



Rediscover Yourself 1 Day Itinerary

An island of rediscovery #theislandbreak

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Nature's never far away in Jersey. For a small island Jersey is full of natural, wild spaces where you can reconnect and experience nature at its best. From the wide open spaces of the Coastal National Park spanning Jersey's west coast to the wild heights of the north coast and the low tide lunar landscape uncovered by the island's tides, Jersey's has some rare natural habitats and unique wildlife that are just waiting to be discovered.

Itinerary Highlights

On an island that is only nine miles by five it's astonishing how much you can experience in a day. An island in tune with nature, where you can feel refreshed and rebalanced in the fresh sea air.

- Discover the world famous Jersey Zoo and inspiration to the TV series 'The Durrells'
- Head out into the stunning Jersey National Park for some epic walking views
- Try Forest Bathing coined the 'new yoga'

Morning

Start the day by taking a trip to [Jersey Zoo](#). Whether you're after fun, tranquility, knowledge or a place to soak up the sunshine, this stunning 32-acre park with valleys, woodland and some of the world's rarest animals is the perfect chance to experience 'the jewel in Jersey's crown'. Relax and stay a while or see the best bits in under two hours.

Paddy Hammersley
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Group Size: No Limit

Discounted Group Cost: For group over 10 Adults £14.85 each / Seniors 65+ £13.05 each / Children 4-16 years £10.80 each.

Lunch

Head west of the island and get lost in the wilds of St. Ouen's Bay and the [Jersey National Park](#); take in fantastic scenery, encounter local wildlife and learn about the vast variety of wild edible and medicinal plants our unique environment has to offer. Discover the Park's new visitor centre called the **Frances Le Sueur Centre** in the heart of the park in St. Ouen's Bay. Go foraging with Kazz from [Wild Adventures](#) journey in some of the wilder parts of the island using natural navigating skills. At the end of the forage enjoy a wild bbq with Kazz, you might even get to try some of Kazz's homemade elderflower champagne.

Kazz Padidar

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Group Size: 21

Duration: 1.5hrs

Discount Group Cost: Available on request

Afternoon

[Shinrin-Yoku or Forest Bathing](#) is coined as "The New Yoga". Join Amanda on a gentle meander in Jersey's pristine, natural beauty - experience a sensual relationship with nature to reset, restore and renew. Gathering amongst Pine trees, wander down through sand dunes. Completing the morning with a foraged wild herb Tea Ceremony whilst enjoying the beauty of the forest surrounding you.

Amanda Bond

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Group Size: 25 people

Duration: 3 hours

Discounted group rate negotiable