

Seymour Tower Walk
26 February meet at 1.30pm
Duration: 2½ –3 hours

Derek Hairon of Jersey Walk Adventures has very kindly offered to take us on a “Moonwalk” to Seymour Tower – a sea bed that many of us usually sail over!

Where and when to meet

We will need to meet at the phone box on Le Rocque Harbour at 1.30pm for a **PROMPT** 2pm start. There is very limited parking in the area so I would suggest as far as possible people “car share” or take advantage of the bus service – details of which can be found at www.mybus.je

Children

Children are an integral part of St Catherine and are most welcome. As parents you know your own child’s capabilities better than anyone and we leave it to you to judge whether they will find it too long walking up to 3miles/4.5 k.m.

There will be little stops along the walk to look at the plethora of critters living in on the sea bed and time to collect pebbles, shells and other treasures – bring little bags to save pockets getting soggy!

What to wear

We would advise children and adults need to dress for the weather forecast! Whatever the weather it is best to bring a windproof/waterproof jacket and a hat. You should also bring a fleece – as us sailors know, it can get chilly off shore!

There is a possibility that as we are going to be walking or even wadding across pools and channels we could get wet up to the knees – or even further!

For the children to be happy they need to be warm dry & comfortable – heavy wet denim jeans can cause friction and be uncomfortable rubbing on their little legs!

Footwear

We will be walking a fairly long way over wet, slippery uneven ground so please ensure your and your children’s footwear is supportive and well fitting, such as trainers or walking boots. Welling boots are fine as long as they do fit well because after bitter experience I can tell you 2hours of walking over uneven, slippery wet ground your feet will be a mass of agonizing blisters! Derek does not recommend wearing Crocs as they do not give the support your feet need in the terrain we will be walking in. One last footwear item to remember is SOCKS! Sand particles can rub like Billy-O on bare feet on a long walk!

You may wish to bring walking sticks or poles. Wellington boots are an option providing they are good fitting ones otherwise they give little ankle support.

Personal medication

You will need to bring any medication with you that you may need on the walk such as asthma inhalers etc. Please inform Derek of any medical or special needs on arrival. Don’t forget it is a long way back to get anything if you forget to bring it!

When we reach Seymour Tower there will be time for a small break so bring a backpack with supplies, a drink, spare clothes, camera and a small pair of binoculars.

Please note there will be a retiring collection.

For any further information and to book your place on the walk by **16th February** please contact Gemma on 07797 886836 or preferably by e-mail gemmarowley1@hotmail.com