

## The ISLANDS of GUERNSEY

### **The Islands of Guernsey: Sporting events worth travelling for in 2023**

*Enthusiasts can set themselves a challenge on the Islands of Guernsey with this year's sporting calendar, from memorable triathlons to scenic park runs*



The Islands of Guernsey provide the perfect adventure playground for keen athletes and fitness enthusiasts seeking to keep active whilst exploring the great outdoors. Setting the bar high this year, Guernsey will also be hosting the 2023 Island Games, bringing island athletes from around the world to compete in a series of challenging sports. Just 40 minutes from the UK by air, Guernsey's stunning landscapes, meandering coastal paths, and undulating trails offer the perfect destination for a sporty break for all fitness levels.

#### **Sure Guernsey Marathon (2<sup>nd</sup> April 2023)**

The Sure Guernsey Marathon takes runners past several of Guernsey's infamous landmarks, and along its rugged coastline. The marathon begins at Havelet, near St. Peter's Port, before taking on the coastal road on the west coast, with magnificent views of Guernsey's many bays and waterfronts. Whilst keen runners have the opportunity to participate in the 26.2-mile race, a 2k 'Fun Run' for families will also be on offer, allowing runners of all fitness levels to participate. For more information, please see [here](#).

#### **EY Easter Running Festival (7<sup>th</sup> April – 10<sup>th</sup> April 2023)**

The perfect activity to keep visitors active over Easter, the festival began as an initiative by Guernsey Athletics to encourage more people to become engaged in health and wellbeing on the island. With a selection of races on offer, from an Easter Friday 5k run to an Easter Sunday 4x1 mile relay race, Guernsey Athletics are at the forefront of inspiring visiting individuals and families to get moving over the Easter holidays and beyond. For more information, please see [here](#).

#### **Vazon Surf Triathlon (20<sup>th</sup> August 2023)**

Hosted on Guernsey's stunning Vazon Bay, the Vazon Surf Triathlon involves three different disciplines, running, cycling, and swimming. Beginning with a scenic 5k run, competitors will continue down onto Vazon Bay and into Guernsey's ocean for a 750-metre swim, ending with a challenging 20k bike ride around the island's picturesque roads. Vazon Bay is a hotspot for sporting enthusiasts, with its large stretches of sand and ideal surfing conditions. For more information, please see [here](#).

#### **The Butterfield Half Marathon (17<sup>th</sup> September 2023)**

Following a 13.1-mile coastal road, this flat, fast half marathon on Guernsey runs parallel to the seafront and finishes in the quaint town of St Peter's Port. 2023 will be the 23<sup>rd</sup> year that Guernsey Athletics has organised the event, with all competitors receiving a medal, and the first 500 sign ups receiving a running t-shirt or vest as a souvenir. The race is a fantastic chance for runners to take in the breathtaking landscapes and coastal views of the island. For more information, please see [here](#).

#### **Guernsey 5k Park Run (every Saturday in 2023)**

Every Saturday morning this year, Guernsey is hosting a 5k park run held at Pembroke Bay. Whether competitors use it as training for more endurance-based events, or visitors partake as a way to experience the beauty of the island first-hand, the weekly Guernsey park run is open to people of all abilities and ages. Located just off the beach to allow for a life-affirming post-run dip, there is no better way to start the morning on the Islands of Guernsey. For more information, please see [here](#).

For those who are looking for adrenaline-fuelled activities beyond this year's sporting calendar, Guernsey's sea and land provide a plethora of space to get active. From wild swimming in the island's variety of rock and bathing pools to learning to surf on the waves of Guernsey's shorelines, there is an activity for anyone looking to get their blood pumping.

### **Wild Swimming**

Guernsey's waters are famed for the abundant wild swimming opportunities across its bays and coves. Whilst the most popular months for wild swimming are during the summer, each of the Guernsey's five islands have year-round wild swimming spots. Island ambassador [Jayne Packham](#) recommends that the best way to access the best wild swimming on the island is by contacting one of Guernsey's wild swimming groups, such as Jayne's own group, 'Mental Tentacles'.

This summer, Guernsey Swim Adventures is running a 'Herm 360 Swim' on the 12<sup>th</sup> of August 2023, allowing avid wild swimmers to swim the entirety of this mystic island in an extraordinary 6.5km swim. With special rates for competitors, why not stay and enjoy a weekend on this secluded island, *with rates from £237 per night. For more information, please see [here](#).*

To encourage guests to embark on a wild swim of their own, the Imperial Hotel has launched a sea swim offer until 30<sup>th</sup> September 2023, in which guests will receive a branded Blue Bottle or Breda towel, warming takeaway coffee and slice of cake alongside each room booking, perfect for those seeking a touch of comfort after experiencing the crystal blue waters of Guernsey's shores. *Offer begins at £110 per night, with seasonal price changes applicable. Please see [here](#).*

### **VisitGuernsey's Walking App**

With 35 self-guided routes around the islands, VisitGuernsey's new walking app enables visitors to experience the majestic coastline and breathtaking views on offer. New to the app in 2023 are Guernsey's folklore trails, taking walkers on many twists and turns to uncover the myths and folklore tales engrained in Guernsey's history.

For those that would like to experience these walks with a guide, Guernsey's Spring Walking Festival will take place between 20<sup>th</sup> May to 4<sup>th</sup> June 2023, offering visitors a choice of over 40 morning, afternoon, and evening escorted walks. For more information, please see [here](#).

### **Guernsey Surf School**

Guernsey's Surf School is located just off the beautiful Vazon Bay, known on the island as one of the best places to learn to surf. With fully qualified instructors with years of surf experience, and coaches on hand to teach individuals of all levels, the surf school provides the perfect day out for families looking to get out on the water, learn a new skill and take in the stunning surroundings of the islands. All instructors are lifeguard trained, ensuring that children and adults alike are in experienced hands. For more information, please see [here](#).

### **How to get there**

With flight times from UK as little as 40 minutes and ferry sailings from 3 hours, visitors can opt to take the ferry over the Channel from Poole or Portsmouth or fly directly from the UK with Aurigny airlines. Aurigny operate year-round direct flights to Guernsey from London, East Midlands, Manchester, Birmingham, Bristol, Exeter, Southampton and Dublin. Condor Ferries operate slow and fast ferries from Poole and Portsmouth to Guernsey year-round.

For more information on the above activities, please visit [here](#).

For imagery, please see [here](#).

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