



**FAMILY**  
**SEA KAYAKING**  
**WEEKENDS**

Duration: 2 Days

Ages: 8 and up



**An  
enchanted  
Sea Kayaking  
Odyssey at  
the edge of  
the Atlantic,  
engaging and  
captivating  
for all the  
family.**

"Wonderful fun for adults and kids both. Beautiful place to kayak and well organized operation."

Todd McDonald  
2018

Carve out precious time with your family to experience the astounding variety of coastal scenery in North Pembrokeshire, with fascinating features to be found under every craggy clifftop; mystical waterfalls, majestic sea caves and magnificent rock arches. Gliding through tranquil rock gardens and 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. From secret smugglers coves to booming blow-holes, amongst playfully inquisitive grey seals and diving peregrines, the Pembrokeshire Coast National Park makes memories that last.



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

Spirit  
ABOVE  
ALL



## What can I expect on a Family Sea Kayaking 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 Sea Kayaking weekend so that you can relax and spend time together as a family. Join us for a welcome meal on Friday evening and depart around 5pm on Sunday feeling energised by your weekend of paddling in the wild and rugged Welsh wilderness.

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**Beautiful. Instructors were great, views were incredible, could wish for nothing more.**

Milo Rothschild, 2017

Embark on two full days out on the water with our friendly and engaging guides, launching at picturesque and sheltered harbours where you'll learn gentle strokes to guide your boat confidently along an awe-inspiring stretch of coastline. Each day, we provide a delicious packed lunch for picnicking on remote secret beaches. Our guides weave in elements of sea swimming, snorkelling, coastering and family team-building games as well as foraging and fun facts about flora, fauna and geology! Delve into stories of local history and mythology including pirates, smugglers, shipwrecks, sea monsters and the French invasion!

## Friday: PM

Arrive at the Preseli Venture 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 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.



## ITINERARY

### Saturday : AM

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. Crystal clear aqua-marine waters and clean Atlantic sea air are the backdrop to your voyage. 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.

## Saturday : PM

One of the untouched secret beaches you can only reach by sea provides the perfect place for a picnic pit-stop and perhaps a soothing sea swim as you warm your towel on a rock, before launching once more for an afternoon of paddling. The evening is yours to share stories, toast marshmallows over a bonfire and gaze at the brilliantly bright night sky.





## Sunday : AM

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

On this relaxed journey, you can really take your time watching a huge variety of sea birds from diving gannets to nesting razorbills, bobbing guillemots to fishing cormorants – the abundance of wildlife is incredible! You may be visited by curious seals or even spot pods of breaching dolphins and porpoises.



## Sunday : PM

Land for lunch in another peaceful haven and mull over mesmerising rock pools 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.

Then hop back in your boat and head back out for a final afternoon of paddling. We'll wave you off in the late afternoon with a torrent of terrific tales to tell!



**Immersive**  
**Dynamic**  
**Energetic**  
**Kinetic**  
**Magnetic**

**Why not stay a  
little longer  
and try  
another wild  
Pembrokeshire  
adventure?**

Take the plunge on a coasteering 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!

Practise your paddle and pop on an epic surfing adventure at one of the best sand-bottom beach breaks in Wales. With crystal clear waters and clean summer swells, frolic and play in the frothy white water and hone your technique with expert guidance

Take part in the Abermawr Challenge, an orienteering style quest through the local woodland and down to the beach, following clues, solving problems and completing tasks in Nature.



# Explore Pembrokeshire off the beaten track.

Let us hook  
you up with  
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.**

"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.**



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

Rachel Hilliam,  
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**

"Wonderful weekend. Jon and Elliott were excellent instructors and looked after me and my daughter brilliantly. The lodgings, food and bar were the perfect place to relax after a long day of kayaking."

**Hugo Stolkin, 2019**





# WHAT'S INCLUDED?

## 2 NIGHT WEEKEND Friday to Sunday

£365 per adult / £295 per child (8-16yrs)

- **2 nights accommodation with home-cooked food from Friday evening to Sunday lunch (packed lunches on both kayaking days).**
- **2 full days out sea kayaking on the beautiful North Pembrokeshire coast.**
- **Minibus transport to kayaking locations plus high quality specialist equipment and fully qualified guides.**



**VISIT  
WALES**  
CROESO CYMRU

★ ★ ★ ★ ★

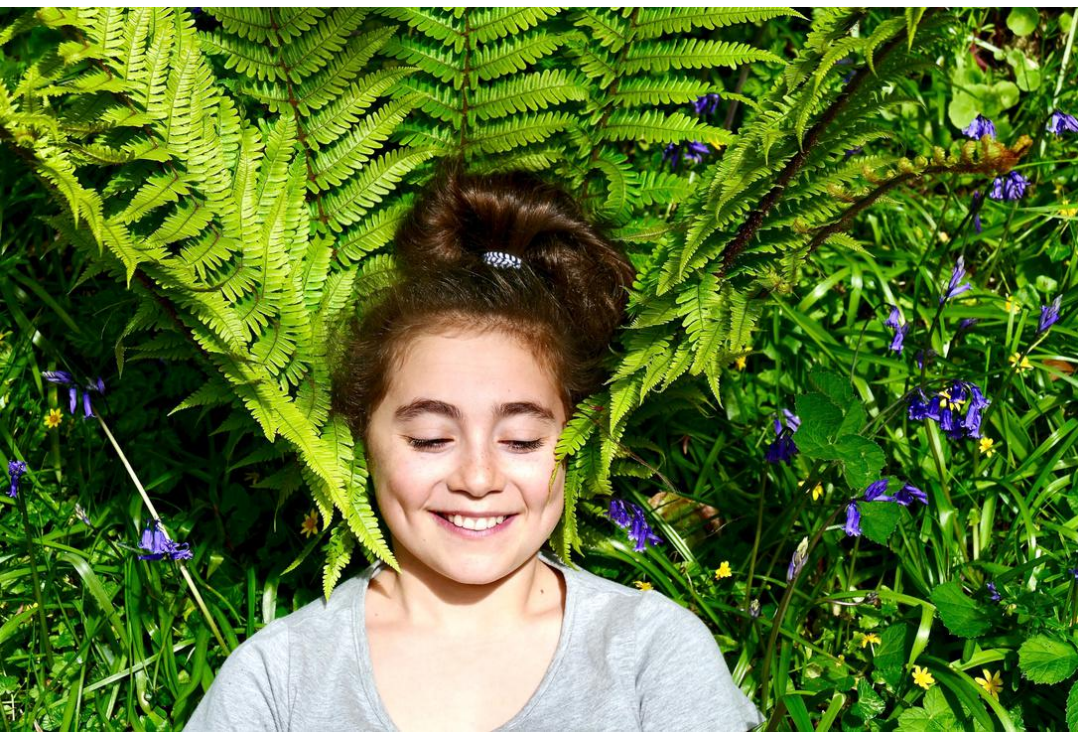
**PRESELI  
VENTURE**

**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

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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

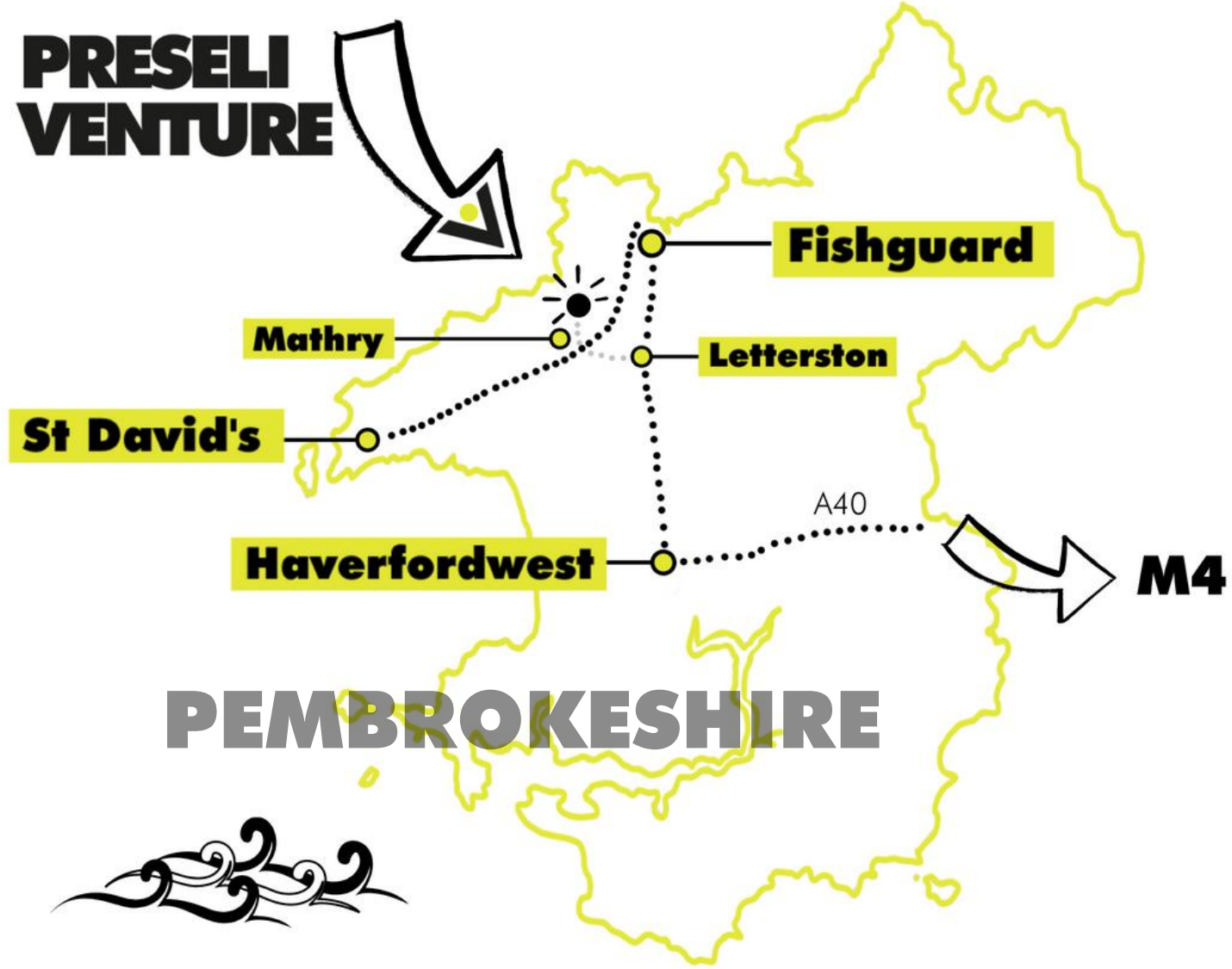
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

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?**

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 out on the water and in the water.

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

Yes, of course! We welcome families during the midweek throughout the school holidays. You might like our Family Adventure Holiday if you're looking for a longer midweek break or if you prefer a mixed-activity weekend, you might like our Family Adventure Weekend.

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

Sure! If you love the sound of our Family Sea Kayaking Weekends, 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.



## 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 swimming costume or bathers to wear underneath the long-john style sleeveless wetsuit (which we provide).
- A synthetic (ideally not cotton which gets heavy when damp) short/long sleeved T-shirt, or thermal top.
- A fleece jumper in case it's chilly, to wear under the kayaking kagool (which we provide).
- A water bottle is useful - we don't sell bottled water at the lodge.
- A food-storage container for your packed lunch.
- Layers of warm clothing for when you get out of the sea.
- 2 towels – one for showering and one for water activities.
- Flip flops or sandals can be useful for getting changed after activities.
- Trainers or boots to wear on an evening walk down to our local beach.
- Plenty of layers and a raincoat.







**FREE YOUR**  
*Spirit!*

**PRESELI  
VENTURE**

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