



"I had an absolutely AMAZING experience last weekend! It was truly the best weekend I've had so far in the UK."

Noelle Wobig, 2019

WALES

WEEKEND



A weekend of adventure, wildlife, history and culture on the wild and spectacular Welsh coast: explore the UK's only coastal National Park.

Discover the Pembrokeshire Coast National Park from Coastline to Castle.

Paddle, jump, surf and traverse an incredible landscape, taking time out of your studies to explore a beautiful country and reconnect with Nature.

Immersive

Dynamic

Energetic

Kinetic

Magnetic

Historic

Fresh Atlantic air and aqua-marine waters are the backdrop to your adventures. From a medieval castle to neolithic standing stones, secret smugglers coves to mystical sea caves, amongst playfully inquisitive grey seals and diving peregrine falcons, the Pembrokeshire Coast makes memories that last. Return to our marsh-mallow pink eco lodge, a welcoming sanctuary tucked into the folds of a wooded valley, where freshly home-cooked Welsh cuisine awaits. Gather around a bonfire under the stars with a local brew 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 the Wales 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 adventure weekend in Wales so that you can relax and immerse yourself in your new and exciting surroundings.

Thank you to Preseli Venture for hosting us this weekend and creating an experience all of us will cherish for a lifetime. It is safe to say, everyone left with warm hearts, big smiles and a little sadness that they had to leave such an amazing place.

Nic Ceja, 2019

Over the weekend, you'll take part in three activities. One of these will be a hike on the Pembrokeshire Coast Path. From this colourful clifftop trail, swathed in sea campion and thrift flowers, you can spot grey seals lazing on the rocky shoreline, chattering stone chats flitting between the gorse bushes and observe the amazing acrobatics of choughs and ravens in flight. Your other two activities will be a choice from coasteering, sea kayaking, surfing, a visit to Pembroke Castle or a visit to the historic St David's and surrounding area. Whichever you choose, you'll be astounded by the breathtaking natural beauty of the area you visit and its unique character.



Find yourself...

Find yourself sea kayaking under towering sea cliffs, through rock gardens, sea stacks, natural arches and majestic caves. Scramble, traverse and ledge-leap into crystal clear plunge pools on a unique coasteering experience. Embrace the Atlantic swells, surfing clean, green peeling waves on blue-flag sandy beaches. Take in the inspirational scenery from the undulating coast path, from ancient drowned forests to volcanic headlands, light houses to quaint fishing harbours and visit the oldest working woollen mill in Wales for afternoon tea on your way back! Perhaps you'll meander through the rich and palpable history of the UK's smallest city, St Davids, taking the pilgrims path from the ruins of the Bishop's Palace to a magnificent cathedral in the Romanesque and English gothic style. Or perhaps you'll tread in the footsteps of kings at the stunning Pembroke Castle, the only castle in Britain to be built upon a natural Cavern, and famous for being the birthplace of Henry VII who inaugurated the Tudor line of monarchs.

I had one of the best weekends adventuring at Preseli Venture! Not only was the location perfect with the beautiful coastline and National Park, but the activities, staff, food, and facilities were also perfect! I had so much fun hiking, coasteering and sea kayaking and felt confident and safe at all times with the great guides. One weekend was not long enough, and I hope I have the chance to return someday!

Rachel Daniel, 2019

ITINERARY

Friday

Arrive at the eco lodge from 17:00. We'll pick you up from our local train station or your university may arrange coach travel. 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 settle into our cosy lodge with a welcoming evening meal and relax with a local brew, ready for tomorrow's adventures.



Saturday

After a full Welsh breakfast, head off to a wild North Pembrokeshire location for your first adventure. Return for a hot bowl of cawl (a traditional Welsh stew) served with crusty bread and Welsh cakes for dessert. In the afternoon you'll head out for your second activity before returning to the lodge for a hearty two-course evening meal. We'll build you a bonfire under the stars where you can toast marshmallows and share stories of your day's adventure!



Sunday

Greet the day with a delicious breakfast before heading out on your third adventure. Return to the lodge for lunch before we wave you off with big smiles, lots of fun memories and hopefully with new friendships forged and old ones strengthened! You'll have the trip home to look through all the gravity-defying action shots from your adventures to share with family & friends back home - they won't believe how wild a weekend in Wales can be!



Explore Pembrokeshire off the beaten track.

Choose your adventures....

Visit the UK's smallest city, St Davids, and the magnificent 12th century cathedral. Explore the quaint shops and beautiful sandy expanse of Whitesands beach. Walk to Carreg Samson, an ancient 'cromlech' or burial chamber, driving the scenic coastal route.

Traversing the rocky intertidal zone where the land meets the sea, coasteering is a unique activity embodying an exhilarating coalescence of scrambling, climbing, ledge-leaping and sea swimming: the ultimate coastal exploration and an opportunity to see marine wildlife up close.

St Davids



Visit the birthplace of Henry VII, a magnificent 13th century moated castle offering an unforgettable experience of medieval architecture and a palpable walk through Welsh medieval history (and beyond).

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 some of the best sand-bottom beach breaks in Wales, clean summer swells and expert guidance, you'll be on your feet surfing in no time.

Paddle amongst enchantingly sculptural rock formations, through booming sea caves, amongst inquisitive grey seals and sometimes even porpoise. Clean Atlantic waters, incredible coastal scenery and an astounding variety of wildlife make Pembrokeshire a sea kayaking paddler's paradise.

Everyone will take part in a hike on the Pembrokeshire Coast Path as their third activity - a wonderful way to be immersed in the rugged coastal landscape!



Pembroke Castle



Surfing



Kayaking



Hiking

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



Awesome weekend, such a cool relaxed vibe about the place. Staff were so friendly, you got it down to a T!"

Matt Gaunt, 2018

Everything was set up by the awesome guides, and from that we had great conversations and jokes along the way. We saw beautiful cliffs, caves, and seals all in a day.

Lura Bielicki, 2019

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



"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?

2 NIGHT
WEEKEND

Friday to Sunday

£249 per student

- 2 nights accommodation at the eco lodge with home-cooked food from Friday evening meal to Sunday lunch.
- 2 half day trips from coasteering, sea kayaking, surfing, St Davids or Pembroke Castle.
- A self-guided hike on the Pembrokeshire Coast Path with minibus drop-off.
- Minibus transport included for all activities.
- 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

"We were served home made meals for each meal of the day and it was delicious! We left feeling full and excited. Coming to Wales was a great change of pace from being in London and I definitely recommend!"

Lura Bielicki, 2019

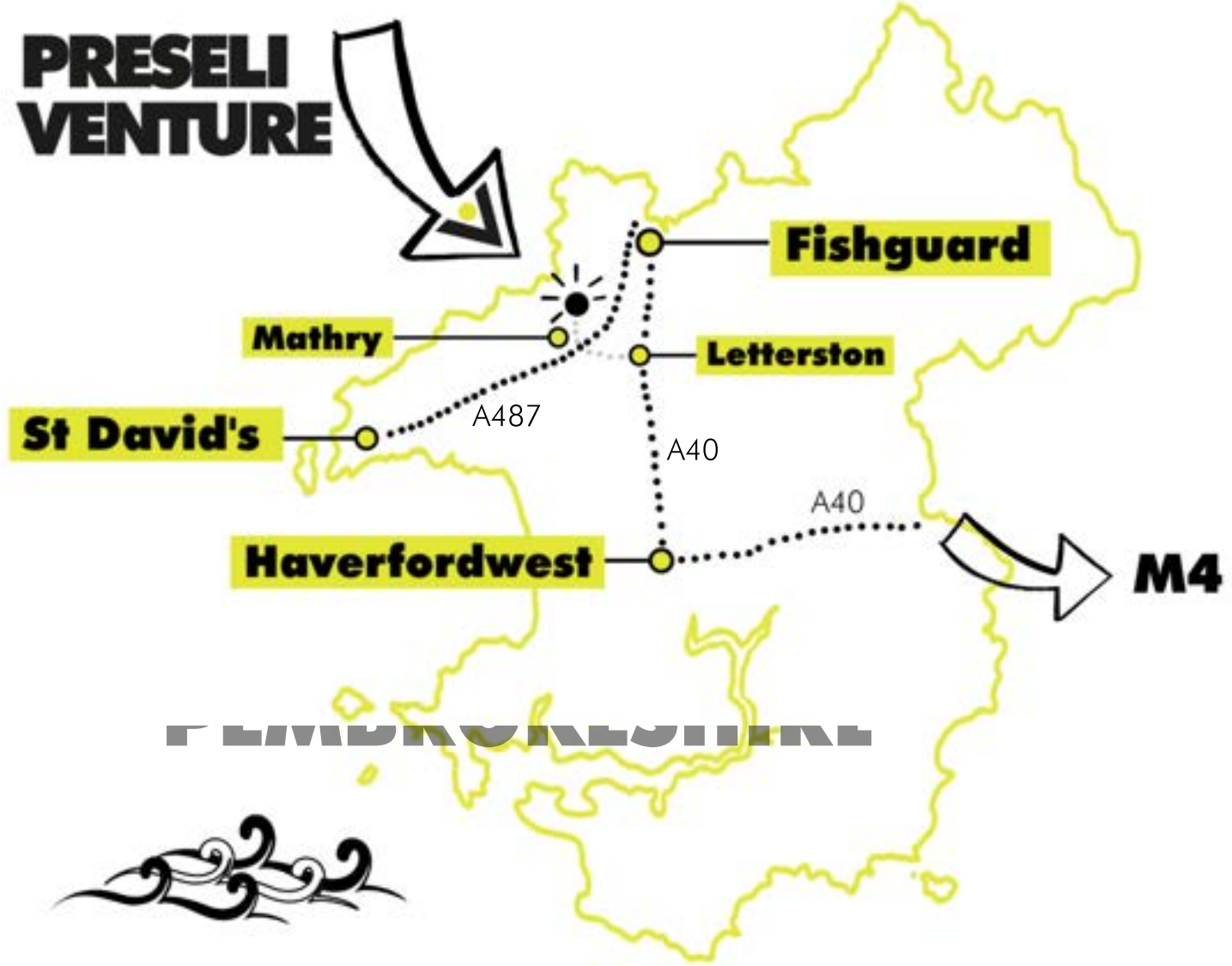
Thank you so much for such an experience! I'm so grateful! The food and atmosphere were amazing!

Olivia Leavitt, 2017



**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, Preseli Venture is 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 coach or train. Our local station, Fishguard, has regular trains to and from Swansea with connections to London and we'll be there to welcome you on the platform and drive you to the lodge in our minibuses. Check with your event organiser what the travel arrangements are for your trip.



FAQs

How does the rooming work?

We have 11 different bedrooms of different sizes from twin rooms up to larger rooms sleeping 3, 4, 6 & 9 people. We allocate shared rooms according to gender and you can choose to be in a room with your friendship group.

Is this trip open to friends who want to join me?

Yes! Do check with the event organiser first, they may have reserved all the beds in the lodge already. But we may have space left for friends outside your study abroad programme, just ask!

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! You don't need any swimming ability to do the water activities as we provide bouyancy aids.





Are there any subsidies available?

Your college may subsidise the cost, please check with your leader.

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.

Are all the meals included? Do you cater for special dietary requirements?

Yes, all the delicious home cooked meals and Welsh dishes are included and we are very happy to provide food for special diets including vegans and vegetarians, and those with allergies and food intolerances. Make sure you let us know your requirements when you book.



Will we be able to take photos?

You're welcome to bring your own waterproof camera if you have one for water activities. Our guides will also take lots of great photos which you can access online after the event.

What should we bring?

- For coastering you will need a pair of old sneakers/ trainers (which will get wet but not ruined).
- A swimming costume, swim shorts, bikini 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**

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