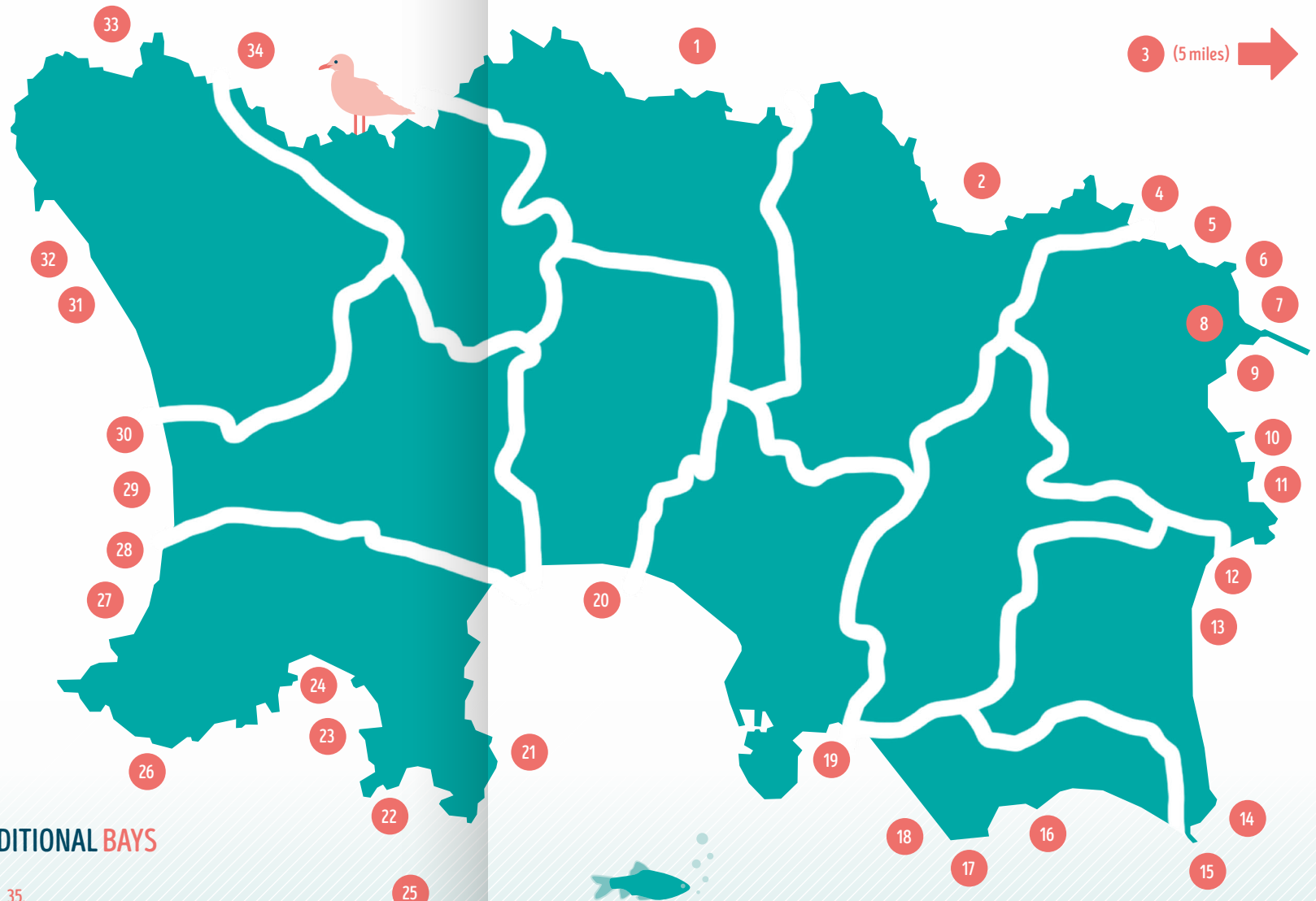
This year, we are hoping that we will be in a position to stage our opening and closing swims held at the beginning and end of the challenge at St Brelade's Bay.

We are fortunate to live on a beautiful island with many lovely beaches. Please remember to only leave footprints after your swims, to help keep the beaches and bays looking this way.



LIST OF BAYS TO TICK OFF

- 1. Bonne Nuit Bay
- 2. Bouley Bay
- 3. Les Écréhous
- 4. Rozel Bay
- 5. Le Saie Harbour
- 6. La Coupe
- 7. Fliquet Bay
- 8. St Catherine's (Breakwater Slip)
- 9. Belval Cove
- 10. Archirondel
- 11. Anne Port
- 12. Grouville Bay (Slip by Rhona's Café)
- 13. Grouville Bay (Longbeach)
- 14. La Rocque
- 15. Robin Bay
- 16. Le Hocq
- 17. Green Island
- 18. Grève d'Azette
- 19. Havre de Pas & Lido Bathing Pool
- 20. Jenny's Slip, St Aubin
- 21. Belcroute
- 22. Portelet Bay
- 23. Ouaisné
- 24. St Brelade's Bay
- 25. Les Minquiers
- 26. Beauport
- 27. St Ouen's Bay (La Pulente)
- 28. St Ouen's Bay (Le Brayé)
- 29. St Ouen's Bay (El Tico)
- 30. St Ouen's Bay (Watersplash)
- 31. St Ouen's Bay (Jersey Pearl)
- 32. St Ouen's Bay (L'Etacq)
- 33. Plémont
- 34. Grève de Lecq



ADDITIONAL BAYS

- 35.
- 36.
- 37.
- 38.

25
(9 miles)
↓

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 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

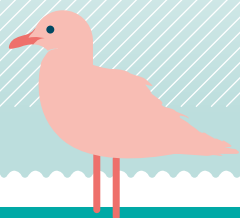
With a long and steep path down from the car park, it never gets too busy on a hot summer day. Once you've negotiated the many stones at the bottom of the path, you are rewarded with the bay's soft sand and shelter from any wind.

Belcroute

Is 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, or nearby Archirondel.



Bonne Nuit Bay

Bonne Nuit is the smallest of the four harbours on the north coast. Parking is easy, there are public toilets, a good cafe/restaurant specialising in Thai food. There is a very small sandy beach and, in the summer, there are 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 are public toilets and a kiosk for refreshments.

Fliquet Bay

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

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.

Grève 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 La Mare (the other side of the Rice Bowl), where there is a refreshment kiosk.



Grève dé Lecq

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

Grouville Bay / Gorey Beach

Swimming at Gorey can be done on the small beach at the mouth of the harbour off the slipway. Or you can walk along the pier and at the back of the last house at the foot of the Castle there are some steps to a small slipway which is lovely at high tide. There are plenty of cafés, bars and toilet facilities nearby.

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 closest 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 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.

Le Hocq

This spot has much to offer with its small sandy beach, plenty of parking and public toilets by the Parish Hall. There is also the pub nearby as well as a refreshment kiosk at the top of the slipway. Be careful of the tides here.

Le Saie Harbour

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.

Les Écréhous*

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 Minquières*

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.

*You will need to arrange a boat trip to get to Les Écréhous and Les Minquières. There are a number of options available.

Ouaisné

Ouaisné 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.

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. There is a bridge to access the beach.

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.

Robin Bay

Lovely little sheltered beach in the east of Jersey - a favourite for locals.

Rozel Bay

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

Jenny's Slip (St Aubin)

The slip in front of St Aubins yacht club will be formally named as Jenny's Slip, to commemorate the life of Jennifer Ellenger, who was a very well-known and much loved figure in the Jersey community and who was a founder of our sea swimming group The Beaux & Bluebelles.

St Brelade's Bay

St Brelade's Bay 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 (La Pulente)

La Pulente is situated at the beginning of the Bay and has plenty of parking on the opposite side of the road and toilets and a café on the slip.

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 and restaurant.

St Ouen's Bay (El Tico)

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. This part of the bay has the wonderful El Tico café and toilets as well as a surf shop.

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 (Jersey Pearl)

This area of the Bay has parking, toilets and is usually serviced by an ice cream van!

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.



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...*

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