

A person wearing a blue helmet, a grey and blue harness, and red and blue pants is jumping off a dark, rocky cliff. They are in mid-air with their arms outstretched. The background shows a vast blue sea under a blue sky with light clouds. In the distance, there are more rocky cliffs and hills. A large, semi-transparent white 'V' logo is overlaid on the top left of the image.

# **ADULT ADVENTURE WEEKENDS**

Duration: 2- 3 days

Ages: 17 and up



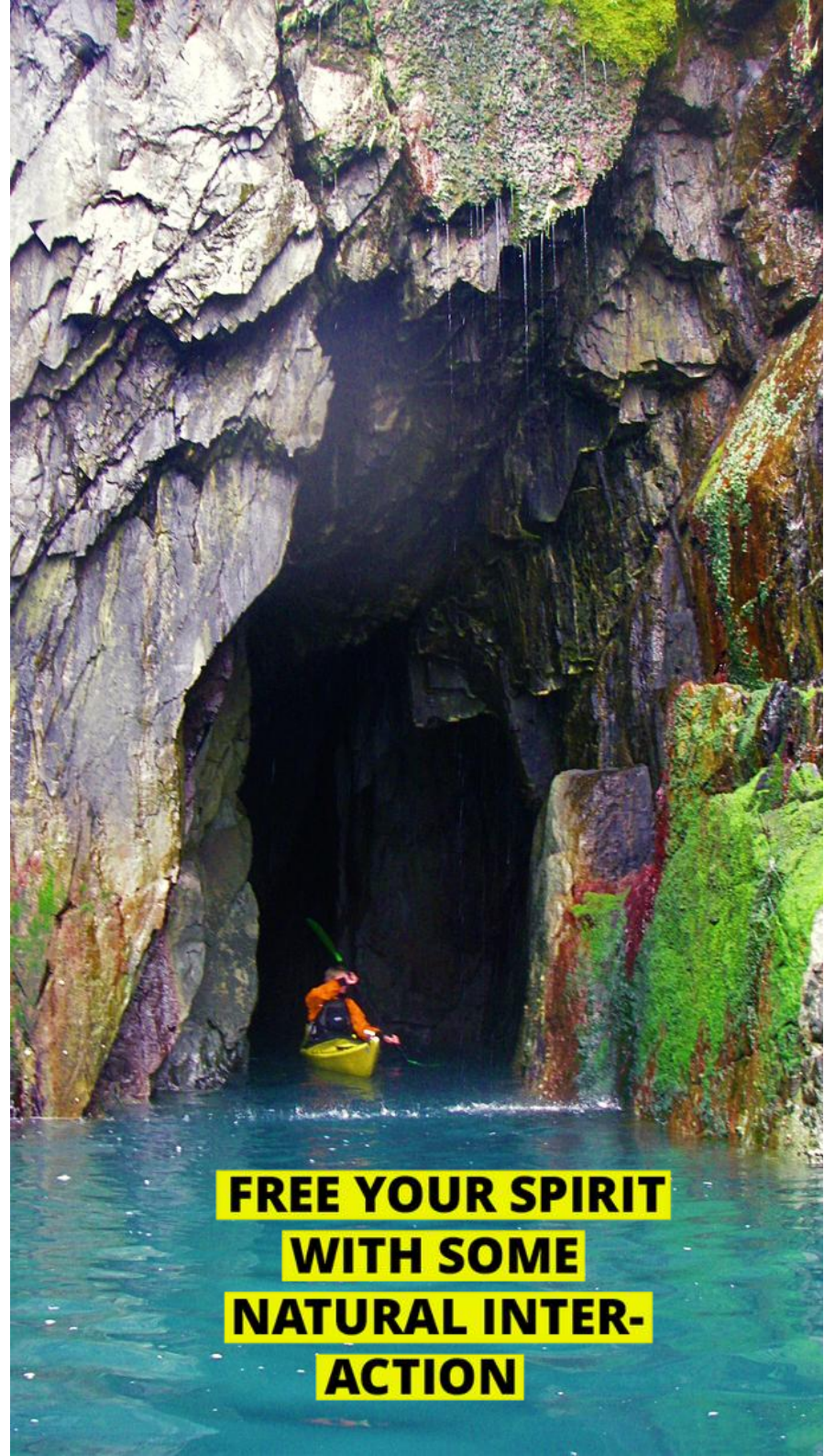


**Reset, reconnect  
and revitalise on  
our wild and  
energising  
Adrenaline Cocktail  
Weekend, an  
immersive,  
energetic and  
kinetic break on the  
spectacular North  
Pembrokeshire  
Coast.**

"Thank you so much  
for a wonderful weekend,  
it exceeded my expectations in  
every way. Awesome people,  
friendly, helpful, patient. Facilities  
and food A1, i will be back!"

Martin Irwin, 2018

Paddle, jump, surf and traverse an incredible landscape, taking a precious time to explore, discover and reconnect. Fresh Atlantic air and aqua-marine waters are the backdrop to your adventures. From secret smugglers coves to mystical sea caves, amongst playfully inquisitive grey seals and diving peregrines, the Pembrokeshire Coast makes memories that last. Adventurers return to our beautiful marsh-mallow pink eco lodge, a welcoming sanctuary tucked into the folds of the Abermawr Valley, where a well-stocked bar and freshly home-cooked meals await. Gather around a bonfire under the stars with a local brew or curl up in front of the flickering wood-burner; you'll have lots to talk about after a day out with Preseli Venture.



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



A group of seven people are kayaking on a body of water. They are wearing helmets and life jackets. The kayakers are in various colored kayaks, including red, orange, yellow, and blue. The water is a deep blue-green color. The kayakers are spread out across the frame, with some in the foreground and others further back.

# Spirit ABOVE ALL

## What can I expect on an Adult Adventure Weekend?

From the moment you arrive on Friday evening, you'll be in the safe hands of our dedicated and friendly hospitality and adventure team who have lovingly curated every element of your adventure weekend so that you can relax and immerse yourself in your surroundings.

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**Thank you to Preseli Venture for hosting us this weekend and creating an experience all of us will cherish for a lifetime. It is safe to say, everyone left with warm hearts, big smiles and a little sadness that they had to leave such an amazing place.**

Nic Ceja, 2019

You can choose a 2-day or 3-day adventure itinerary, both arriving on Friday evening, in time for a delicious home-cooked meal and departing either after lunch Sunday or breakfast on Monday, feeling energised by your weekend in the Welsh wilderness. Our Winter Weekend itinerary offers a toned-down alternative for the chillier months.

On a three-day weekend, experience the thrill of all three of our guided coastal adventures: coasteering, sea kayaking and surfing. On our two-day weekend, you'll do two of these water activities. Both itineraries include an awe-inspiring self-guided hike on the Pembrokeshire Coast Path. A Winter Weekend includes just one water activity and two coastal hikes/ free time.





## Find yourself...

Find yourself sea kayaking under awe-inspiring sea cliffs, through rock gardens, sea stacks, arches and majestic caves. Scramble, traverse and ledge-leap into crystal clear plunge pools on a unique coasteering experience and embrace the Atlantic swells, surfing clean, green peeling waves on blue-flag sandy beaches. Take in the breath-taking scenery from atop towering cliffs to magical secret beaches on an unforgettable coastal hike.

If you're looking for an endorphin blasting adventure weekend set amongst an awe inspiring coastal National Park, you've found the right place.

**I had one of the best weekends adventuring at Preseli Venture! Not only was the location perfect with the beautiful coastline and National Park, but the activities, staff, food, and facilities were also perfect! I had so much fun hiking, coasteering and sea kayaking and felt confident and safe at all times with the great guides. One weekend was not long enough, and I hope I have the chance to return someday!**

Rachel Daniel, 2019



# ITINERARY

## Friday: PM

Arrive at the eco lodge from 17:00, stretch your legs with a short walk down through the woods to Abermawr, our secluded local beach, and breathe the fresh sea air. Return and settle into our cosy lodge with a welcoming evening meal at 19:30 and relax with a local brew, ready for tomorrow's adventures.



## Saturday : PM

Warm up back at the lodge with some cawl (a Welsh soup) and warm crusty bread before heading out to explore another stretch of coastline for your second of adventure. Perhaps you'll try sea kayaking this time, paddling under immense sea cliffs and gazing into the aquatic world beneath you, encountering an abundance of unspoilt coastal scenery and wildlife.

The evening is yours to gather round a bonfire for some stargazing and toasted marshmallows.

## Saturday : AM

After a full Welsh breakfast, head off to a wild North Pembrokeshire location for your first adventure. You might try coasteering, a unique activity 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!





# ITINERARY



## Sunday : AM

After breakfast, we'll drop you off on the Pembrokeshire Coast Path for a hike back to the lodge. From this gently meandering well-traversed trail, swathed in sea campion, yellow gorse and pink thrift flowers, you can spot inquisitive grey seals lazing on the rocky shoreline, pods of harbour porpoise and Atlantic sea birds fishing, peregrines diving and kittiwakes nesting. 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.

## Sunday : PM

If you're here for the 2-night weekend, we'll wave you off after a hot lunch back at the lodge. Or if you're staying for the 3-night weekend, it's time for your third activity - 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.

## Monday : AM

If you're staying for the 3-night weekend, we'll wave you off after a hearty breakfast, or you might like try an activity with a local provider such as a boat trip, horse riding, SUP boarding or kite boarding!



# Explore Pembrokeshire off the beaten track.

We'll help you  
arrange a  
Monday AM  
activity with  
one of our  
favourite  
local providers.

Circumnavigate RSPB Ramsey Island on an exhilarating boat trip and see seals, porpoises and a wealth of Atlantic sea birds such as gannets, choughs, razorbills, guillemots and puffins!

Enjoy a unique perspective of the aquatic world whilst stand-up-paddle-boarding from the picturesque Solva Harbour or harness the wind at the expansive Newgale Sands on your kite-land-board.

Horse riding from the Gwaun Valley through the wild and dramatic craggy grasslands of the Preseli Hills and to the beautiful Newport beach, where white sand dunes meet the opening to an estuary full of birdlife.







# Wild Winter Weekends

*An alternative weekend itinerary for the chillier months when you might like to stay on dry land a little longer!*

On our Winter Weekend, dust off the cobwebs with one of our invigorating coastal adventures, coastering, sea kayaking or surfing, all kitted up in toasty winter gear then return to the warmth of the eco lodge for a nourishing Welsh meal and a warming local ale.

The rest of the weekend is yours to escape the stuffiness of everyday life and breathe the bracing Atlantic air from wild craggy clifftops. Wrap up on a crisp day and embrace the exhilaration of wintry walking, using our exclusive local walking pack. Our cosy eco lodge sanctuary is the perfect place to snuggle and restore in front of the wood burning stove and serves as a peaceful rural outpost from which to venture out and explore the local culture and history.





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



Awesome weekend, such a cool relaxed vibe about the place. Staff were so friendly, you got it down to a T!"

**Matt Gaunt, 2018**

Amazing weekend, really enjoyed every moment. All the activities were brilliant. Instructors and other holiday peeps made it a weekend to remember!

**Rachel Pinder, 2018**

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



"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

**"I've never felt so  
at peace like this  
before in my life!"**

Hai A Nguyen, 2017





# WHAT'S INCLUDED?

## 3 NIGHT WEEKEND

### Friday to Monday

£385 per person

- 3 nights accommodation at the eco lodge with home-cooked food from Friday evening meal to Monday breakfast.
- 3 half day adventures: coasteering, sea kayaking and surfing.
- A self-guided hike on the Pembrokeshire Coast Path with minibus drop-off.

## 2 NIGHT WEEKEND

### Friday to Sunday

£265 per person

- 2 nights accommodation at the eco lodge with home-cooked food from Friday evening meal to Sunday lunch.
- 2 half day adventures from coasteering, sea kayaking and surfing.
- A self-guided hike on the Pembrokeshire Coast Path with minibus drop-off.

## 2 NIGHT WEEKEND *WINTER*

### Friday to Sunday

£215 per person

- 2 nights accommodation at the eco lodge with home-cooked food from Friday evening meal to Sunday lunch.
- 1 half day adventure from coasteering, sea kayaking and surfing.
- Two self-guided coastal walks using our exclusive walking pack.

- **Minibus transport included for all Preseli Venture guided adventures, plus high quality specialist equipment and fully qualified guides.**





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

**PRESEILI  
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

**"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."

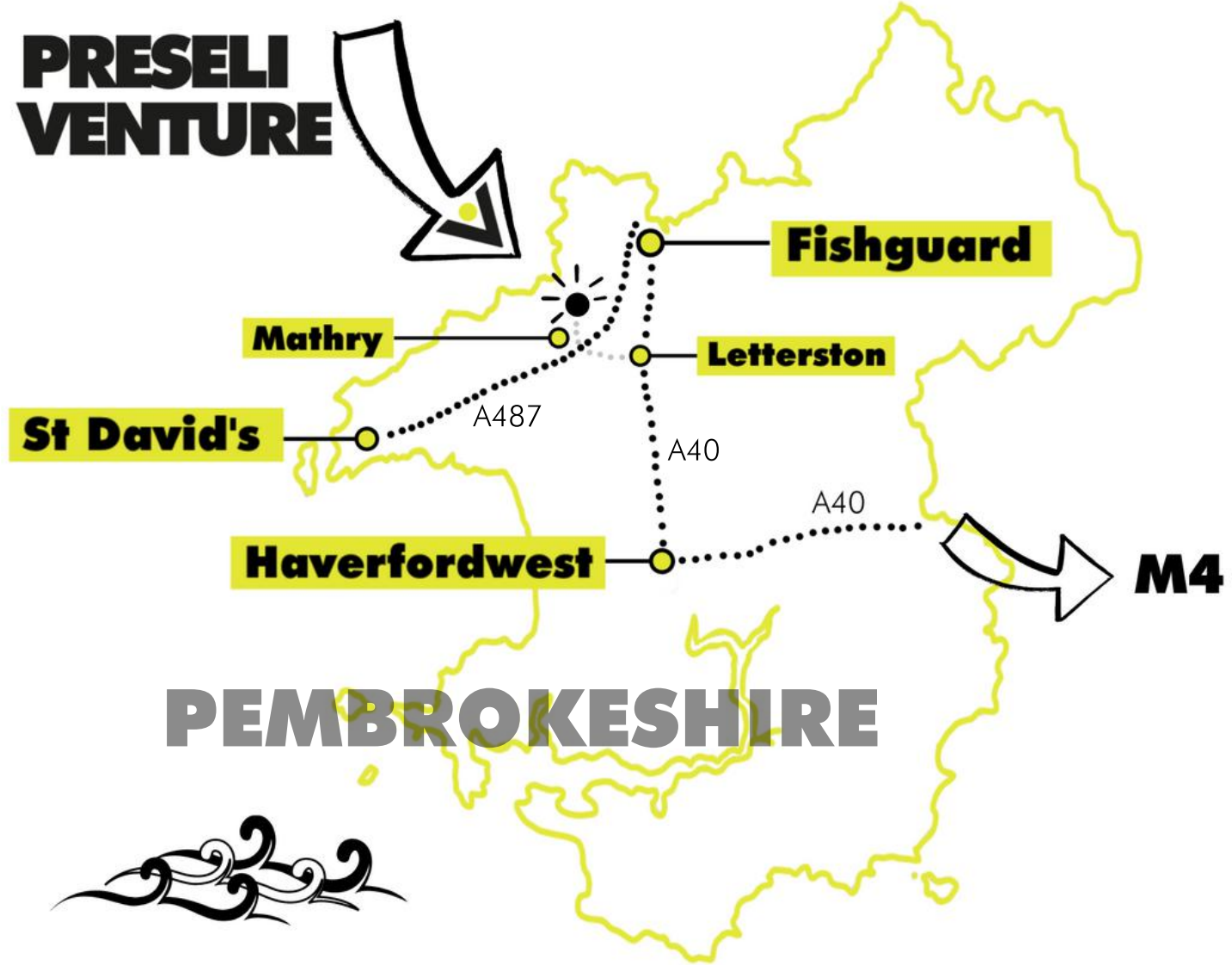
David Pugh, 2018





**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?**

On our adult weekends and holidays, participants must be at least 17 years of age. We do offer Family Weekends and Holidays for too for young adventurers!

## **Can we come midweek instead?**

Yes. We welcome individuals, couples and groups to come and stay with us mid-week on our 5 day Adult Adventure Holiday

## **Which adventures will we do?**

On a 3-day weekend you'll do all 3 activities if conditions allow. On a 2-day weekend, we pick the BEST activities according to the tides, weather conditions and swell. Note your preference on your booking form and we'll do our best to take that into account too.

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

None at all! All of our guided activities are beginner-friendly. You don't need to be fit or outdoorsy, just come equipped with a 'go for it' attitude and a sense of fun!







## **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 we come as a group?**

Yes of course! We welcome groups of anything up to 40 people. If you're organising an event, we're happy to send out invitations to your group with instructions on how to book and all the details of the event.



## **Can i come on my own?**

Sure, we very often welcome solo-travellers on our adventure weekends. 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?





## 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 coasteering 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 is useful - we don't sell bottled water at the lodge.
- Layers of warm clothing for when you get out of the sea.
- 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 plus a raincoat.
- Flip flops/ sandals can be useful for changing after activities.





**FREE YOUR**  
*Spirit!*



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VENTURE**

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