

PRESELI VENTURE

Family Adventure Holiday

This is a sample itinerary. Tides affect some water activities and activity timings may vary from week to week, so your itinerary will look a little different to this one. This itinerary was built with children aged 8+ in mind. If you've got younger children, a fun activity to try is the [ROCKPOOL SAFARI](#).

SEE ALL ACTIVITIES



ACCOMMODATION



Day 1: Arrive - Abermawr Valley

SAT
PM

16:00 ARRIVE at [PRESELI VENTURE](#) Eco Barn or Lodge, make yourself at home and take in the spectacular views.



SAT
PM

WALK from PV down the lane and through the National Trust woodland to Abermawr beach (20 mins each way).



SAT
EVE

DINE at the Farmer's Arms in the local village of Mathry. Walk up on a bridleway (20 mins) or drive up (3 mins).





Day 2: Boat - St Davids

**SUN
AM**

10:15-11:15 RAMSEY ISLAND VOYAGE
boat trip from St Justinians. Lunch at the Really Wild Emporium in St David's.



**SUN
PM**

VISIT St David's Cathedral & Bishops Palace and pick up some freshly griddled Welshcakes from Mamgu.



**SUN
EVE**

DINE at Grain in St David's (stone-baked pizza). Sunset walk: Whitesands to St D's Head: watch the shearwater migration (Jul/Aug) & spot dolphins & porpoises!



Day 3: Surf - Newgale

**MON
AM**

08:30-11:00 SURFING lesson at the expansive Newgale beach, a sandy beach break perfect for learning to catch waves.



**MON
PM**

LUNCH at the Cambrian Inn, Solva & dessert at Pointz Castle icecream parlour: walk from here to Porthmynawyd beach.



**MON
EVE**

DINE at The Shed at Porthgain harbour for fresh local seafood, or get a take-away of the best fish & chips in Pembs.





Day 4: Climb - St David's

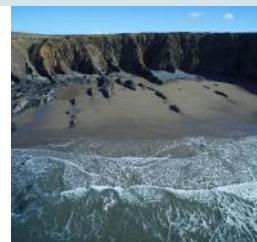
**TUE
AM**

09:00-12:30 ROCK CLIMBING - meet in St David's and return there for lunch at Y Gegin - colourful, stylish & local food.



**TUE
PM**

VISIT the Bug Farm in St David's. Or visit the Blue Lagoon at Abereidid & walk the coast path to Traeth Llyfn beach.



**TUE
EVE**

SUNSET BBQ at Abermawr beach (7 min drive): handmade sausages available from Gwaun Valley Meats in Letterston.



Day 5: Boat + SUP - Fishguard

**WED
AM**

10:00-11:30 FISHGUARD to STRUMBLE HEAD VOYAGE boat trip from Fishguard Ferry Port - look out for seals!



**WED
PM**

LUNCH at Mannings in Fishguard. Then 14:00-17:00 SUP BOARDING from Fishguard Lower Town Harbour.



**WED
EVE**

DINE at The Sloop Inn nearby in Porthgain for a hearty pub meal with a view of the historical harbour.



Day 6: Explore - Solva

**THU
ALL
DAY**

09:00-17:00 COASTAL EXPLORER DAY - meet at Llanungar near Solva for a unique blend of activities. Pack a picnic.



**THU
PM**

DINE at Ffwrn in Fishguard - Thursday & Friday are Neapolitan Pizza nights with a sit-in or takeaway option.



**THU
EVE**

SUNSET at Strumble Head: look for seals & cetations from the wildlife-watching huts. Scenic drive home via Garn Fawr.



Day 7: Ride - The Preseli Hills

**FRI
AM**

10:00-11:00 Pony Trekking at Crosswell Stables in the Preseli foothills. Visit Ty-Canol Woods & Pentre Ifan nearby.



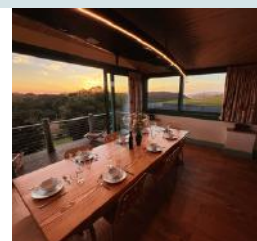
**FRI
PM**

LUNCH at the Lakeview Cafe at Llys Y Fran Reservoir. Rent mountain bikes & explore the surrounding woodland trails.



**FRI
EVE**

DINE in at the Eco Barn or Lodge, relax and make the most of the views as the sun sets over the Abermawr valley.





Day 8: History - - Pembroke

SAT
AM

CHECK OUT before 10:00 and drive South: join a free guided tour around the historical Pembroke Castle at 11:00.



SAT
PM

LUNCH at The Old Point House Pub and Cafe Môr at East Angle Bay for fresh seafood and delicious local produce.



SAT
PM

BEACH games & body boarding at Freshwater West before making your way home with lots of happy memories.



Packing List

- A towel or changing robe and flip flops for sea activities.
- A water bottle and food containers for packed lunches.
- Bathers to wear underneath wetsuits (provided on activities).
- Warm layers for walking & wearing after sea activities.
- A waterproof/ windproof jacket for boat trips and walking.
- Walking boots/ walking shoes or trainers for the coast path.
- A pair of old trainers for coasteering/ coastal explorer day.
- A synthetic short/long sleeved T-shirt, or lightweight thermal top and a fleece for kayaking/ coastal explorer day.
- A plastic bag to take wet gear home in.
- For horse-riding, stretchy trousers/ leggings and heeled shoes/ boots (can be provided).
- Bring a strap for glasses on activities or wear contact lenses.