

Healthspan

Andrew Fothergill

Guernsey Springtime WALKING WEEK

Saturday 4th to Sunday 12th May 2013

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Ready or Not 9.30 - 11.30

Smuggling and the Iron Hand 09.30 - 12.00

Secret Life of Herm 13.00 - 15.00 (Any morning sailing)

Green Lane Gambol 14.00 - 16.15

Sunday 5th May 2013

Fort to Fort 09.30 - 12.30

St Apolline and Country Walk 10.00 - 12.00

Barons, Buccaneers and Botany 10.00 - 13.00

Forgotten Castles, Crafts and Green Lanes 14.00 - 16.15

The North - South Divide 14.00 - 15.30

Monday 6th May 2013

Coast to Coast 09.30 - 17.00

Guernsey Donkey's Town Tales 10.00 - 11.30

Evacuation, Occupation and Potato Peel Pie 10.00 - 12.00

Victor Hugo's St Peter Port 13.30 - 15.30

Towers Tombs and Trails around the Clos du Valle 10.30 - 12.30

Good Ship Food Ship 18.00 - 19.30

Tuesday 7th May 2013

Many a Menhir 09.30 - 13.30

In Victor Hugo's Footsteps 10.30 - 12.00

Off the Beaten Track in Town 14.00 - 16.00

Back to the Future in the Castel 15.30 - 18.00

Healthspan History Walk - **Free Entry 17.30**

Wednesday 8th May 2013

East Coast Ramble 10.00 - 16.00

Manor, Mystery, Tragedy and Treasure 10.00 - 11.30

Back to the Orient 17.30 - 19.00

Ancient Port Under Occupation 18.00 - 19.30

Guernsey Donkey's Town Tales 18.00 - 19.30

Friday 10th May 2013

Beyond the Bay 10.00 - 13.00

Herm Above & Beyond 11.15 - 14.15 (10.30 sailing)

The Three Parishes 10.00 - 11.30

Victoria's Legacy 14.30 - 17.00

Saturday 11th May 2013

Golden Guernsey 09.30 - 13.45

Ghosts Graves and Famous Men 10.30 - 12.00

Walk the Water's Edge 14.00 - 16.00

Next Stop America 14.00 - 17.00

Sunday 12th May 2013

All Day Coastal Ways
AM 10.00 - 13.00
PM 14.00 - 16.30

St Peter Port Perspectives 10.00 - 11.30

Lihou Island and Ramsar Ramble 12.00 - 15.00

The Way of the Soldier 13.00 - 16.00

Ups and Downs of St Pierre Du Bois 14.00 - 16.15

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Welcome

'Healthspan is delighted to sponsor the Springtime 'Walking Week'. The 2013 walks are led by expert guides and offer an exceptional opportunity to keep fit in relaxed and beautiful settings, whilst discovering Guernsey and its rich history.

We are committed to improving health through exercise and nutrition and we look forward to welcoming you on a choice of 37 stunning walks. Healthspan hopes you'll make use of the FREE walk offers. Updates can be found at www.healthspan.co.uk/walkingweek

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Your key to the difficulty of the walks

Amble

Flat roads or paths. Lots of stops to look at interesting things and hear interesting stories and facts.

Medium

These walks may include roads and paths but expect cliff paths, steps or medium hills along the way. You should wear appropriate shoes.

Ramble

Hills, steps a stile or two will contribute to your enjoyment of these walks that may be longer than normal.



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FREE WALKS

3 WAYS TO CLAIM YOUR FREE WALK

- 1) If you want to stretch your legs, take advantage of Healthspan's sponsorship to take an all day walk for only £5.
- 2) Join the Healthspan History Walk on Tuesday evening. Collect your quiz sheet and explore St Peter Port to find the answers. Plus you could win some great prizes.
- 3) Tear off the voucher below and present it to your guide instead of £5 for one of the programme walks.

£5 walk voucher

Your name and address

Only one voucher per person.

Healthspan



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HOW TO BOOK

Plan your walking week by booking walks direct with the guides. Walks cost just £5 per tour (up to a half day) payable to guides on the day.

Tear out the **Healthspan FREE WALK** voucher and use it on any one of this week's walks, plus look out for the **Sponsored walks** and the free **Healthspan History Walk**.

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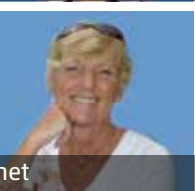
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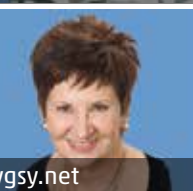
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Saturday 4th May 2013

1 Ready or Not

Explore the Houmet headland through the eyes of Captain Basset who was overseeing the building of the fortifications of the headland at the end of the 18th Century. Reflect and look back at the reinforcement of the area, making it an impregnable strong point with Paul Piniel, a conscripted soldier in the German Army.
MEET Vistas Kiosk Perry's Ref: 14 B1
TIME 9.30 - 11.30
GUIDE Eric Grimsley

2 Smuggling and the Iron Hand

Hear stories of the de Sausmarez family, here since 13th century, walk quiet lanes and the gentle cliff path to Fermain Bay (scene of 14th century smuggling and kidnap). Learn of Guernsey merchants, the historic building where Wesley first preached in the island, and hear tales of a wailing ghost by the stream below.
MEET Sausmarez Manor car park Perry's Ref: 31 E1
TIME 9.30 - 12.00 **GUIDE** Jenny Seth Smith

3 Secret Life of Herm

Herm resident Lesley Bailey will take you to parts of Herm towards the south of the island, not normally seen by the general public. On the way she will tell you about life on Herm past and present. *Travel to Herm on any morning sailing. Return on the 15.35 or 17.35 sailing.
MEET Herm Harbour **TIME** 13.00 - 15.00
GUIDE Lesley Bailey
Booking essential. Ferry tickets not included. Rough terrain in places which includes walking across fields and climbing a stile. *Suitable footwear should be worn.*

4 Green Lane Gambol

A country walk through the green lanes of St. Peter's and St. Saviour's. *Waterproof footwear advisable.*
MEET Longfrie Inn car park. Perry's Ref: 21 F5
TIME 14.00 - 16.15
GUIDE Elizabeth Gardener-Wheeler

Sunday 5th May 2013

5 Fort to Fort

Sunday morning, more walk less talk ramble, from fort to fort along the west coast, stopping to look at 18th and 19th century fortifications with the author of the book 'Martello Towers'. Listen to the stories and the reasons why they were built and the men behind their construction.
MEET Vistas Kiosk, Vazon Bay Perry's Ref: 14 B1
TIME 9.30 - 12.30 - finish at Fort Grey
GUIDE Eric Grimsley

6 St Apolline and Country Walk

Coastal and country lane walk, visiting an ancient burial site, 14c. St. Apolline Chapel, green lanes, passing by the massive German fortification sites of Mirus Battery with tales of the occupation, deportations of islanders, visiting an old farmhouse with furze oven, returning via country lanes to L'ere headland.
MEET Car park on Route de la Rocque, nr. Lihou headland, Perry's Ref: 12 B5
TIME 10.00 - 12.00
GUIDE Gloria Dudley-Owen

7 Barons, Buccaneers and Botany

Follow the nature trail from Saumarez Park to Cobo. Explore Le Guet and return through hidden green lanes taking in the history and botany of the area.
MEET Saumarez Park Home Farm entrance car park. Perry's Ref: 15 G1 Buses 3, 5A, 2
TIME 10.00 - 13.00 **GUIDE** Malcolm Cleal

8 Forgotten Castles, Crafts and Green Lanes

A walk around La Corbiere area, taking in cliffs (a couple of hard climbs) & green lanes and stopping at a private craft museum at the home of Jurat Steve Le Poidevin.
MEET Tostevin's vegetable stall, Rue de Manoir Forest. Perry's Ref: 28 A4
TIME 14.00 - 16.15
GUIDE Bob Thompson

9 The North-South Divide

A easy, flat stroll from the Northside of the Bridge finishing at St Samson's church yard. Enjoy taking in the interesting and picturesque sights whilst reflecting on the fascinating days gone by, when the Vale was a separate island, St Sampson's a vital port and "happenings happened"
MEET Opposite "Quayside" shop, Northside Perry's Ref: 11 F3
TIME 14.00 - 15.30 **GUIDE** Wendy Wilson

Monday 6th May 2013 Bank Holiday

10 Coast to Coast (Sponsored)

A delightful ramble which takes you from the most north-westerly point in Guernsey to the most south-easterly. Meandering through many hidden Green Lanes, Ruettes Tranquilles and quiet back roads, this all day walk shares the quieter side of life in our island along many almost forgotten routes. Approximately 11 miles and 6.5 hours. *Please bring picnic lunch as no kiosks en route.*
MEET: Lihou headland car park Perry's Ref: 12A5 Buses: 7, 5S
END: Jerbourg car park Perry's Ref: 31G4 Buses: 6AS
TIME 10.15 - 16.45 **GUIDE** Carla Bauer
Healthspan walk sponsorship means that this all day walk can be enjoyed for only £5.

11 Guernsey Donkey's Town Tales

Enjoy a leisurely stroll, taking a new look at our ancient and fascinating town, its history and people and hear and share a few "Donkey's Tales"
MEET Guernsey Information Centre Perry's Ref: Town L6
TIME 10.00 - 11.30 **GUIDE** Wendy Wilson

12 Evacuation, Occupation and Potato Peel Pie

A leisurely walk through the historic streets of St Peter Port, hearing about our Second World War experiences.
MEET sea side of Town Church Perry's Ref: Town L8
TIME 10.00 - 12.00 **GUIDE** Gill Girard

13 Victor Hugo's St. Peter Port

An illustrated guided walk in St Peter Port, looking at the architecture and topography of the town, noticing places of interest that remain since Victor Hugo's time of exile. This tour captures the spirit of his poetry and philosophy on an historical journey of discovery in the footsteps of one of the most influential writers of the 19th Century. Starting from Candie gardens, ending at Hauteville House's gardens but excludes admission to Hauteville House.
MEET Guernsey Museum & Art Gallery at Candie. Perry's Ref: Town H5
TIME 13.30 - 15.30 **GUIDE** Agnes Perry

14 Towers Tombs and Trails around the Clos du Valle

8000 years of history which includes church, ritual burial, invasion and daily life as you walk a route which including green lanes, common, track and beach.
MEET Kiosk car park by Vale Church and Pond
TIME 10.30 - 12.30
GUIDE Sue Spruce

15 Good Ship Food Ship

The S S Vega brought desperately needed supplies to the islands late in the Occupation. Travel back to that time and follow the route of its cargo from offload to distribution.
MEET opposite the White Rock Cafe, St Julian's Pier, St Peter Port Perry's ref: 17 H4
TIME 18.00 - 19.30
GUIDE Elizabeth Gardener-Wheeler

Tuesday 7th May 2013

16 Many a Menhir

Visit 3 of the few remaining standing stones whilst walking through the picturesque country parishes of St Pierre du Bois and St Saviour.
MEET opposite L'ere Bay Hotel Perry's ref 20 B1 Bus 5, 5A, 7 & 7A
TIME 09.30 - 13.30
GUIDE Elizabeth Gardener-Wheeler



buses.gg

17 In Victor Hugo's Footsteps

A walk around St Peter Port that follows the routes that the writer trod when he lived in exile here. See buildings he visited and views that inspired some of his most popular writing. The walk goes through the old quarter of town ending in front of Hauteville House but does not include admission.
MEET Guernsey Information Centre
TIME 10.30 - 12.00
GUIDE Gill Girard

18 Off the Beaten Track in Town

Travel through the alleyways (venelles) where the wine trade once thrived and recall the privateering of the 18th and 19th centuries before going up to Candie Gardens, Cambridge park and the Liberation Monument.
MEET Guernsey Information Centre. Perry's Ref: Town L6
TIME 14.00 - 16.00
GUIDE Bob Thompson

19 Back to the Future in the Castel

From park, through lanes to the militia camp and the fair ground. The 'sexton' gives a tour of the Parish Church and you'll hear some very strange tales of the Parish as you wind your way back to the start.
MEET Saumarez Park Tea Rooms Perry's Ref: 15 G2
TIME 15.30 - 18.00 **GUIDE** Eric Grimsley

20 Healthspan History Walk FREE

Tuesday evening from 17.30 onwards - return by 20.00 for competition entry. Follow the clues on your free map (from the Information Centre available on the day) to track down some of the Island's secrets. Return and post your entry by the deadline for your chance to win PRIZES!
START Guernsey Information Centre Perry's Ref: Town L6
TIME 17.30 - 20.00 **PRIZES!**

Wednesday 8th May 2013

21 East Coast Ramble

Enjoy part of the Channel Island Way walk with a moderately demanding walk that includes ups and downs as you ramble from Town to Saints Bay and back through St Martins. Bring your own picnic lunch although we will stop near a kiosk if you prefer to buy on site.
MEET Guernsey Information Centre Perry's Ref: Town L6
TIME 10.00 - 16.00 **GUIDE** Gill Girard

22 Manor, Mystery, Tragedy and Immense Treasure

Walk through meadow and gardens learning the secrets of Sausmarez Manor and its illustrious owners since 1254.
MEET Sausmarez Manor car park Perry's Ref: 31 E1
TIME 10.00 - 11.30 **GUIDE** Dave Richards

23 Back to the Orient

Enjoy an easy flat walk around Saumarez Park and discover the oriental passions that transformed the estate buildings and plantings.
MEET Saumarez Park Tearooms Park Perry's Ref: 15 G2
TIME 17.30 - 19.00
GUIDE Eric Grimsley

24 Ancient Port Under Occupation

An easy walk around the harbour area and piers visiting sites of significance during the Occupation years.
MEET opposite the White Rock Cafe, St Julian's Pier, St Peter Port Perry's ref: 17 H4
TIME 18.00 - 19.30
GUIDE Elizabeth Gardener-Wheeler

25 Guernsey Donkey's Town Tales

Enjoy a leisurely stroll, taking a new look at our ancient and fascinating town, its history and people and hear and share a few "Donkey's Tales"! Easy walk with a few inclines.
MEET Guernsey Information Centre Perry's Ref: Town L6
TIME 18.00 - 19.30
GUIDE Wendy Wilson

Thursday 9th May 2013

Liberation Day - See guide for activities

Friday 10th May 2013

26 Beyond the Bay

Experience the hidden charms of the marshes, meadows and mills in the heart of the Castel Parish.
MEET Vistas Kiosk, Vazon Perry's Ref: 14 B1
TIME 10.00 - 13.00
GUIDE Elizabeth Gardener-Wheeler

27 Herm - Above & Beyond

Herm Island resident Lesley Bailey will lead this walk around the north part of Herm. Some of the areas you will go to are not normally accessible to the public. More walk than talk but there will be time to hear some stories about life on Herm, past and present. *Travel to Herm on the 10.30 sailing. Return on any of the afternoon sailings.*
MEET Herm Harbour
TIME 11.15 - 14.15
GUIDE Lesley Bailey

Booking essential. Rough terrain in places which includes walking across fields, ascending a steep hill and climbing over a stile. There will be time to stop for a picnic lunch on the beach. Bring your own or purchase a sandwich from one of the Herm beach cafes. Ferry tickets and lunch not included. *Suitable footwear should be worn.*

28 The Three Parishes

A scenic walk taking in the history and botany along green lanes, bridle ways and footpaths where St Andrew's, St Saviour's and the Castel parishes meet.
MEET St Andrew's church car park Perry's Ref: 23 G3
TIME 10.00 - 11.30 **GUIDE** Malcolm Cleal

29 Victoria's Legacy

Step back one hundred and fifteen years to height of the Victorian era. A Victorian gentleman will take you on a walk to meet the Guernsey people who moulded the future of the town and island. Hear stories that will make your hair curl. You may never see St Peter Port in the same way again.
MEET Guernsey Information Centre Perry's Ref: Town L6
TIME 14.30 - 17.00
GUIDE Eric Grimley



Saturday 11th May 2013

30 Golden Guernsey

A country walk and visits encompassing aspects of our island's rich heritage of livestock farming and fine crafts. Includes visits to producers not usually open to the public. No dogs please. Booking essential.
MEET Bruce Russell, Gold and Silversmith, Le Gron, St Saviour. Perry's Ref: 28 B1 Buses 4/5/5A
TIME 09.30 - 13.45
GUIDE Elizabeth Gardener-Wheeler

31 Ghost Graves and Famous Men

Learn of the ghosts who haunt the valley behind Forest Church; the graves of famous Guernseymen and women buried in the churchyard and the heritage of the German Occupation of WW2. Walk down the valley where the first Wesleyan chapel was, and up the secret path to Les Caches (Guernsey National Trust house). Walk along the narrow lanes and cliff path to the 500 year old settlement of Le Bigard.
MEET Forest Parish Church car park to left of church entrance. Perry's Ref: 28 D3
TIME 10.30 - 12.00
GUIDE Jenny Seth-Smith

32 Walk the Water's Edge

Discover the history of Bordeaux Harbour and the surrounding area, enjoy the views from Vale Mill as we walk through the nearby lanes looking at traditional Guernsey houses and industry.
MEET Bordeaux Kiosk car park Perry's Ref: 11 G2
TIME 14.00 - 16.00
GUIDE Tim Doughty

33 Next Stop America

Scenic Pleinmont headland, taking in obscure paths, fortifications, prehistory and botany as well as the area's place in recent local culture and literature.
MEET Portelet Harbour car park Perry's Ref: 32 D2
TIME 14.00 - 17.00
GUIDE Malcolm Cleal

Sunday 12th May 2013

34 All Day Coastal Ways

A scenic walk along coastal paths and common land over an unspoilt area in the north of the island including historical remains from Neolithic times to the modern era. Breathtaking coastal and inland views and picturesque harbours. This walk splits in two stages so you can enjoy the full day or just walk a half day. NOT A CIRCULAR ROUTE
MEET AM meet Rousse Tower Perry's Ref: 33 F2 10.00 - 13.00
PM meet L'Anresse Kiosk Perry's Ref: 6 D2 14.00 - 16.30
GUIDE Elizabeth Gardner-Wheeler
Healthspan walk sponsorship means that this all day walk can be enjoyed for only £5.

Book your place with your guide.

See contact details above

Dogs are welcome on most walks. Please check with your guide when booking.

35 St. Peter Port Perspectives

An exploration of town's alleyways and streets in the steps of Guernsey's artists and early photographers. How much of bygone island life can you still see?
MEET Guernsey Information Centre Perry's Ref: Town L6
TIME 10.00 - 11.30 **GUIDE** Sue Spruce



Your FREE Walk voucher

Don't Miss Autumn Walking Week
September 7 - 15, 2013

Pre-Booking is essential to guarantee your place

Dogs are welcome on most walks. Please check with your guide when booking.