

Hen and stag parties

From pampering to partying, we've got some great ideas for a hen party to remember – and we haven't forgotten the stags either

The final fling

Go wild in the country

Need to get rid of some of that pre-wedding stress? Be Lara Croft for the weekend on an adrenalin-fuelled adventure break. The craggy coast of Pembrokeshire is the perfect setting, with wild waters, fantastic scenery – and a couple of great party towns if you've any energy left in the evening. You can try surfing, sea kayaking, biking and, wildest of all, 'coasteering': scrambling, climbing and jumping off cliffs into the sea! If you're thinking 'But isn't Wales a bit chilly for that kind of thing?', don't worry, you get a wetsuit that'll keep you toasty warm. Stay at the cosy chalet-style Preseli Venture Lodge, out in the countryside, where you can sleep in rooms for eight (midnight feast, anyone?) and the bar stays open as long as you want it to. Alternatively, Adventure Beyond can arrange an adventure break with hotel accommodation, so you can go clubbing in the seaside town of Tenby.

♥ A two-day break at Preseli Venture Lodge costs £189, including full board and activities (01348 837 709, www.preseliventure.com). Adventure Beyond offers two-day hotel breaks with activities from £220 (01823 451 113, www.adventurebeyond.co.uk).

Climb the pole

Daryl Hannah did it on film, Kate Moss did it in a music video and Zoe Ball apparently does it at home for Norman... so why not join them and learn pole dancing? Crocodile Events run courses in Edinburgh, Leeds, Manchester, Nottingham, Bristol, Birmingham, Cardiff and London, where you can learn the tricks of the trade – probably not recommended for your first dance at the wedding, but it might come in handy on the honeymoon...

♥ From £35 per person, or as part of a tailor-made package (08700 119 996, www.crocodileevents.co.uk).

NEED A LIFT?
Forget the limo – book a fire engine, with hunky firemen supplied! www.redhot-rescue.co.uk



Take the party bus

For a great night out, without the hassle of organising where to go, take the Party Bus. Operating in 14 cities across the UK, the Original Party Bus takes you to four different nightclubs in one night, with VIP entry tickets so you don't have to queue. Spend an hour or so on the dancefloor, then hop back on the bus and head for the next nightspot, partying all the way. You can also combine the Party Bus with dinner at a themed restaurant, a pub crawl or the 'girls' night out', a meal with your own erotic dancer!

♥ From £30 per person. Weekend packages also available (0845 644 6510, www.awesome-events.co.uk).

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