

# MOVE MORE SELF-GUIDED CYCLE

## COURSE FACT SHEET

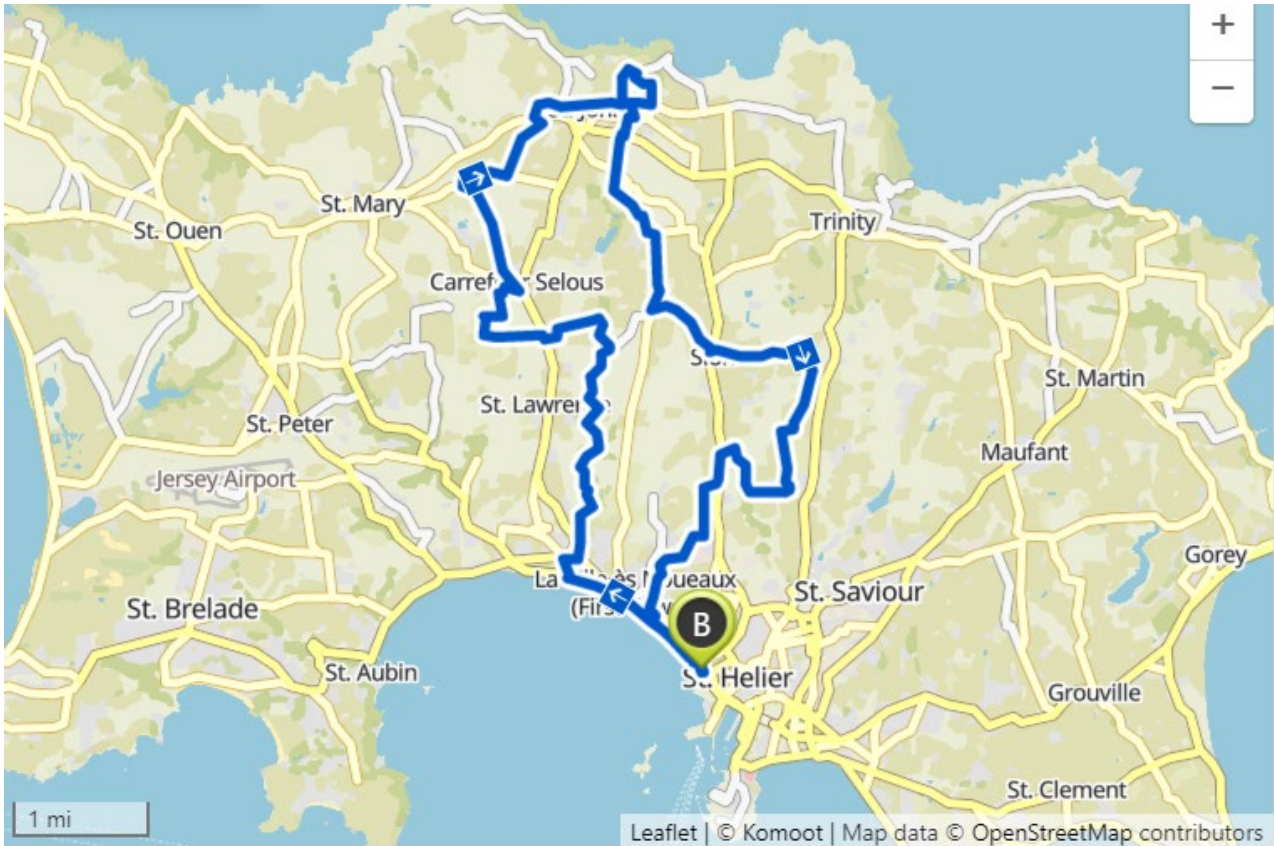
### Central Route - Challenging



Please ensure you have read the [Move More Jersey Self-Guided Walk and Cycle Route Terms of Use](#) prior to undertaking this walk.

	<b>Type of course:</b>	Experienced
	<b>Difficulty:</b>	Challenging 700ft incline
	<b>Area:</b>	Cycling through the centre of the Island incorporating Waterworks Valley and the north
	<b>Start and finish:</b>	Les Jardin de la Mer – La Fregate Cafe
	<b>Environment:</b>	Main roads and county lanes. A route with an overall elevation of 700ft.
	<b>Suitable for:</b>	Confident cyclists. Approx. 16.3m / 26.23km
	<b>Komoot link:</b>	<a href="#">Central Route - Start at Jardin De La Mer - Challenging   bike Tour   Komoot</a>
	<b>Approx. time:</b>	70 - 95 minutes
	<b>Parking:</b>	Waterfront carpark, paid for parking
	<b>Bus route:</b>	n/a

## ROUTE MAP



## Get Komoot

Sign up and download Komoot for your mobile from [www.komoot.com](http://www.komoot.com). It's a free navigational app, which works offline. You can also connect it to other devices, like your Garmin.

Request to follow June Powell - look for our Jersey Sport and Move More logo!