

The ISLANDS of GUERNSEY

SEA, SURFING AND SEPTEMBER SUN: A SPORTS-THEMED HOLIDAY ON THE ISLANDS OF GUERNSEY



Imagery available [here](#)

London, July 2024 – In the midst of a summer filled to the brim with sporting action, many travellers with the sports bug are looking to book holidays to observe or participate in their favourite sports events and activities. From surfing the waves of Vazon Bay to running a scenic half-marathon, the [Islands of Guernsey](#) offer plenty of ways for sport-loving travellers to enjoy an active holiday in 2024 and beyond.

Ride the waves on Guernsey's windswept coast

High tidal ranges in Guernsey create some of the best surfing conditions in Europe, and both novices and professionals alike can take to their boards and immerse themselves in the laid-back island lifestyle. Travellers are welcome to join local surfing communities to ride the waves, with the [surf school](#) at dramatic Vazon Bay the epicentre of all things surfing on the Islands. Those who would like a full-body workout can try their hand at [stand-up paddleboarding](#) (SUP) with Outdoor Guernsey, a pastime which has truly taken off in Guernsey. Guests can even put their balancing skills to the test with a SUP yoga class, combining strength and balance training with mindful breathwork, all surrounded by the Islands' stunning coastal backdrop.

Take a shot with a Padel retreat

On the sleepy island of Alderney, guests can try their hand at something completely new with charming boutique hotel [The Blonde Hedgehog's](#) brand new [padel package](#). Padel is one of the world's fastest-growing racket sports, consisting of a mix between tennis and squash. Novice and experienced players alike can hone their skills with this three-night package, including nourishing meals at the hotel's renowned restaurant, padel court and equipment hire and optional training sessions. Prices start at £432 per person based on two people sharing a standard double, and the retreat is available from 20 August.

Run for the hills (or the beach)

From gentle routes for novice runners to more challenging runs that make the most of the Islands' dramatic and diverse landscapes, Guernsey is the perfect place for avid runners. The popular [Butterfield Half Marathon](#) (15 September) follows a breathtaking coastal route from L'Eree Bay to the cheering crowds in historic St Peter Port. [Guernsey Running Retreats](#) has also confirmed a 2024 retreat for 4–7 October: during this restorative weekend, knowledgeable leaders take guests on runs through some of the Islands' scenic and historic highlights, including at sunrise and sunset, with other activities including diving into La Vallette Bathing Pools and enjoying a private yoga class.

Those looking for a slower pace can enjoy the plethora of walking routes that crisscross their way through the Islands, from the artistic-themed [Renoir Walk](#) and [Finding Turner trail](#) to [historic routes](#) commemorating Guernsey's wartime occupation. The annual [Autumn Walking Festival](#) (14–29 September) sees experienced professional guides taking locals and guests alike through the Islands' cultural, environmental and historic wonders.

Pedal past historical sites and rugged clifftops by bike

The Islands of Guernsey are a cyclist's paradise, with bike-friendly trails ripe for exploration. The VisitGuernsey app has self-guided [cycling tours](#) ranging from historical discoveries to explorations of the archipelago's coastal secrets, whereas 'ruettes tranquilles' ('quiet roads') ensure a stress-free and car-free way around the island's hidden gems, with lower speed limits for cars and priority for cyclists, walkers and equestrians. Travellers can also book onto one of Outdoor Guernsey's [guided cycling tours](#), discovering the Islands' historical, cultural and natural highlights from the saddle. Particularly welcoming to cyclists is the car-free island of Sark, where travel by bike is a way of life: guests can choose from two cycle hire companies ([A to B Cycles](#) and [Adventure Cycles Sark](#)) to book their cycling adventure.

Raise the sail on Guernsey's waves

Completely surrounded by sparkling sea, the Islands of Guernsey are naturally a hotspot for boating activities of all kinds. Visitors can join in with the crowds at one of the many regattas that take place throughout the year: upcoming events including the quirky [Havelet Regatta](#) (1 September), which includes traditional sailing races as well as more esoteric options such as an 'Office Chair Race'. A child-friendly kayaking experience through the Islands with [Outdoor Guernsey](#) and [Adventure Sark](#) is an alternative way to see Guernsey's coastline on the waves, whereas those wanting to sit back and let someone else take the helm can jump onto a rip-roaring RIB adventure with [Island Rib Voyages](#).

Make a splash in Guernsey's glistening waters

Guernsey's dramatic coastline, sheltered coves and warmer average temperatures than mainland Britain are ideal for taking a post-exercise dip. In 2023, VisitGuernsey released a new sea swimming feature on its [app](#), with advice on swimming conditions around the Bailiwick. Highlights include taking a gentle swim at [Venus Pool](#), a tranquil natural rock pool on tiny Sark, exploring the Caribbean-style waters and white sand of [Cobo Bay](#), or taking the plunge at secluded [Petit Bot](#). Alternatively, [La Vallette Bathing Pools](#) has been providing secure natural swimming pools for over 150 years, and closely located nearby can be found [Hot Haus Sauna](#), new for summer 2024 and the perfect place to warm up after a refreshing dip.

Take a deep breath under the stars

Stocks Hotel, on the car-free Dark Sky Island of Sark, hosts regular retreats with local yoga teachers, with the next event an intimate [healing yoga retreat](#) between 11 and 14 October. With no streetlights or cars, and very low levels of light pollution, a restorative retreat on Sark is truly a treat for the soul. Two-night packages start at £495 per person, and three-night packages start at £610 per person, including all meals and accommodation. For a more active retreat, Fermain Valley Hotel's unique [one-day wellbeing retreats](#) embrace the power of Mother Nature, using the Island's remarkable landscape as a natural gym. Guests can immerse themselves in nature, taking part in activities designed to help them reconnect with themselves, the sea and the land, such as wild fitness, sea swimming, cliff hiking and yoga.

How to get there

[Condor Ferries](#) operate fast and traditional ferries from Poole and Portsmouth to Guernsey year-round. Ferries depart from Guernsey's St Peter Port to Sark, Alderney, and Herm at multiple times throughout the day during the summer. Return pedestrian fares start at £90 per person. www.condoferries.co.uk

With flight times from the UK as little as 40 minutes and ferry sailings from three 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. New flight routes to Guernsey from London Stansted, London City and Liverpool launched in March and April 2024, with new routes from Edinburgh and Cornwall Newquay to launch in May and July respectively. www.aurigny.com

For more information on the Islands of Guernsey, visit [here](#).

For more information on exploring the history of the Islands of Guernsey, visit [here](#).

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For more information, please contact Natalie and the team at guernsey@wearelotus.co.uk.