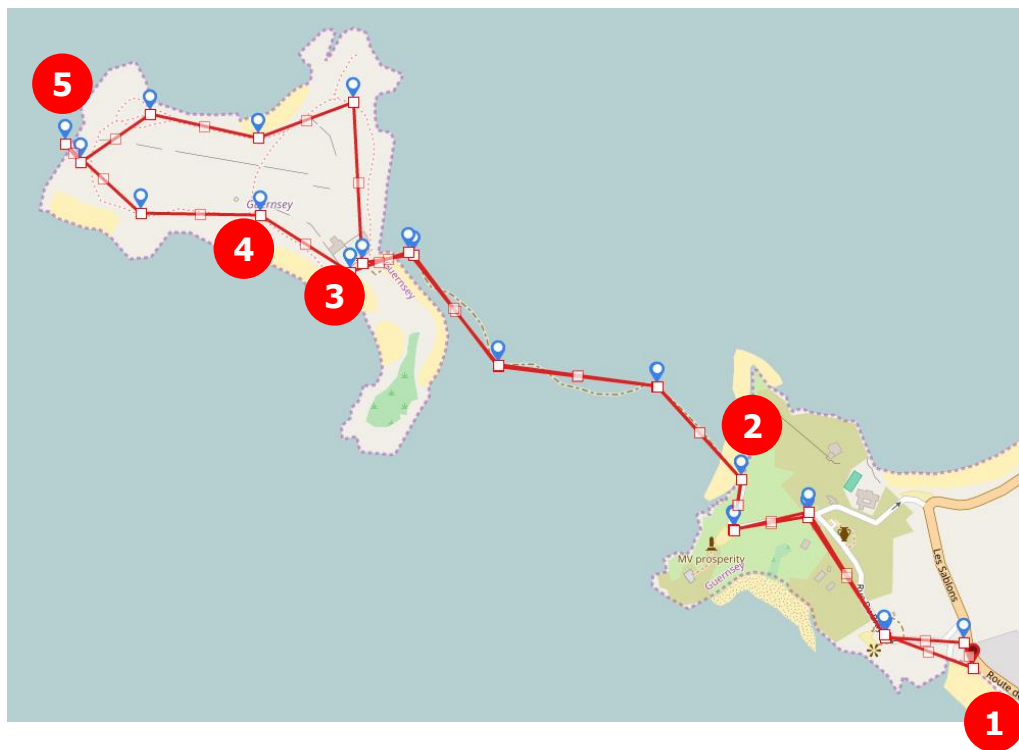


# Lihou

## Channel Islands



Maps: Bailiwick of Guernsey: States of Guernsey Official Map

Starting point: L'Eree bunker bus stop (GR 298450)

Duration: 2 hours

Distance: 4.4 km (2.7 miles)

Height gain: 74 metres (242 feet)

Access: Bus routes 91 or 93 from St Peter Port

Activity: walking

Terrain: easy rocky causeway; easy paths on island

Refreshments: In season a van sells refreshments; L'Eree Bay Hotel is nearby; toilets near bus stop.

Starting on Guernsey mainland then walking across the ocean floor via the cobbled causeway provides an fascinating introduction to the island. This route passes the Priory and Venus Pools and has expansive views of Rocquaine Bay and the fortifications of L'Eree Headland. The rock pools and island are teeming with wildlife. There's just too much to see in to the short visits that the fast tides permit.

# Route detail

<b>Lihou</b>			
Distance (km)	Route description	Points of interest	Notes
0	Starting at L'Areé bus stop, walk around the bunker to follow the road sign to Lihou Island and follow the one-way system passed the eco-house on the right and towards the coast. At two-way system continue left along the road, pass the carpark on the left and sweep downhill following the road to the beach.	1. L'Eree bunker, Le Creux ès Faies and Fort Saumarez	Plenty to see on the headland: Le Creux ès Faies is a Megalithic passage tomb known as the entrance to the Fairy Kingdom. Fort Saumarez was a Martello tower (not open to public)
600 m	Walk along the clear causeway to cross to the island. At both ends the causeway is made of gravel and small rocks with the possibility of residual puddles of seawater. It's mid-section is cobbled.	2. Causeway	Can be slippery on the causeway. Large information board gives safe crossing times.
1.4km	Arrive on island, walk towards the house and find the footpath to the left. Continue clockwise around the island passing the ruins of the Priory after 200 metres or so. Continue around island.	3. Lihou House 4. Priory	Operated by the Lihou Charitable Trust the house is now used by youth groups. The priory was used as target practice during the German occupation.
1.7km	At the most westerly point, with views over the islets of Lihoumel take the rocky path down towards the shore to visit the Venus Pools.	5. Venus Pools	Deep natural rock pools that make an idyllic swimming spot
4.4 km	Arrive back at the causeway and reverse the route back to the starting point at the bus stop		