



The background image shows three people rappelling down a steep, rocky cliff face. They are wearing helmets, harnesses, and life jackets. The cliff is rugged and dark, and the ocean is visible below. A large, stylized 'V' logo is overlaid on the right side of the image.

ADVENTURE DAYS

Duration: half or full day

Ages: 8 and up



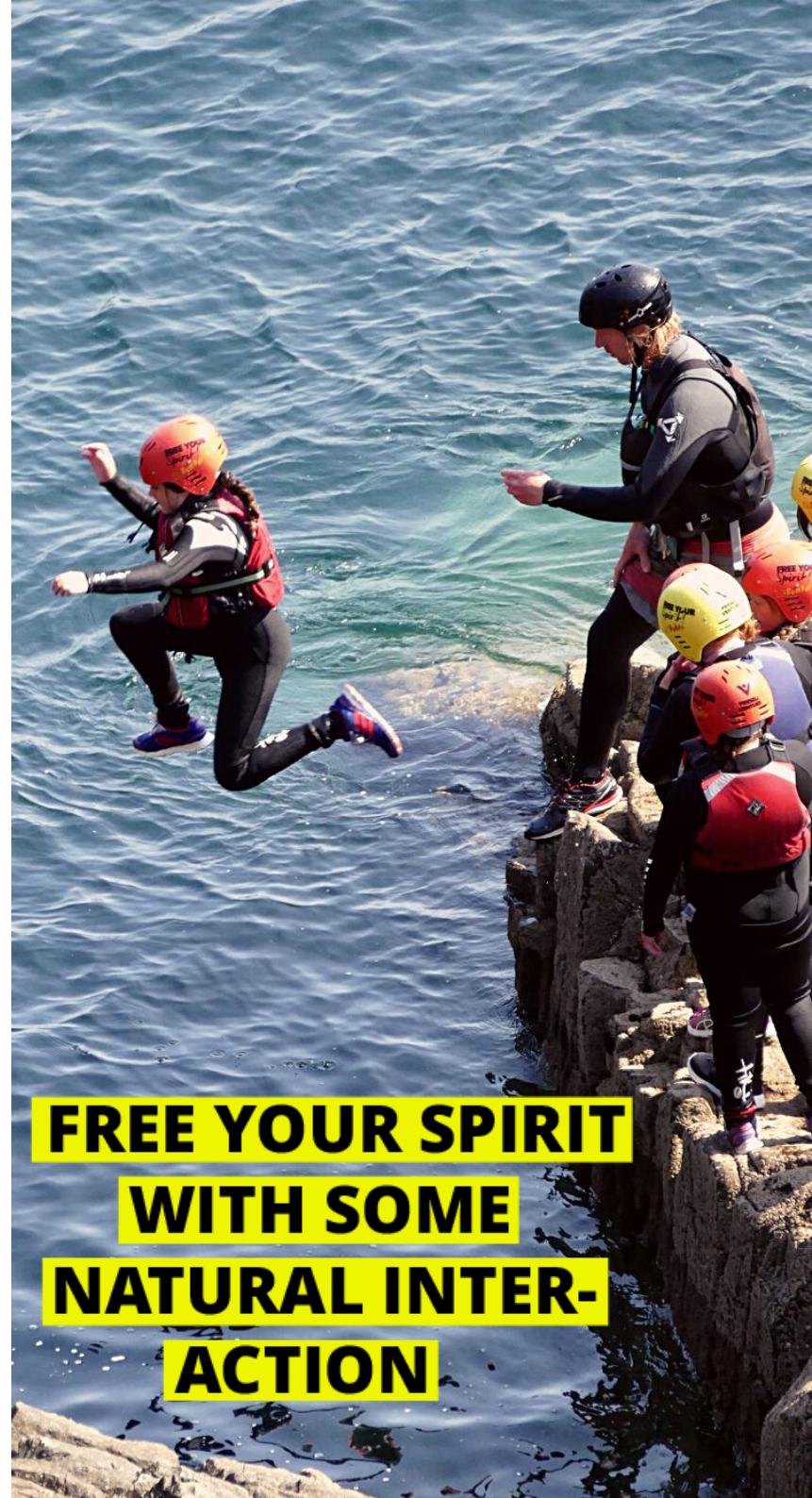
**Immersive,
energetic and
kinetic guided
Adventures in
Nature's
playground, the
spectacular
North
Pembrokeshire
Coast.**

"We spent a wonderful watery and strangely relaxing time at Preseli Venture. All the guides were friendly, helpful and knowledgeable. For each activity, we felt safe, learned new skills and had an immense amount of fun".

Warren Williams

*Paddle, jump, surf and
traverse a magical landscape,
taking precious time to
explore, discover and reconnect.*

Meet your adventurous edge on the wild and unspoilt Pembrokeshire coast. Preseli Venture offer quality coasteering, sea kayaking and surfing adventures with fully qualified adventure guides who will take you out to some incredible untouched and beautiful wilderness locations, all within a 15 minute drive of the adventure centre. 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.



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



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

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

Timings:

Morning adventures:
9:00 – 12:45

Afternoon adventures:
13.45 – 17:30

Full-day adventures:
09:00 - 17:30

Lunch at the eco lodge:
12:45 - 13:30

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, blue, and green. 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. The kayakers are using paddles to move their kayaks.

Spirit
ABOVE
ALL

What happens on an Adventure Day?

From the moment you arrive at Preseli Venture, you'll be in the safe hands of our dedicated and experienced adventure team who have thoughtfully curated every element of your adventure so that you can relax and fully immerse yourself in the Welsh wilderness.

By far the best experience you can have in 2.5 hours. My sister and I had an awesome experience. Highly recommend Preseli Venture for anyone. Can't wait to go again soon.

Alex Lewis, 2019

Meet at our 5-star sustainable adventure centre, tucked into the folds of the Abermawr Valley, right on the North Pembrokeshire coast. Here, you'll get kitted up in our changing rooms with high quality specialist gear and head off in one of our minibuses to your nearby adventure location, chosen by your guide on the day to best suit the tides and conditions. You're welcome to join us for a hearty hot lunch in the eco lodge restaurant before or after your half-day adventure; our spacious lounge and sunny sheltered courtyard are perfect spots for a relaxed lunch, both with views down the wooded valley to the sea.



Kitted up in a wetsuit, helmet, bouyancy aid and trainers, traverse 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! We've been delivering this unique experience for over 25 years, and we know that once you've tried coasteering with us, you'll be absolutely hooked!

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





Discover an astounding variety of coastal scenery by sea kayak, with fascinating features to be found under every craggy clifftop; mystical waterfalls, majestic sea caves and magnificent rock arches. Gliding through tranquil rock gardens, gazing into the aquatic world beneath you, rushing through gurgling gullies, bobbing between sea stacks and surfing onto the soft golden sand of secluded beaches, it isn't difficult to see why this breathtaking wilderness location is a renowned sea-kayaker's paradise.

SEA KAYAKING

"What an amazing experience, I totally loved it! Our guides were great at putting you at ease and increasing your confidence. At the end of the day I felt a real sense of achievement. The bays we visited were beautiful and the sea such a gorgeous colour..."

*The memories will
stay with me
forever."*

Angela Jones 2018





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. Foamie boards are light, soft and bouyant, perfect for quick beginner progression and a lot of fun to ride!

SURFING

"My son George has wanted to go surfing for ages and you made his week. All the staff at the centre were fantastic and I would thoroughly recommend Preseli Venture to anyone looking for outdoor activities.

We will definitely be back...



*The whole family
had a fantastic
time."*

Rachel Hilliam, 2018



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



"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

**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

**"Coasteering
was
life changing!"**

Hayley McGlynn, 2017



WHAT'S INCLUDED?

Half-day Adventure

	ADULT	CHILD (8-16)
Sept-Jun	£55	£45
Jul-Aug	£60	£50

Sea kayaking, coasteering or surfing half-day adventure, either 09:00-12:45 or 13:45-17:30.

Full-day Adventure

	ADULT	CHILD (8-16)
Sept-Jun	£110	£90
Jul-Aug	£120	£100

Sea kayaking full-day adventure 09:00-17:30 or 2 x half days (coasteering, sea kayaking or surfing).

- **Private off-road parking, changing facilities and bathrooms at the adventure centre, minibus transport to and from the adventure locations, high quality specialist equipment and fully qualified guides.**
- **Enjoy a hot lunch at the eco lodge (or a packed lunch if you're out for a full day kayaking) for £8 per person.**

Stay with us...



**VISIT
WALES**
CROESO CYMRU



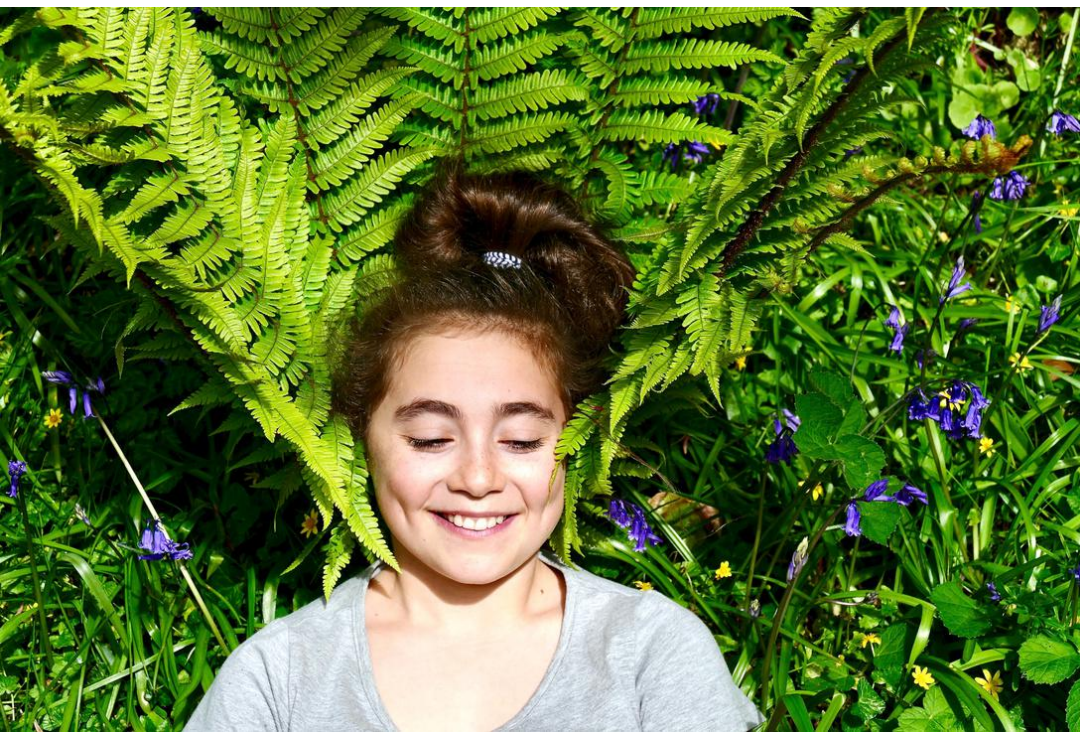
**PRESELI
VENTURE**

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

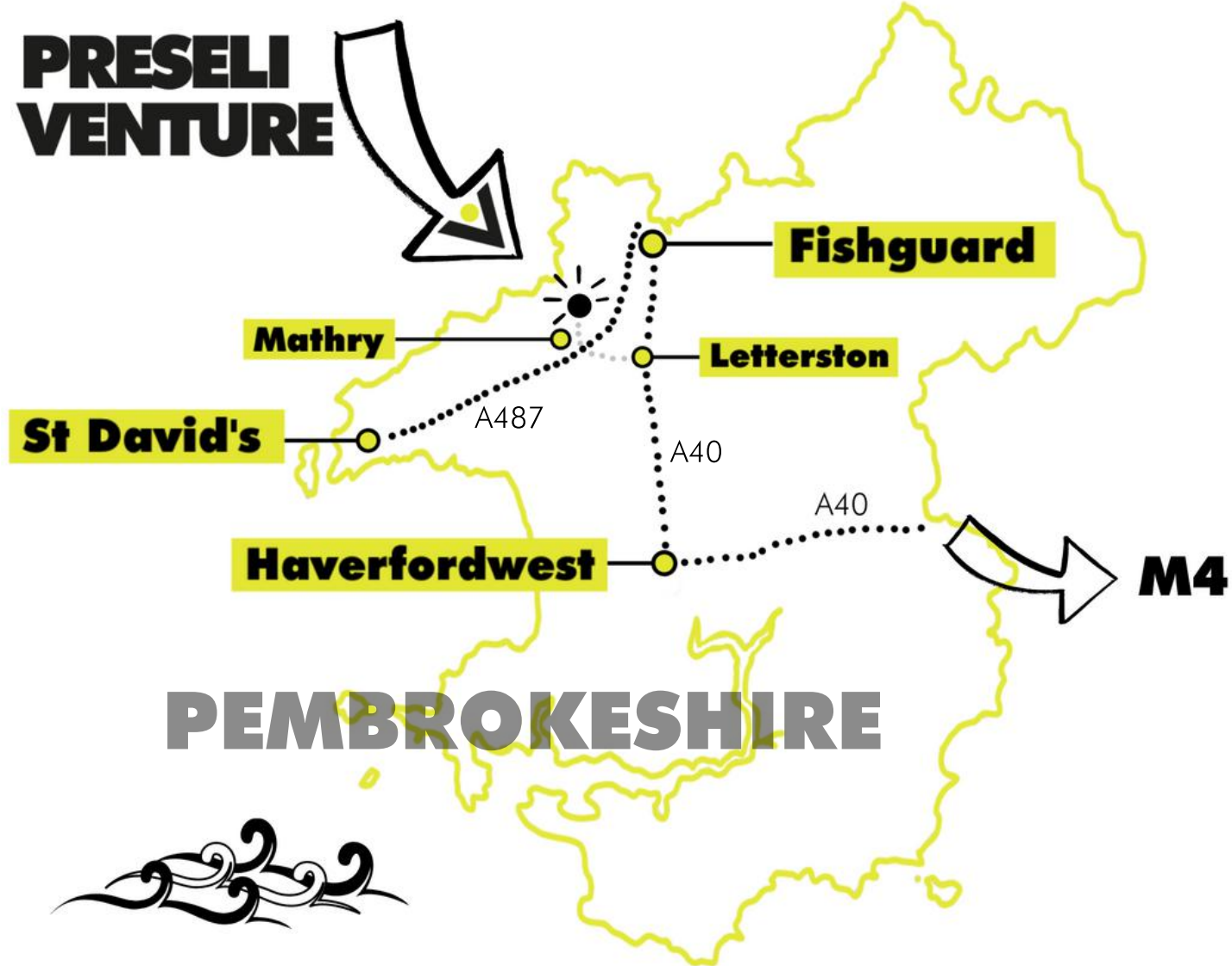
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

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?

We welcome young people of 8 years and older. The only prerequisite is that they are 114cm tall or more, and that they are happy to be in the water.

Do we need any experience?

None at all! All of our guided activities are beginner-friendly. You don't even need to be able to swim - with the flotation jacket and the wet-suit you are naturally extremely floaty.

Can I spread my adventures over a few days?

Yes. Please do join us over a number of days and if you wanted to stay for a few nights at the Preseli Venture eco lodge, you're more than welcome (subject to availability)

Can i come along on my own?

Sure! We meet lots of solo travellers on our adventure days. Groups are usually a nice mix of individuals, couples, families and groups of friends.



Will I be in a group with adults or families?

On our adventure days, we welcome adults and families. If you'd prefer to be in an exclusively adult/ exclusively family group, let us know - it may be possible.

Do you offer group rates?

We offer a 10% reduction for groups of 10 or more. Group bookings need to be made in 1 full payment to benefit from the discount. Discount code: PVPRIMO10A

What type of kayaks will we use?

For beginners we have single sit-on-tops and double sit-on-tops perfect for younger children who may get tired of paddling sooner! Alternatively we have 'closed cockpit' kayaks with a spray deck for those who prefer.

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.



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.



What should we bring?

- For coasteering you will need a pair of old trainers (which will get wet but not ruined).
- A plastic bag to take your wet shoes home in.
- A swimming costume or bathers to wear underneath the wetsuit (which we provide) - please come wearing them under your clothes!
- 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 or adventure centre.
- A towel and plenty of layers of warm clothing for when you get out of the sea. Flip flops/ sandals are also handy for changing!



Do i have to go up high? I'm scared of heights!

There is no need to go up high, the idea with coasteering 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! Your guide will take you to some lovely deep pools where it's safe to jump in, if you wish to give it a go! It's up to you to decide where to meet your adventurous edge - everyone is different!



What if the weather is bad?

With over 100 miles of stunning Pembrokeshire Coast National Park coastline, if faced with adverse conditions such as high wind or large swells, we can almost always choose a more sheltered location. In the event of 'no surf' we always provide an alternative water based activity. We very rarely cancel altogether but if the weather prohibits the activity taking place, then we would only cancel on the day. The instructor can take your call after 8.00am on the day. You will be offered an alternative activity if your chosen adventure cannot take place, or a refund if you prefer.



FREE YOUR
Spirit!



**PRESELI
VENTURE**

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