



**FAMILY
ADVENTURE
HOLIDAYS**

Duration: 5 days (Sunday - Friday)

Ages: 8 and up



An immersive, energetic and kinetic 5-day midweek holiday 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".

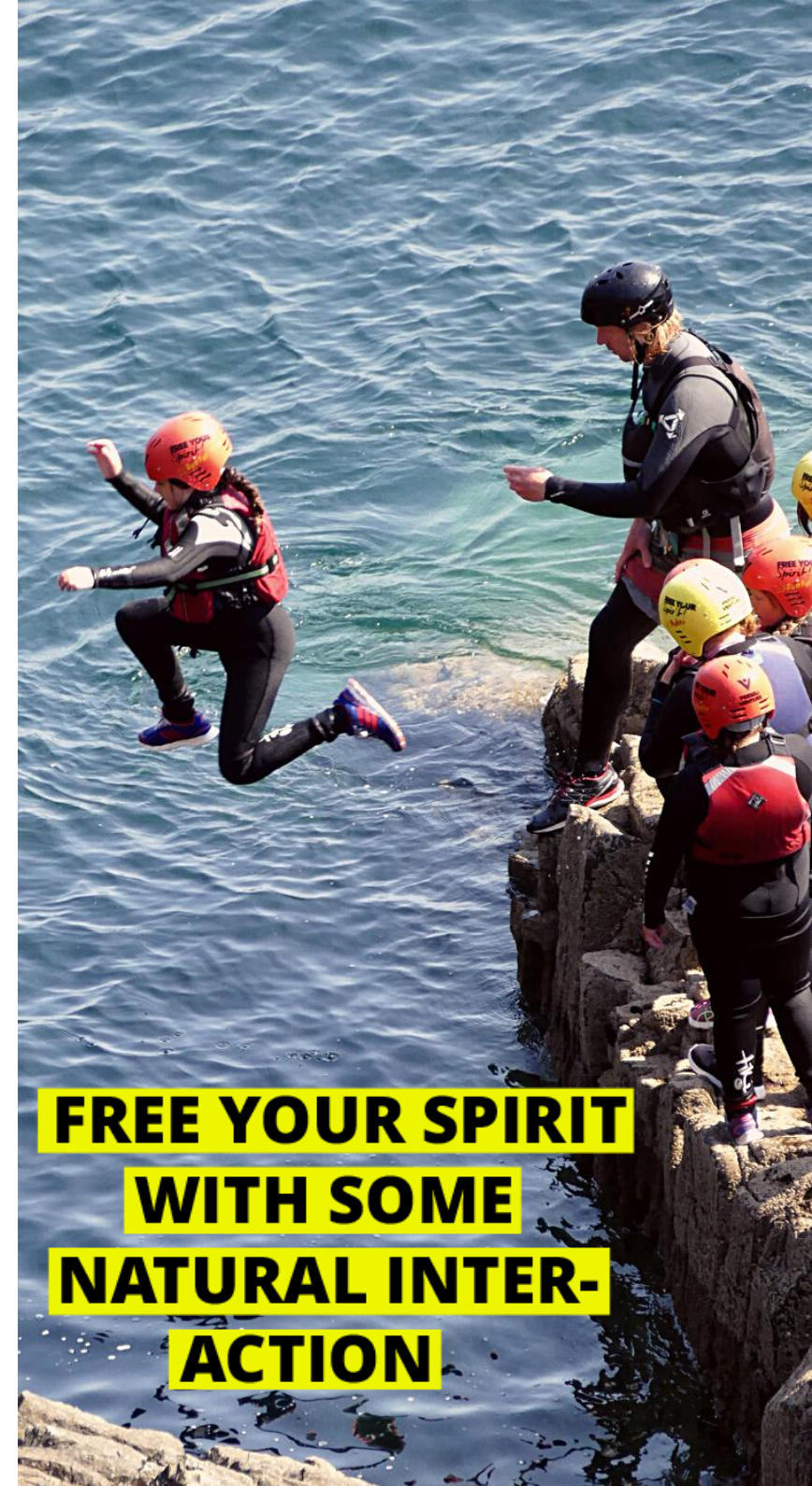
Warren Williams

Paddle, jump, surf and traverse a magical landscape, taking precious time with your family 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 freshly home-cooked meals await.

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.



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



What can I expect on a Family Adventure Holiday?

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 holiday so that you can relax and spend time together as a family.

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

Over the week, expect to find yourself sea kayaking under sublime sea cliffs, through rock gardens, sea stacks, arches and majestic caves... scrambling, traversing and ledge-leaping into crystal clear plunge pools... and surfing clean, green peeling waves on blue-flag sandy beaches. 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.

Choose from two awe-inspiring off the shelf packages.

Join us from Sunday evening to Friday afternoon and indulge in an itinerary with just the right amount of action.

Throw yourself into an "Action Packed" holiday with a full adventure itinerary from Monday to Friday, including 9 half-day adventures.

Or take some time to relax and explore Pembrokeshire at your own pace with one and a half days of free time on our "Action & Relax" itinerary, including 6 half-day adventures.



Adult: 17 yrs +
Child: 8-16 yrs

WHAT'S INCLUDED?

Action Packed

Adult: £795 May & Summer / £765 Apr & Oct
Child: £665 May & Summer / £635 Apr & Oct

- **5 nights accommodation with home-cooked food from Sunday evening to Friday lunch.**
- **2 x coasteering, 2 x sea kayaking & 2 x surfing half-day adventures, the Abermawr Challenge, a self-guided hike and either a boat trip or horseriding.**

Action & Relax

Adult: £625 May & Summer / £605 Apr & Oct
Child: £525 May & Summer / £505 Apr & Oct

- **5 nights accommodation with home-cooked food from Sunday evening to Friday lunch.**
- **1 x coasteering, 1 x sea kayaking & 1 x surfing half-day adventures, the Abermawr Challenge, a self-guided hike and either a boat trip or horseriding.**

- **Minibus transport for Preseli Venture guided adventures, 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 a hearty lunch 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

After breakfast, get ready to explore a stretch of coastline by sea kayak, paddling under immense sea cliffs and 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 The Abermawr Challenge

Warm up back at the lodge with some cawl (a Welsh soup) and warm crusty bread, then take part in the Abermawr Challenge, an orienteering style quest through the ancient local woodland and down through the valley to Abermawr beach, following clues, solving problems and completing tasks in Nature's playground. Will your family top the leaderboard?





Wednesday: AM Surfing or Relax

If you're on the Action & Relax holiday, this is your full day of free time so you may like to explore the local area at your own pace or simply relax at the lodge. Or, if you've chosen the Action Packed holiday, 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 Kayaking or Relax

With the skills and confidence you built on your first expedition, head out for a paddle on a new route, exploring another stunning area of the coastline on your second sea kayaking experience.





Thursday : AM Coasteering or Relax

Take the plunge on your second coasteering adventure, each trip entirely unique with a new location and varying conditions and tides. Or if you're on the Action & Relax itinerary, enjoy another half-day to relax.



Thursday : PM Self-guided Hike

From the gently meandering Pembrokeshire Coast Path, a 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.





Friday : AM Surfing

We'll seek out the swell for your final half-day adventure, a second surf lesson. Foamie boards are light, soft and bouyant, perfect for quick beginner progression and a lot of fun to ride - you're sure to be on your feet this time!



Friday : PM Depart

After a hot lunch back at the lodge, we're sure you'll leave us feeling energised and inspired by your incredible experiences!

"A wonderful week away. My son and I enjoyed every minute, the activities were incredibly well organised. Everyone was so friendly and the hospitality was excellent. We will be returning!"

Matt Symes, 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

**"The whole family
had a fantastic
time."**

Rachel Hilliam, 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

"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

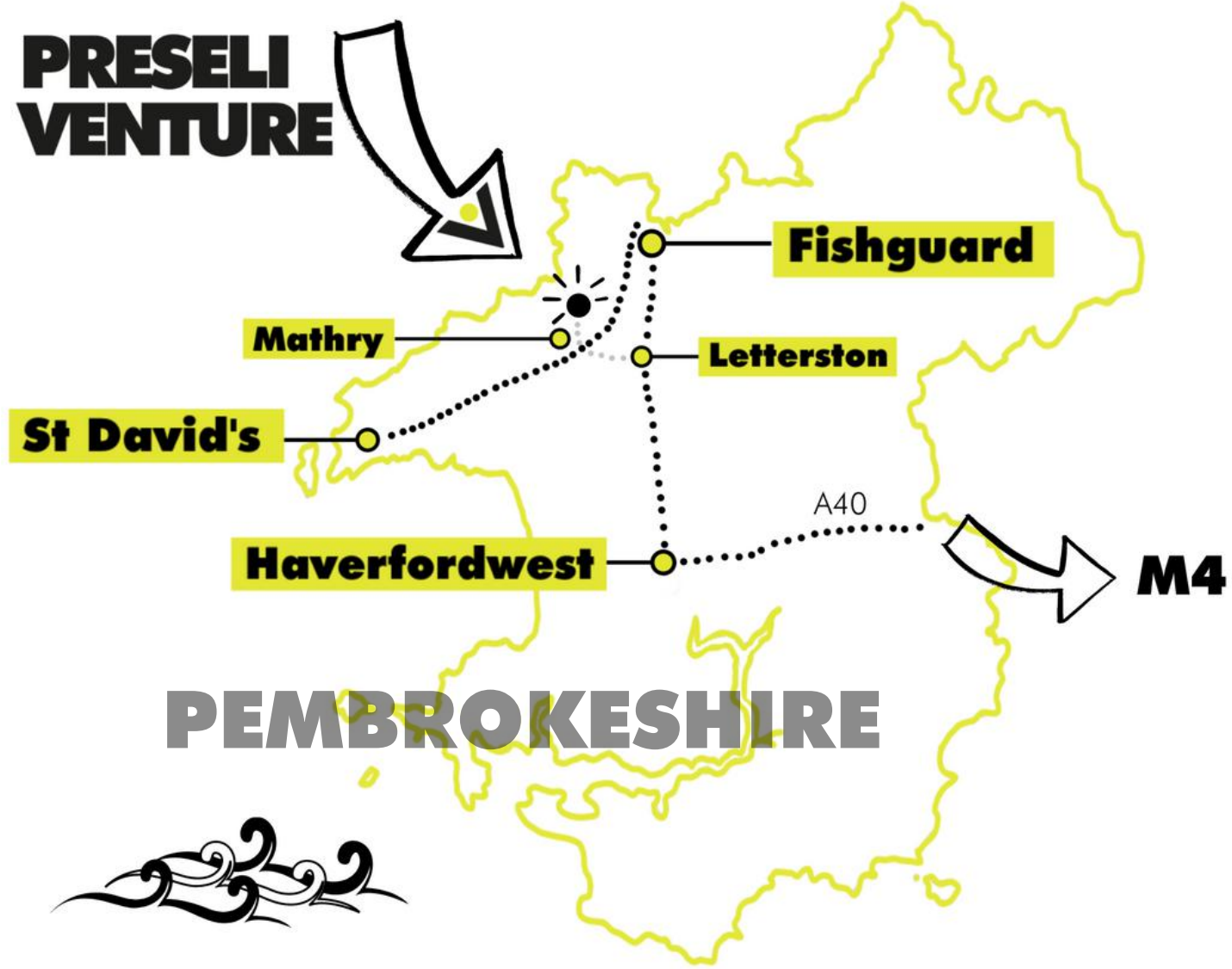
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

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.

Can we come on a weekend ?

Yes, of course! We welcome families on certain weekends throughout the year for Family 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 Family 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.





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 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 dry activities like the Abermawr challenge.
- Plenty of layers and a raincoat!



FREE YOUR
Spirit!



**PRESELI
VENTURE**

01348 837709

info@preseliventure.co.uk

www.preseliventure.co.uk