

# How to get to Preseli Venture and What to Bring

## Pembrokeshire Sea Kayak Odyssey

PRESELI  
VENTURE

### By Train:

**Haverfordwest** is our nearest large town. The train timetable does vary through the year – as a guide we suggest that on Monday we will be at Haverfordwest train station at 12.30pm, and we'll offer a transfer back to the train station on the Friday, arriving there for about 5.15pm. **If you could contact us ASAP if you would like to take the train, and we'll take a look at times and itineraries.**

If travelling from London take the train from Paddington. For advance train ticket purchases call **0870 9000 773**, or buy online at [www.thetrainline.com](http://www.thetrainline.com) or [www.firstgreatwestern.co.uk](http://www.firstgreatwestern.co.uk)

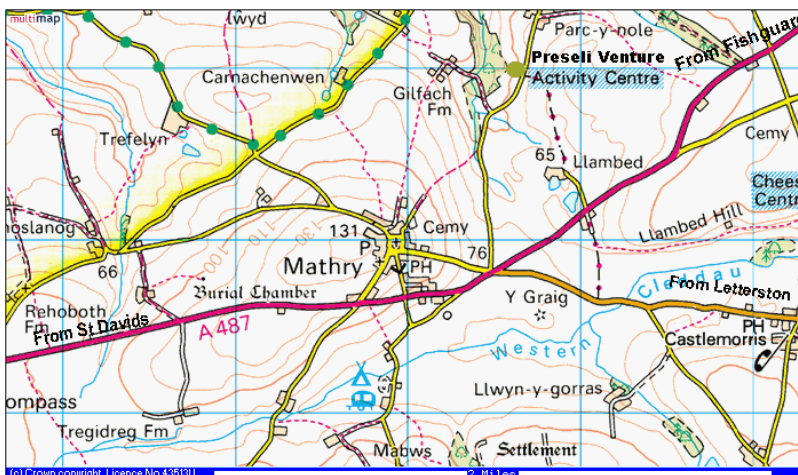
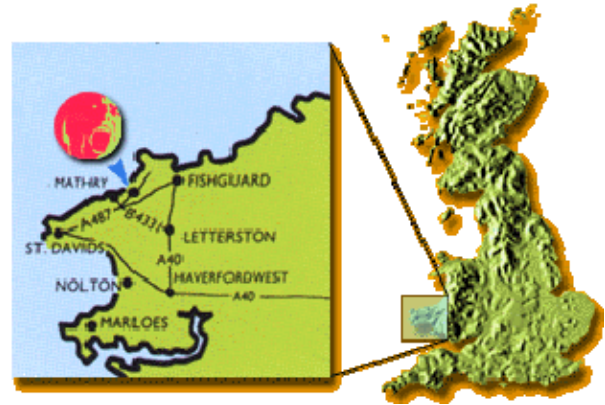


Alternatively, if you'd like to talk to a real person (!) you can call Louise at **The Ticket Hut** on **01554 830188** or email her [thetickethut@pembrestation.co.uk](mailto:thetickethut@pembrestation.co.uk).

**Please note:** if the train timetable doesn't fit in and around the dates of your course with Preseli Venture, we are usually able to offer additional nights accommodation here at the lodge, please do call or email with public transport logistics, we do encourage you to utilise public transport whenever possible!

### By Car:

- ✿ Take the M4 west as far as it goes past Swansea, and then join the A48 to Carmarthen.
- ✿ At Carmarthen take the A40 west towards St Clears, and continue on the A40 to Haverfordwest.
- ✿ From Haverfordwest take the A40 towards Fishguard for 9 miles, until you reach Letterston and then TURN LEFT onto the B4331, sign posted for Mathry.
- ✿ Continue for 5 miles, until the B road meets at a junction with the A487; the Fishguard to St Davids road.
- ✿ Cross over the A487, and then turn IMMEDIATELY right down a **single-track** lane – **CAUTION** drive slowly down this narrow and twisty road!
- ✿ We are the first place you come to on the left (a big pink house!), about 2/3 of a mile down the lane (ignore any other earlier farm tracks!) Please continue to the second entrance driveway, which leads you straight to the car parking area.



**NB Please follow these written instructions for the last part of your journey, sat navs are notoriously unreliable for guiding guests to the lodge!**

### Event timing and logistics:

You're welcome to arrive from 12.00pm on Monday, lunch will be at about 1.00pm. Monday will comprise of a half day kayaking, sorting out and familiarising yourself with kit. Tuesday, Wednesday and Thursday will be full day trips, and

one of these nights will be an overnight, weather permitting. On Friday you'll return to the lodge by 4.00pm.

On the day trips when you'll be travelling from A to B we'll ask the group to take turns in driving their car to the venue – this will be short journey – please do let us know if you're not happy to help us with the shuttle. Thanks!

**If you are delayed in your travel to Preseli Venture please let us know by telephoning us on **01348 837709** (office phone) or **01348 837446** (lodge phone).**

## What to Bring:



Having suitable equipment and clothing will help make your trip even more enjoyable. This list is not exhaustive and, given the range of personal preferences, does not include all clothing that will be required for general use – if you have any questions please do contact us.

Although capsizing is rare on session, for your comfort in case of a capsize we do provide you with a wetsuit (called a 'long john' wetsuit, see piccie on the left) – this has a full body and legs, but not arms – thus providing you with flexibility and warmth.

### General Kit

- ✿ Warm clothes and layers - you will need a couple of long sleeved (short-sleeves on hot days) t-shirts or sweaters to wear under the long john wetsuit provided (wool or thermal/fleecey materials are best – not cotton).
- ✿ Footwear for the evening, and for walks to the beach etc
- ✿ You'll probably want comfy clothes for the evenings at the lodge, and 'campsite clothes' for sleeping in and wearing on your night out camping.
- ✿ A couple of towels
- ✿ Woolly hat, and warm socks!
- ✿ If you have water sandals (such as Tevas) you might like to wear these combines with some waterproof socks, which we can provide.
- ✿ Dry bag (if you have one)
- ✿ Personal wash kit
- ✿ Any personal medicines

### For camping

- ✿ Tent or bivvy bag
- ✿ Sleeping mat - karrimat or thermarest
- ✿ Sleeping bag
- ✿ Torch (a head torch is ideal)

We do have tents that you can rent for **£10** per night. The tents are comfy 2 person tents, so please be willing to share with one other person of the same sex.

### Miscellaneous

- ✿ Water bottle, platypus or similar (1 litre capacity)
- ✿ Small flask (if you have one)
- ✿ Sunglasses (with strap if possible)
- ✿ High factor sun cream
- ✿ Lip balm with SPF
- ✿ Waterproof camera (available also to buy from PV)
- ✿ Lightweight binoculars (if you have them)
- ✿ Insect repellent
- ✿ Ordnance Survey map for North Pembrokeshire – OL35

### Kayaking kit: *Preseli Venture will provide*

- ✿ Boat
- ✿ Paddle
- ✿ Booties
- ✿ Long John Wetsuit
- ✿ Bouyancy Aid
- ✿ Kayak Cag
- ✿ Spray Deck
- ✿ Helmet

Please don't bring your own alcohol, we have a private licensed bar.

**Please do call or email if you have any questions regarding kit or travel logistics, we're looking forward to seeing you here at Preseli Venture soon.**



[www.preselivventure.co.uk](http://www.preselivventure.co.uk) [info@preselivventure.com](mailto:info@preselivventure.com) 01348 837709