**L’ETACQUEREL**
Starting at L’Etacquerel and ascending to the high heathlands of Les Landes, enjoy the views across St Ouen’s Bay that is backed by the ancient cliff line formed 120,000 years ago. Underneath the coastal plain and beach is preserved peat from the Neolithic period (6,000 years ago), a time when the forest extended out to what is now the ocean bed.

**CANAL DU SQUEZ**
Passing the imposing granite stack of Le Pinacle, you will find the Canal Du Squez. What is now a marshy land which you can cross by a bridge, is in fact the remains of an ancient stream that was in existence around 8-9,000 years ago and provided hunter gatherers with fresh water in their ever changing environment. Flint tools have been uncovered around the edges of the stream. The largest Mesolithic assemblage in the Channel Islands was discovered here in the early 1990s.

**THE GROSNEZ PLEMONT COAST**
Walk further around the coast for views from Grosnez to Plemont - a coast rich in caves and ancient raised beaches.