

## Planning your walk

*Walkability is one way of seeing what Pembrokeshire has to offer, but you can choose and plan your own walks by going to the National Park Authority's website.*

There are details of over 200 walks, easy access and wheelchair routes to read or download from [www.pembrokeshirecoast.wales/walking](http://www.pembrokeshirecoast.wales/walking)

You can also try the selection of walks available on the Pembrokeshire County Council website: [www.walkingpembrokeshire.co.uk](http://www.walkingpembrokeshire.co.uk)

See 'Coast to Coast' for more walking opportunities [www.pembrokeshirecoast.wales/coasttocoast](http://www.pembrokeshirecoast.wales/coasttocoast)

## Enjoy Pembrokeshire

Online resource to help you plan your walk [www.pembrokeshirecoast.wales/enjoy](http://www.pembrokeshirecoast.wales/enjoy)

## Scooter and wheelchair loan

Mobility scooters and wheelchair hire can be accessed through selected National Park information centres. Visit [www.pembrokeshirecoast.wales/accessforall](http://www.pembrokeshirecoast.wales/accessforall)

## Local walking groups

Pembrokeshire Walking Group Directory [www.pembrokeshirecoast.wales/walkingdirectory](http://www.pembrokeshirecoast.wales/walkingdirectory)

Steps2Health [www.steps2healthwalkingclub.org.uk](http://www.steps2healthwalkingclub.org.uk)

Pembrokeshire Ramblers [www.pembrokeshireramblers.org.uk](http://www.pembrokeshireramblers.org.uk)

U3A [www.pembrokeshireu3a.org.uk](http://www.pembrokeshireu3a.org.uk)

Pembrokeshire Women Walking [www.pembrokeshirewomenwalking.co.uk](http://www.pembrokeshirewomenwalking.co.uk)



## Walkability – part of the Let's Walk Pembrokeshire Network

For more information visit [www.pembrokeshirecoast.wales/walkability](http://www.pembrokeshirecoast.wales/walkability)

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## Dewch i Gerdded Sir Benfro! Let's Walk Pembrokeshire!



#CerddedSirBenfro  
#LetsWalkPems



Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



*“It's good for your health,  
it's good company and  
it's good exercise”*



Parc Cenedlaethol  
Arfordir Penfro  
Pembrokeshire Coast  
National Park

## Come and walk

Get to know Britain's only truly coastal National Park on routes that suit your level of ability.



*“I love walking on the coast”*



*Discover the beauty of Pembrokeshire's woods, rivers, hills, coast and beaches*



*Explore its cultural heritage*

## Why walk?

*It's enjoyable, sociable, healthy, relaxing and free.*

It can help reduce:

- Stress
- Heart disease
- High blood pressure
- The tendency to become overweight
- The chances of having a stroke

You don't need specialist equipment, just footwear and clothing to match the terrain and the weather.

*“I love the opportunity to have an adventure”*



*“Long may the walks continue”*

*“It has been lovely meeting and making new friends”*

## Who is Walkability for?

***Walkability is for everyone.***

*Groups are accompanied by experienced leaders who will tailor walks to suit the needs of all participants.*

Over 2,000 people a year take part in Walkability, including:

- Wheelchair users
- People with limited mobility
- People with physical or learning needs
- People recovering from surgery, illness or injury
- Training for people who wish to lead walks

There are walking opportunities for all ages and abilities, throughout Pembrokeshire.

*“It's a superb facility for people trying to recuperate”*



*“I hadn't been to this part of the world, and I've lived in Pembrokeshire all my life”*