










# MOVE MORE SELF-GUIDED CYCLE

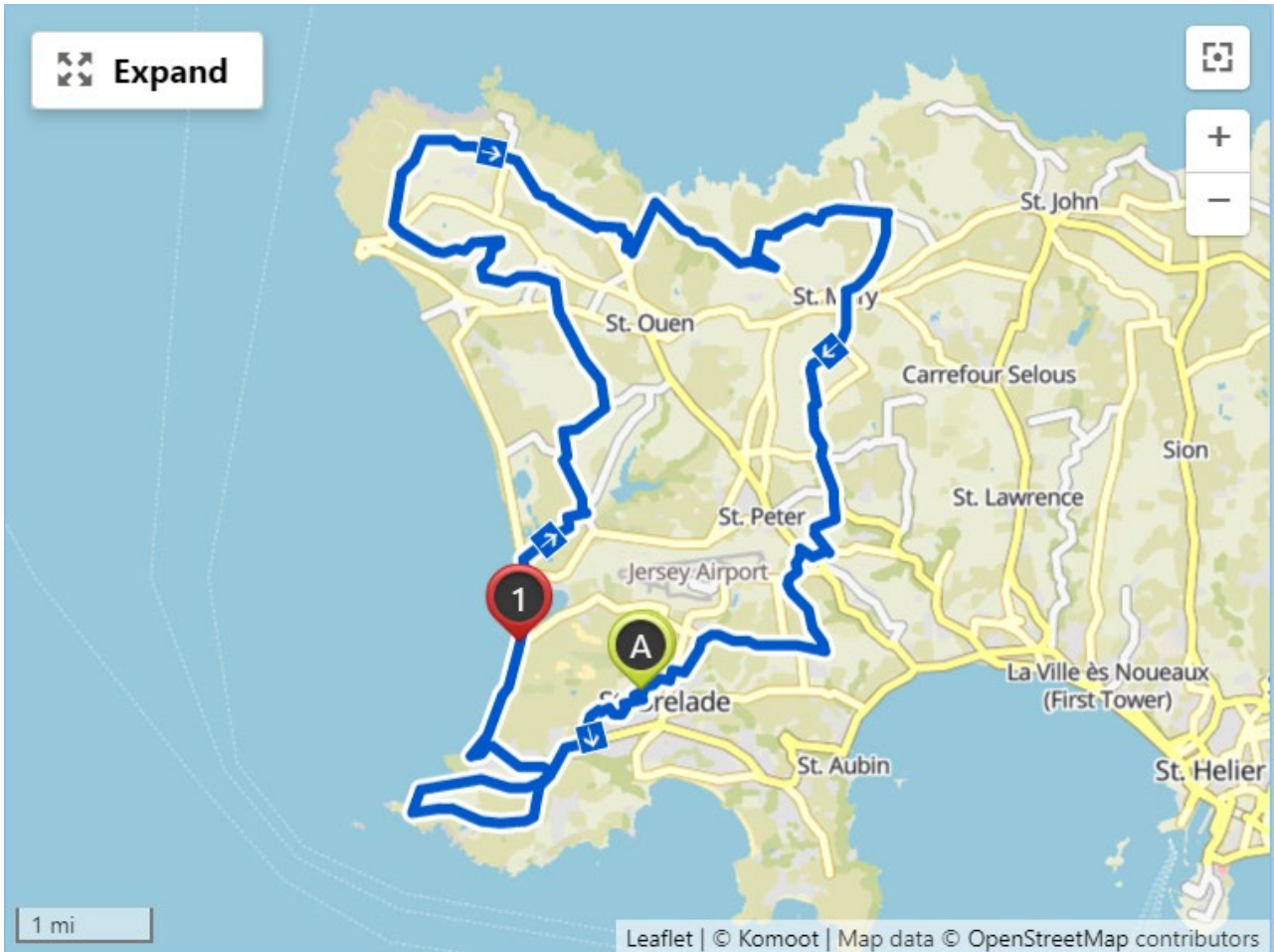
## COURSE FACT SHEET

### Western Route - Challenging Plus

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

|   |                          |  |
|---|--------------------------|--|
|   | <b>Type of course:</b>   | Experienced  |
|  | <b>Difficulty:</b>       | Challenging Plus, 950ft incline 22.3m / 36 km  |
|  | <b>Area:</b>             | Cycling through the west of the Island incorporating Corbiere, L'Etacq and St Peter's Valley         |
|  | <b>Start and finish:</b> | Les Quennevais Sports Centre – St Brelade  |
|  | <b>Environment:</b>      | Main roads and county lanes. A route with an overall elevation of 700ft.                             |
|  | <b>Suitable for:</b>     | Confident cyclist. Approx. 22.3m / 36km  |
|   | <b>Komoot link:</b>      | <a href="#">West Route From Les Quennevais Sports Centre - Challenging Plus   bike Tour   Komoot</a> |
|  | <b>Approx. time:</b>     | 120 – 140 minutes  |
|  | <b>Parking:</b>          | Les Quennevais Sports Centre – free display yellow disk  |
|  | <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!