



STAG & HEN
ADVENTURE
WEEKENDS

Duration: 2 days

Ages: 17 and up



**For thrill-seeking,
nature-loving stags
and hens:
escape the ordinary
and define your
freedom on a wild
and unforgettable
weekend of
adrenaline-pumping
adventure on the
spectacular North
Pembrokeshire
Coast.**

"Everybody without exception had a fantastic time and the venue and activities were exceptional."

Dominic Keane,
2018

If the ordinary just won't cut it for this stag or hen do, you've landed in the right place. This is a weekend to define your freedom, unleash your inner wild and make remarkable memories with your mates. We take the hassle out of organising an awesome event, so that you can dive right in and immerse yourself in some epic unbridled outdoor adventures. For thrill-thirsty stags and hens, we've shaken up an adrenaline cocktail of coasteering, surfing, sea kayaking and coastal hiking, with the spectacular backdrop of an unspoilt rugged coastline, aqua-marine waters and fresh Atlantic air. Adventurers return to hearty home-cooked meals at our welcoming eco-lodge and gather round a blazing bonfire under the stars with a local brew in hand from our well-stocked private bar: there's always a lot to talk about after a day out with Preseli Venture.



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



Paddle, jump, surf, traverse...

Choose two awesome half-day coastal adventures from coastering, surfing and sea kayaking for an action-packed Saturday. Expect to find yourself sea kayaking under awe-inspiring sea cliffs, through rock gardens, sea stacks, arches and booming sea caves... scrambling, traversing and ledge-leaping into crystal clear plunge pools on a unique coastering experience... or surfing clean, green peeling waves on blue-flag sandy beaches. Our engaging and encourageing guides are there every step of the way to make sure everyone has fun and meets their adventurous edge. We thoroughly recommend waking up in time for a full Welsh breakfast on Sunday morning and a mini-bus drop-off on the world-renowned Pembrokeshire Coast path for a bracing clfftop hike at your own pace back to the eco lodge. We'll wave you off after lunch on Sunday afternoon feeling energised and reconnected by your weekend in the Welsh wilderness.

I just wanted to say what a great weekend we had at your place... You guys have a fabulous set up - the venue is great, clean and well organised. The equipment and guides were fantastic. Big shout out and thanks to Lucy and Jon for being excellent guides. They really looked after my dad when he was finding the coastering a bit difficult. Loved the food, bar, vibe, everything. Keep doing what you're doing.

Chris Wilson, 2020

Spirit
ABOVE
ALL



What can I expect on an Stag & Hen Adventure Weekend?

From the moment your group arrives on Friday evening, you'll be in the safe hands of our dedicated and friendly hospitality and adventure team who have thought through every element of your special event. We'll send out invitations and manage individual bookings, organise everything from train-station pick-ups and drop-offs to dietary requirements, overseeing all the details so that you can relax and chill out with old friends and new.

Just wanted to say a massive thank you to all at Preseli for hosting us last weekend, your hospitality and set up was incredible from the minute we arrived. We loved the activities even with some sore heads on Saturday morning, the sea air helped sort us out.

Jon Hammond, 2018

Our eco lodge lounge offers a relaxed social setting for your post-adventure party and our private bar is open late, offering all your favourite tipples, a wide selection of local brews and our signature cocktails. Create your own vibes by choosing a playlist of the stag or hen's best-loved songs to play on our high quality sound system. Or perhaps you prefer the soundtrack of a crackling bonfire and an acoustic guitar. You'll feel right at home, whether you're competing in a pool tourney, catching up with old friends on the sofa in front of the woodburner or throwing some shapes to your favourite tunes.

ITINERARY

Friday

PM: Your group is welcome to arrive at the eco lodge from 17:00. Grab a relaxed drink at the bar or stretch your legs with a short walk down through the woods to Abermawr, our secluded local beach. Return to our cosy lodge with a welcoming evening meal at 19:30 and chill out, catch up and enjoy a spectacular sunset over the valley.



Saturday

AM: After a full Welsh breakfast, head off to a wild North Pembrokeshire location for your first choice of adventure: choose from coasteering, sea kayaking or surfing.

PM: Warm up back at the lodge with some cawl (a chunky Welsh soup) and warm crusty bread before heading out to explore another stretch of coastline for your second choice of adventure. The evening is yours to refuel with a delicious 2-course meal and celebrate together in our beautiful lounge and bar.



Sunday

AM: After a fresh coffee and a full Welsh breakfast, allow the clean Atlantic sea air wake you up as we drop you off on the Pembrokeshire Coast Path for a self-guided hike back to the lodge. Choose the distance and take it at your own pace, stopping to dip your toes on secret beaches and watch plenty of wildlife along the way!

PM: After a warming lunch back at the lodge, we'll wave you off with some gravity defying action-shot photographs and stories the whole group will be reminiscing about for years to come.





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!

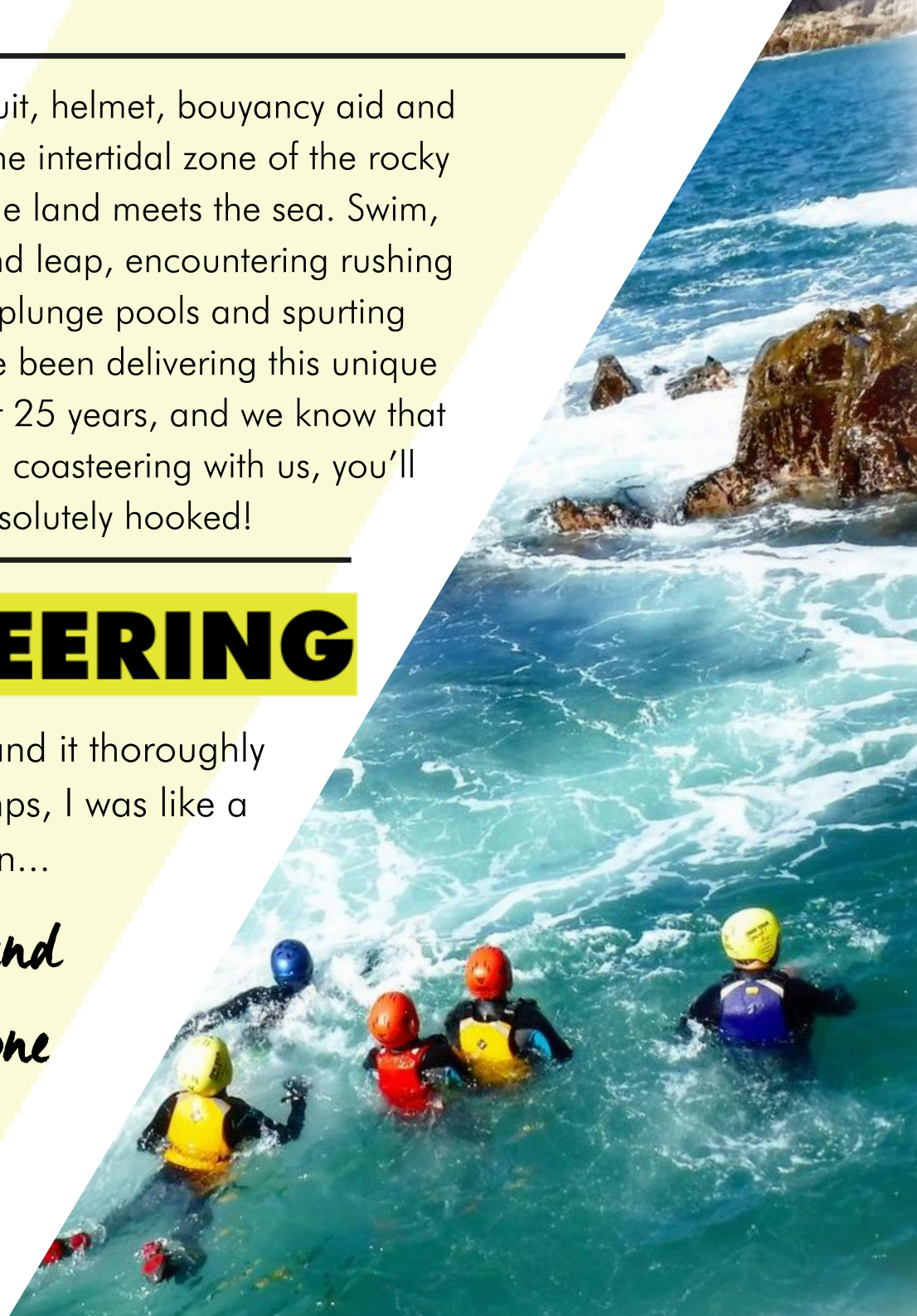
COASTEERING

"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

"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!"*

Rachel Hilliam, 2018



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



We all had a brilliant time at Preseli Venture, the staff were friendly and great fun. The accommodation was clean and comfortable, the bar was well stocked and open until late. The stag loved having the fire pit going too. The activities were the real highlight though. It might be quite remote but its situation next to the UK's most stunning coast line is perfect, we even saw seals!

Alex Underwood, 2019

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



"My expectations were easily surpassed by the Preseli Venture complex, accommodation, standard of food and the facilities on site. However, best of all were the staff on site who were extremely friendly and very helpful. As for the location and the activities that you could take part in, could not fault it. After a great weekend, just can't wait to return with the family.."

Jude Rodrigues, 2018

I would just like you to know how impressed we all were with the service we received as well as the fantastic facilities you have there. Your staff are a credit to the company, the food was incredible and the activity arranged was fantastic fun. Whatever you're doing, keep doing it, we had a great time.

Dewi Morris, 2018

Don't settle for the average send-off.

Create memories you'll want to hold on to.

"Had an outstanding Stag weekend at Preseli Venture. The activities were so much fun, the stormy weather we experienced made it all the more of an adventure. The guides (Rachel, Tommy and Lucy) were really friendly with superb knowledge, and made each activity accessible to everyone regardless of swimming ability. Loved the coasteering, would happily have done it all day long (especially in the toasty wetsuit gear you are provided with!). Everything from the accommodation to the delicious food to the beautiful Pembrokeshire coastline was spot on. The licensed bar was really well stocked with some great choices of local ciders, beers and more. Would thoroughly recommend PV to anyone and especially any stags wanting a really fun, adventurous weekend but with a more casual, chilled atmosphere where you can still enjoy some drinks with the company of your best mates in the wilderness!"

Tom Rowlands, 2019



WHAT'S INCLUDED?

2 NIGHT WEEKEND Friday to Sunday

£265 per person

- **2 nights accommodation at the eco lodge with home-cooked food from Friday evening meal to Sunday lunch.**
- **2 half day adventures: choose from coasteering, sea kayaking & surfing.**
- **A self-guided hike on the Pembrokeshire Coast Path with minibus drop-off.**
- **Minibus transport to and from adventure 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

"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

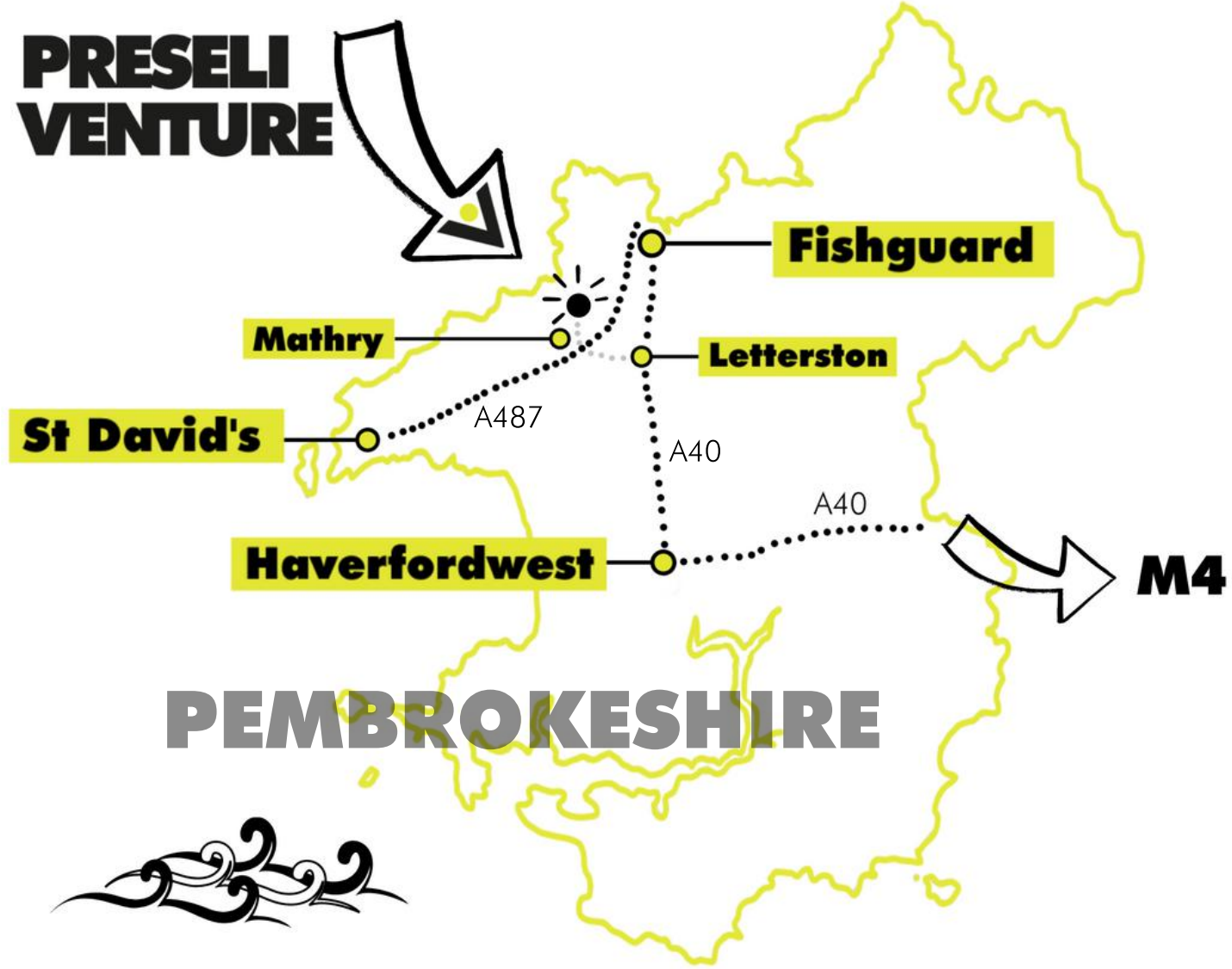
"The lodge is very comfortable, well run with welcoming friendly staff and great food. It's ideally placed to make the best use of the stunning Pembrokeshire coastline and the perfect place to relax and reflect after a great day at sea."

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 Adventure Stag & Hen Weekends, participants must be at least 17 years of age. We do offer Family Weekends and Holidays for too for young adventurers!

Can we build a bespoke package?

Sure! If you love the sound of our Adventure Stag & Hen Weekends 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. You can also come midweek instead!

Do we need any experience?

None at all! All of our guided activities are beginner-friendly. You don't need to be fit or outdoorsy, just come equipped with a 'go for it' attitude and a sense of fun!

Will we be sharing the lodge?

Our eco lodge accommodation sleeps up to 40 so unless your group will fill the lodge you may be sharing the facilities with other guests. If you would like exclusive use of the eco lodge, please contact us.





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.



Can we book individually or do we book as a group?

Whichever works best for you! You can book as a group online and benefit from our group discounts or book individually and take the hassle out of organising - just contact us and request email invitations for each person and we'll manage the bookings!

What group discounts do you offer?

Book altogether as a group online and we offer a half-price place for the stag or hen if you book for 10+ people at once, or a full free place for the stag or hen if you book for 15+ people at once. £122.50 off if you book for 10 or more: STAG12250 or £245 off if you book for 15 or more: STAG245.





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 hike plus a raincoat.
- Flip flops/ sandals can be useful for changing after activities.



FREE YOUR
Spirit!



**PRESELI
VENTURE**

01348 837709

info@preseliventure.co.uk

www.preseliventure.co.uk