

Family Adventure Week

Five days of discovery, fun, and exploration on the inspirational Pembrokeshire National Park coastline; our family activity holidays are the perfect way to spend quality time with your kids. We'll take you out on the best adventures by day, and by night we'll toast marshmallows on a fire under the stars, or take a moonlit frolic on the beach. These are days of magic and wonder...



This family adventure holiday offers you and your family the perfect opportunity to experience unique and exciting adventure activities under the expert guidance of our professional instructors. You'll be well looked after by our team of friendly staff, and enjoy excellent hospitality at our **fully catered 5 star adventure lodge**.

What happens on this adventure break?

Monday Arrive in time for a delicious home cooked lunch, followed by a half day **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!

Tuesday We recommend getting stuck in and taking two half day adventures today. You'll try **SEA KAYAKING**; where rocks, caves, seals, birds, waves, surf, beaches, harbours and much more make Pembrokeshire a real sea kayaker's paradise, and **MOUNTAIN BIKING** down quiet country lanes, deep wooded valleys and quiet tracks and trails.

Wednesday We'll leave this day free for you to take some time to explore at your own pace. Our local sandy beach, Abermawr, is just a short walk through the bluebell woods and can offer you rock pools, idyllic views, safe swimming and unspoilt tranquility; it's the perfect spot for a family day out. Pembrokeshire also offers a plethora of activities to suit the needs and interests of all the family; whether it's a boat trip around an off shore Island, a horse ride on a beach, a fishing trip, or even a visit to a local theme park that you're after, we can point you in the right direction.

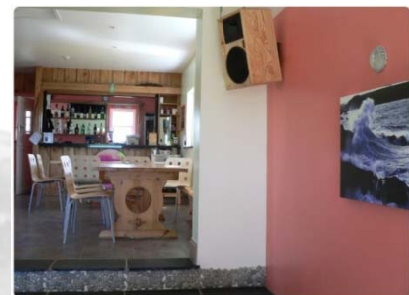
Thursday Today you'll try **SURFING** - the art and science of riding ocean swells – and with a little help from our talented instructors you'll be standing up in no time. You'll round your adventures off with a **COASTAL HIKE**, we have the world renowned **Pembrokeshire National Park Coastal Path** 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 adrenalin charged adventure activities.

Friday Depart after breakfast

NB This is an outline itinerary, and is therefore subject to change according to your own preferences and to weather and tides. Please contact us if you have any questions or requests.

What can we do in the evenings? After supper in the evenings you'll be free to make the most of our awesome location, a moonlit frolic on the beach comes highly recommended, and we'll have a big bonfire under the stars for you on one of the evenings. The Preseli Venture lodge is a great place to hang out in the evenings, we have a big pile of games and books, plenty of safe outdoor play areas for kicking a ball around, we have a fully licensed bar so if the adults fancy a bevvie they're most welcome, and if the kids really can't live without internet access we have wireless broadband!

Where will I stay? All of our adventure guests stay at the **Preseli Venture Adventure Lodge**, our **five 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 cosy bedrooms including doubles, twins and family rooms, and brand new bathrooms with plenty of hot water. We keep the lodge nice and warm year round; our comfy lounge has a picture window with an inspirational view, under-floor heating courtesy of our ground source heat pump, and is equipped with a delightful wood burning stove – ideal for experiencing that 'post adventure' glow!



Our new bar and dining area has a pool table and an incredible music system. 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.

A home from home...

The lodge offers spacious accommodation and has an atmosphere of homeliness and comfort. If you want to sample the local, 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 and your family the highest standards of service and the happiest and most comfortable adventure break. Your stay at Preseli Venture will be coordinated by a 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. **At the end of 2008, when we asked them, 99.5% of our adventure clients said they'd love to come and see us again, or that they would recommend a friend to come along and see us for some adventures. We're very pleased about that!**



Who are Preseli Venture? Preseli Venture was founded in 1988 and we specialise in providing adventure events to a range of discerning clients. Our **Family adventure events** will put the whole family in touch with nature and offer the ideal opportunity to re-energise family bonds and spend some meaningful time together doing something healthy and fun.

We have a solid and safe track record. We are accredited by **Visitwales** for our accommodation, 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 Outdoor Charter Group** and we are involved in making sure 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. We encourage car sharing and the utilization of public transport, and we provide a free train or bus station transfer at certain times. Our minibuses run on **local bio diesel**.

Are there any participant restrictions? On our **family adventure weeks** we welcome families with children aged 10 years and over. Height restrictions do apply, kids do need to be 114cms tall or over, in order to utilize the adventure equipment on offer. To take part in the activities, you don't need to have any previous experience, but you do need to have a reasonable level of fitness. All participants need to be able to swim to take part in the water-based activities. Children must be accompanied by a parent or legal guardian on each activity.

When do you offer these events?

We offer family adventure weeks on published dates in 2009:

April 13-17, May 25-29, July 27-31, August 10-14

If you have other dates in mind, please do let us know, as we may be able to offer additional dates.

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 and enjoyment to the whole group, regardless of age or ability. They are passionate about Pembrokeshire, and look forward to sharing this wonderful coastline with you and your family. Preseli Venture provides high quality specialist equipment and safety kit.

How much will a family break cost me? Family Adventure Weeks 2009

Adults £429 under 16's £329

Includes 4 nights five star adventure lodge accommodation, yummy home cooked food from Monday lunch to Friday breakfast (with the exception of Wednesday lunch), 4 half day guided adventure sessions plus 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 bus and train station transfers for certain trains.

Dedicated adrenalin junkies may choose to 'up the pace' by opting into an additional adventure activity for an extra **£45.00** (adults) or **£35.00** (children).

We are also happy to tailor make an event to suit your family's individual needs and interests. 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 check out our website www.preseliventure.com

