**Walking for Wellbeing**

Walking for wellbeing is a gentle, accessible form of exercise that promotes physical, mental, and social health. It emphasizes relaxation, connecting with nature, and personal wellbeing. These walks are organized either in groups or individually, focusing on enjoyment and connection rather than speed or distance. If you need mobility equipment for any of our walks, please get in touch to see what we can arrange.

**Walk Descriptions**

**Kilgetty**

* **When:** Mondays, weekly at 10:00 am (meet outside the community centre)
* **Details:** This group takes leisurely walks around the local area, including routes like the Miners Walk or trips using the PCNP minibus to explore other locations. Walks typically end with a café stop.
* **Walk Leader:** Ben Macare (Get Outdoors Coordinator for the South)
* **Ability & Terrain:** All abilities / Mixed terrain (2-4 miles)

**Broad Haven**

* **When:** Mondays, weekly at 10:00 am (meet at YHA car park), walk starts at 10:10 am and finishes at 11:00 am
* **Details:** Designed for parents, babies, and toddlers, this short walk along the front encourages exploration and connection with other parents.
* **Walk Leader:** Amber (Get Outdoors Coordinator for the North)
* **Ability & Terrain:** All abilities / Mixed terrain (1-2 miles)

**Carew Castle**

* **When:** Mondays, weekly at 2:30 pm (meet at the car park pedestrian entrance)
* **Details:** A leisurely walk around the castle millpond and Carew area, ending at the Nest Café. On the 2nd Monday of the month, the group takes the PCNP minibus to a new location (departing from Carew car park at 2:00 pm). Walks usually conclude with a café stop.
* **Walk Leader:** Madaline Bland
* **Ability & Terrain:** All abilities / Mixed terrain (1-2 miles)

**St Davids**

* **When:** Mondays, weekly at 1:45 pm (meet outside Oriel y Parc)
* **Details:** A leisurely walk around the St Davids area, ending back at the OYP café. On the 3rd Monday of the month, the group takes the PCNP minibus to explore a new location.
* **Walk Leader:** Amber (Get Outdoors Coordinator for the North)
* **Ability & Terrain:** All abilities / Mixed terrain (1-2 miles)

**Haverfordwest**

* **When:** Tuesdays, fortnightly at 9:15 am (meet at Haverfordwest Archives)
* **Details:** This group takes the PCNP minibus to explore various locations across Pembrokeshire, with a café stop at the end of each walk.
* **Walk Leader:** Gordon Lewis
* **Ability & Terrain:** All to moderate abilities / Mixed terrain (3-5 miles)

**Global Majority Group**

* **When:** Tuesdays irregular group as advertised
* **Details:** This group meets at various locations to explore the Pembrokeshire area. Future plans include meeting at Haverfordwest Archives with minibus transport available.
* **Walk Leader:** Ben (Get Outdoors Coordinator for the South)
* **Ability & Terrain:** All to moderate abilities / Mixed terrain (3-5 miles)

**Narberth**

* **When:** Wednesdays 10 am- 12pm
* **Details:** This group meets at the Bloomfield Centre Narberth. Book via the centre booking site <https://bloomfieldcommunitycentre.org/walking-group>, Transport is available as explore a variety of locations. Members of the group will often choose to go to a café afterwards.
* **Walk Leader:** Steve Rigby Volunteer
* **Ability & Terrain:** All to moderate abilities / Mixed terrain (2-3 miles) supported alternative shorter routes provided

**Accessible Walk Group**

* **When:** Thursdays, fortnightly at various locations
* **Details:** This wheelchair-accessible group explores PCNP's access-for-all routes. Alternative mobility equipment is available on request. A hot drink is provided during the walk.
* **Walk Leader:** Ben (Get Outdoors Coordinator for the South)
* **Ability & Terrain:** All abilities / Accessible terrain (1-2 miles)

**Pembroke**

* **When:** Fridays, weekly at 10:00 am (meet at Pembroke commons car park), walk starts at 10:10 am and finishes at 11:30 am
* **Details:** A short walk along the mill pond and surrounding area, designed for parents, babies, and toddlers to explore while connecting with other parents.
* **Walk Leader:** Amber (Get Outdoors Coordinator for the North)
* **Ability & Terrain:** All abilities / Mixed terrain (1-2 miles)

**Fishguard**

* **When:** Thursdays, Fortnightly at 1:00 pm (meet inside Fishguard Leisure Centre)
* **Details:** A leisurely walk around the Fishguard area.
* **Walk Leader:** Amber (Get Outdoors Coordinator for the North)
* **Ability & Terrain:** All abilities / Stable terrain (2-3 miles)