

# Event Information 2012

## Adrenalin Cocktail Adventure

If you're looking for a weekend or a mid-week break chilling out with friends, surrounded by breathtaking, unspoilt scenery, or an adrenalin fuelled stress busting adventure - then either way, you've found the right place.

On this *endorphin blasting* event we'll give you the opportunity to:

- experience unique and exciting adventure activities that help you refresh and invigorate, detox and relax,
- take time out to enjoy the beautiful unspoilt coastline of Britain's only coastal National Park,
- escape from the reality of daily life for fun, exhilaration and the space to adventure and chill out.



### What activities can I do?

**COASTEERING** The ultimate coastal adventure - climb, swim, traverse and jump into a whole new world. Sea caves 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 kayaker's paradise.

**SURFING** The art and science of riding ocean swells - with a little help from our talented guides you'll be standing up in no time.

**COASTAL WALKING.** We've got the world renowned [Pembrokeshire National Park Coastal Path](#) on the very western tip of Europe right on our doorstep. Unwind amidst the spectacular cliff top scenery and chill out amongst the wild flowers – it's the perfect accompaniment to the awesome adventure activities.

### 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, we also have **spotify premium**. 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; 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 40 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 2011, when we asked them, 97% 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 [Adrenalin Cocktail adventure weekends](#) 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, approved by **Canoe Wales** as a sea kayak training centre, and assessed by the **Adventure Activities Licensing Service** and the **National Water Safety Forum** as a coasteering provider. 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 provided via our ground source heat pump, we source electricity through our array of photovoltaic roof panels and from ecotricity, we compost food waste, and we buy our food from local providers whenever possible. We encourage car sharing and the utilization of public transport, and we provide a free train station transfer at certain times.



### ***Are there any participant restrictions?***

On our [adrenalin cocktail adventure weekends](#), 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.

**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.

### ***When do you offer these events?***

We offer the **2 day adrenalin cocktail** nearly every weekend. We also offer these adventure breaks on a mid week basis, please do contact us if you have mid week dates in mind – **we can offer you 5% off of weekend prices for any mid week stay.**

### ***How much will a 2-day break cost me?***

**Adrenalin Cocktail Adventure Break 2012** 🍷

**Jan-March £215, April-June £229, July-Sept £235, Oct-Dec £229**

**On any bank holiday weekend, or if you'd like a long weekend, add £55 for 1 extra night of accommodation with all meals.**

**Includes** 2 nights [5 star eco lodge](#) accommodation, yummy home cooked food Friday dinner to Sunday lunch (or the mid-week equivalent), 2 half day guided adventures plus a self guided half day hike, all specialist equipment (including winter wetsuits **ALL** year round, and wetsuit socks to keep you toasty warm), friendly and qualified instructors, PSV qualified drivers and transport for all activities, and train station transfers for certain trains.

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 inspirational views of the Strumble head peninsular from horseback, or a jet boat ride round an offshore island let us know and we'll put you in touch with the right people!

### ***Can I stay mid week?***

Yes, please do, we'd like that very much! We welcome individuals, couples and groups to come and stay with us mid week, you're welcome to stay before or after a weekend break, or just come along Monday – Friday or any part of the week. We can offer mid week



Adrenalin Cocktail events, with 5% off the weekend rates for a mid week stay, and we also offer a mid week [adventure holiday](#).

### **Can I stay longer? Do you offer extended Bank Holiday and long weekend breaks?**

Yes, that would be great too! We offer a **3 day long weekend / bank holiday adventure weekend**, and also a **4 day adventure weekend** designed specifically for the long bank holiday weekends that we'll be blessed with in 2012. Full details are below.

#### **3 day long weekend adventure breaks**

The price for these events will be **£369** and will include the following itinerary:

Arrive in time for home cooked supper and to settle into the eco lodge.

**Day 1:** Sea kayaking and coasteering

**Day 2:** Surfing and coastal hiking

**Day 3:** Coasteering at a second venue (like on our [Wicked Liquid coasteering courses](#)), lunch and depart.

#### **4 day long weekend adventure breaks**

**April 5-9 2012** – Easter break

**June 1-5 2012** – Queens Silver Jubilee weekend

and also:

**August 24 – 28 2012** – Late summer bank holiday weekend

The price for these events will be **£495** and will include the following itinerary:

Arrive in time for home cooked supper and to settle into the eco lodge.

**Day 1:** Coasteering and sea kayaking

**Day 2:** Surfing and coastal hiking

**Day 3:** Full day sea kayaking with a picnic lunch on a lovely deserted beach or other inaccessible (apart from by kayak) spot!

**Day 4:** Kite boarding\* followed by lunch and depart

*\*Kiteboarding is new for 2012, and is offered by our adventure partners over at the Big Blue Experience. As you would imagine, kiteboarding is lots of fun but VERY weather dependent! Because of this we don't charge you in advance for this activity, and payment can be made to The Big Blue Experience when and if the activity takes place. Also, this is the only activity for which you'll need to provide your own transport, please do ask us for more info.*

### **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 Fishguard, our local train station, at 6.30pm on the first evening arriving at the lodge in time for a tasty evening meal at 7.30pm. For your return journey we take you to the train from Fishguard at 2.20pm. If you can't arrive on the 6.30pm train, don't worry the next train into Fishguard arrives at 8.30pm and there are later trains into Haverfordwest train station too. You can book a taxi to bring you to the Lodge, so do ask us if you need local taxi telephone numbers. If you're travelling by car, we hope you can arrive for the evening meal at 7.30pm, and we do ask you to arrive after 5.00pm please. You're welcome to arrive at any time on the first evening as there'll be a Preseli Venture member of staff on hand to welcome you in up until about 12.00am.

### **Can I stay at the lodge, and do my own thing in the daytime?**

If you're just after somewhere to stay while you follow your own holiday or adventure itinerary, the **Preseli Venture-lodge** offers an ideal base for your [holiday in Pembrokeshire](#), with easy access to the rest of Pembrokeshire, as well as Ceredigion. For rates please check out the [Preseli Venture eco lodge](#) pages on our website.

**We are also happy to tailor make an event to suit your individual needs, interests and pockets. 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.co.uk](mailto:info@preseliventure.co.uk) or check out our website <http://www.preseliventure.co.uk/>

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