

Event Information 2012

Pembrokeshire Adventure Staycation



Five days of discovery and fun on the inspirational Pembrokeshire National Park coastline; our [Pembrokeshire Adventure Staycation](#) is the perfect blend of adventures and exploration. We'll take you out on the best adventures by day, and by night we'll toast marshmallows on a fire under the stars, or take an evening stroll on the beach to catch a beautiful sunset. These are days of magic and wonder...



This mid week adventure break offers the perfect opportunity to experience unique and exciting adventure activities under the expert guidance of our professional instructors. You'll be well looked after by our team of friendly staff, and enjoy excellent hospitality at our fully catered [5 star eco lodge](#).

What happens on this 5 day adventure break?

Monday Arrive in time for a home cooked lunch, followed by a half day [COASTEERING](#), the ultimate coastal adventure - climb, swim 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!

Tuesday Today is a biggie, a full day [SEA KAYAKING](#) along the Pembrokeshire coastline, a place where rocks, caves, seals, birds, waves, surf, beaches, harbours and much more make our coast a real sea kayaker's paradise. Hone your sea kayaking skills, with the emphasis on exploration and wildlife watching along this inspirational coastline. Packed lunch somewhere inaccessible (apart from by kayak) on the coast!

Wednesday Another busy day today, we recommend taking a half day [SURFING](#) on one of our Pembrokeshire beach breaks, basing yourself at a beautiful beach, followed by lunch. **NEW FOR 2012** We've teamed up with local kite boarding specialist **The Big Blue Experience** to offer a half day kite boarding on the wonderful sandy expanse of Newgale beach. Kiteboarding is the perfect 'light wind' complement to kitesurfing, involving similar skills without getting wet ☺

NB 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.

Thursday [COASTEERING](#) again, we'll choose another of our awesome venues along the North Pembrokeshire coastline. Whether the sea is flat calm and reflecting the sun's rays like a mirror, or raging and boiling as the waves pound the cliffs base, a superb coasteer can be guaranteed, with the emphasis on cliff jumping, wave dodging and rock traversing shifting according to the conditions; no two coasteers are ever the same. Lunch at the lodge, followed by a self guided [COASTAL HIKE](#), we have 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 adrenalin charged adventure activities.

Friday We've partnered up with Twiggy and her team at Llanwnda Stables to offer an hour and a half horse ride where you can enjoy inspirational views of the Strumble Head peninsula from horseback. If horse riding doesn't rock your boat – you're welcome to opt into an alternative activity! Lunch at the lodge, and depart.

NB This is an outline itinerary, and is therefore subject to change according to your own preferences and to weather and tides. Please contact us if you have any questions or requests.

What can we do in the evenings?

After supper you'll be free to make the most of our awesome location, a walk through the bluebell woods to the beach comes highly recommended, and we'll have a bonfire under the stars for you on one of the evenings. The Preseli Venture eco lodge is a great place to hang out, our new bar and dining area has a pool table, a load of games, free wireless and an incredible music system which you can plug your ipod straight into, and we have spotify premium. If you want to sample the local, 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.

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 including group rooms, doubles,



twins, and brand new bathrooms with plenty of hot water. We keep the lodge nice and warm 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 food is home cooked, wholesome and delicious, and special diets are happily catered for.



A home from home...

The lodge offers spacious accommodation and has an atmosphere of homeliness and comfort. 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 events to a range of discerning clients. Our **pembrokeshire**

adventure holiday 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 **Wales adventure holidays** 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.

When do you offer these events and how much does it cost?

We will be offering these mid week adventure holidays on these dates:

- 9-13 April | £509 | 28 May – June 1 | £509
- 16-20 July | £509 | 6-10 August | £509
- 20-24 August | £509 | 10-14 September | £509



There is a 5% discount groups of 5 or more and a 10% discount for groups of 10 or more. If you have other dates in mind, please do let us know, as we may be able to offer additional dates.

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 and enjoyment to the whole group, regardless of age or ability. They are passionate about Pembrokeshire, and look forward to sharing this wonderful coastline with you and your family. Preseli Venture provides high quality specialist equipment and safety kit.

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 1.25pm on the Monday arriving at the lodge in time for a quick lunch. Your afternoon activity will start at 2.15pm. For your return journey we take you to the train out of Fishguard at 1.30pm on the Friday. If you're arriving by car, you're welcome to arrive any time after 12.30pm on the Monday and lunch will be from 1.00 – 2.00pm with your afternoon activity starting at 2.15pm. If you'd like to stay at the lodge for just a part of the week, that's fine too, please contact us with your available days and we will put together a cost for you.

What does the price include? Pembrokeshire Adventure Staycation 2012

Includes four nights **five star eco lodge accommodation**, yummy home cooked food from Monday lunch to Friday lunch (with a packed lunch Tuesday), one full day and three half day guided adventure sessions, an hour and a half horse ride, a half day hike, and 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 for an extra **£49.00**.

We are also happy to tailor make an event to suit your individual needs and interests. Let us know what floats your boat 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 or visit our website <http://www.preseliventure.co.uk/>

Connect with us on  [facebook](#) &  [twitter](#) 😊



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