

# WEEKEND Discovery in Aquitaine Discovery of horse ride and initiation to the horse trekking. 1 day -2 days/1night

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.

<b>P R O G R A M M E</b>	<p><b>Objective of stay:</b></p> <ul style="list-style-type: none"> <li>• Discovering the animal's different senses, its means of communication, its individual behaviour, its behaviour in a group, with its fellow creatures and man.</li> <li>• Learning how to look after a horse daily concerning its physique, food....</li> <li>• Discovering tack, where it belongs, how it is used, how it is looked after...</li> <li>• Progressive initiation of the three gaits, essentially evolving in the forest and finally on the beaches.</li> </ul> <p><b>9h00 Dates in the centre in the morning of the 1st day.</b>                  Reception, contact with places, horses and team assuring the supervision in front of a small coffee. Having participated to the tack, first experience on horseback in area in the morning before finishing by an evolution in forest. (Lasted 1 h 30 - 2 00).                  Learn to discover the horse of higher, to control his speed and its direction, introduction in position standing in equilibrium which will allow us to approach gallop in rises at the end of day if everything goes well.                  But especially technical acquisition of the rising trot, necessary stage to be able to approach the exit in security in the course of morning.  <b>12h30 Pause. French meal in the centre. And 14h30 Come back to activity</b></p> <p>We brush, we tack, and we spend few minutes in the area, to find his marks, discover some more definite feelings, better supports to feel even more in security before turning back in forest. We will refine the control of the speed and direction there at a walking pace and at the double, sometimes by evolving independently of other horsemen. We will approach sequence of canter on ascending ways to discover that pace... and persuade itself fast that is especially easier and more comfortable than to trot.                  We brush, caress, feed and return to the hotel for a well deserved repose. It is <b>18h30</b>.  <b>20h00</b> Meeting around the table.  <b>2 ° day, meeting at the stable at about 9h00</b> to prepare our horses for an exit of the day, we will ride 2 x 2h00. A time of the pause we shall share the lunch which will be transport with us, or by car joining us, if we do not come back to the centre. It will be a day of relaxation, where we shall evolve in a speed adapted at the level of our group, while continuing improving us in the three paces.</p>	
<b>POINTS OF REFERENCE</b>	Accommodation: No of pers.: Age : Length of activity: Evolution on the horse: Supervision: Hours:	<p><b>2 days and 1 night.</b> Arrival the day before possible.                  Half board in an Hotel 2 stars, including lunch on 2 day trek.                  From 2 to 6 persons.                  12 years minimum                  6 to 7 hours per day.                  3 to 4 hours / day in the centre, and 4 to 5 hours / day when touring.</p> <p>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>
<b>DATES</b>	This program can be accomplishable in any periods of the year.	
<b>PRICES</b>	<p><b>in hotel structure and full board</b>      1 day <b>95 €</b>                  1 night / 2 days: <b>219 €</b> in double room or 232 € in single                  + <b>49 €</b> for a supplementary night in half board in double room, or <b>63 €</b> in single</p>	
<b>EQUIPMENT</b>	Riding hats, whips, mini-chaps are supplied by the centre. 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.	