

Ocean Cream Surfing Break

The art and science of riding ocean swells – with a little help from our talented instructors you'll be standing up and riding your first wave in no time at all...



This one and a half day course will suit beginner surfers and our friendly team of BSA qualified instructors will teach you all you need to know about surfing to get the very best out of this world renowned coastline where Atlantic ocean swells, beautiful beaches, clean green waves, birds and seals make this a real surfers paradise.



Over the 2 days you will cover the following essential aspects of **surfing**; basic surf and beach safety, an introduction to surfing equipment, paddling techniques, wave selection, and surf etiquette. With a little help from our **talented instructors** you'll be standing up on your board in no time – experiencing the adrenaline rush of catching your first ever wave!

We use swell boards which are soft boards specially designed to facilitate fast learning for beginner surfers, high quality warm and snug fitting full winter wetsuits ALL year round, and

wetsuit gloves and socks are available to make sure your fingers and toes are toasty warm! 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.



In the evening after a well earned meal you'll have time to chill out at the comfortable lodge or take a trip to the friendly local pub. For the perfect 'apres- surf' feeling we recommend unwinding in front of one of the wood burning stoves or around our bonfire site, drink in hand, reliving the thrills and spills of riding your first waves, and looking forward to the surfing to come! A debrief and evaluation session with your instructor at the end of **Day 1** will allow you to fine tune your surfing on **Day 2**; improving your technique and troubleshooting common beginners mistakes.

On Sunday afternoon after lunch you'll pack your bags and with a teary eye depart for home. But never fear, once bitten by the Pembrokeshire surfing bug you are certain to be back for more...



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, from doubles through to group rooms sleeping eight. We keep the lodge warm and cosy 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, the PV bar is well stocked with a wide range of tipples to suit everyone, including local and organic brews. 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...

The lodge accommodates up to 38 people and has an atmosphere of homeliness and comfort. 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 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!**



What happens if there is no surf?

We always keep our fingers crossed for waves, but like anywhere else in the world they unfortunately cannot be guaranteed! We have a number of beach breaks that we use regularly, and since you'll have your own dedicated surf bus for the weekend you'll be able to conduct a true 'surfcheck surfari' – if there are waves, you will find them. In the event of 'no surf' on any of your surfing sessions at Preseli Venture we will provide you with alternative water based activities such as sea kayaking and coasteering. Please contact us if you require more details.

Who are Preseli Venture?

Preseli Venture was founded in 1988 and we specialise in providing adventure breaks to discerning adults. Our **Ocean Cream Surfing 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 Outdoor Charter Group** and we are involved in making sure our impact on the National Park is as little as possible.



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 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. Our minibuses run on **local bio diesel**.

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 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.

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

Ocean Cream Surfing Weekend 2009 🍷 £195

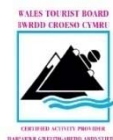
Includes 2 nights 5* adventure lodge accommodation, yummy home cooked food Friday dinner to Sunday lunch (or the mid-week equivalent), 1 full day and one half day surf, all specialist equipment (including winter wetsuits **ALL** year round, and wetsuit gloves and socks to keep you toasty warm), friendly and qualified instructors, PSV qualified drivers and transport for all activities, and bus and train station transfers for certain trains.

Dates for 2009: 13-15 March and 16-18 October.

We can offer one of these events on any date if you have a group of 8 or more. We are also happy to tailor make an event to suit your individual needs, interests and pockets. 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



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