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Explore the ruggedly beautiful Pembrokeshire Coast National Park in 5 action packed days.

This is the UK's only coastal National Park taking in 180 miles of the Pembrokeshire coastline as well as all of its offshore islands.

If you stand on top of the ancient Preseli Hills, source of the stones of Stonehenge, you will see spread about you one of Britain's most beautiful and magical landscapes.

The ancient iron-age field enclosures are still remaining, as are the neolithic burial chambers and the bronze-age standing stones.

Hedge-rows covered with wildflowers and supporting a rich and diverse wildlife criss-cross the area.

A Pilgrim's route, which leads to St. Davids cathedral, drops down from the hills and here you can enter the hidden Gwaun Valley, thick with ancient oak woodland, and maybe pause for a jug of beer in Bessie's pub. This part of the coastline is renowned for its seal colonies, and bird habitats along the high cliffs where razorbills and guillemots, the rare chough and beautiful peregrine falcon breed. On a lucky day you could even see porpoise and dolphin swimming close in-shore in the clean waters.

Active Wales

Coasteering and Cycling



Highlights:

- Pembrokeshire's rugged beauty
 - Exploring the coast from sea level
 - Home cooked meals
 - Cycling deserted bike paths.
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- Group size: min 4, max 10

Inclusions

- 2 days coasteering
- Wetsuits, wetsuit gloves and socks
- 1.5 days mountain biking
- Quality, well maintained Saracen mountain bikes

Important notes

- Participants must be medium to strong swimmers and able to ride a bicycle

Transport: Minivan, boat, swimming, cycling.

Accommodation: Lodge accommodation (4 nts)

Welcome to Venture :

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Physical Preparation

A reasonable level of fitness is required for this trip.

You should be able to:

- Complete a 20 kilometer walk in a day;
- Be comfortable on a full day's bike ride;
- Be a medium to strong swimmer.

Style:

- Thrilling adventures is the simplest way to describe these trips.
- As you'd expect, activity is the key – though we're talking cycling, kayaking and walking rather than rock climbing or paragliding, we'll leave the extreme sports to the experts!
- Active trips offer real life experiences, combining a challenging day's hike with a night's stay in a local pub.
- You don't need to be super fit for all Active trips, but they're ideal if you want a physical challenge along with plenty of local interaction.



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Itinerary:

Day 1: Arrive

- Arrive Cardiff and transfer to your lodge accommodation in the heart of the national park.
- Meet the guide to go over the plan for the next 5 days.

Day 2 – Day 3: Coasteering

- Explore the coast from sea level as you try out the new sport of coasteering – a unique adventure sport where you experience the exhilaration of sea level traversing, rock climbing, cliff jumping and swimming into sea caves.
- Our qualified coasteering guides will take you out to the best untouched wilderness locations on the stunning North Pembrokeshire coastline. We're continually developing our own, all new, coasteering routes where you'll enjoy the seclusion and awe inspiring nature of the coastline with no views of towns, caravan parks, and no other people; just beautiful, clean, unsullied wilderness, brimming with seals, sea birds, idyllic coves, sandy beaches and rocky headlands.

Days 4–5 Cycling

- North Pembrokeshire has literally hundreds of quiet single-track lanes that are perfect for exploring by mountain biking and which will lead you to many 'out of the way' places; enjoy fantastic cliff top views over the rugged North Pembrokeshire coast from the famous lighthouse at Strumble Head right down to St David's Head and the off-shore islands, scale our nearest hills for unforgettable views from the iron age hill fort of Garn Fawr, and access perfect seal watching spots over secret secluded coves and bays. We have many miles of exhilarating off road tracks and trails for fun and action packed biking, both here on the Pencaer peninsular, and inland towards the wooded Gwaun Valley and Preseli Hills.
- Transfer back to Cardiff and depart in the evening of day 5.

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