

# MOVE MORE SELF-GUIDED CYCLE COURSE FACT SHEET

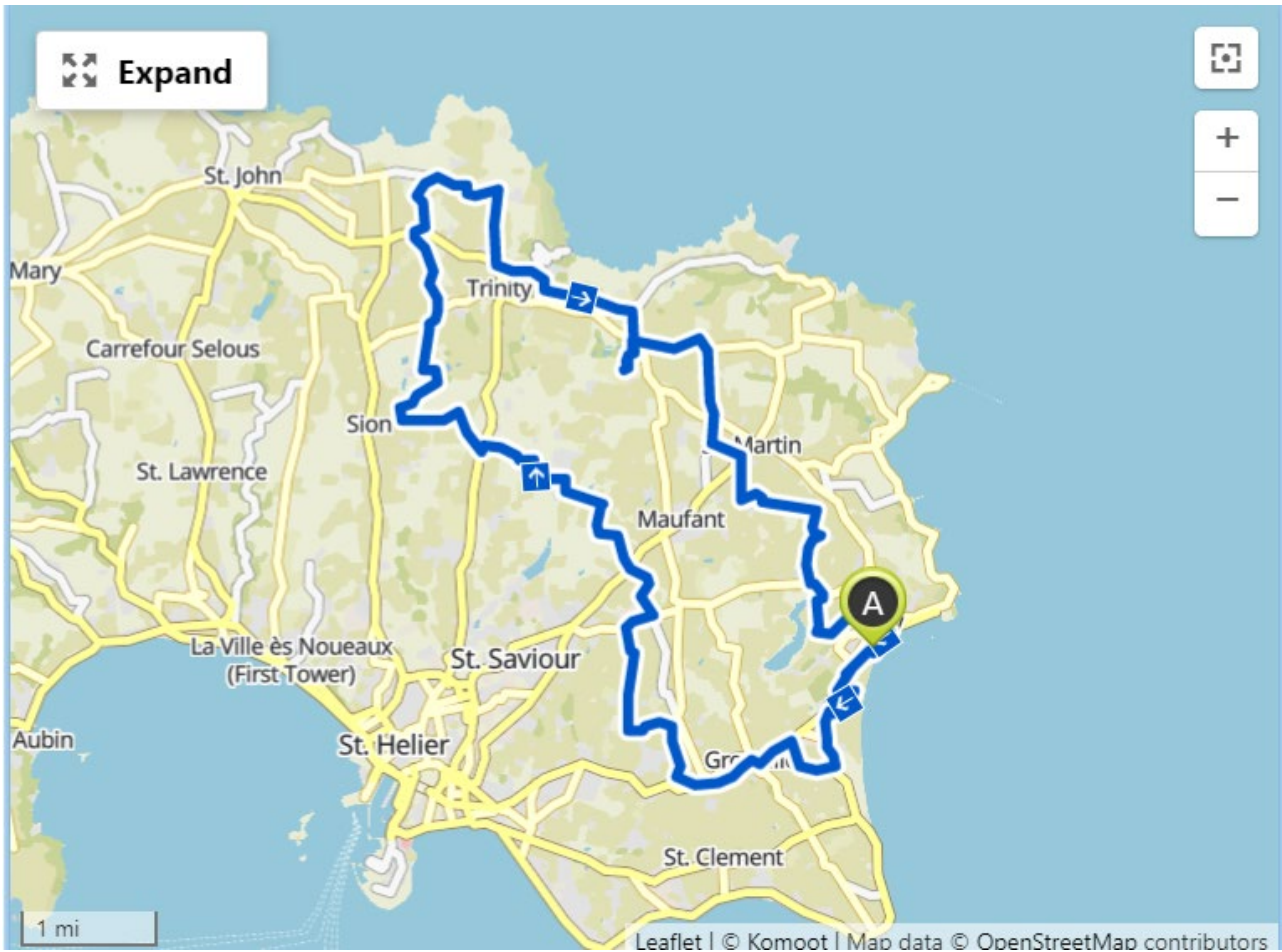
## Eastern Route - Challenging



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 east / north east of the Island, predominately on country lanes
	<b>Start and finish:</b>	Longbeach Car park, Grouville
	<b>Environment:</b>	Main roads and county lanes. A route with an overall elevation of 700ft
	<b>Suitable for:</b>	Confident cyclists. Approx. 17.9m / 28.8km
	<b>Komoot link:</b>	<a href="#">East - Start Longbeach Car park Challenging   bike Tour   Komoot</a>
	<b>Approx. time:</b>	60 - 120 minutes
	<b>Parking:</b>	Longbeach carpark, Grouville. Free 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!