











## MOVE MORE SPORTEERING

### LES QUENNEVAIS – CYCLE

Please ensure you have read the [Move More Jersey Sporteering Terms of Use](#) prior to undertaking this course.

	<b>Type of course:</b>	Cycling – on paths and cycle routes
	<b>Difficulty:</b>	Beginner / Easy
	<b>Area:</b>	South West of the island
	<b>Start and finish:</b>	Les Quennevais Sports Centre cycle track
	<b>Environment:</b>	Exclusively on shared use paths – no roadside or road crossings. Surfaces are gravel or tarmacked with gradual ascents / descents
	<b>Suitable for:</b>	Beginners / cycle path cyclists
	<b>Points available:</b>	150 (including start and finish)
	<b>Approx. time:</b>	20 to 60 minutes
	<b>Parking:</b>	Les Quennevais Sports Centre
	<b>Bus route:</b>	N/A – completed on bike