

# Event Information 2012

## Wicked Liquid Coasteering Courses

If you've tried coasteering before and loved it, or if you know that the unique combination of swirling ocean waves, steep sea cliffs and salt water spume is going to have you hooked on coasteering then this is just the adventure event for you!

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

- explore the awesome coasteering potential of Pembrokeshire under the watchful eye of our experienced guides
- experience 'out of the way' new and exciting coasteering venues in true wilderness locations away from the crowds
- escape from the reality of daily life for fun, exhilaration and the space to adventure and chill out.
- take time out to enjoy the beautiful unspoilt coastline of Britain's only coastal National Park.



### What is **coasteering**?

Coasteering originated when early climbing pioneers traversed rocky sea cliffs – now it's proving to be an awesome coastal adventure for everyone!

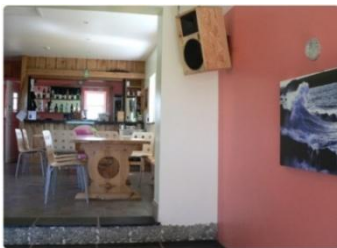
Kitted up in a wetsuit, helmet, and buoyancy aid you get the chance to explore the coastal National Park at sea level. You'll find yourself swimming into sea caves, climbing up through natural rock arches, flinging yourself from towering vertical rock faces, and perhaps even swimming with Atlantic grey seals.

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.

So – if you've 'been there, done that' with white water rafting and bungee jumping you'll find that coasteering the Pembrokeshire coastline provides a new and refreshing slant on adventure.

### What happens on a wicked liquid coasteering break?

In the course of your stay with us our fully qualified instructors will help you boldly go where you have never been before. You will take **2 coasteering sessions** at 2 very different venues. Your third half day event will be a **coastal walk**. 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 adrenalin charged 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), and there is free WiFi in the bar and lounge. 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 by our resident professional chef, and is wholesome and delicious, and special diets are happily catered for. We have a traditional Pembrokeshire courtyard area; 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, 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!

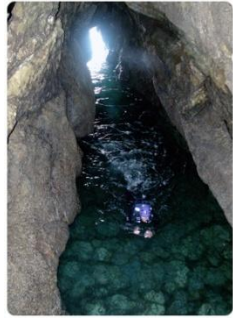
### Who are Preseli Venture?

Preseli Venture was founded in 1988 and we specialise in providing adventure breaks to discerning adults. Our [Wicked Liquid coasteering events](#) 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 via our ground source heat pump, we source our electricity from our solar photovoltaic panels and Ecotricity, and 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?**

On our [coasteering events](#) 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.**

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

We offer this event every weekend. We also offer these coasteering breaks on a mid week basis, please do contact us if you have mid week dates in mind – **we can offer you 5% off our weekend prices for any mid week stay.**

### **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 event cost me?**

**Wicked Liquid Coasteering 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 eco lodge accommodation**, yummy home cooked food Friday dinner to Sunday lunch, 2 half day coasteers and a 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 inspirational views of the Strumble head peninsular from horseback, or an exhilarating jet boat ride round an offshore island let us know and we'll put you in touch with the right people!

**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.**

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/>

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



Preseli Venture, Parcynole Fach, Mathry, Haverfordwest, Pembrokeshire, SA62 5HN  
p: 01348 837709 | e: [info@preseliventure.co.uk](mailto:info@preseliventure.co.uk) | w: [www.preseliventure.co.uk](http://www.preseliventure.co.uk)