



### Cathar Way Challenge 2015

In September Robin Pemberton, Gavin Bowyer and Justin Bowyer of RunningMonkey.co.uk will be running the entirety of the Cathar Way through the Pyrenees. Covering more than a marathon-per-day they will complete this epic trail in just five days in order to find the Holy Grail\* and raise money for SpecialEffect.

#### About The Cathar Way

The Cathar Way - or *Sentier Cathare* - runs approximately 250km from the Ariège town of Foix through the Pyrenees to Port-La-Nouvelle on the Mediterranean coast; a thousand-year-old trail through tough, often mountainous, terrain steeped in ancient history and grail mythology.

#### About SpecialEffect

SpecialEffect is a charity dedicated to using technology to enhance the quality of life of people with all kinds of needs, including stroke and road traffic accident patients, individuals with life-limiting conditions and injured soldiers returning from overseas. [www.specialeffect.org.uk](http://www.specialeffect.org.uk)

*Sponsor us now at [www.justgiving.com/CatharWayChallenge](http://www.justgiving.com/CatharWayChallenge)*

More info? [mail@runningmonkey.co.uk](mailto:mail@runningmonkey.co.uk)

The Cathar Way Challenge 2015 is supported by  
RunningMonkey.co.uk  
'The World at Your Feet'



\* Grail finding subject to availability.