The first section of this walk takes you along gentle terrain and will take between an hour and an hour-and-a-half.

1 ROUSSE TOWER
Rousse Tower forms part of a series of 15 loop-holed towers built between 1778 and 1779 in order to protect the Island against possible invasion by the French. It is unique as the tower and battery were combined to form a single fortification.

2 GRANDE HA VRE AND VALE POND
Guernsey was once two Islands, separated by a saltwater channel. The Vale Pond is the last remaining vestige of the channel that separated the two Islands. Opposite is Vale Church, which dates back to the seventh or eighth century.

4 LES AMARREURS HARBOUR
Les Amarreurs means moorings and there is still a small harbour here.

5 LES FOUAILLAGES
Les Fouaillages is believed to be the oldest man-made structure in Europe, built some 6,500 years ago. It was first discovered in 1976 and excavation began in 1979. Over the next two years, over 35,000 finds were made.

6 7 LADIES BAY AND L’ANCRESSE COMMON
L’Ancresse Common was used for grazing and is home to an 18-hole golf course. Covering 300 acres, it makes up approximately 50% of recreational land available to the public in the Island.
8 9 MILLENIUM STONE AND LA VARDE PASSAGE TOMB
La Varde Passage Tomb is the largest and most impressive Megalithic structure to be found in Guernsey and was in use from around 4000 to 2500 BC until around 1000 BC. First discovered in 1811, human bones, fragments of 150 Neolithic and Early Bronze Age pots, stone tools, a serpentine ring, Gallo-Roman pottery and fragments of bronze were all found on the site.

10 PEMBROKE BAY
This loop-holed tower is number nine in a series of 15 built between 1778 and 1779 to defend the Island against Napoleon. Also, mid-way down the headland are the earthwork remains of a Georgian star fort. During the Second World War, Pembroke was heavily mined to prevent an Allied invasion.