

COTE D'ARGENT ON HORSE BACK 2008

Adult courses: 6 day Discovery of riding and trek initiation.

Our objective is to make this **activity accessible to all**, to help people discover the **close complicity** that can be established between man and horse, and to instil **the solid basis making autonomy possible, as quickly as possible**. Finally we wish to show, that with a few indispensable riding notions, it is easy to take advantage of a **fabulous means of locomotion**, so as to enter an environment and discover a natural milieu in complete safety.

<p>P R O G R A M M E</p>	<p>Welcome meeting, first contact with the premises, rider and training team.</p> <p>4 days at the Centre</p> <ul style="list-style-type: none"> • Discovering the animal's different senses, its means of communication, its individual behaviour, its behaviour in a group, with its fellow creatures and man. • Learning how to look after a horse daily concerning its physique, food.... • Discovering tack, where it belongs, how it is used, how it is looked after... • Progressive initiation of the three gaits, essentially evolving in the forest and finally on the beaches. • Initiation to the techniques of trekking, reading I.G.N. maps, different uses of the compass, traffic rules and the evolution of groups ... <p>2 touring days</p> <ul style="list-style-type: none"> • Putting the knowledge into practice during a 2 day trek. 	
<p>POINTS OF REFERENCE</p>	<p>Accommodation: No of pers.: Length of activity: Evolution on the horse: Supervision: Hours:</p>	<p>6 days and 6 nights. Arrival the day before on saturday. Half board in an Hotel 2 stars, including lunch on 2 day trek. From 2 to 6 persons. 6 to 7 hours per day. 3 to 4 hours / day in the centre, and 4 to 5 hours / day when touring. State certificate. A.Q.A. (Equestrian tourism diploma), A.T.E. From 9h to 12 h and from 15 h to 19 h. These may fluctuate depending on the season and the temperature.</p>
<p>DATES</p>	<p>This programme can be carried out at any time of the year, over one week</p>	
<p>TARIFS</p>	<p>In hotel, half board during the 4th first days and full board the two last days.</p> <p style="text-align: center;"><u>Hôtel Le Plaisance **</u></p> <p style="text-align: center;">794 €+ 49 € by sup. night in double 895 €+ 63 € by sup. night in single</p>	
<p>EQUIPMENT</p>	<p>Riding hats, whips, mini-chaps are supplied by the centre.</p> <p>Supply baggy trousers (jeans or tracksuit) - waterproof/windproof jacket - low-heel leather boots, trainers (without velcro fastening) or walking shoes - hat – flask – swimming costume – sun cream and sun glasses – camera.</p>	