



**FITNESS
ADVENTURE
HOLIDAYS**

Duration: 5 days (Sunday - Friday)

Ages: 17 and up



**Recharge,
reconnect and
re-centre on our
wellness-oriented
fitness and
adventure
retreats at the
heart of the
Pembrokeshire
Coast National
Park.**

"A fantastic trip,
it was a lot of fun, enjoyable
and I also feel that I have had an
all over body workout too!!
Thank you Preseli Venture, can't
wait to come back again soon!!"

Laura W, 2016

Embrace your inner wild with our uniquely exuberant blend of fitness and adventure activities designed to help cultivate a deep sense of vitality, radiance and well-being. Our immersive and holistic approach to building strength, fitness, flexibility and body-awareness is centred around the idea of Nature and the sea as a playground, an outdoor gym and a place of infinite possibility for exploration and mindful movement! Adventurers return to our beautiful marsh-mallow pink eco lodge, a welcoming sanctuary tucked into the folds of the Abermawr Valley, where healthy, wholesome home-cooked meals await. Gather around a bonfire under the stars or curl up in front of the flickering wood-burner; Preseli Venture is the perfect retreat to relax and unwind after an energetic day.



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



Take an invigorating plunge on a coastering adventure, a full-body experience traversing the intertidal zone where the land meets the sea. Catch the wave of your breath in a calming, grounding and restorative outdoor yoga class with fresh Atlantic sea air and the soundtrack of birdsong through the valley. Exercise balance and control as you learn to paddle and pop on peeling beach breaks with expert surf tuition. Stimulate the senses and uncover the meaning of thermogenesis and thalassotherapy, the profound healing effects of wild sea swimming! Our fully-qualified, friendly and professional fitness instructors and adventure guides are there every step of the way to make sure each individual meets their appropriate edge, gets a healthy dose of endorphins and, most importantly, leaves feeling invigorated, inspired and positively effervescent!

I cannot begin to express my gratitude to you for such an amazing time this week. From my first call to the office, and every individual I met, to the phenomenal, brilliantly organised activities, it was a dream come true. The food - and chefs - were wonderful and the communal feel of the lodge (loved the music by the way) made me feel really privileged to be there. And gave me the sense of belonging I desperately needed.

Leonie McCarthy, 2018



What can I expect on a Fitness Adventure Holiday?

From the moment you arrive, you'll be in the safe hands of your dedicated fitness instructor who has lovingly curated every element of your fitness and adventure journey, and will be with you every step of the way, so that you can feel confident to dive right in and experience the pure, soul-nourishing freedom of the Pembrokeshire Coast!

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

You'll arrive on Sunday evening in time for a delicious welcoming meal, followed by an energetic, kinetic and dynamic 5-day itinerary including wild sea swimming, coasteering, sea kayaking, surfing, outdoor yoga, woodland trail running, coastal hiking, a mindfulness workshop and either an aerobic dance-fitness class or circuit training. We'll wave you off after lunch on Sunday feeling buoyant and healthy in mind, body and spirit!

Our aim is to give you the tools to connect to your environment, immerse yourself in the landscape and feel confident to interact with varied terrain and conditions, absorbing the nutrients of a full-body work-out in the wilderness.

ITINERARY

Sunday: PM Arrive



Arrive at the eco lodge from 17:00, stretch your legs with a short walk or run 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.



Monday : AM Coasteering

After a full Welsh breakfast, get kitted up in a wetsuit, buoyancy 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!



Monday : PM Trail Run & Wild Swim

You'll take a trip to see a new stretch of beautiful coastline nearby where your instructor will guide a scenic trail run and a wild sea swim. Work up some heat in the body then wake up the senses with a refreshing crystal clear, aquamarine waters.





Tuesday : AM

Fitness Workshop & Yoga

Greet the day with either an upbeat aerobic fitness workshop or circuit training to get the blood circulating and the endorphins pumping. Then tone it down and tap into the breath with a deep-stretch yogic flow. As soon as you hop on the mat, let go of any expectations about yoga shapes, get curious and surrender to the sensation, finding what feels awesome for you. This is an opportunity to dial in, be present and expand your awareness to every corner of the body!

Tuesday : PM

Sea Kayaking

After lunch, explore a beautiful section of the Pembrokeshire coast by sea kayak. Paddle under immense sea cliffs punctuated by cascading waterfalls and sculptural rock formations. Gazing into the aquatic world beneath you, enjoy the peace and tranquillity of gliding through remote rock gardens. This is a great work-out for the arms and shoulders, and perfect for building strength and integrity in the core muscles without an aggressive abdominal workout routine!





Wednesday : AM Surfing

After a full breakfast to fuel you up, get ready to practice your paddle and pop on an epic surfing adventure! 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. Surfing is a full-body experience which lights up your core, tones your arms and legs and helps you cultivate "flow energy" and deep focus whilst also improving your balance.

Wednesday: PM Hiking & Yoga

Warm 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 power walk 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.

Once you arrive back at the lodge, hop into something comfy, take it down notch and re-centre yourself with a calming, grounding and restorative outdoor yoga class.



Catch the wave of your breath as you flow through this gentle vinyasa. Create inner space and expansion using your inhale and allow your exhale to guide you more deeply into the stretches. This is a chance to unwind and tap into a sense of ease.



Thursday : AM Coasteering

Refuel with a cooked breakfast ready to submerge the senses on your next wonderful, watery adventure. We'll take you to a new coasteering 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! If the sea was like a mirror on Monday, flat calm and sparkling in the sun... today it may be boiling, surging and crashing against the cliffs! No two coasteers are the same.

Thursday : PM Mindfulness Workshop

After a morning of dynamic movement, we'll slow down the pace with a mindfulness and meditation workshop where you will unlock a valuable box of healing tools which can help alleviate stress and tension in the mind and body and cultivate inner peace and presence in your every day life. To round off this relaxing afternoon, we recommend a massage or spa treatment at our nearby Ivybridge spa just ten minutes away in our local town of Goodwick. This is an optional extra: packages are priced from £25 – £55 per person and pre-booking is advised.





Friday : PM

Depart

After a healthy lunch, you'll leave the lodge feeling enlivened and rejuvenated having experienced the transformative power of the ocean and Atlantic sea air!

Friday : AM

Surfing

We'll seek out the swell for your final half-day adventure, a second surf lesson. Maybe you'll find your feet more consistently this time, feeling more control and ease manouvering the board. Now that you're paddling with more confidence, you might navigate past breaking waves to the calm "out back" where, free of the white water at last, you can really start honing your wave selection and try catching unbroken waves, perhaps even turning and trimming on the face!

"I went home knowing there is a wonderful life to be lived. I dreamed. You delivered even more. I will never be able to thank you enough for your care."

Leonie McCarthy,
2018

**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"

Matt Gaunt, 2018

"It's obvious that your instructors are experienced, know the terrain and put safety first. But then it's all about having fun and enjoying the beautiful Pembrokeshire coast."

Nick S, 2020

"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?

5 NIGHT HOLIDAY
Sunday to Friday

£805 *per person*

- **5 nights accommodation at the eco lodge with home-cooked food from Sunday evening meal to Friday lunch.**
- **5 half-day adventures: coasteering x 2, surfing x 2 and sea kayaking x1.**
- **A guided hike on the Pembrokeshire coast path with minibus drop-off.**
- **A guided woodland run and wild sea swim with your fitness instructor.**
- **2 x yoga classes, a mindfulness workshop and an aerobic fitness workshop or circuit training.**
- **All specialist equipment and qualified guides.**
- **Minibus transport for Preseli Venture guided adventures.**



**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

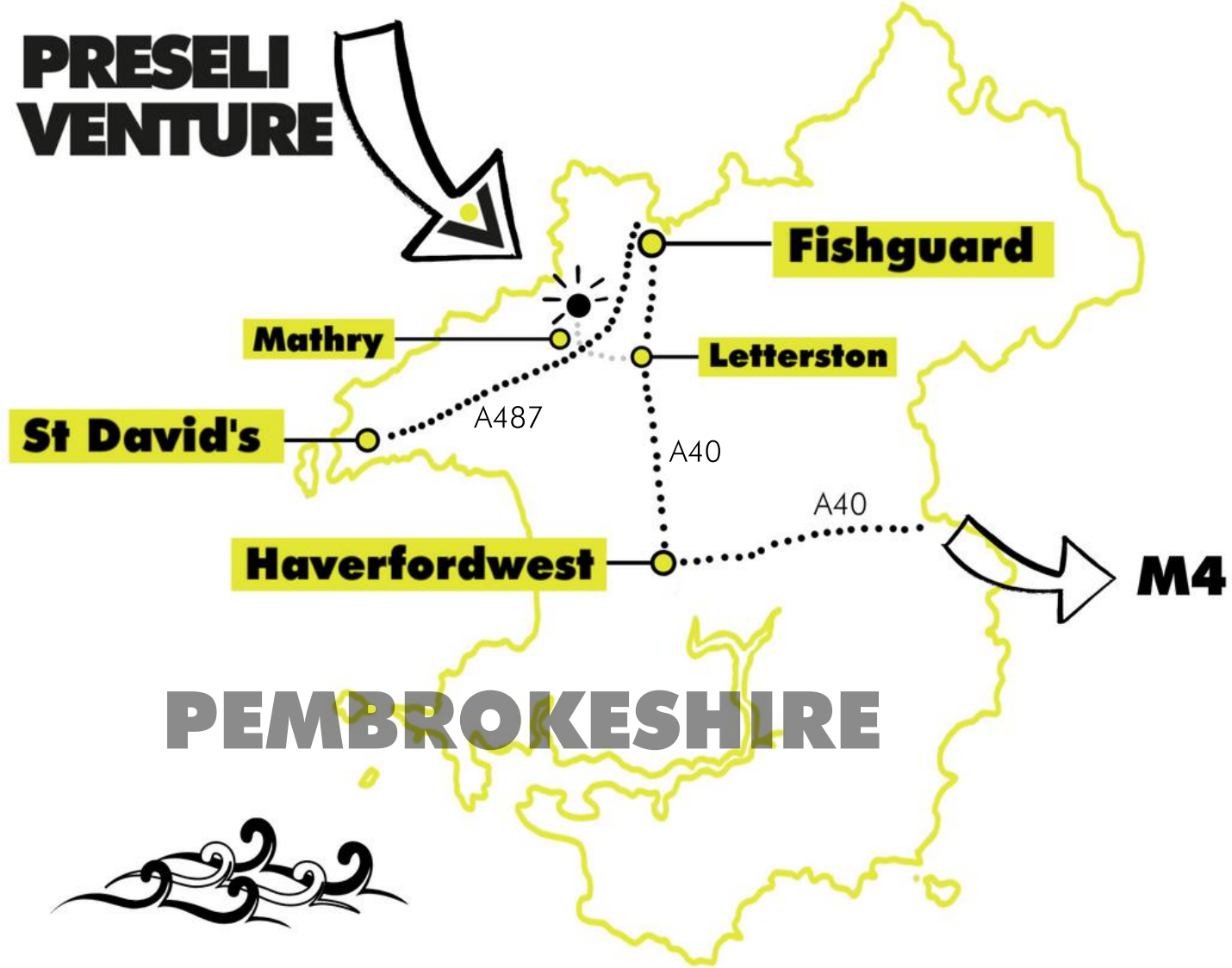
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

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 fitness 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 on the weekend?

Yes. We also offer a Friday-Sunday Fitness Adventure Weekend.

Can we build a bespoke package?

Sure! If you love the sound of our Fitness Adventure breaks but our packaged up holidays don't quite suit your needs, you can build something bespoke by booking accommodation and picking your own half-day adventures.

Do I need to take part in all the activities?

We provide a programme chock full of fitness, fresh air and adventure, but since all the adventures and workshops are not compulsory you can feel free to tailor the holiday according to your own wishes and stamina.



How fit do i need to be?

Everyone is welcome. Our fitness weekends and holidays are perfect for those looking to get in shape, improve their fitness, or just enjoy an invigorating healthy break away while embracing exciting new challenges. It's a great opportunity to get re-inspired and perhaps re-boot a fitness routine that has become neglected. All activities can be adjusted to suit your body and our fitness instructors and adventure guides are there to help you meet your appropriate edge - which is different for every individual! No swimming ability is required for water activities.

What's the food like?

We serve healthy, wholesome, nutritious meals freshly prepared by our in-house chef, with locally grown, home grown and organic ingredients where possible, designed to fuel you up for adventure! All special dietary requirements are happily catered for. Fresh detox smoothies and juices are made for you every day! Breakfast is usually granola, yogurt, wholemeal toast and honey, scrambled eggs or vegetable frittata, fruit salad, fruit juices. Lunch is usually a range of salads and wholesome grains, or a homemade veggie soup with warm fresh bread. You can help yourself to fruity flapjacks, raw protein balls and the fruitbowl. Hearty 2-course evening meals are designed to replenish and restore your energy!



Where will our adventures happen?

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 are able to host groups of anything up to 40 people. We welcome fitness clubs, outdoor activity clubs, yoga groups and classes, university societies and also corporate groups who are looking for an incentive retreat or rewarding team-building challenges. 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 fitness 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 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 and a raincoat.
- 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.
- Clothes that you feel comfortable stretching in.

FREE YOUR
Spirit!



**PRESELI
VENTURE**

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