

Stag Adrenalin Cocktail

If you're looking for an awesome weekend that will be talked about for years to come, if you want scenes more photogenic than the wedding, and you think it's a good idea to do something healthier than just tip 15 pints of beer down the toilet...read on.



'Thanks for a wicked weekend – very successful, and due to your adventure filled programme I have gained great kudos for organising an excellent stag weekend!'



Earn friends and influence people by letting us orchestrate your entire stag party weekend, day, or mid-week break. Why settle for the cheap thrill of a quad bike, the macho mud of paint balling, or the 15-second rush of a bungee jump when we can offer you two whole days of pure fun and adventure?

Your stay will be coordinated by our dedicated [Preseli Venture Hospitality Manager](#) who will make sure your chosen adventures, ideal accommodation, good food and a spectacular environment merge seamlessly into a weekend your friends will talk about forever.

EXAMPLE WEEKEND PROGRAM (for a group of up to 10, please [contact us](#) regarding availability and itineraries for larger groups)

Friday night: Arrival at Preseli Venture in time to catch a beautiful sunset on the lodge patio. Follow this with a home cooked and wholesome dinner at the [Preseli Venture Eco Adventure Lodge](#), and settle into an evening of relaxation. The Preseli Venture bar stocks a range of tipples and will be open 'til late.



Saturday: Choose 2 activities from;

COASTEERING

A real wake up call - climb, swim and jump into a whole new world. Sea caves, tunnels and swirling ocean swells combine to produce a truly wild environment. Watch out – it's addictive!

SEA KAYAKING

Rocks, caves, seals, birds, waves, surf, beaches, harbours and much more make Pembrokeshire a real sea kayakers paradise. Surf between rocks, paddle below towering cliffs and say 'hi' to the seals.

SURFING

The art and science of riding ocean swells on the trembling surf of the Atlantic Ocean. With a little help from our talented instructors you'll be up on your board riding the clean green west Wales waves in no time at all.

MOUNTAIN BIKING

Hundreds of miles of quiet country lanes, deep wooded valleys and challenging tracks and trails; escape the urban sprawl.



Saturday night: Delicious home cooked dinner here rounded off with drinks at the Preseli Venture Lodge bar, or a visit to our friendly local village pub. Or maybe you'd like a moonlit walk through the woods and a frolic on our quiet secluded beach, or beers around a blazing bonfire in our sheltered garden? Whatever you choose, after a hard day out enjoying yourself with mother nature, your body will have no option other than the "sleep of the deep".

Sunday: One more activity...we recommend:

● **HIKING** on the famous [Pembrokeshire Coast path](#). Unwind amongst dramatic scenery, walk cliff top trails, and chill out amongst the wild flowers – the perfect end to a weekend of

good times and adventure.

Where will I stay?

All of our adventure guests stay at the [Preseli Venture Eco Adventure-Lodge](#), our 5* **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 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 awesome 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 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.

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 weekend break. **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 breaks to discerning adults.

Our **Stag Adrenalin Cocktail event** 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 **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 our heating and hot water is via our ground source heat pump, we compost food waste, we source our electricity from Ecotricity, and 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?

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.

If you are organizing a big 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. 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.

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?

Stag Adrenalin Cocktail Adventure Break 2009

Jan-March £189, April-May £199, June-Sep £210, Oct-Dec £199

Easter Weekend and Bank Holiday weekends £210

Includes 2 nights 5* adventure lodge accommodation, yummy home cooked food Friday dinner to Sunday lunch (or the mid-week equivalent), 3 half day activity sessions, 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. You're welcome to stay longer, check out the **Eco Adventure Lodge** pages for rates and more details.

Dedicated adrenalin junkies may choose to 'up the pace' by opting into an additional adventure activity instead of the hike for an extra **£49.00**, 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!

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

