



Tour de Jersey 2010 Cycle Challenge  
in aid of  
Jersey Hospice Care  
In memory of John Lyons



## 50 Mile Perfect for Pushing Yourself - Detailed instructions

**PLEASE NOTE: this route is clearly marked using YELLOW road marking paint.**  
**WATERSTATIONS: will be located periodically throughout the route.**

Turn right out of **The Communicare Centre** and go down **Route Orange**, loop around **Corbiere** and then down to **La Pulante** and along the **Five Mile Road**.

At end of **Five Mile Road** head up towards St Ouen's village, turning left towards **L'Etacq**. Follow main road up **L'Etacq hill**. Take first left at top towards **Gronex**. Follow road until **La Rue de la Croix** then turn left, heading toward **St Mary's Church**. Take second right after St Mary's Church and cycle down **St Peter's Valley** until you reach **Bel Royal**.

At Bel Royal, follow **La Route de St Aubin** (the inner road) until **Le Month Cochon** then turn left. Head up hill turning right into **Fern Valley**. At end of road turn left into **Route de Maupertuis** then left onto **La Grande Route de St Jean** heading toward St John.

At **Hautes Croix**. Turn left then take first right into **La Route du Mont Mado**. Follow road until **Rue de la Porte**. Follow signs through **Bonne Nuit Bay**, then along **Rue des Platons** towards **Trinity Church**. At end of road turn left then take first left onto **Rue de la Petite Falaise** heading towards **Bouley Bay**. Take right turn onto **Route du Boulay** and then left turn towards **Rozel**. Go through **Rozel Bay**.

At top of Rozel hill, turn left onto **La Rue des Pelles**. Follow road and head down hill, coming out near **St Catherine's Lifeboat Station**. Cross over junction and follow coast road towards **Gorey**.

At Gorey, continue along **La Rue a Don** and the coast road to **Mount Bingham**. Follow road past **Commercial Buildings** and then join cycle track towards **St Aubin**.

At St Aubin, cycle up **Le Mont les Vaux** and follow road back to **The Communicare Centre**.

**EMERGENCY CONTACT NUMBER: 07797823536**



