

## The ISLANDS of GUERNSEY

### SPRINTS, SWIMMING AND SELF-CARE: AN AUTUMNAL RUNNING RETREAT ON THE ISLANDS OF GUERNSEY



**London, May 2024** – A new retreat has been announced for October on the Islands of Guernsey with [Guernsey Running Retreats](#). Between 4 – 7 October 2024, guests will experience the best these islands have to offer, including a variety of coastal runs, wild swimming and yoga, complimented by plenty of time to sit back and enjoy the panoramic vistas of the Islands of Guernsey's breathtaking scenery and coastline. Those looking for an escape from the bustle of daily life should look no further than a running escape this autumn in Guernsey.

The knowledgeable and experienced team at Guernsey Running Retreats take visitors on runs through some of the Islands' scenic and historic highlights. Based at the welcoming [Le Chêne B&B](#), guests on this three-night retreat will enjoy sunset and sunrise excursions, alongside a coastal run on the tiny, car-free island of Herm. In addition, each participant will enjoy a tailored strength and conditioning assessment to receive advice and recommendations, as well as having the chance to swim in the 150-year-old La Vallette Bathing Pools and relax and restore with a private group yoga class. There is also plenty of time to mingle over delicious, home-cooked meals at Le Chêne, go for strolls around the surrounding coastline and bays, or simply sit back with a book and soak up the island ambience.

Runners of all experience levels are welcomed, with the team providing tailor-made experiences to ensure all guests feel welcome and catered for. Packages for non-running attendees are also available on request.

*The next Guernsey Running Retreats package will be held between Friday 4 October and Monday 7 October 2024. Three nights' full-board accommodation and all listed activities start at £860 per person. For more information and to book, visit <https://grr.gg/>.*

*Getting to Guernsey could not be easier, with flights available from the UK to Guernsey with [Aurigny](#) and ferries from Poole or Southampton with [Condor Ferries](#).*

**- Ends -**

For more information, please contact Natalie and the team at [guernsey@wearelotus.co.uk](mailto:guernsey@wearelotus.co.uk).