



URBANRECOVERY

BY JASON BERGIN

PEMBROKESHIRE SUP - SURF - REWILDING 2016

WHO IS THIS TRIP AIMED AT?

This trip is for anyone who has already done plenty of paddleboarding on flat/choppy water and now wishes to push their skills to the next level and learn how to surf waves! Paddlesurfing is incredibly good fun and in some ways much easier than traditional prone surfing. For safety and enjoyment reasons we will only take you out in waves which are suitable for your ability level. That way you will build up your confidence slowly and always feel in control which results in far greater fun and enjoyment on the water! We require you to select your ability level on the booking form so we can team you up with other sup surfers at the same stage. If you are already at a comfortable surfing level then Oli will take you out in the bigger stuff to keep you stimulated!

WHY WALES?

With it's great mountain ranges, lush valleys, incredible coastline, rich history and warm people there is more than one reason why Wales was voted Rough Guides' Best Place in the World to Visit 2014!

WHY PEMBROKESHIRE?

Newgale beach provides the ideal location for learning to paddlesurf as there is always plenty of space for everyone on this long, two mile stretch of sand. The beach has been awarded a European Blue Flag, guaranteeing the cleanliness of the water.

WHY THE BIG BLUE EXPERIENCE?

Oli Tuggey is a career watersports instructor with over 18 years' experience in a variety of disciplines and locations. His teaching career started with Sailing and Windsurfing but now focusses on Kitesurfing, SUP, Surfing, Powerboating, Coasteering and Snow Kiting. Oli's company 'The Big Blue Experience' have been operating from this special location for over 10 years. His friendly and knowledgeable team know the area better than anyone else which means they will always find the best waves whatever the conditions.

OLI'S SUP EXPERIENCE

Oli has 8 years of paddlesurf coaching experience. He has personal paddleboarding experience on exposed, tidal, coastal waters and estuarine and harbour tidal waters. Locations include, Pembrokeshire, The Gower, Ireland SW and W coastlines, Scotland, Ireland, Costa Rica and Sri Lanka, with experience in local tidal ranges between 7m and 14m.

WHY CAMPING?

Camping is the ultimate way to separate from the daily grind of urban life. Far from work and the duties of home - it is a chance to relax outdoors, unwind, get some sun, stare up at the stars, feel the breeze on your face and just simply escape. At Urban-Recovery we feel that camping is a ideal way to reconnect with nature and get a great sense of peace and space. For those of you who like your home comforts, don't be put off. We will ensure you have a very dry, warm, cosy and ultimately comfortable nights sleep so you feel fully refreshed each morning ready to hit the surf!

To achieve full detachment from regular life we will invite everyone to switch off their phones and other electrical devices upon arrival. Our team can be contacted in case of emergency and we will have photographers on the trip to document everything so you have no real need to use your phones!

HOW TO GET THERE?

We would encourage everyone to lift share where possible to minimise travel cost and environmental impact.

1. Get onto the **M4** Motorway heading West towards Bristol.
2. Once over the bridge and into Wales continue on the M4 towards Newport
3. Continue on **M4** towards Cardiff
4. Continue on **M4** towards Swansea
5. Continue onto the **A48** towards Carmarthen
6. Continue onto the **A40** towards Haverfordwest
7. Continue onto the **A487** towards St. Davids
8. Look for brown signs for **Newgale Beach**
9. Look for **The Big Blue Experience** centre signs and park up

WHAT TO BRING?

- A wetsuit if you have one
- Sunscreen
- Swim shorts/ Bikini
- 2 Towels (one beach, one shower)
- Sleeping bag, extra blankets if you feel the cold, pillows
- A torch
- Ear plugs (if you're a light sleeper)
- Wet weather clothing
- Warm clothing i.e a jacket for the evening in case it is chilly
- Running shoes

PEMBROKESHIRE SUP - SURF - REWILDING

£395.00

8-10 hours of **professional paddlesurf coaching** from **BSUPA** and **ASI** qualified Instructors.

Daily transfers to alternative beaches if required.

Paddleboard and wetsuit hire.

Three **wholefood** meals each day including fresh fruit, juices and cereals, light power lunches, locally sourced vegetables, meats and fish.

Camping fees.

Comfortable group camping options including yurts and modular tents. Personal camper vans are also permitted.

Morning stretch/warm up sessions.

Half days **coastal foraging** with a local expert (includes a **beach lunch**).

Laughter, adventure, incredible natural environments, fresh ocean air, great company & unforgettable memories.

PEMBROKESHIRE REWILDING ONLY

£275.00

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WHAT'S NOT INCLUDED?

Travel to and from Pembrokeshire

Alcoholic drinks

(local award winning cider and ale available on site)

Hot showers cost 50p for 5 minutes.

Cold showers for wetsuits or hardy folk are free!

Adventure Sports Insurance.

We highly recommend www.bsupa.org.uk/membership/ which offers very affordable 3rd party paddleboard insurance as part of their annual membership.

**We look forward
to seeing you at the coast soon!**

A handwritten signature in black ink, appearing to read 'J. Best'.