



**ADULT
COASTEERING
WEEKENDS**

Duration: 2 Days

Ages: 17 and up



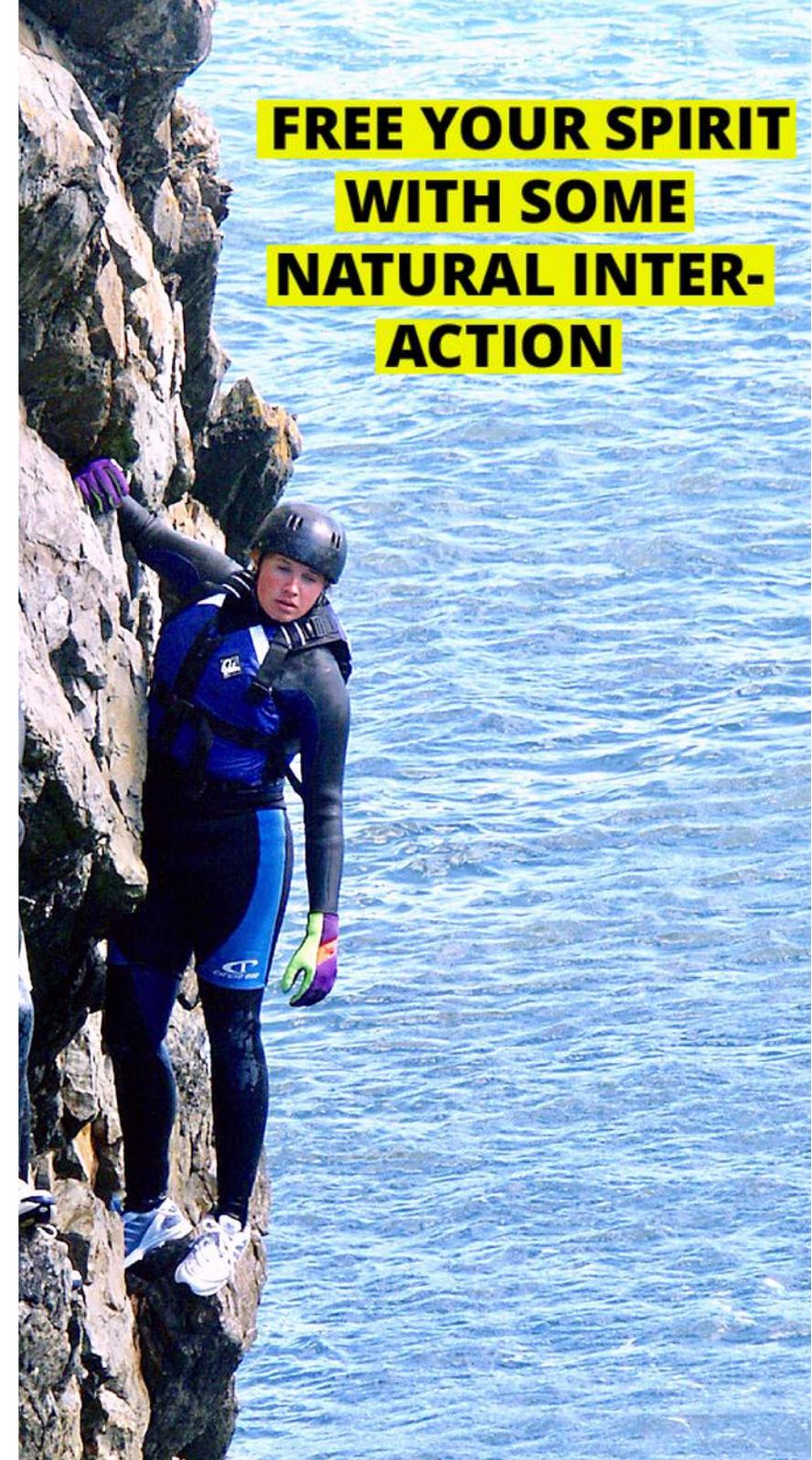
**Reset, reconnect
and revitalise
on our
Wicked Liquid
Weekend:
an immersive,
energetic and
kinetic coasteering
experience on the
spectacular North
Pembrokeshire
Coast.**

"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

We've been delivering coasteering adventures to thrill-seekers and adrenaline-hunters in the Pembrokeshire Coast National Park for over 30 years and have a working partnership with the National Trust to use their nearby pristine locations for this unique and memorable experience. Traversing the rocky intertidal zone where the land meets the sea, coasteering embodies an exhilarating coalescence of scrambling, climbing, ledge-leaping and sea swimming: the ultimate coastal exploration. There's nothing that equates to this extraordinary endorphin-blasting activity and we know that you only need try coasteering once, and you'll be hooked.

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





Find yourself...

Over the weekend, expect to find yourself low-level traversing under awe-inspiring sea cliffs, through rock gardens, sea stacks and natural arches. Encounter spurting blow holes and rushing gullies. Dive into crystal-clear plunge pools and swim through majestic booming sea caves. 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.

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 coasteering 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



Our expert team comprises of Pembrokeshire's most enthusiastic and knowledgeable adventure aficionados who endeavour to bring awe-inspiring experiences to everybody, young or old, first timers or seasoned adventurers. With sustainability and respect for the ocean always in mind, our engaging guides are thrilled to pass on their intimate local knowledge of flora, fauna and geology along the way. Visitors describe swimming with inquisitive Atlantic grey seals, spotting pods of porpoises from high-up craggy outcrops and watching a huge variety of sea birds up close from diving gannets to nesting razorbills - the abundance of wildlife is astounding!

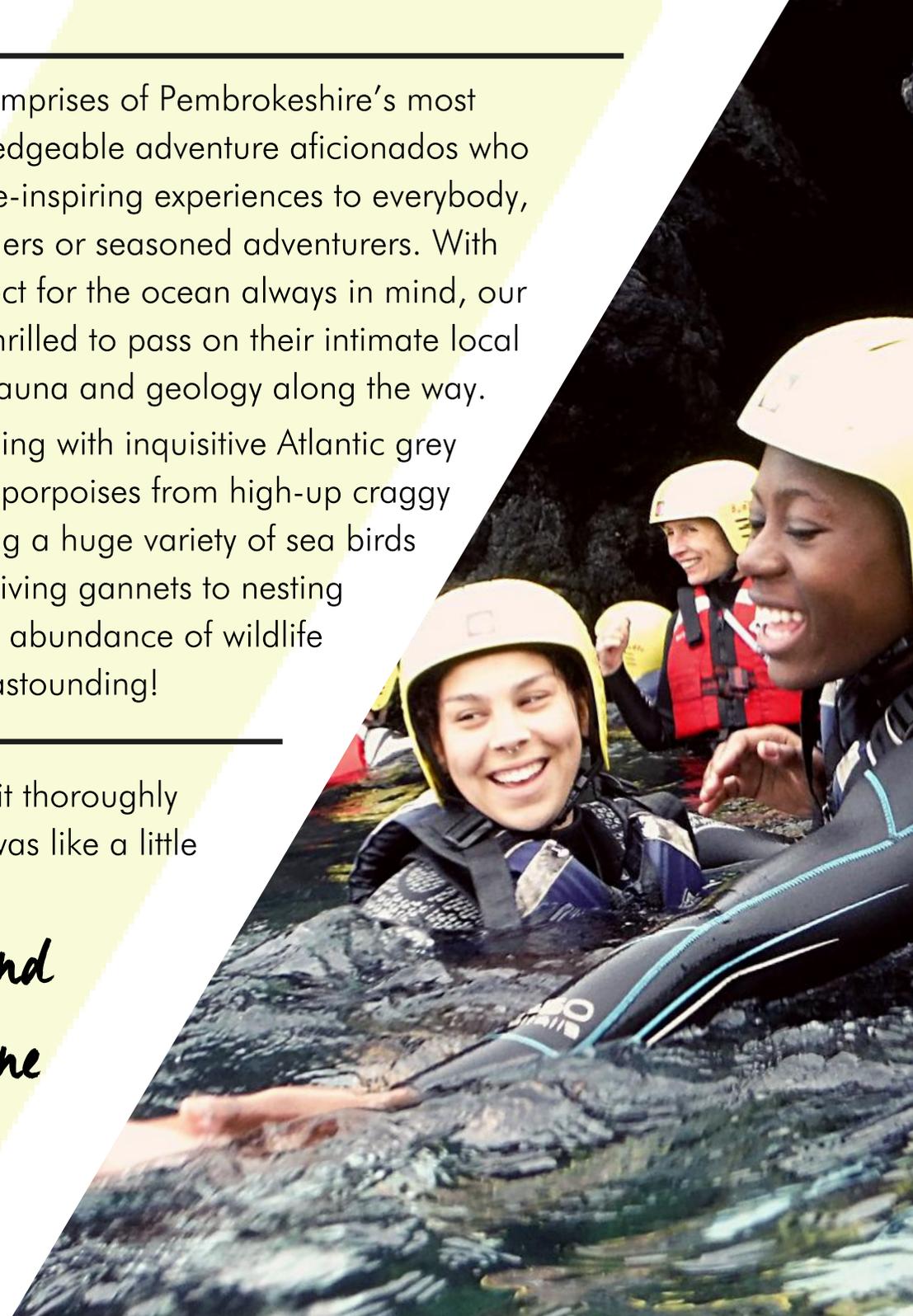
COASTEERING

"The perfect blend of climbing, swimming, and diving, and it thoroughly satisfied my craving for fun and adventure. On the jumps, I was like a little kid just wanting to go again and again..."



I would recommend coasteering to anyone and everyone!"

Noelle Wobig, 2019





What can I expect on an Adult Coasteering Weekend?

From the moment you arrive, 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 immerse yourself in your surroundings.

Arrive in time for a delicious home-cooked meal on Friday evening, then throw yourself into two invigorating half-day coasteering adventures set in two different locations (every coasteer is unique!) and an awe-inspiring self-guided hike on the world-renowned Pembrokeshire Coast Path, departing after lunch Sunday, feeling inspired energised by your weekend in the Welsh wilderness.

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.

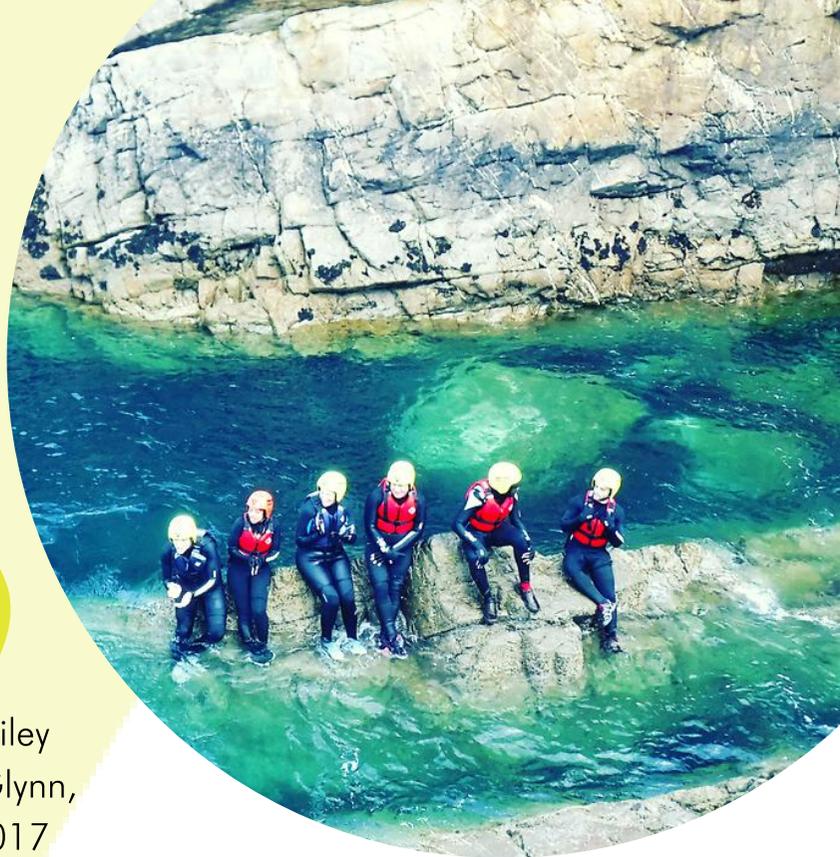
Nic Ceja, 2019



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.



*Coasteering was
life-changing!*

Hailey
McGlynn,
2017

Saturday : AM

After a full Welsh breakfast, head over to the activity shed to get kitted up in high quality protective gear: a toasty warm wetsuit, helmet, bouyancy aid and trainers. Travel in our minibus to a nearby coasteering venue where you'll navigate surging swells, body-surf the breakers, take advantage of grippy barnacled terrain, get rinsed in Nature's washing machine and swim into secret smugglers caves. If you're feeling brave, our reassuring guides will pick out the perfect spots for a rejuvenating leap into deep water!





Saturday: PM

Cosy up back at the lodge with some cawl (a Welsh soup) and warm crusty bread before we drop you off on the Pembrokeshire Coast Path for an afternoon 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. After your walk back to the lodge, the evening is yours to gather round a bonfire for some stargazing and toasted marshmallows.



Sunday : AM

Refuel with a cooked breakfast ready to submerge the senses on your next wonderful, watery adventure. We'll take you to a new coastering 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!

Sunday : PM

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.

Explore Pembrokeshire off the beaten track.

Why not try a
Sunday
afternoon
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.



**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?

2 NIGHT WEEKEND Friday to Sunday

£245 per person

- **2 nights accommodation at the eco lodge with home-cooked food from Friday evening meal to Sunday lunch.**
- **2 half day coasteering adventures.**
- **A self-guided hike on the Pembrokeshire Coast Path with minibus drop-off.**
- **Minibus transport to and from coasteering locations, plus high quality specialist equipment and fully qualified guides.**





**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

"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

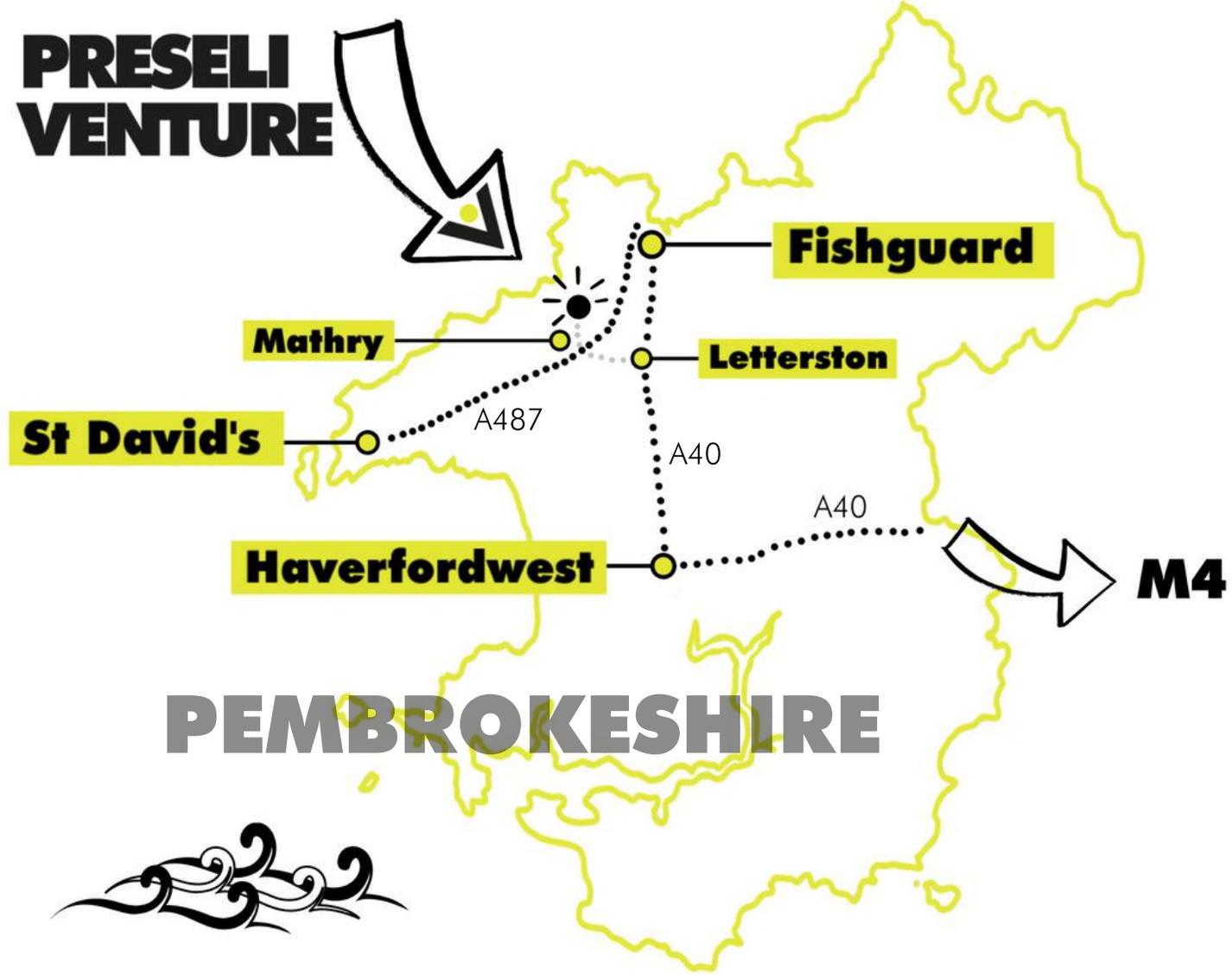
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

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!

Is there a mixed activity package?

Yes, we also offer mixed activity itineraries on our Adult Adventure Weekend and our mid-week 5 day Adult Adventure Holiday.

Can we build a bespoke package?

Sure! If you love the sound of our Adult Adventure Weekends and Holidays but our packaged up breaks dont 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 don't need to be able to swim or 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 coastering 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?

- 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).
- A water bottle (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 and a waterproof coat just in case!
- Flip flops/ sandals can be useful for changing after activities.

Do I have to go up high?

There is no need to go up high, the idea with coastering is that you are right by the water's edge, traversing along the rocky shore. The only reason to go up high above the water is if you choose to do some jumps!

FREE YOUR
Spirit!



**PRESELI
VENTURE**

01348 837709

info@preseliventure.co.uk

www.preseliventure.co.uk