



SEA
KAYAKING
WEEKENDS

Duration: 2 days

Ages: 17 and up



Explore
the awe-inspiring
unrivalled beauty of the
Pembrokeshire 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.

*"Perfect hospitality, perfect spot,
perfect sea kayaking and instruction.
Faultless. We'll be back!"*

Kathy Bellamy, 2017

Delve into the the astounding variety of coastal scenery in North Pembrokeshire, with fascinating features to be found around every craggy outcrop; from magnificent rock arches to booming blow holes! Carve out precious time to reconnect with nature, 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 porpoise. Rushing through gurgling gullies and bobbing between sea stacks, surfing onto the soft golden sand of secluded beaches and venturing out to untouched offshore islands, it isn't difficult to see why this breath-taking wilderness location is a world-renowned sea-kayaker's paradise.



FREE YOUR SPIRIT
WITH SOME
NATURAL INTER-
ACTION

Spirit ABOVE ALL



What happens on a sea kayaking weekend?

From the moment you arrive on Friday evening, you'll be in the safe hands of our dedicated and friendly hospitality and adventure team who have lovingly curated every element of your 2-day sea kayaking weekend so that you can relax and immerse yourself in your incredible surroundings. Saturday morning will begin with a group meeting, where you'll be able to discuss with your instructors what you hope to achieve over the course, whether it's feeling confident about planning your own trips or successfully eskimo rolling for the first time. Everyone will have different goals and our friendly and encouraging guides are there to make sure you leave on Sunday afternoon having developed your paddling skills and confidence, and most importantly, embarked on an unforgettable coastal adventure!

What a brilliant course for people who want to bring their skills together. The instructors really understood the needs, concerns and skill levels of the group, and delivered above and beyond expectations. Came away from the weekend with much more confidence and a healthy respect for good planning and preparation. A must for anyone who is considering buying their own kayaks or wants to consolidate the skills learnt on 1 and 2 star. Can't recommend it enough!

Emily Kerr, 2018



Sustainable adventure.

Each day out on the water takes you to a new stretch of coastline and is thoughtfully planned to make the very best of the conditions on the day. Preseli Venture has over 30 years experience responsibly exploring this breathtakingly beautiful coastline and with Pembrokeshire's most passionate adventure aficionados at the helm, we pride ourselves on delivering awe-inspiring and unforgettable sea kayaking experiences without impacting the untouched Welsh wilderness. 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.

Low-carbon living.

Adventurers return to our beautiful marsh-mallow pink eco lodge, a welcoming sanctuary tucked into the folds of the Abermawr Valley, with sustainability at the heart of its operation. Freshly home-cooked meals await intrepid paddlers; 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 on the water with Preseli Venture.

"Good food, comfortable accommodation, friendly staff, reliable equipment and well judged challenges. These are the things I keep coming back for and I am never disappointed."

Gerry Tarrant, 2018



FREE YOUR
Spirit!

Which level should i choose?

Read the descriptions over the next few pages and decide which sounds most appealing to you and best fits what you want to get out of your holiday. You may have 20 years of paddling experience but you just want to spend relaxed days out with a knowledgeable local guide at a slower pace, taking time to look at the wildlife and scenery - if this is the case, there's no harm in joining a beginners group. Or perhaps you've only been in a sea kayak once before but you've a lot of experience in a similar activity, you're a quick learner and you really want to challenge yourself - if this is the case, skip the beginner course and dive right into the improver course. You know your limits better than we do, so just make a sensible assessment of your ability and goals, then book on and enjoy! It's likely that there will be a mix of abilities, ages and levels of experience in every group, which just makes the dynamic more fun and interesting.

Sea Kayak Awards

British Canoeing Personal Performance Awards can be completed on our longer 4 day sea kayak Odyssey courses. However as a guide, our 3 ability levels reflect the following British canoeing awards:

Beginner

Paddle Start and Paddle Discover Awards

Improver

Paddle Explore Award

Intermediate

Sea Kayak Award



BEGINNER



"At Sea with the Seals" 2-day weekend

For beginner paddlers, or for those with a little experience of kayaking on rivers, lakes and flat water. The main aim for this level is to enjoy easy day trips along the most spectacular sections of the Pembrokeshire coast, taking in sheltered bays, beautiful rock gardens and booming sea caves, with plenty of time to enjoy the abundance of sea birds, seals and rocky shore life. Your guides will help you develop efficient basic paddling skills, gaining the confidence to take your knowledge and experience to the next level. You'll also cover basic understanding of weather and tides. By the end of the holiday we're sure you'll have been bitten by the sea kayaking bug and you'll be raring to come back for some more watery adventures. Even if you are above beginner level, please do still join this holiday as its all about stress-free and enjoyable exploration of the coast and Pembrokeshire wildlife! The British Canoeing Paddle Start and Paddle Discover awards can be taken at the end of the 4-day Odyssey course.



IMPROVER

"Explorer" 2-day weekend

Aimed at those with some previous experience of paddling on rivers or on the sea, who would like to progress their confidence and expertise at sea kayaking. Moving water and swells will become your friends as you encounter tidal streams, play at rock hopping and ride clean, green waves on longer coastal trips. You'll acquire support strokes, try eskimo rolling (if you choose), and learn about basic rescue techniques. You will work towards becoming a competent member of a group able to travel safely and efficiently on the sea. You'll be introduced to trip planning with a basic understanding of how to plan around tides, swell and weather conditions. At the end of the 4-day Odyssey you'll be able to take the British Canoeing Paddle Explore award if you wish.



INTERMEDIATE

"Rock & Roll" 2-day weekend



We'll aim for longer more committed coastal trips such as venturing out to Pembrokeshire's beautiful offshore islands. We'll teach you to master more advanced techniques and give you the expertise and experience so you can reliably handle yourself and your kayak in rough water and tidal races. You'll get training in rescue techniques, and improving your eskimo roll. We'll go further in depth learning the weather and tides so you can gain confidence in your own more advanced trip planning. On a 4-day course, we will take a shorter trip to a nearby sheltered bay where we will practice the skills you'll need for the British Canoeing Sea Kayak award for which you can also be assessed if you wish. After this course you will be ready to continue your progression towards the British Canoeing Coastal Sea Kayak award.

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

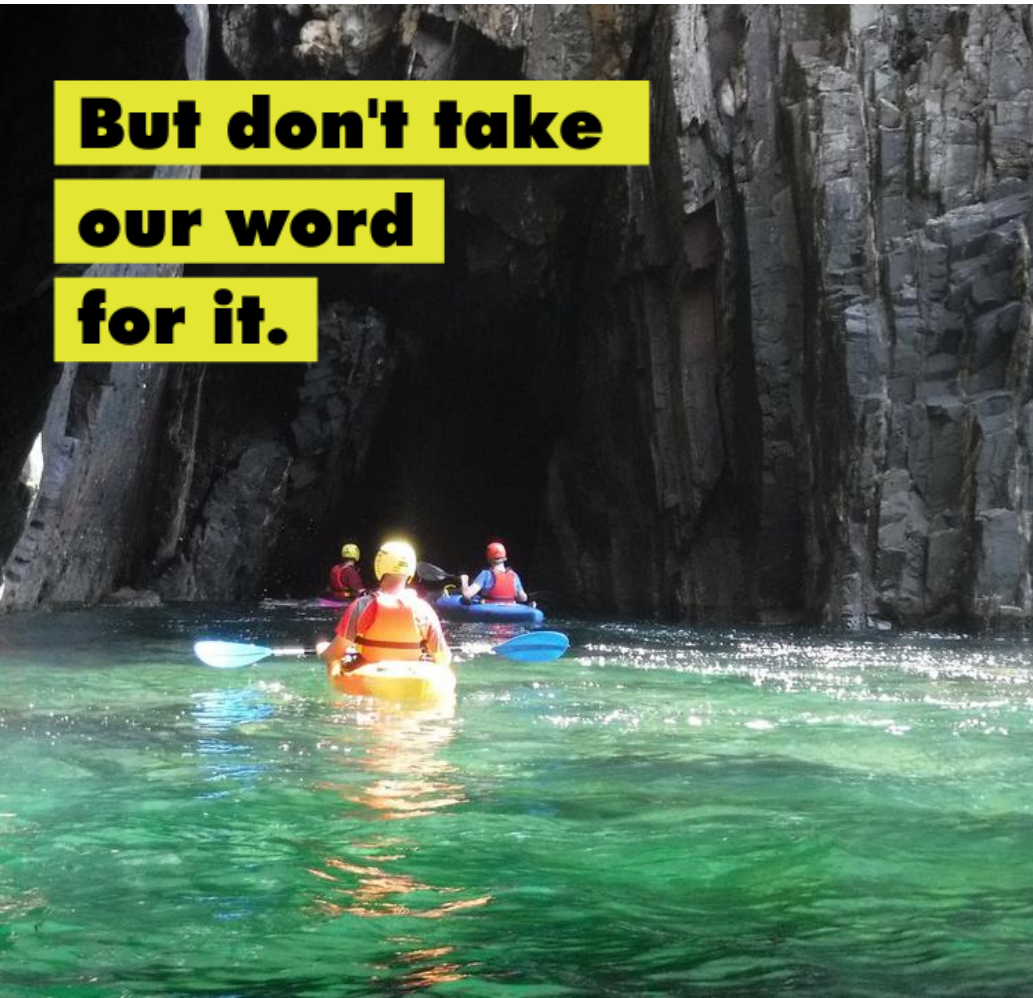
"Really enjoyed our introduction to sea kayaking. Dave was an awesome instructor and took us very quickly into challenging waters but in a very calm, positive way which encouraged us all."

John Murray, 2019

I was made to feel very welcome and at home during the weekend. The sea kayaking was amazing and I loved it! Rachel and Dave were great, nothing was a hassle! Definitely want to visit again in the future."

Fleur Durrant, 2018

**But don't take
our word
for it.**



"The staff and facilities are fantastic and make guests welcome from the moment they arrive until the fond farewell. The instructors were knowledgeable, friendly and encouraging during the activities and I would recommend Preseli Venture to anyone wanting to explore the Pembrokeshire coast with some experienced guides."

Sebastian Rees, 2018

"Had an amazing two days, we saw two seals and kayaked the Ramsay sound. Jon and Miles were knowledgeable, excellent instructors. The centre is beautiful, the food delicious and the facilities are clean and well organised"

Sian Pearson, 2018

A very enjoyable and energetic weekend's sea kayaking.



I met a lovely bunch of co - adventurers at Preseli Venture's lodge.... learning about the basics of steering a sea kayak, how to deal with different sea conditions, beaching and launching our kayaks as well as exploring the superb coastal landscape - stacks, caves, coves and beaches that only being in a sea craft allows. Our instructors Jon and Sam were knowledgeable, engaging and funny. They looked after everyone very well, and I felt very safe in their hands. I could not recommend this weekend more highly and would love to come back for more! Thanks to all at Preseli Venture for a great break.

Phil Johnson, 2019

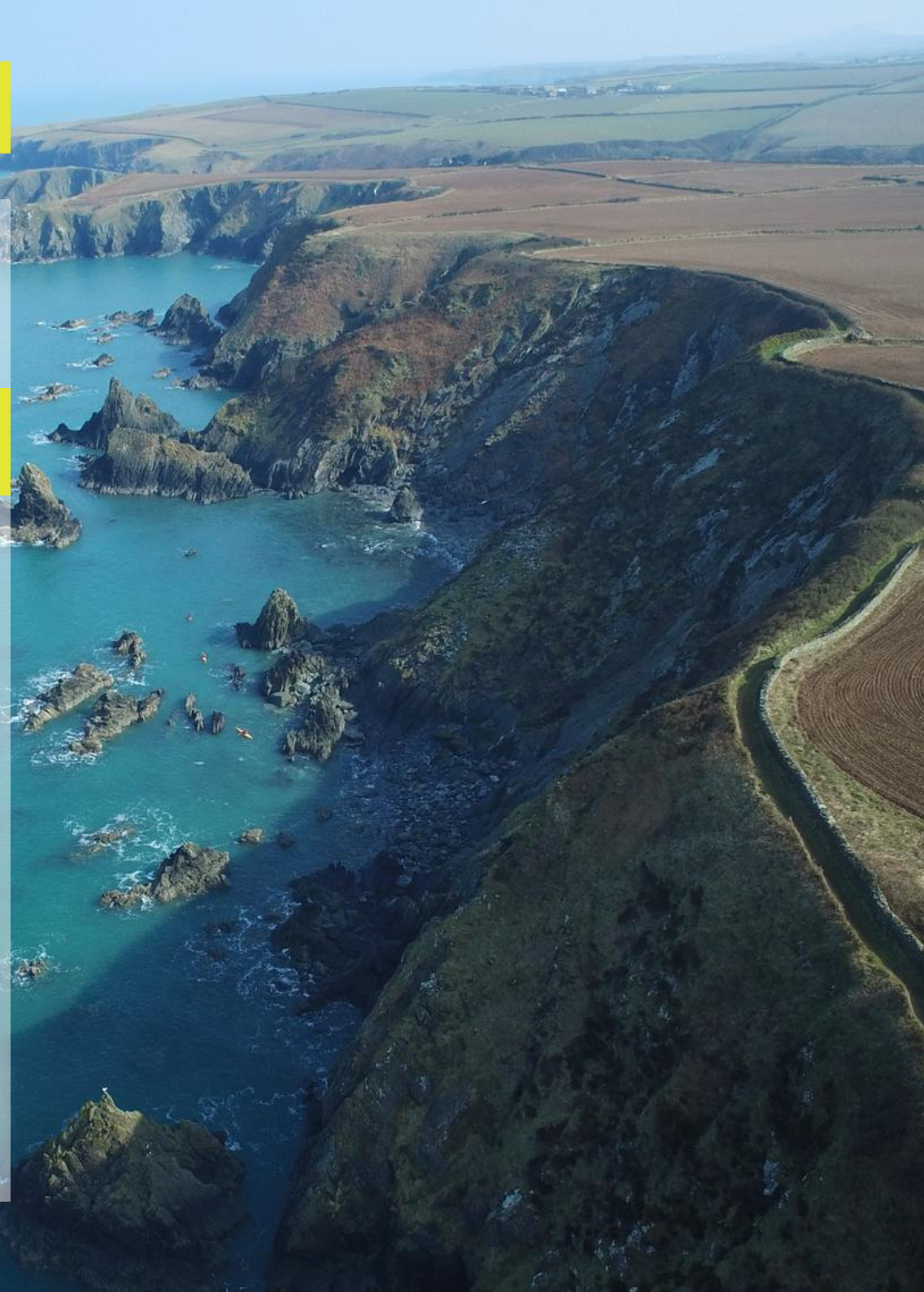


WHAT'S INCLUDED?

2 NIGHT WEEKEND Friday to Sunday

£365 per person

- **2 nights accommodation at the eco lodge with home-cooked food from Friday evening meal to your packed lunch on Sunday.**
- **2 full days sea kayaking.**
- **Minibus transport to and from sea kayaking locations.**
- **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

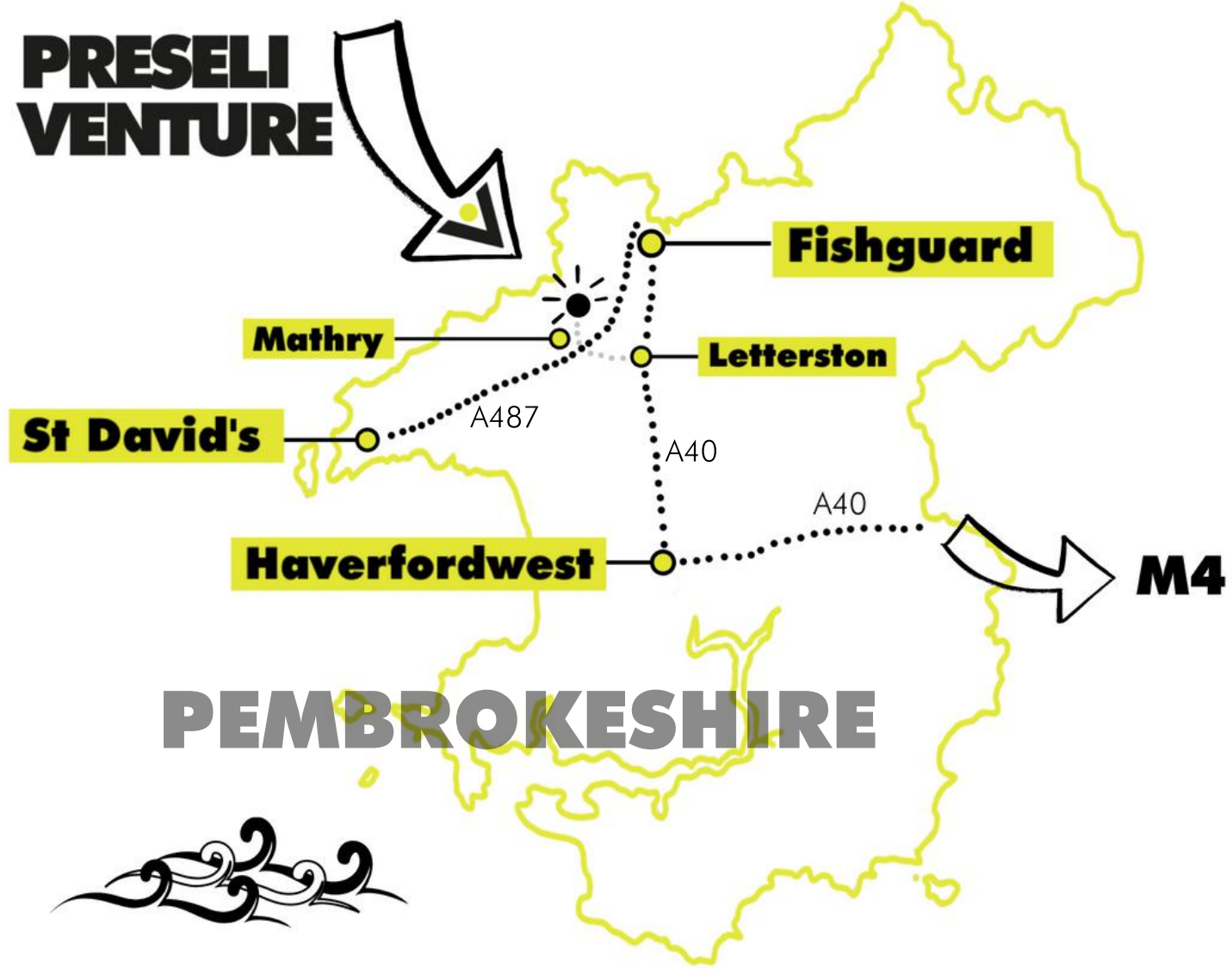
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

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 sea kayaking weekends and holidays we welcome adults of 17 years and over. We offer a separate dedicated family sea kayaking holiday for families with children aged 16 and under.

Can we come midweek instead?

Yes. We also offer a 3 or 4-day midweek sea kayaking Odyssey, arriving on Sunday evening and departing Wednesday or Thursday.

Can i take sea kayaking awards?

These can be taken on longer midweek Odyssey courses only. On our beginners 4-day Odyssey you can work towards the British Canoeing (BC) Paddle Start and Discover awards. On our improvers 4-day Odyssey you can take the Paddle Discover and Explore awards. On the intermediate 4-day Odyssey, we will work towards the BC Sea Kayak personal performance award.

Do you offer group rates?

If you are organising a group or a club trip, discounts are available and we are happy to tailor make your holiday to suit your individual needs, interests and budget.





Where will our kayaking 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 equipment do you supply?

We'll provide you with a kayaking 'long john wet suit', kayak jacket, buoyancy aid, a helmet wet suit boots. You'll be warm, safely floaty and well protected. We supply a specialist sea kayak for these courses and holidays, and you are welcome to try the different types of kayaks during the course.

Can i come on my own?

Sure, we very often welcome solo-travellers on our sea kayaking weekends and holidays. 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 embarking on an adventure at sea together?





What if i'm unable to make the advertised dates?

If you have a group of 4 or more, we can look to run a sea kayaking event on a weekend or mid week date that suits you. Please do contact us and we can organise a dedicated course for your club or group of friends on your preferred dates and group rates are available.

Do i need a certain level of fitness?

Sea Kayaking weekends and holidays are open to everyone, just pick the ability level that best suits you. As a beginner you don't even need to be able to swim, you just need to be happy to go in the water wearing the flotation jacket. You'll also need to fit into a wet suit that we provide.

What happens in the event of adverse conditions?

Our fantastic position on the Pembrokeshire peninsula means we our guides can almost always find somewhere sheltered from strong winds and big swells. On the very rare occasion that it is unsafe to launch anywhere at sea, we would use an inland location.





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 wetsuit (which we provide).
- A couple of synthetic (ideally not cotton) short/long sleeved T-shirts, or thermal tops.
- A lightweight thermal fleece if you have one - avoid big woolly knits which tend to get heavy when wet - synthetic is best.
- A water bottle is useful - we don't sell plastic bottled water, but you're welcome to buy a Preseli Venture aluminium water bottle.
- A plastic 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 sea kayaking.
- Trainers or boots to wear for a walk down to the beach or on the coast path in the evenings.
- Flip flops or sandals can be useful when changing out of a wetsuit.





FREE YOUR
Spirit!

**PRESELI
VENTURE**

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