











## MOVE MORE SPORTEERING

### SOUTH WEST ISLAND – 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
	<b>Difficulty:</b>	Intermediate
	<b>Area:</b>	South West of the island
	<b>Start and finish:</b>	Les Quennevais Sports Centre, cycle track
	<b>Environment:</b>	Cycle tracks and shared use paths, some minor roads and crossing major roads
	<b>Suitable for:</b>	Competent cyclists only – some road sections. 25km+ depending on route chosen
	<b>Points available:</b>	430 (including start and finish)
	<b>Approx. time:</b>	2 to 5 hours (maximum time available 6 hours)
	<b>Parking:</b>	Behind Les Quennevais Sports Centre
	<b>Bus route:</b>	N/A – completed on bike