

# Sea Kayaking Breaks

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.



Here at *Preseli Venture* we can offer you a progressive series of sea kayaking holidays to suit the total beginner, stretch the intermediate paddler, and ensure that enough skills, fitness and understanding are acquired to go Island Bagging. From floating in a tranquil bay surrounded by sea birds, through to the exhilaration of surfing a sea kayak through roaring tidal races our sea kayaking courses offer a structured approach to both the sport and the exploration of the National Park.



Click here to download wildlife information - what you might see, and when!

## At Sea with the Seals

This tried and tested introductory weekend is a perfect introduction to kayaking in Pembrokeshire and will suit both beginner kayakers and those with a little experience of pootling on rivers, lakes or quiet ocean waters. You'll get the chance to explore some of the most beautiful sheltered bays, coastline and harbours of Pembrokeshire and there'll be mysterious and awe inspiring caves to be explored and wildlife to be spotted. On a skills level you'll develop an efficient forward paddling stroke, you'll master turning your kayak, and gain confidence to take your skills and experience to the next level. By the end of the weekend we're sure you'll have been bitten by the sea kayaking bug and you'll be raring to get back for some more watery adventures. **New for 2010 -mid week dates**



**Weekend dates and prices:** 7-9 May £249, 11-13 June £249, 9-11 July £269, 6-8 Aug £269, 3-5 Sept £269, 10-12 Sep £269, 24-26 Sep £269 **Mid week dates:** 6-8 July £269, 10-12 Aug £269

## Sea Kayak Odyssey

This is our five day sea kayaking tour - brim full of opportunities to explore the inspirational Pembrokeshire coastline, replete with sandy deserted bays, towering rock arches and sea cliffs, echoing sea caves, and of course plenty of opportunities to spot a diverse array of wildlife including Atlantic grey seals and a plethora of sea birds. This event will give you the chance to take **four full days and one half day** sea kayaking along the coast, and weather permitting (it usually does!) your event will include a two day expedition, spending the night under canvas, stargazing beneath the night sky. To make the most of this event you'll need to have had a little bit of experience in a kayak, and our friendly and qualified guides will ensure you get the most out of this awesome opportunity to experience this National Park coastline at close hand.

**Dates and prices for 2010:** 26-30 July £549, 6-10 Sep £549



## Rock and Roll

This event will suit intermediate kayakers who have attended an **At Sea with the Seals** weekend, or who have had other appropriate relevant kayaking experience, **BCU 2\*** is a good measure of experience for this event. On this weekend you'll become a competent member of a group able to travel safely and efficiently on the sea. Moving water and swells will become your friends as you encounter tidal streams, play at rock hopping and



ride clean green waves. You'll take extended trips along the coastline, and visit some of Pembrokeshire's best kept secret spots! You'll acquire support strokes, try eskimo rolling (if you choose), and learn to tow a friend out of trouble. These are days of pure adventure – the ultimate in National Park exploration.

**Dates for 2010: 2-4 July £269, other dates available for groups**

## Island Bagger

Pembrokeshire may not have any Monroes, but it's rumoured there are 100 or more islands for you to bag. When you can reliably handle yourself and your kayak in rough water and tide races, can paddle for more than an hour without your paddle turning to lead, and enjoy the occasional ducking, this is the event for you! In the company of our experienced kayak guides you'll explore the offshore Islands of Pembrokeshire, harnessing the power of the tidal streams you'll cover amazing distances in your sea kayak. You'll encounter creaming surf, whirlpools and exhilarating waves and perhaps be joined by seals and dolphins.



**Dates on request**



### Where will I stay?

All of our adventure guests stay at the [Preseli Venture Eco Lodge](#), our **five star adventure centre** set in an acre 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 which you can plug your ipod straight into, 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 traditional Pembrokeshire courtyard 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 2009, when we asked them, 99% 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 breaks to discerning adults. Our [Sea Kayaking holidays](#) 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 **VisitWales** for our accommodation and approved by **Canoe Wales** as a sea kayak training centre. 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 our heating and hot water is via our ground source heat pump, we recycle, we compost food waste, we source our electricity from ecotricity and our 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 these sea kayaking breaks we welcome adults of 18 years and over. 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. Some of our sea kayak events require that you have had some previous kayaking experience – check out the relevant pages on the Preseli Venture website or please do contact us if you have any queries regarding the ability levels required.

**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.

**What if I can't make one of those dates?**

If you have a group of 6 or more, we can run a sea kayaking event on almost any weekend or mid week date that suits you. Please do call or email for prices and details should you have an alternative date in mind.

**How much will a sea kayaking event cost me?**

The cost for the **At Sea with the Seals, Rock and Roll** and **Island Bagger** includes 2 nights 5 star eco lodge accommodation, yummy home cooked food from Friday dinner to Sunday lunch (Saturday and Sunday is a packed lunch al fresco), **2 full days sea kayaking**, all specialist equipment, friendly and qualified instructors, PSV qualified drivers and transport for all activities, and train station transfers for certain trains.



The **Sea Kayak Odyssey** event costs **£549 to include** 4 nights 5 star eco lodge accommodation (one of these nights might be a camping night, weather depending), yummy home cooked food from Monday lunch to Friday lunch (Tuesday to Friday will be picnic lunches), **4 full days and one half day sea kayaking**, all specialist sea kayak equipment, friendly and qualified instructors, PSV qualified drivers and transport for all activities, and train station transfers for certain trains. You are welcome to bring your own camping kit, or Preseli Venture has some camping equipment available for hire.

**What's the best way to travel to Preseli Venture, and when do I need to arrive?**

We do encourage you to take public transport if you can – we offer a free train station transfer to the PV lodge from Haverfordwest, our local train station, at approx 6.40pm on the first evening. For your return journey there is usually a train out of Haverfordwest at approx 5.50pm after your second day of kayaking. You're welcome to arrive at any time on the first evening, there'll be a Preseli Venture member of staff on hand to welcome you in up until 11pm or later. If you'd like to stay at the lodge an additional night after your second day of kayaking you're most welcome, please do call or email for details and prices.

**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 us on **01348 837709**, e mail [info@preseliventure.com](mailto:info@preseliventure.com) or check out our website [www.preseliventure.co.uk](http://www.preseliventure.co.uk)



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