

## Find your adventure holiday

Pulse-racing experiences to add to your trip

An island of rediscovery #theislandbreak

Find us on:

Twitter: @VisitJerseyCI (consumer) @VisitJerseyBiz (trade)

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### TRIP DETAILS

A natural playground for adrenaline-seekers where you can choose to do so much, or so little, Jersey suits the adventurous. With a range of activities in close proximity, you can practise your skills or learn new ones and still be back in time for lunch.

### ON THE WATER

#### Dip your toe in to Jersey's adventure scene

Head to some of [Jersey's main beaches](#) - St Brelade's Bay, St Aubin's Bay and St Ouen's Bay for beach activities from [boat trips](#), [banana boating](#) and [paddle boarding](#) to [jet skis and water-skiing](#). Not so fast paced? Join a [kayak tour](#) to explore the caves and coves of Jersey's coastline, spotting rare wildlife and seabirds along the way.

### IN THE WATER

#### Dive into the island's active lifestyle

Into surfing? Join the line up along the breaks of St Ouen's bay, where islanders have been surfing since the 1920s and where what's thought to be the oldest surf school in Europe has its base at the [Watersplash](#). Or see the island from a different perspective and go [coasteering, scrambling, swimming and rock](#) jumping around the coastline with your guide, discovering hidden rock pools along the way.

### ON DRY LAND

#### Push the boundaries of the possible

Test your limits with [high level traversing](#) and [zip wires](#) through the trees at Creepy Valley or contact adventure providers like [Jersey Adventures](#) or [Absolute Adventure](#) to learn more about their activities from abseiling to blokarting and landsailing! Jersey has a range of inspiring terrains, including abseiling from the top of the medieval Mont Orgueil castle high above the sea and the Pinnacle rock on the island's west coast.

### NEXT STEPS

#### Ready to dive in?

Drop us an email to [marketing@visitjersey.ie](mailto:marketing@visitjersey.ie) and we'll help you shape the perfect island break escape.