

# HELP US SUPPORT MORE FAMILIES IN WALES IN HAVING A PLACE TO BELONG.



## Every Step Counts! Join the Walk for Gympanzees!

We're opening the UK's first fully inclusive fitness, exercise and leisure centre. You can help make this happen.

This September, our longstanding support Paul Spicer and Guest Day Fundraisers are taking on the challenge of the Pembrokeshire Coastal Path, in September. They'd love you to join or support their efforts. From the UK's only coastal national park, from Amroth to St Dogmaels, in aid of Gympanzees.

Setting off on 16th September and finishing 12 nights later on 27th September 2026, the route takes in some of Britain's most spectacular coastal scenery: the sands of Barafundle and Broad Haven, the cliffs of Ceibwr Bay, medieval Tenby, the seabird colonies of Skomer Island, and the cathedral city of St David's.

It's a serious physical challenge, moderate to challenging terrain, averaging around 14 miles a day, undertaken to help Gympanzees build the UK's first fully accessible leisure centre for disabled children, young people and their families.

50% of the funds raised goes towards opening our doors and 50% will go towards supporting concessionary spaces for families in Wales, once open.

## HOW TO GET INVOLVED – THERE ARE TWO WAYS TO BE PART OF IT:

### 1. Walk a stretch of the route

You don't have to do all 186 miles.

Paul is completely flexible on who joins him and when, come for a single day, several days, or the whole two weeks, whatever fits your diary. Company teams or individuals are warmly invited to lace up their boots and share part of the journey with them.

### 2. Back the challenge

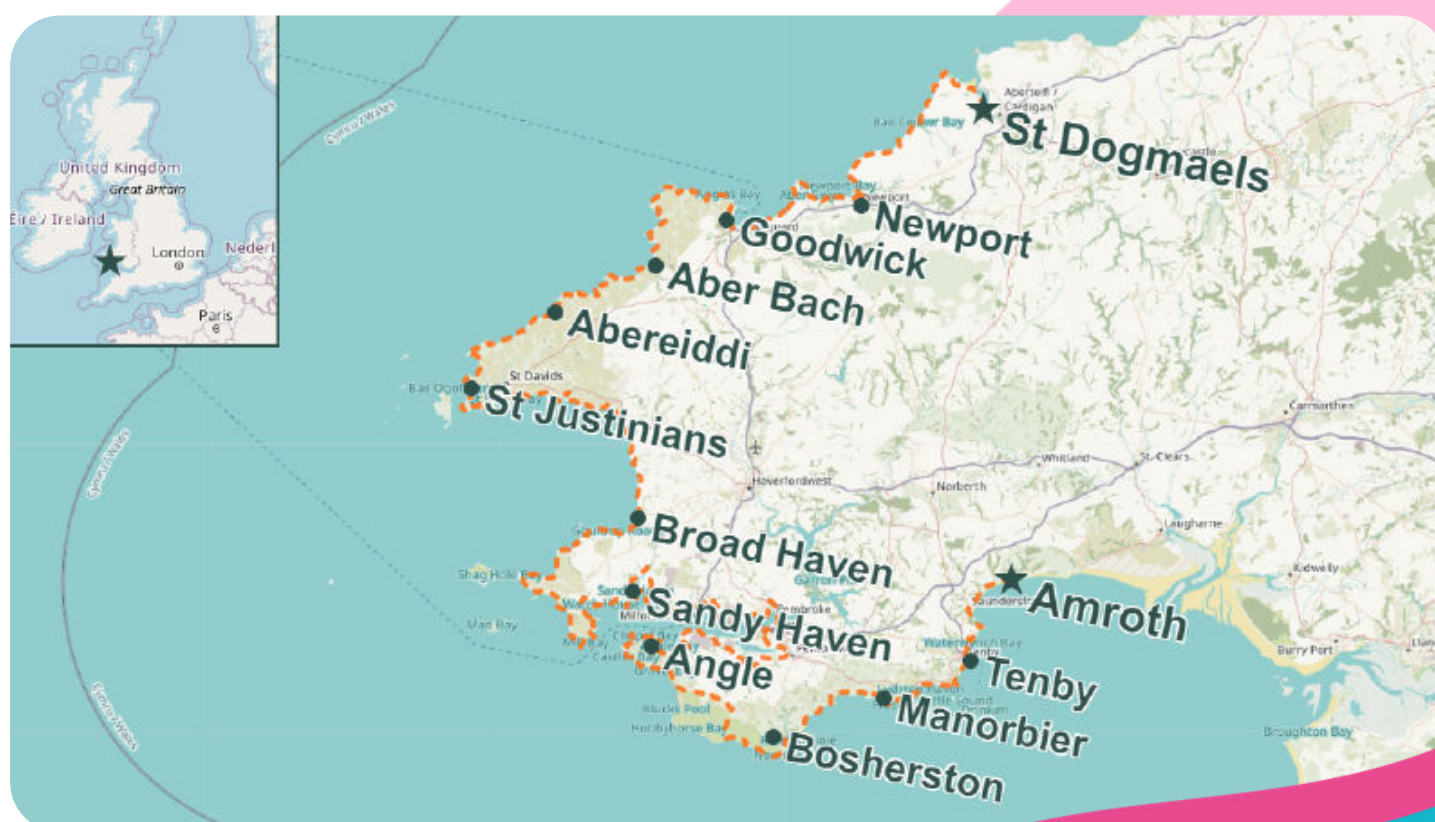
If walking isn't for you, you can help power the miles with a gift to Gympanzees. Every contribution goes directly towards not just building a centre without limits, but creating life-changing moments for the children and families who'll use it.

**BACK THE CHALLENGE HERE** ✨

## THE ROUTE AT A GLANCE

Amroth → Tenby → Bosherton →  
Pembroke → Marloes → St David's  
→ Goodwick → St Dogmaels

- 16th–27th September 2026
- 186 miles, 13 nights



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[celtictrailswalkingholidays.co.uk](http://celtictrailswalkingholidays.co.uk) ✨

# THE ROUTE IN DETAIL

A full day-by-day breakdown of the route is below, so you can see exactly where Paul will be on any given day and choose the stretch that works best for you, whether that's one day, a weekend, or a full week.

| Day    | Date           | Route Section                                             | Distance             | Overnight stop        |
|--------|----------------|-----------------------------------------------------------|----------------------|-----------------------|
| Day 1  | Tues 15th Sept | Arrive in Tenby                                           | -                    | Tenby                 |
| Day 2  | Wed 16th Sept  | Amroth to Manorbier                                       | 15.2 miles / 24.5 km | Tenby                 |
| Day 3  | Thu 17th Sept  | Manorbier to Bosherton                                    | 10.4 miles / 16.7 km | Bosherton             |
| Day 4  | Fri 18th Sept  | Bosherston to Angle, via Stack Rocks & St Govan's Chapel* | 17.9 miles / 28.8 km | Pembroke (2 nights)   |
| Day 5  | Sat 19th Sept  | Angle to Pembroke                                         | 11.0 miles / 17.7 km | Pembroke              |
| Day 6  | Sun 20th Sept  | Pembroke to Herbrandston                                  | 16.0 miles / 25.7 km | Mildford Haven        |
| Day 7  | Mon 21st Sept  | Sandy Haven to Marloes Sands†                             | 14.0 miles / 22.5 km | Marloes               |
| Day 8  | Tue 22nd Sept  | Marloes Sands to Newgale                                  | 19.3 miles / 31.1 km | Solva                 |
| Day 9  | Wed 23rd Sept  | Broad Haven to Solva                                      | 11.1 miles / 17.9 km | St David's (2 nights) |
| Day 10 | Thu 24th Sept  | St Justinian's to Trefin exit                             | 13.5 miles / 21.7 km | St David's            |
| Day 11 | Fri 25th Sept  | Trefin exit to Goodwick                                   | 17.3 miles / 27.8 km | Goodwick              |
| Day 12 | Sat 26th Sept  | Goodwick to Newport                                       | 13.7 miles / 22.0 km | Newport (2 nights)    |
| Day 13 | Sun 27th Sept  | Newport to St Dogmaels                                    | 15.1 miles / 24.3 km | Newport               |
| Day 14 | Mon 28th Sept  | Depart Newport                                            | -                    | -                     |

\*Day 4 crosses the Castlemartin firing range, which is only accessible when it is open to the public. †Day 7 adds approximately 4 miles / 6.4 km if the tide is high at Sandy Haven.

Meeting points to be posted nearer the time.

Distances and overnight stops are those planned by Celtic Trails Walking Holidays and may be adjusted slightly nearer the time, subject to accommodation availability.



# JOINING OR SUPPORTING THE WALK

There's no fixed schedule Paul would be thrilled to have company for any part of the route, for any number of days.

To join Paul: contact Celtic Trails Walking Holidays directly, as they handle all accommodation, transfers and route logistics for the walk.

+44 (0)1291 689 774 [celtictrailswalkingholidays.co.uk](mailto:celtictrailswalkingholidays.co.uk)

This walk is organised independently through Celtic Trails and is not a Gympanzees-run event, so booking and logistics questions should go to them in the first instance. Meeting points to be posted nearer the time.

To ask about the cause, or if you'd rather give than walk:

**Contact Hannah Penfold, Events and Corporate Fundraising Officer, [hannah.penfold@gympanzees.org](mailto:hannah.penfold@gympanzees.org)**



Give directly  
via JustGiving:



## GET INVOLVED

### Fundraising on your own?

If you'd like to take on your own challenge in support of Paul's walk, or fundraise in your own way, you're welcome to set up your own page and link it back to the main campaign:

[justgiving.com/campaign/walkforgympanzees](https://justgiving.com/campaign/walkforgympanzees)



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