

PRESELI VENTURE

Adult Adventure Holiday

This is a sample itinerary. Tides affect some water activities and activity timings may vary from week to week, so your itinerary will look a little different to this one. If you decide to book your holiday with us, we'll provide you with links to maps and details for the walking routes.

SEE ALL ACTIVITIES



ACCOMMODATION



Day 1: Arrive - Abermawr Valley

SAT
PM

16:00 ARRIVE at [PRESELI VENTURE](#) Eco Barn or Lodge, make yourself at home and take in the spectacular views.



SAT
PM

WALK from PV down the lane and through the National Trust woodland to Abermawr beach (20 mins each way).



SAT
EVE

DINE at the Farmer's Arms in the local village of Mathry. Walk up on a bridleway (20 mins) or drive up (3 mins).





Day 2: Boat - St Davids

**SUN
AM**

11:30-13:30 RAMSEY, BISHOPS & CLERKS VOYAGE (St Justinians). Lunch at Really Wild Emporium in St David's.



**SUN
PM**

VISIT St David's Cathedral & Bishops Palace and pick up some freshly griddled Welshcakes from Mamgu.



**SUN
EVE**

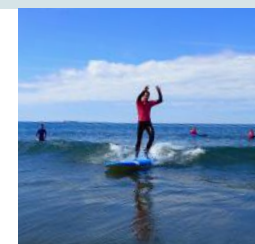
DINE at Grain in St David's (stone-baked pizza). Sunset walk: Whitesands to St D's Head: watch the shearwater migration (Jul/Aug) & spot dolphins & porpoises.



Day 3: Surf - Newgale

**MON
AM**

08:30-11:00 SURFING lesson at the expansive Newgale beach, a sandy beach break perfect for learning to catch waves.



**MON
PM**

LUNCH at the Cambrian Inn, Solva. CIRCULAR WALK - Abermawr to Abercastle loop (5.7 miles/ 2.5 hrs).



**MON
EVE**

DINE at The Shed at Porthgain harbour for fresh local seafood, or get a take-away of the best fish & chips in Pems.





Day 4: Climb - St David's

**TUE
AM**

09:00-12:30 ROCK CLIMBING - meet in St David's and return there for lunch at Y Gegin - colourful, stylish & local food.



**TUE
PM**

CIRCULAR WALK - Abercastle via Carreg Sampson burial chamber to Aber Draw. Refreshments en route at The Ship Inn.



**TUE
EVE**

SUNSET BBQ at Abermawr beach (7 min drive): handmade sausages available from Gwaun Valley Meats in Letterston.



Day 5: Boat + SUP - Fishguard

**WED
AM**

10:00-11:30 FISHGUARD to STRUMBLE HEAD VOYAGE boat trip from Fishguard Ferry Port - look out for seals!



**WED
PM**

LUNCH at Mannings in Fishguard. Then 14:00-17:00 SUP BOARDING from Fishguard Lower Town Harbour.



**WED
EVE**

DINE at The Sloop Inn nearby in Porthgain for a hearty pub meal with a view of the historical harbour.



Day 6: Kayak - Solva

**THU
ALL
DAY**

09:00-12:30 SEA KAYAKING - meet at Llanungar near Solva and head out to explore the coast by sit-on-top kayak.



**THU
PM**

CIRCULAR WALK - Garn Fawr to Strumble Head lighthouse (7.5 miles/ 3.5hrs). Look out for seals & cetations!



**THU
EVE**

DINE at Ffwrn in Fishguard - Thursday & Friday are Neapolitan Pizza nights with a sit-in or takeaway option.



Day 7: Coasteer - Solva

**FRI
AM**

09:00-12:30 COASTEERING - a unique blend of climbing, scrambling, swimming & plunging. Meet at Llanungar again.



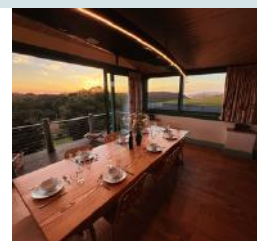
**FRI
PM**

CIRCULAR WALK - PV to Abermawr & MELIN TREGWYNT - a traditional Welsh woollen mill with a cafe & gift shop.



**FRI
EVE**

DINE in at the Eco Barn or Lodge, relax and make the most of the views as the sun sets over the Abermawr valley.



Day 8: Canoe - - Cleddaw

SAT
AM

09:00-17:00 CANOEING - meet at Llanungar near Solva again for a full day canoeing on the estuary. Pack a picnic.



SAT
PM

DEPART Pembrokeshire with a week's worth of precious memories, a much shorter bucket list and some epic photos.



Packing List

- A towel or changing robe and flip flops for sea activities.
- A water bottle and food containers for packed lunches.
- Bathing suits to wear underneath wetsuits (provided on activities).
- Warm layers for walking & wearing after sea activities.
- A waterproof/ windproof jacket for boat trips and walking.
- Walking boots, walking shoes or trainers for the coast path. Some muddy stretches can be expected from the Autumn to Spring. In the Summer, walking sandals may be okay.
- A pair of old trainers for coastering.
- A synthetic short/long sleeved T-shirt, or lightweight thermal top and a fleece for kayaking.
- A plastic bag to take wet gear home in.
- Bring a strap for glasses on activities or wear contact lenses.