How do you want to feel?

Ready to feel relaxed?
Join the conversation #theislandbreak

Breathe! Relaxation is a state of mind - a moment of contentment. Relax on the island break this autumn. Here’s what visitors shouldn’t miss….

**Day One**

Arrive, calm the mind, breath, unwind and start enjoying your #theislandbreak

**Breakfast**

Perhaps it’s the fresh sea air or the steady ebb and flow of our tides, whatever the reason, island life often seems to slow down so you can breath. Five minutes after arriving you could be taking it easy at Le Braye Bistro, ordering 'the lifesaver' breakfast and taking in your first views of Jersey’s Atlantic coast.

Find out more: [http://lebraye.com/](http://lebraye.com/)

**Morning**

Exercise can be calming too – especially when it takes in Jersey’s stunning north coast. Walk from Devil's Hole to Sorel Point, passing through Mourier Valley where hopefully you will get the chance to make friends with our Manx Loaghtan Sheep or watch the red-billed chough’s. Meet Aaron who takes care of them year-round.

Find out more: [www.jersey.com/meet-aaron](http://www.jersey.com/meet-aaron)

**Lunch**

Relaxing is about taking the time to enjoy the things you normally rush, so stop at the Windmill Inn for a peaceful homemade lunch set in the countryside Parish of St Peter. Sit and watch the world go by, feel free to wander around the display room and workshop of award-winning jewellery designer Catherine Best where you will find bespoke Channel Island inspired pieces of jewellery to take home as a momento of your time in Jersey.

Afternoon

Reconnect with nature at The Elms, the Headquarters of the National Trust for Jersey, where you can meet the team and wander around the grounds of this beautiful example of an old Jersey Farmhouse. Enjoy the blissful peace of the walled garden, orchard and meadow with its stream running through its heart.

Insider tip!

If you come to Jersey in October you might be lucky enough to attend the Black Butter Making at the Elms, a fantastic community event that encourages visitors to become a ‘local’ for the weekend, getting to know the community, help make the Black Butter and hearing the local language ‘Jeriaise’ being spoken.

Find out more: https://www.jersey.com/black-butter-making-elms-0

Plan your afternoon to soothe away your stresses at one of Jersey’s luxury spas. The Ayush Gold Signature Facial at Hotel de France is a luxurious facial using a blend of plants, flowers and 23 carat gold (yes, real gold) to provide healing and balance. Feel restored and regenerated and ready for the rest of your stay.

Find out more: https://www.defrance.co.uk/spa/

Afternoon Tea

Now you are feeling ten years younger, why not properly indulge with the newest Afternoon Tea on the island at Cheffin’s at The Beaumont. This 18th century tradition is a must after a day of relaxation and pleasure, and what better place to enjoy it than at Cheffin’s, with all its character and charm that it has earned over the last three centuries and now returned to its former glory.

Find out more: http://cheffinsbeaumont.com/

Cocktails before Dinner

Want to know a local secret? Project 52 is a hidden gem for a pre-dinner aperatif. Orwellian-inspired drinking club discreetly located on a cobbled lane in the beating heart of St Helier. Discover Flight Club, a new drinking adventure, where rare spirits are yours to mix. Order what you like, from a choice of four, six or eight tasting flights served in apothecary bottles, add a paired garnish and mixer and the enjoy the adventure. Its GiNsane!! Shussssh - just look for the Buzzer.

Find out more: http://www.project52.club/
Dinner

Finish your day at a European-style grand Brasserie. With two beautiful dining rooms to choose from, each individually designed to suit your mood, Banjo’s is fun and elegant with delicious food and fine wine. Spoiling yourself in these delightful surroundings is the perfect end to a relaxing day.

Find out more: http://banjojersey.com/

Day Two

Ease into the day with a calm positive attitude. Begin your morning by lying in bed, and waking up slowly – no rush. Then make your way to the Kalimukti Yoga studios where you will find 17 unique teaches offering a variety of yoga styles.

Find out more: https://www.jersey.com/kalimukti-yoga

Early Brunch

Watch the world go by with an al fresco table – its sophisticated brunching at the bright and buzzy Café Zephyr, The Royal Yacht Hotel where brunch doesn’t just come with a good menu, you can also choose from a range of fresh juices and smoothies to sip while you people watch.

Find out more: https://www.theroyalyacht.com/restaurants/cafe-zephyr

St Helier’s Retail Therapy

Spend a while strolling through the cobbled streets and squares of St Helier, discovering hidden corners and new neighbourhoods with a mix of local boutiques and high street stores. With everything within easy walking distance, island shopping is hassle free and the perfect calming activity away from the hustle and bustle of your typical city centre shopping spree.

Find out more: https://www.jersey.com/shopping-in-st-helier

Taste, Experience, Relax, Explore

Spend the afternoon enjoying an exclusive tour of La Mare Wine Estate where you will visit the beautiful vineyards and orchards and your guide will offer a tasting session including wines, Jersey Black Butter and luxury chocolate, a chance to experience the fruits of their labour.

Find out more: https://www.lamarewineestate.com/visit/tour
Early Dinner

Early doors for dinner at The Farm House, this stunning old building that dates back to the 16th Century - their mission to produce freshly prepared food from high quality, locally grown and sourced ingredients, from field and sea, means you may wait longer but it's worth it.

Find out more: [https://www.jersey.com/farm-house](https://www.jersey.com/farm-house)

Bioluminescence on the Beach

As night descends and the ocean recedes finish your day with a unique experience viewing bioluminescent creatures, star-like shapes of luminous green that twinkle and sparkle as well as other marine life on this 'moonwalk' across the seabed with Jersey Walk Adventures.

Find out more: [https://www.jerseywalkadventures.co.uk/](https://www.jerseywalkadventures.co.uk/)