



## Rediscover Yourself 6 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

An island in tune with nature, where you can feel refreshed and rebalanced in the fresh sea air. Explore these highlights over 6 days.

- Decompress as the sun sets over the sea on a sunset kayak tour
- Wash away your stresses with a yoga, surf and heritage stay experience
- Head out into the stunning Jersey National Park for some epic walking views

### Day 1

#### Stay

Get really wild with a stay at [Durrell Wildlife Camp](#). Wake up among wildlife, with luxury camping in the grounds of Durrell, the wildlife park founded in 1959 by writer and conservationist Gerald Durrell. Camp out in luxury in geodesic domes and doze off to the gentle sounds of rare golden lemurs and tamarins. Stay in stunning five-star luxury surrounded by some of the rarest animals on the planet. The ultimate luxury glamping getaway with a unique twist. The accommodation is location right next to Durrell's Jersey Zoo.

Vicky  
Reservations@durrell.org  
+44 (0)1534 860097  
www.durrell.org/stay

Group Size: Luxury self-catering camping pods are licensed to accommodate up to 2 adults & 2 children.  
Open March to November  
12 Pods Available (24 adults + 24 children)  
Discount Group Cost:10% when booking as group

## Lunch and Afternoon

Your stay at Durrell Wildlife Camp includes park entry to [Jersey Zoo](#). Whether you're after fun, tranquillity, 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  
[Paddy.Hammersley@durrell.org](mailto:Paddy.Hammersley@durrell.org)  
+44 (0)1534 860036  
<https://www.durrell.org/wildlife/>

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.

## Evening

Join [Jersey Walk Adventures](#) at Seymour tower as night descends and the ocean recedes, star-like shapes of luminous green begin to twinkle and sparkle in a few special spots at low tide. Experience the uniqueness of [Bioluminescence on The Beach](#) with creatures and other marine life on this "moonwalk" across the seabed. In just a few hours the ocean will return to cover your footprints by up to 40ft.

Group Size: 12  
Duration: 1.5hrs  
Discount Group Cost: 20% trade rate providing the group is more than 10 and payment is made online and in advance of the activity. Note. The dates available are very limited and advance booking is essential. German & English speaking guide available.

Derek Hairon  
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(+44) 07797853033  
[www.jerseywalkadventures.co.uk](http://www.jerseywalkadventures.co.uk)

## Day 2

### Morning

Get lost in the wilds of St. Ouen's Bay; 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. 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  
www.wildadventuresjersey.com  
+44 (0) 7797 886242  
kazz@wildadventuresjersey.com

Group Size: 21  
Duration: 1.5hrs  
Discount Group Cost: Available on request

## Afternoon

Wind down and connect with nature from a different perspective. [Island Hop Yoga with Vanessa](#) will see you hop on board a rib boat and be whisked off the other worldly islands of Les Ecréhous and Les Minquiers, with miles of reefs, sandbanks and rocky islands revealed at low tide. Surrounded by crystal clear waters, escape the hustle of busy life and take in some serious views! Collect a picnic before you head out from the [The Fresh Fish Company](#), and explore, relax and swim. If you're lucky, you may spot a seal or pod of dolphins on the crossing.

Vanessa Garrett  
contact@vanessagarrett.com  
[www.vanessagarrett.com/island-hop](http://www.vanessagarrett.com/island-hop)

Group Size: 11 (1 rib boat)  
Duration: 3 hours  
Private charters and discount available on request.

## Day 3

### Morning

Start your morning off with a trail run or walk along the [north coast of Jersey](#) and through [Jersey National Park](#). Steep cliffs, clad in gorse and bracken, overlook perfect hidden bays and inlets, while an uninterrupted coast path climbs and dips, roller-coaster like, its entire length. Little wonder it's where you'll find some of the finest scenic walks in Jersey. Discover the Park's new visitor centre called the **Frances Le Sueur Centre** in the heart of the park in St. Ouen's Bay.

### Afternoon

After making your way along the north coast, take a pit stop at Greve De Lecq, enjoy a light lunch at [Colleens Café](#) and then head out for some really wild [coasteering with Jersey Adventures](#). Join John as he guides you across gullies, takes you swimming into caves, tunnels and a Venus pool, and for those of a daring disposition you will be given opportunities to complete jumps from heights of up to 10m. During the coasteering trip you'll discover 'The secret beach', learn about the coastlines history and might even get a taste of the freshest seaweed.

John Fox  
[john@jerseyadventures.com](mailto:john@jerseyadventures.com)  
+44 (0) 7797 727503  
www.jerseyadventures.com

Group Size: Large group size available (50). 1 instructor to 6 people  
Duration: 2 – 2.5 hours  
Discount Group Cost: £35pp – Large group discount available on request

## Day 4

### Stay

Stay in magical, historic [Kempt Tower](#) renovated with all the mod-cons which is just a few meters from the beach, located within the Jersey National Park. This historic Martello Tower has been restored with all modern conveniences and fully equipped as a self-catering property including open plan living and sleeping.

Group Size: 12  
Discount Group Cost: available on request

Jane Miles

[jane.miles@jerseyheritage.org](mailto:jane.miles@jerseyheritage.org)

<https://www.jerseyheritage.org/holiday/kempt-tower>

### Morning

If you want to immerse your mind body and soul with nature, you can head to [Laneez](#) and grab a surfboard for a Jersey Surfari with Scott. Warmed by the gulf stream and powered by Atlantic swell, there's no better rush than paddling out to clean waves in Jersey's west coast.

Scott Donaldson

[laneez1999@gmail.com](mailto:laneez1999@gmail.com)

+44 (0) 1534 744157

<https://www.laneezjersey.com/>

Group Size: 50 Maximum Group Size – Advance booking essential  
Duration: 1.5hrs  
Discount Group Cost: 1-1 = £40 / 2-3 people = £35 pp / 4-8 people = £25 pp / 8 people + = £20 pp

### Lunch

Enjoy a spot of lunch at [Barrow at the Manor](#), set in the beautiful grounds of the [Botanic Gardens at Samares Manor](#). The gardens extensive, tranquil and peaceful including a renowned herb garden and Japanese garden.

Gemma Bartlett

[info@barrowatthemanor.com](mailto:info@barrowatthemanor.com)

<https://www.facebook.com/barrowatthemanor/>

Group Size: 40  
Discount Group Cost: Available on request

### Evening

Jersey is the island break to unwind and rebalance your soul. Salute the sun after some catching waves, head to the tranquil [Kalimukti Yoga Studio](#) and find your yoga pose.

Calli De La Haye  
calli@kalimukti.com  
[www.kalimukti.com](http://www.kalimukti.com)

Group Size: 22  
Duration: 40 minutes – 2hours  
Discount Group Cost: Group discount on request

## Day 5

### Morning

Wake up to Jersey's sunrise in the east of the island. Hire a bicycle for an easy ride along the east coast, small leafy green lanes and past historic castles. Head to Gorey pier before you meet up with your friendly guides Rik and Lisa from [Cycle Tours With 9 by 5 Adventures](#).

Lisa Mansell  
[9by5adventures@gmail.com](mailto:9by5adventures@gmail.com)  
+44 (0) 7797780295  
[www.instagram.com/9by5adventures](http://www.instagram.com/9by5adventures)

Group Size: up to 16  
Duration: 2hrs – 6hrs  
Discount Group Cost: £35 per person – with discount available to groups  
Private tours available on request.

### Lunch

Take a lunch break in the Jersey National Park and then discover some of Jersey's beautiful birds and wildlife of the island with [Jersey Birding Tours](#). Reconnect with nature at these protected wide open spaces from wetlands to sand dunes, spot majestic Marsh Harriers circling overhead.

Neil Singleton  
<http://www.birdingjersey.co.uk>  
+ 44 (0) 1534 888600  
[neil@birdingjersey.co.uk](mailto:neil@birdingjersey.co.uk)

Group Size: 12 people  
Duration: Morning / Evening (2hrs) or Full Day (6hrs)  
Discounted group rates: £10pp over 6 people for Morning / Evening session  
Private tours available on request.

### Evening

Decompress as the sun sets over the sea as you enjoy an evening kayak tour with [Jersey Kayak Adventures](#). Enjoy the evening light and experience the rhythm of the ocean. Paddle with local guides who know all the hidden places. Meet wildlife and discover secret bays and caves.

Derek Hairon  
<https://www.jerseykayakadventures.co.uk>

+44 (0) 7797 853033  
info@jerseykayadventures.co.uk

Group Size: 16  
Duration: 1.5 hours  
Discounted rate of 20% trade rate providing the group is more than 10 and payment is made online and in advance of the activity.

## Day 6

### Morning

**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  
+44 (0)7797825107  
[wildshinrinyokujersey@gmail.com](mailto:wildshinrinyokujersey@gmail.com)  
<https://www.facebook.com/AmandaBondHumanNatureProject/>

Group Size: 25 people  
Duration: 3 hours  
Discounted group rate negotiable

### Afternoon

**Wild Days Outdoor** offers bespoke Forest School and Bushcraft sessions for re-wilding your soul. Join Stephen for some outdoor wellbeing, he believes passionately in the connections between natural, well-being and mental health. Strengthen your connection with nature learning basic skills for a wild environment, how to make a campfire, build a shelter using natural materials

Stephen Le Quesne  
+44 (0)7797773866  
info@wilddaysoutdoor.com  
<https://www.wilddaysoutdoor.com>

Group Size: 15  
Duration: 2 hours  
Discounted group rate negotiable