

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

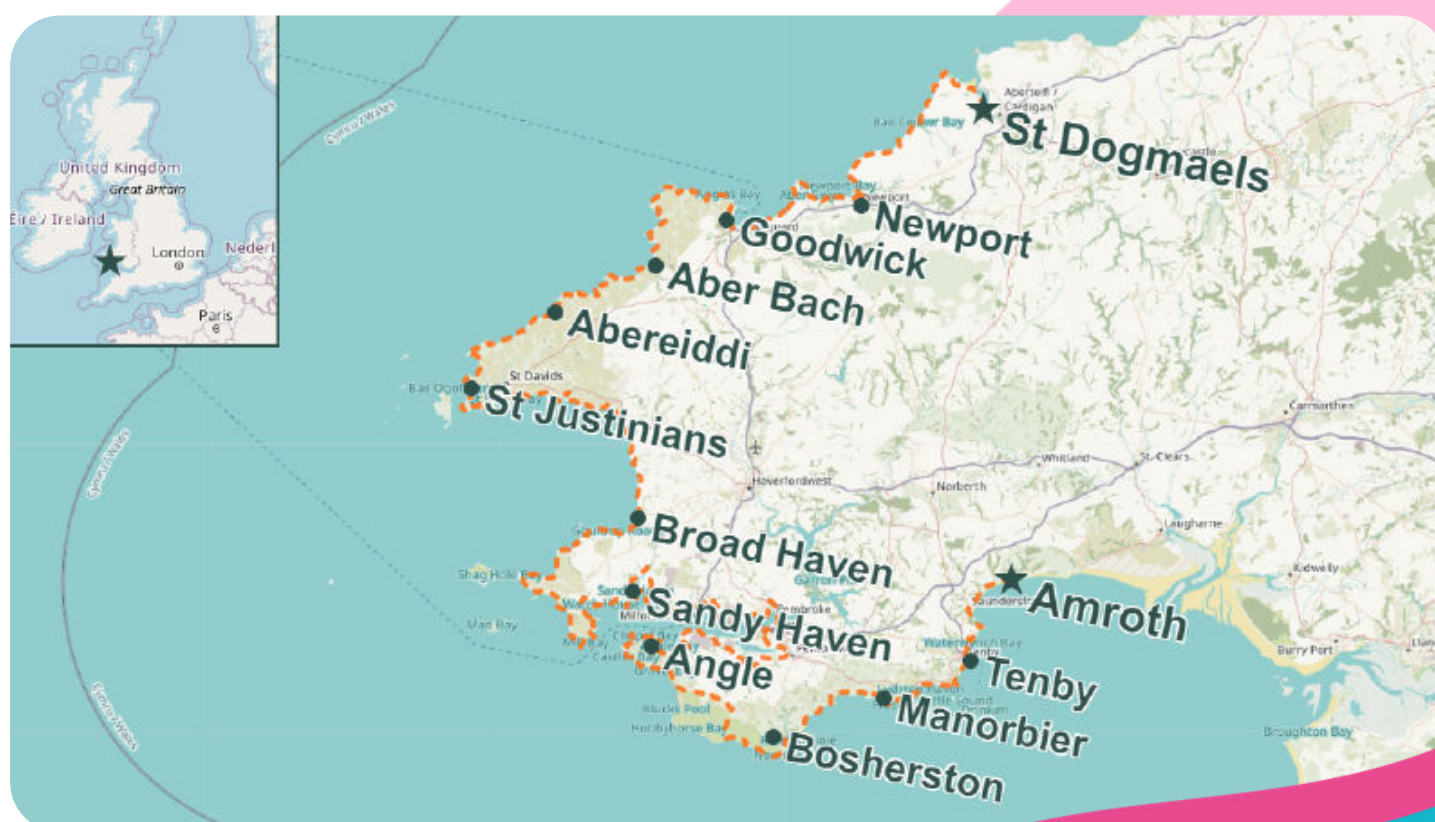
If walking isn't for you, you can help power the miles with a gift to Gympanzees. Every contribution goes directly towards not just building a centre without limits, but creating life-changing moments for the children and families who'll use it.

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 ✨

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.

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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



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



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