

Event Information 2012

Stag Adrenalin Cocktail Weekend

If you're looking for an awesome weekend that will be talked about for years to come, if you want scenes more photogenic than the wedding, and you think it's a good idea to do something healthier than just tip 15 pints of beer down the toilet...read on.



'Thanks for a wicked weekend – very successful, and due to your adventure filled programme I have gained great kudos for organising an excellent stag weekend!'



Earn friends and influence people by letting us orchestrate your entire stag party weekend, day, or mid-week break. Why settle for the cheap thrill of a quad bike, the macho mud of paint balling, or the 15-second rush of a bungee jump when we can offer you two whole days of pure fun and adventure?

Your stay will be coordinated by our dedicated [Adventure Event Manager](#) who will make sure your chosen adventures, ideal accommodation, good food and a spectacular environment merge seamlessly into a stag event your friends will talk about forever.

EXAMPLE WEEKEND PROGRAM

Friday night: Arrival at Preseli Venture in time to catch a beautiful sunset on the lodge patio. Follow this with a home cooked and wholesome dinner at the [Preseli Venture Eco Lodge](#), and settle into an evening of relaxation. The Preseli Venture bar stocks a range of tipples and will be open 'til late.

Saturday: Choose 2 activities from;

COASTEERING

A real wake up call - climb, swim and jump into a whole new world. Sea caves, tunnels 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 kayakers paradise. Surf between rocks, paddle below towering cliffs and say 'hi' to the seals.

SURFING

The art and science of riding ocean swells on the trembling surf of the Atlantic Ocean. With a little help from our talented instructors you'll be up on your board riding the clean green west Wales waves in no time at all.



Saturday night: Delicious home cooked dinner here rounded off with drinks at the Preseli Venture Lodge bar. Challenge your friends to a game of pool and groove to the excellent vibes of our awesome sound system. Or maybe you'd like a moonlit walk through the woods and a frolic on our quiet secluded beach, or beers around a blazing bonfire under the stars in our sheltered garden? Whatever you choose, after a hard day out enjoying yourself with mother nature, your body will have no option other than the "sleep of the deep".

Sunday: One more activity...we recommend:

WALKING on the famous [Pembrokeshire Coast path](#). Unwind amongst dramatic scenery, walk cliff top trails, and chill out amongst the wild flowers – the perfect end to a weekend of good times and adventure.

Where will I stay?



All of our adventure guests stay at the [Preseli Venture Eco Lodge](#), our **5* 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 bedrooms, from twin rooms through to group rooms sleeping eight. We keep the lodge warm and cosy year round; our comfy lounge has a picture window with an awesome view down to the coast, 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 have **spotify premium** too!), and there is free WiFi in the bar and lounge. The PV bar is well stocked with a 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 by our resident professional chef, and is wholesome and delicious, and special diets are happily catered for.

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 weekend break. **At the end of 2011, when we asked them, 98% 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 **Stag Adrenalin Cocktail event** 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 **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 via our ground source heat pump, we source our electricity from our solar photovoltaic panels and Ecotricity, food from local providers whenever possible and we compost food waste. 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?

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.

If you are organizing a big 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. We are also happy to tailor make an event to suit your individual needs, interests and pockets, just let us know what lights your fire and we'll put together a personalised adventure programme - just for you.

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.

How much will a 2-day break cost me?

Stag Adrenalin Cocktail Adventure Break 2012 🍷

Jan-March £215, April-June £229, July-Sep £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 adventure 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. You're welcome to stay longer, check out the **Eco Lodge** pages for rates and more details.

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 mountain boarding on a nearby sandy beach, or a thrilling jet boat ride round an offshore island let us know and we'll put you in touch with the right people!

For more information please call us on **01348 837709**, e mail **info@preseliventure.co.uk** or check out our website <http://www.preseliventure.co.uk/>

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