

Wicked Liquid

If you've tried coasteering once before and loved it, or if you know that the unique combination of waves, cliffs, and salt water is going to have you hooked on coasteering then this is just the weekend event for you!

On this **endorphin blasting** coasteering weekend we'll give you the opportunity to:

- explore the awesome coasteering potential of Pembrokeshire under the watchful eye of an experienced guide
- escape from the city and the reality of daily life for fun, exhilaration and the space to party and chill out.
- take time out to enjoy the beautiful unspoilt coastline of Britain's only coastal National Park.



What is coasteering?

Coasteering originated when early climbing pioneers traversed rocky sea cliffs – now it's proving to be **THE** ultimate coastal adventure.

Kitted up in a wetsuit, helmet, and buoyancy aid you get the chance to explore the coastal National Park at sea level. You'll find yourself swimming into sea caves, climbing up through natural rock arches, flinging yourself from towering vertical rock faces, and perhaps even swimming with Atlantic grey seals.

Whether the sea is flat calm and reflecting the sun's rays like a mirror, or raging and boiling as the waves pound the cliffs base, a superb coasteer can be guaranteed, with the emphasis on cliff jumping, wave dodging and rock traversing shifting according to the conditions; no two coasteers are ever the same.

So – if you've 'been there, done that' with white water rafting and bungee jumping you'll find that coasteering the Pembrokeshire coastline provides a new and refreshing slant on adventure!

What happens on a wicked liquid break?

In the course of your weekend break our fully qualified instructors will help you boldly go where you have never been before. You will take **2 coasteering sessions at 2 very different venues**. Your third half day event will be a **COASTAL HIKE**. We've got the world renowned **Pembrokeshire National Park Coastal Path** on the very western tip of Europe right on our doorstep. Unwind amidst the spectacular cliff top scenery and chill out amongst the wild flowers – it's the perfect accompaniment to the adrenaline charged adventure activities.



Where will I stay?

All of our adventure guests stay at the **Preseli Venture Adventure Lodge**, our three star adventure centre set in three acres of land; a beautiful location with just a one mile walk through National Trust woodland to our local beach which is stunning, unspoilt, and a place where seals sometimes sleep. The lodge has a range of comfy bedrooms, from doubles through to a group room sleeping eight. We keep the lodge warm and cosy year round; our communal lounges are equipped with delightful wood burning stoves – ideal for experiencing that 'post adventure' glow!



The lodge has a large sun room with pool table and music system, and a well stocked bar for the use of our guests. We serve tasty meals, and tea, coffee and cold drinks are available to help yourself to at all times. Our food is home cooked, wholesome and delicious, and special diets are happily catered for. We have a patio area; perfect for warm summer evenings or for watching the beautiful sunsets, or you can enjoy beers around a blazing bonfire in our sheltered garden for awe inspiring nights out under the stars.



A home from home...

Since the lodge is exclusive to the group that is staying, there is a real atmosphere of homeliness and comfort, choose to party or relax – the lodge is big enough to accommodate both.

If you want to sample the local village pub, in the small and friendly hill top village of Mathry, it's just a short walk from the lodge and will give you a real taste of rural Welsh life. From here you can look out over the Preseli Hills; the source of the 'bluestone' of Stonehenge.

We hold the **Welcome Host Silver award** and we are committed to offering you the highest standards of service and the happiest and most comfortable weekend break. Your stay at Preseli Venture will be coordinated by our dedicated Adventure Event Manager who will be involved with your initial enquiry and will attend to every detail during your stay with us - right through to waving you goodbye.



Who are Preseli Venture?

Preseli Venture was founded in 1988 and we specialise in providing adventure breaks to discerning adults. Our **Wicked Liquid** weekends will put you in touch with nature and provide a much needed tonic for the mind and body.

We have a solid and safe track record. We are accredited by the **Wales Tourist Board** for both our accommodation and activities and approved by the **British Canoe Union** and the **Welsh Canoeing Association** as a sea kayak training centre. We are a **British Surfing Association** approved surf school. We are a founder member of the Pembrokeshire Coast National Park's **'Outdoor Charter'** Group and we ensure that none of our activities damage the coastline.

We are an economic force for sustainable use of wilderness areas. In 2005 we achieved our **Level 2 Green Dragon award** – these awards set quality standards for environmental good practice from energy conservation to recycling and promote awareness of the intrinsic value of the environment in which we live and work. On a day to day level we recycle paper and ink cartridges in the office, and in the lodge we use Ecover cleaning products and use toilet paper made from 100% recycled paper. We compost food waste, and source food from local providers whenever possible. We encourage car sharing, and provide free train station pick ups for those opting to use public transport.



Are there any participant restrictions?

We welcome adults of 18 years and over. The activities are open to everyone, you don't need to have previous experience and you don't need to be particularly 'outdoorsy', just come equipped with a 'go for it' attitude and the need to experience something new! Participants should have a reasonable general level of fitness and will be asked to fill in a medical declaration form on arrival at the lodge. All participants need to be able to swim to take part in the water-based activities.

You are welcome to come along on your own, as a couple, or with a group. If you are organizing a group there are discounts available. Let us take away the hassle factor by coordinating your entire booking, just call or e mail for details of how we can help.

Are the instructors qualified?

All of our professional and friendly guides are experienced and fully qualified with National Governing Body Awards and they regularly take part in comprehensive in house training. They are committed to providing exciting yet safe activities that bring new challenges to the group and individual. **Preseli Venture** provides high quality specialist equipment including wetsuits and safety kit.

How much will a 2-day break cost me?

Wicked Liquid Coasteering Break

Jan - March £175, April - May £185, June - Sep £195, Oct – Dec £179, Bank Holiday Weekends £195

Includes: 2 nights adventure lodge accommodation, yummy home cooked food Friday dinner to Sunday lunch, 2 half day coasteers and a half day hike, all specialist equipment (including winter wetsuits **ALL** year round, and wetsuit gloves and socks to keep you toasty warm!), friendly and qualified instructors, PSV qualified drivers and transport for all activities, and train station transfers for certain trains.

Dedicated adrenalin junkies may choose to 'up the pace' by opting into an additional adventure activity instead of the hike for an extra **£39.00**, or if you fancy a gallop on the beach on a trusty steed, or a jet boat ride round an offshore island let us know and we'll put you in touch with the right people!

We are also happy to tailor make an event to suit your individual needs, interests and pockets, just let us know what lights your fire and we'll put together a personalised adventure programme just for you.



For more information please call **Claire** on **01348 837709**, e mail info@preseliventure.com or check out our website www.preseliventure.com

