



**ADULT  
ADVENTURE  
HOLIDAYS**

Duration: 5 days (Sunday - Friday)

Ages: 17 and up





**A vibrant,  
energetic and  
kinetic midweek  
holiday in  
Nature's  
playground, the  
spectacular  
North  
Pembrokeshire  
Coast.**

"Absolutely fantastic,  
loved every second. great food  
and fantastic staff.  
Beautiful coastline and great range  
of activities."  
Liana Johnson,  
2017

Fresh Atlantic sea air and aqua-marine waters are the backdrop to your adventures. From sea kayaking to horse-riding, coastering to surfing, hiking to yoga; our immersive itinerary is as relaxing as it is exhilarating. Thrill-seekers and nature-lovers will discover a concoction of captivating activities carefully curated to fully connect and situate you in your incredible surroundings, giving you a deep sense of soul-nourishing freedom. Play and exploration are vital to feeling alive and we know you'll leave feeling energised and inspired by your week in the Welsh wilderness with a whole ocean of magical memories!



**FREE YOUR SPIRIT  
WITH SOME  
NATURAL INTER-  
ACTION**





## *Sustainable adventure.*

With sustainability and respect for the ocean always in mind, our engaging guides are thrilled to pass on their local knowledge of flora, fauna and geology along the way, allowing you to embark on endorphin blasting adventures in harmony with the planet, interacting with the abundance of wildlife of the coastal National Park in a responsible and informed way.

**All the staff are fantastic and the leaders that take you on the activities are awesome their knowledge and professionalism is bar none. 10 out of 10.**

Darren Dand, 2019

## *Low-carbon living.*

Adventurers return to our beautiful marsh-mallow pink eco lodge, a welcoming sanctuary tucked into the folds of the Abermawr Valley with sustainability at the heart of its operation. Freshly home-cooked meals and cosy bedrooms await returning adventurers. Gather around a bonfire under the stars or curl up in front of the flickering wood-burner; you'll have lots to talk about after a day out with Preseli Venture.

# Spirit ABOVE ALL



## Find yourself...

Find yourself sea kayaking under awe-inspiring sea cliffs, through rock gardens, sea stacks, arches and majestic caves on a full day of exploration with a wild picnic lunch. Surf clean, peeling waves in aquamarine waters on blue-flag sandy beaches. Traverse the rocky intertidal zone where the land meets the sea with an exhilarating coalescence of scrambling, climbing, ledge-leaping and sea swimming called coasteering.

Walk the world-renowned Pembrokeshire Coast Path, a gently meandering well-traversed clifftop trail punctuated by secret beaches and smugglers coves, swathed in sea campion, yellow gorse and pink thrift flowers and teeming with an abundance of coastal wildlife and birdlife. Breathe the fresh Atlantic sea air on a resorative outdoor yoga class to the chorus of birdsong through the valley.

Embark on a unique and unforgettable passage of discovery around RSBP Ramsey Island on a boat trip to see Atlantic grey seals and pods of porpoise or trek across the Preseli hills on horseback through austere heath and craggy grasslands, via neolithic burial sites and bronzeage cairns and through the lush, verdant and steep-sided Gwaun Valley.





# Spirit ABOVE ALL

## *What happens on an Adventure Holiday?*

From the moment you arrive on Sunday evening, in time for a delicious home-cooked meal, you'll be in the safe hands of our dedicated and friendly hospitality and adventure team who have lovingly curated each element of your holiday so that you can relax and enjoy every moment until we wave you off on Friday after lunch. Your action-packed itinerary includes a morning and afternoon activity each day, with variation from slow-paced to adrenaline pumping! Preseli Venture is a hub and haven for intrepid thrill-thirsty explorers, but never fear, there'll be plenty of time to read a book in the sunshine, and plenty of moments of peace and tranquility as you bob about a sheltered harbour in your kayak watching fulmars feeding their chicks, moments of pause and stillness as you encounter an inquisitive seal popping up to watch you surf, moments to reflect and unwind on craggy outcrops on the coastal path with panoramic views. If that sounds like your jam, we advise you to dive right in!

**I cannot begin to express my gratitude to you for such an amazing time this week. From my first call to the office, and every individual I met, to the phenomenal, brilliantly organised activities, it was a dream come true. The food - and chefs - were wonderful and the communal feel of the lodge (loved the music by the way) made me feel really privileged to be there. And gave me the sense of belonging I desperately needed.**

Leonie McCarthy, 2018



# 5 NIGHT HOLIDAY Sunday to Friday

£775 per person

## WHAT'S INCLUDED?

- **5 nights accommodation at the eco lodge with home-cooked food from Sunday evening meal to Friday lunch.**
- **1 x sea kayaking full-day, 2 x coasteering and 2 x surfing half-day adventures.**
- **A restorative yoga class.**
- **A boat trip or horseriding (your own transport is required for the short journey to these local providers).**
- **A self-guided hike on the Pembrokeshire Coast Path with minibus drop-off.**
- **Minibus transport for Preseli Venture guided activities plus high quality specialist equipment and fully qualified guides.**





# ITINERARY

## Sunday: PM Arrive



Arrive at the eco lodge from 17:00, stretch your legs with a short walk down through the bluebell woods to Abermawr, our secluded local beach, and breathe the fresh Atlantic sea air. Return and watch a spectacular sunset over the valley with a local brew in hand, bathed in the joyous dusk chorus of birdsong. Settle in with a delicious welcoming evening meal and fully relax, ready for tomorrow's adventures.





\*Own transport required\*

## **Monday : PM**

# **Boat Trip or Horseriding**

Warm up at the lodge with some cawl (a Welsh soup) and warm crusty bread before spending the afternoon with one of our favourite local providers, either horseriding in the foothills of the Preselis and Gwaun Valley or a boat trip around RSPB nature reserve, Ramsey Island. Whichever you choose, you'll be astounded by the unrivalled beauty of these untouched wilderness locations.

## **Monday: AM**

# **Coasteering**

After a full Welsh breakfast, get kitted up in a wetsuit, bouyancy aid, helmet and a pair of old trainers, then head off to a wild coasteering spot for your first adventure, traversing the intertidal zone of the rocky coastline where the land meets the sea. Swim, scramble, climb and leap, encountering rushing gullies, whirling plunge pools and spurting blow-holes!







## **Tuesday : AM Sea Kayaking**

Today is your full day out exploring along a beautiful section of the Pembrokeshire coast by sea kayak. Paddle under immense sea cliffs gazing into the aquatic world beneath you. Enjoy the peace and tranquillity of gliding through remote rock gardens and let your imagination drift seamlessly into the rich and palpable history and mythology of this magical seascape, punctuated by cascading waterfalls and sculptural rock formations.

## **Tuesday : PM Sea Kayaking**

One of the untouched secret beaches you can only reach by sea provides the perfect place for a picnic and perhaps a soothing sea swim as you warm your towel on a rock, before launching once more for an afternoon of paddling.

On this relaxed journey, you can really take your time watching a huge variety of sea birds up-close, from diving gannets to nesting razorbills, bobbing guillemots to fishing cormorants. You may be visited by curious seals or even spot pods of breaching dolphins and porpoise.







## Wednesday: AM Surfing

After a full Welsh breakfast to fuel you up, get ready to practice your paddle and pop on an epic surfing adventure! Frolic and play in the frothy white water or hone your technique with expert guidance. With some of the best sand-bottom beach breaks in Wales, crystal clear waters and clean summer swells, you'll be riding waves in no time.

## Wednesday : PM

## Hiking

We'll drop you off on the Pembrokeshire Coast Path for an afternoon hike back to the lodge. From this clifftop trail you can spot grey seals lazing on the rocky shoreline, chattering stone chats flitting between the gorse bushes and the acrobatics of choughs, peregrines and ravens in flight! Mull over mesmerising rock pools in secret coves where ruby-red beadlet anemones sway, blennies dart between pebbles and winkle shells shimmer in the sun. Comb the tideline for a mermaid's purse or sea-smoothed pottery amongst the driftwood. The evening is yours to share stories, toast marshmallows over a bonfire and gaze at the bright night sky.







## Thursday : AM Coasteering

Refuel with a cooked breakfast ready to submerge the senses on your next wonderful, watery adventure. We'll take you to a new coasteering location this time for an entirely unique trip. Having found your sea legs and built a foundation of confidence, you'll feel even more connected to your environment and quick to improvise and play on this aquatic nature-trail. Brace the elements and dive into a whole new world! If the sea was like a mirror on Monday, flat calm and sparkling in the sun... today it may be boiling, surging and crashing against the cliffs! No two coasteers are ever the same.

## Thursday : PM Yoga Class

After a morning of dynamic movement, take it down notch and re-centre yourself with a calming, grounding and restorative, outdoor yoga class. Catch the wave of your breath as you flow through this gentle vinyasa. Create inner space and expansion using your inhale and allow your exhale to guide you more deeply into the stretches, targetting the muscles you've been activating all week. Let go of any expectations about yoga shapes, get curious and surrender to the sensation, finding what feels awesome for your body.







## Friday : AM

### Surfing

We'll seek out the swell for your final half-day adventure, a second surf lesson. Maybe you'll find your feet more consistently this time, feeling more control and ease manouvering the board. Now that you're paddling with more confidence, you might navigate past breaking waves to the calm "out back" where, free of the white water at last, you can really start honing your wave selection and try catching unbroken waves, perhaps even turning and trimming on the face!



## Friday : PM

### Depart

After a warming lunch at the eco lodge, we'll wave you off with a plethora of tales to tell, some gravity defying action-shot photographs and a myriad of magical memories!

"I went home knowing there is a wonderful life to be lived. I dreamed. You delivered even more. I will never be able to thank you enough for your care."

**Leonie McCarthy,  
2018**



# Explore Pembrokeshire off the beaten track.

**Your choice  
activity: pick  
from one of  
our favourite  
trusted local  
providers**

Circumnavigate RSPB Ramsey Island on an exhilarating boat trip and spot seals, porpoises and a wealth of Atlantic sea birds such as gannets, choughs, razorbills, guillemots and puffins. Incorporating capacious caves and narrow gorges, this trip offers a unique and unforgettable passage of discovery around this magnificent offshore Island.

Horse-riding treks will take you over the Preseli hills, through wild moorland, austere heath and dramatic craggy grasslands, via neolithic burial sites and bronze age cairns, through the lush, verdant and steep-sided Gwaun valley, and, on longer treks, to the beautiful Newport beach, where white sand dunes meet the opening to an estuary full of birdlife, from herons and egrets to curlews and sandpipers.





**We think the  
Pembrokeshire  
Coast is an  
extraordinary place  
of magic, magnetism  
and wonder.**

**But don't take  
our word  
for it.**



"We had a marvellous time and I can't think of anything that I would have changed to improve on it. Preseli Venture is blessed to have a wonderful, enthusiastic and professional set of instructors who provided a positive role model for our teenage daughters through their calm professionalism, and thoughtfulness."

Matt Gaunt, 2018

"All the instructors were just fantastic – enthusiastic, helpful, reassuring, friendly, knowledgeable. I really can't fault any of the activities. They were all fun and well-organised, and the kit was good and kept us warm and protected."

Jessica Errington,  
2019

**"Really enjoyed  
every moment. All  
activities were  
brilliant."**

Rachel Pinder, 2018







**VISIT  
WALES**  
CROESO CYMRU  
★ ★ ★ ★ ★

**PRESELI  
VENTURE**

**ECO LODGE**





**WHAT DOES  
FREEDOM  
LOOK LIKE?**

**Perched on the hillside of a National Trust valley, swathed in ancient woodland, and only a short walk to a secluded sandy beach, the Preseli Venture eco lodge is a low-carbon rural retreat with sustainability at the heart of its operation.**



A quiet sanctuary from which to venture out and explore the wild North Pembrokeshire coast, the eco lodge offers breathtaking sea views, fresh Atlantic air, an expanse of green space, an amphitheatre of birdsong, an incredibly clear night sky and an immediate sense of peace and freedom.





**The eco lodge lounge is the perfect place to return and restore in front of the wood burning stove with a local brew in hand from our well-stocked bar.**

Whether you're enjoying a game of pool or a bonfire under the stars, you'll feel at home and well looked after by our dedicated and friendly hospitality team.

Full Welsh breakfasts, hearty hot lunches, and two course evening meals are prepared by our in-house chef using delicious and wholesome ingredients, locally sourced where possible. We happily cater for all special dietary requirements.

**11 beautifully presented, characterful bedrooms**



**THE  
ECO LODGE**





**"Every staff member is a credit to the company, each adorably kind and amazing!"**

Eric Rosenbluth, 2018

**"One of the most peaceful and beautiful places I've ever been to!"** Hailey McGlynn, 2017

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**"Great location, delicious food, beautiful accommodation and terrific hospitality. Can't recommend highly enough!"**

John Smith, 2018

"Double thumbs up for the quiet and wonderful location, the perfect base; clean and tidy...Gorgeous scenery just on their doorstep. Our meals were spot on! We found Preseli Venture a very friendly and relaxing retreat."

Mary Cooper, 2018

"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

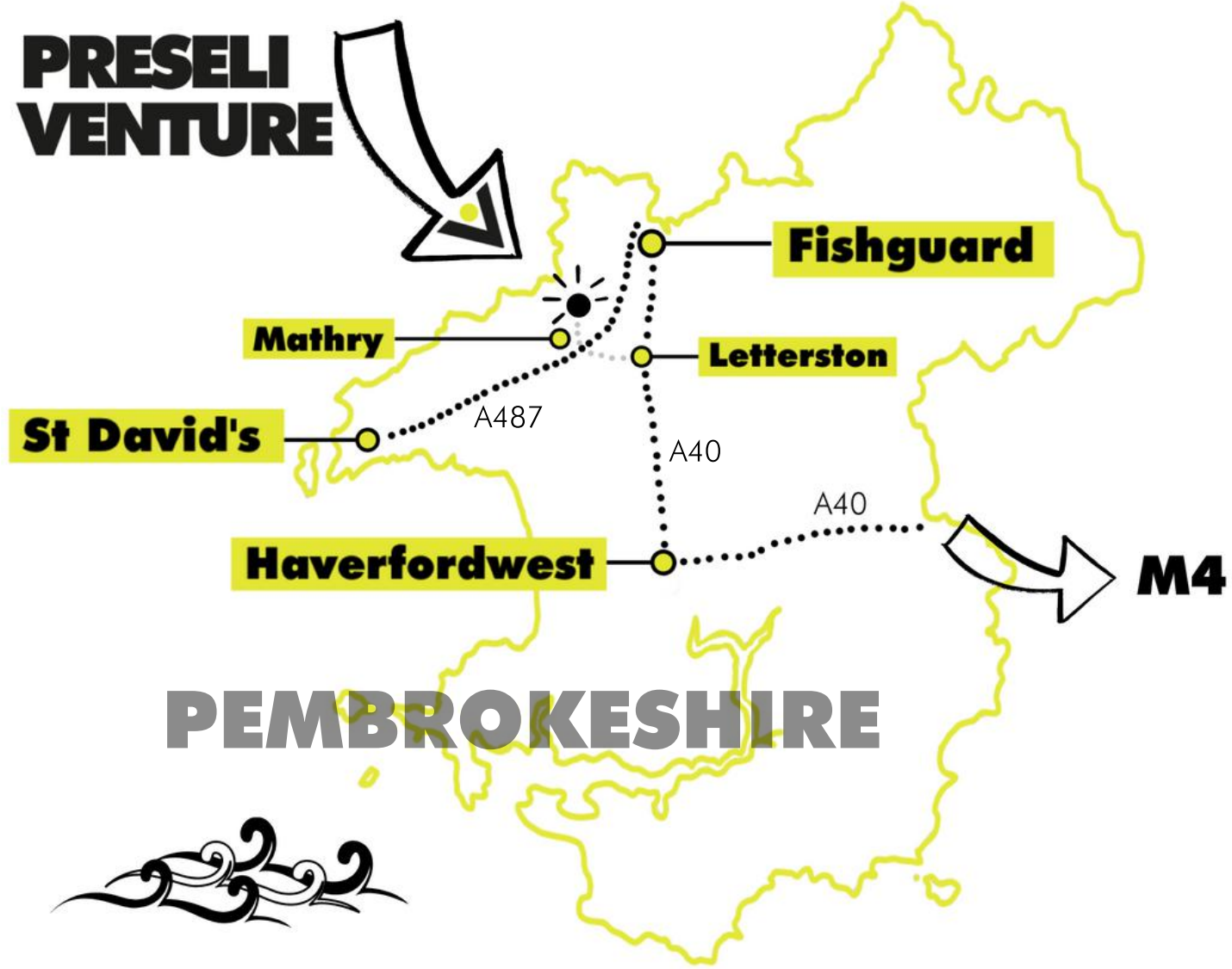
David Pugh, 2018





**Meet your  
adventurous  
edge  
where  
the land  
meets  
the sea.**

## PRESELI VENTURE



At the heart of the Pembrokeshire Coast National Park, down a winding country lane, fringed with foxgloves and primroses, discover a coastal retreat well-worth the journey. We may be in a remote corner of Wales, but we're well connected. It's easy to reach us by car travelling West along the trunk road corridors M4 and A48/ A40 and just as easy for "green travellers" coming by bus or train. Our local station, Fishguard, has regular trains to and from Swansea with connections to London, the Midlands and UK-wide.





# FAQs

## **Do you have any age restrictions?**

You must be 17 or older to come on our Adult Adventure Holidays, but we have plenty of family breaks for younger adventurers.

## **Can we come on a weekend?**

Yes, of course! We welcome adventurers most weekends throughout the year for Adult Adventure Weekends. Choose from a two or three-night all-inclusive package.

## **Can we build a bespoke package?**

Sure! If you love the sound of our Adventure Weekends and Holidays but our packaged up breaks don't quite suit your needs, you can build something bespoke by booking accommodation and picking your own half-day adventures.

## **Do we need any experience?**

None at all! All of our guided activities are beginner-friendly, you just need to be able to put a wetsuit on and to be happy in the water – you don't even need to be able to swim due to the flotation jackets.





## Where will our adventures take place?

We work closely with the National Trust and have access to a range of beautiful un-spoilt National Trust locations on the North Pembrokeshire coast. The location is always chosen on the day so that we can select the most suitable place taking into account the weather, tides and swell.



## Can i come on my own?

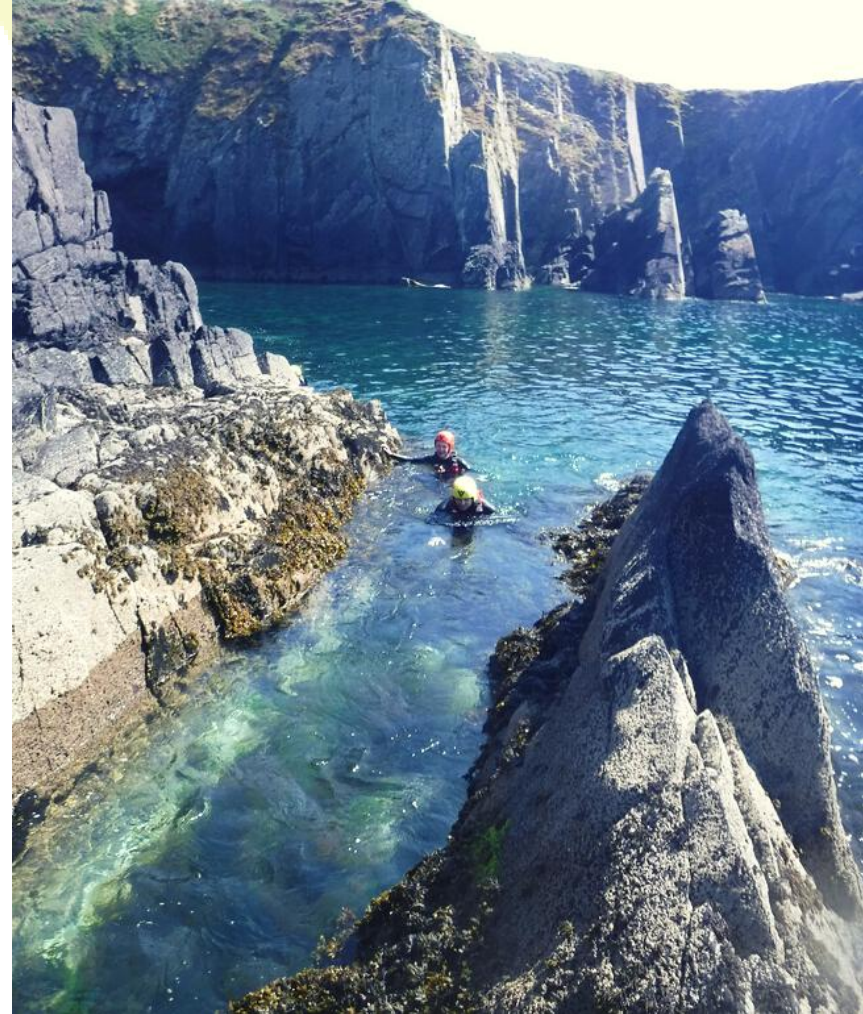
Sure, we very often welcome solo-travellers on our adventure holidays. Preseli Venture is a great place to meet like-minded individuals. The lodge has a relaxed social atmosphere and what could be a better way to make lifelong friends than jumping into the sea together?

## What can i do in the evenings?

After your evening meal you're free to walk down to the beach for a sunset swim or bonfire, or you could enjoy a bonfire under the stars at the lodge. There is a pool table and table football at the bar, lots of board games and books. You could even walk up to the picturesque hilltop village of Mathry for a local pint!







## How many are in a group?

We take up to 12 adventurers in one activity group with two of our highly qualified instructors.

## Will we be able to take photos?

You're welcome to bring your own waterproof camera if you have one. Our guides will also take lots of great photos which you can access on a private Facebook group after the event.

## What should we bring?

- For coastering you will need a pair of old trainers (which will get wet but not ruined).
- A swimming costume or bathers to wear underneath the wetsuit (which we provide).
- For sea kayaking, a synthetic (ideally not cotton) short/long sleeved T-shirt, or thermal top.
- A water bottle and a food container for your packed lunch day.
- Layers of warm clothing for when you get out of the sea and a raincoat.
- 2 towels – one for showering and one for water activities.
- A plastic bag to take your wet shoes home in.
- Trainers or boots to wear for the hike.





**FREE YOUR**  
*Spirit!*



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VENTURE**

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