

How to get to Preseli Venture and What to Bring Adventure Days

PRESELI
VENTURE

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!

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).

Our aim is to provide all of our guests with an awesome and memorable adventure experience in our beautiful National Park environment, and our staff and adventure guides will be on hand to answer all of your questions and to make sure that you get the most out of your adventure. You'll meet your adventure guide at Preseli Venture prior to your session, and we do ask you to return with us to Preseli Venture after your session, where your guide will organise handing back your adventure equipment. **Please note you will need to use your own car to drive to the adventure location.**

What to Bring:

All specialist kit is provided for the activities – but you will need to bring the following:

- ✿ For **kayaking** you will need a swimming costume that will be worn underneath the wetsuit that is provided. You need a long sleeved t-shirt or sweater (wool or thermal materials are best – not cotton).
- ✿ For **coasteering** you will need a swimming costume and also trainers that can get wet
- ✿ Bring a water bottle if you have one.
- ✿ Sunblock and/or suncream – Pembrokeshire is pretty sunny!
- ✿ You need to bring warm clothing and plenty of layers to wear afterwards.
- ✿ Bring a towel.

Please let us know if you have any questions or if we can give you any more information by calling us on **01348 837709** or e mail info@preseliventure.co.uk

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