

Spotlight on St Helier



St Helier

Jersey's capital and administrative centre, stands in St Aubin's Bay on the southern side of the island. The town is named after Jersey's first and most famous saint who lived and preached in the island in the 8th Century. The affluent town has a vibrant atmosphere, definitely British but with a distinct French and Portuguese influence. Many streets carry old French titles and many shop fronts still display the names of their island founders.

The paved town centre boasts a huge variety of stores, shops, restaurants and cafés. Jersey's own produce, including flowers, Jersey Royal potatoes and freshly caught fish is on sale in the Central Market which dates from 1882.

The harbour and marina are always full of activity. Here visitors can watch the comings and goings of ferries, ocean-going yachts and small fishing vessels or take a walk around the fascinating historic harbours, led by a Blue Badge guide.

St Helier has a wide range of museums including the Jersey Museum, Island Fortress Occupation Museum, Occupation Tapestry and the award-winning Maritime Museum. On a rocky islet in the bay stand Elizabeth Castle and the Hermitage. There are also a number of beautiful parks including Les Jardins de la Mer, in the newly created Waterfront area.

Good food has been one of Jersey's attractions for many years and the Island has built up an international reputation for its range of restaurants and cooking styles, which continues to impress visitors and locals alike. A friendly welcome, the widespread use of fresh local produce, interesting and varied menus together with outstanding value all provide a dining experience to remember - whether it be in a simple beach café, a family friendly brasserie, a traditional country pub or a gourmet restaurant.

i'm lovin' it in Jersey 

Big Mac™ and a Medium Soft Drink

only £1.99

Offer ends 30th April 2008.
Valid at McDonald's Halkett Street, St Helier - opposite Boots

Conditions: Limit of one complimentary voucher per person per day. Subject to availability - serving times apply. No alternative product or cash may be claimed or other use made of voucher. Voucher shall become void for all purposes after the "valid to" date as printed. McDonald's may retain a voucher but decline to redeem it where McDonald's believes (in its sole discretion) that any terms have not been complied with. Voucher retained upon redemption. Photocopied, counterfeited, illegible or damaged vouchers cannot be used. Voucher cannot be used in conjunction with any other promotion or offer and will become void if offered for sale. Your statutory rights as a consumer are not affected. Cash redemption value 0.001p. ©McDonald's 2007. The Golden Arches logo, i'm lovin' it and Big Mac are trademarks of McDonald's Corporation and its affiliates.

Summer fun!



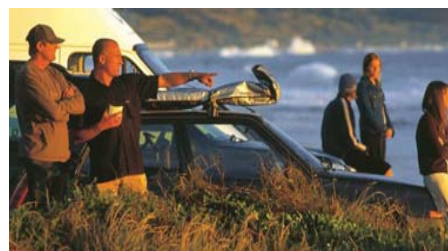
Jersey's Big Break

As you are reading this magazine, whizzing across the sea between St Malo and Jersey or Guernsey, you may not be aware that this area has one of the highest tidal variances in the world, with the difference between high and low tides as much as 40 feet. This coupled with the fact that waves are rolling in direct from the Atlantic has created one of the best surf spots in Europe.



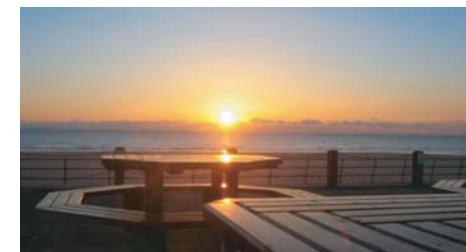
Surfing has been around in Jersey for over 80 years now. The original surf school, set up in 1923 was the oldest in Europe. Although it no longer exists, surfing is still focused around The Watersplash on Jersey's west coast, where the club was originally started.

Back in the 1930's surfboards were made out of balsa wood and could only be used as body boards. It wasn't until the 1950's that heavy long boards arrived in the island when a group of South African lifeguards, brought over to patrol Jersey's beaches during the busy tourist season, brought with them huge surfboards which enabled them to surf standing up. The new style of surfing took off and it wasn't long before hundreds of locals were tackling the breaks on St Ouen's Bay.



In 1959, The Jersey Surfboard Club was set up and during the 1960's became one of the most successful clubs in Europe. In 1968, 5 of the 6 British team members were Jersey men and over the next couple of years, Jersey hosted the very first European Championships - both won by Jersey's Gordon Burgis. Since then the club has enjoyed continued success and today has more than 600 members.

The home of surfing on Jersey is The Watersplash, which is located at the heart of St Ouen's Bay. With a decent swell and a light south-easterly wind, the waves compete with the best in Europe and attract big numbers of surfers throughout the year. The 'Splash' (as it is better known by locals) is also the home of The Jersey Surf School which provides a range of courses, from a one hour introduction to a 5 day surf camp. So if you are on holiday in Jersey - why not give it a go? And surfing is fun for all ages from 6 to 60 - you're never too old to try.



Afterwards you can enjoy a meal or a pint in the Watersplash Beach Bar & Diner and share the thrill of catching your first wave with fellow surfers. Believe me, once you've ridden a wave, you'll be back for more!

Websites:

Jersey Surfboard Club: www.surfingjersey.net
Jersey Surf School: www.cisurf.com/surfschool
The Watersplash Beach Bar & Diner: www.watersplashjersey.com

Surf Slang:

- Barrel:**
The breaking motion of a perfect wave; a hollow channel formed inside a good wave when it breaks and curls over.
- Cruncher:**
A big, hard-breaking wave that folds over and is almost impossible to ride.
- Hang Five/Ten:**
To place five (or ten) toes over the nose of the surfboard.
- Kick Out:**
To push down on the tail of a surfboard to lift and turn the nose over the top of the wave.
- Neptune Cocktail:**
The large bellyful of seawater that one ingests during a particularly gnarly wipe out.
- Radical:**
Very good; tops; excellent.
- Soup:**
The foamy part of the broken wave; the white water.
- Stoked:**
Happy; excited; contented.
- Wipe Out:**
To fall off or be knocked off your board.