

Endorphin Blaster Adventure Days

If you're staying in the local area and fancy a half or full day of awesome endorphin blasting stress busting adventure then we have a tasty adventure day menu that we have put together – just for you!

On your *endorphin blasting* adventure we'll give you the opportunity to:

- experience unique and exciting adventure activities that help you refresh and invigorate, detox and relax,
- take time out to enjoy the beautiful unspoilt coastline of Britain's only coastal National Park,
- escape from the reality of daily life for fun and exhilaration.



What activities can I do?

Choose one of these for a half day or full day, or combine two for a 'pick and mix' adventure:

COASTEERING The ultimate coastal adventure - climb, swim and jump into a whole new world. Sea caves and swirling ocean swells combine to produce a truly wild environment. Watch out, it's addictive!

SEA KAYAKING The sea kayak is the ideal craft from which to explore our Coastal National Park. In a short time you can be away from other people, exploring the hidden coves, beaches and sea cliffs of the Pembrokeshire coastline, leaving only footprints in the sand, and taking away happy memories, health, and fitness.

SURFING The art and science of riding

ocean swells - with a little help from our talented instructors you'll be standing up in no time. You'll get the chance to experience surfing on the best beach breaks in West Wales, and this combined with awe inspiring scenery, and more Blue Flag beaches than anywhere else in Britain ensures there truly is no better venue in the UK to begin your surfing career.



Who are Preseli Venture?

Preseli Venture was founded in 1988 and we specialise in providing adventure events to a discerning client base! Our **Endorphin Blaster Adventure Days** 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 **Visit Wales** for our accommodation and approved by **Canoe Wales** as a sea kayak training centre. We are a **British Surfing Association** approved surf school. We are a founder member of the **Pembrokeshire Outdoor Charter Group** and we are involved in making sure that our impact on the National Park is as positive as possible.

We are an economic force for the 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 source our electricity from ecotricity, our heating and hot water is via our ground source heat pump, we compost food waste, and source food from local providers whenever possible. Our minibuses run on local bio diesel.

Are there any participant restrictions?

We welcome adults of 18 years and older, and also family groups with children aged 10 years and older. Height restrictions do apply, kids do need to be 114cms tall or over, in order to utilize the adventure equipment on offer and children MUST be accompanied on the activities by a parent or legal guardian. 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 a sense of fun! 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.

How much will it cost?

	Jan-April	May-Sep	Oct-Dec
Adults half day	£49 £46.55/£44.10	£55 £52.25/£49.50	£49 £46.55/£44.10
Adults full day	£98 £93.10/£88.20	£105 £99.75/£94.50	£98 £93.10/£88.20
Under 16's half day	£35 £33.25/£31.50	£35 £33.25/£31.50	£35 £33.25/£31.50
Under 16's full day	£70 £66.50/£63	£70 £66.50/£63	£70 £66.50/£63

You are welcome to come along on your own, as a couple, as a family, or with a group! If you are organizing a group, discounts are available.

Group Rates – 5% discount for 5 or more, 10% for 10 or more

What do prices include?

- all specialist equipment (including winter wetsuits ALL year round and wetsuit socks to keep you toasty warm!),
- fully qualified, knowledgeable and friendly guides,
- complementary teas and coffees,
- access to the wildest and most beautiful adventure locations on the North Pembrokeshire coastline, away from the crowds.
- PSV qualified drivers and transport for the activities



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.

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

For more information please call us on **01348 837709**, e mail info@preseliventure.com or visit our website www.preseliventure.co.uk



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