



Epona - Train and Trail

SPAIN

Join a **riding holiday in Andalusia, Spain**, with programmes that combine trail riding and classical dressage on Andalusian horses. Beginners through to advanced riders can enjoy riding excellently schooled horses, with instructors that have vast experience and the highest qualifications. Alongside the **dressage training in Spain**, explore the rolling countryside on beautiful trails, cross a beach at a canter, relax by the pool and explore the stunning city of Seville.

Dressage stays	7 days/ 5 days riding	From £1,591		Open to non-riders
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Horses and sunflower - the ideal combination for a great riding holiday!



Enjoy rides out in the beautiful Andalusian countryside



Dressage training at Epona, in Andalusia

ITINERARY

Highlights

- A full range of riding programmes available depending on your requirements
- Enjoy wine tasting and good Andalusian cuisine
- Visit the famous Royal School of Equestrian Art in Jerez.
- Non-riders are welcome, Seville is close-by for sightseeing. For golfers, Epona is a 20 minute drive from one of the best courses in Europe
- As well as their popular trail and train package that is described below they also offer an intensive training programme which offers more lessons and less hacking - see Epona - High School Dressage
- Approved by the British Horse Society
- There is unlimited "hacking" in beautiful countryside. You can ride for weeks, without stepping on an inch of pavement and without finding a single fence or gate

Day 1 — 1 : SEVILLE - CARMONA - No riding

Alcazar de la Reina Hotel

Arriving into Seville (flight not included). You can be met by taxi there and transferred to your hotel in Carmona, just 20 minutes away by car. The cost of this transfer is not included, and you may choose the option of a free transfer from the train station at 4:30 pm.


You will be shown to your room and depending on the your arrival time - and mood -, you may choose to take a dip in the outdoor swimming pool, lounge out on the patio or have a classic Spanish siesta!

Carmona is a remarkable city, renowned for its history visible from its varied styles of architecture influenced by the people who have lived and occupied the city throughout the ages.

In the evening, you will have your first taste of Sevillian and Andalusian cuisine, which has many delicious traditional dishes. You will have dinner with your host and over the course of the meal, Fernando will explain the itinerary for the rest of your week

You will spend the night at the hotel.

Day 2 — 2 : RIDING AND TRAINING ON THE HACIENDA - 3 hours riding

 Alcazar de la Reina Hotel

After breakfast you will be collected from your hotel and driven to the hacienda.

You will explore the Seville landscape as you head out on your first ride through olive groves and eucalyptus trees; when in season, you will have the opportunity to see fields of sunflowers, cotton and melon plants.

Heading back to the hacienda for lunch you will have an opportunity to taste some of the local wine and olive oil.

After relaxing in the garden or by the pool, later in the afternoon you will have your first dressage lesson.

At the end of the day, when all lessons are finished, you will be transferred back to your hotel in Carmona.

In the evening, you will make your own dinner plans maybe choosing to eat in one of the local restaurants or even at the hotel itself (dinner not included).

Day 3 — 3 : JEREZ - TRAINING ON THE HACIENDA - 1 hour riding

 Alcazar de la Reina Hotel

After breakfast, you will be collected from your hotel and transferred to The Royal Andalusian Riding School in Jerez (1h30 hour drive).

Renowned throughout the world for their breath-taking equestrian performance, "Those Amazing Dancing Andalusian Stallions", these shows are a real delight as the horses perform intricate and demanding movements with effortless grace and control. Entry for the show is €27 - payable locally.

In the afternoon, you will head back to Epona for a late lunch and then dressage lessons will take place in the cool of the late afternoon.

At the end of the day, you will be transferred back to your hotel. You are free to organise your evening meal however you would like.

Day 4 — 4 : RIDING AND TRAINING ON THE HACIENDA - 3 hours riding

 Alcazar de la Reina Hotel

After breakfast, Fernando will be waiting to drive you from your hotel to the hacienda.

Today, you will join another wonderful trail ride which will take you to the Roman Bridge and along the length of the river. Depending on the time of year, you could be riding through fields of sunflowers, wheat, cotton, oranges, peaches or through olive groves.

It will then be back to the Hacienda for a late lunch, after which you should have time for a siesta or a swim! Lessons will take place later in the afternoon.

At the end of the day, you will be transferred back to your hotel in Carmona where you will have dinner (payable locally).

Day 5 — 5 : RIDE TO MATALASCANAS - DRESSAGE TRAINING - 3-4 hours riding

 Alcazar de la Reina Hotel

An early morning start includes a transfer out to the seaside village of Matalascañas where beautiful Spanish horses will be waiting for your day's ride. This trail will take you through the Donana Natural Park, one of Europe's last wilderness regions and one of the largest wildlife reservations in Spain. The park is home to deer, boar, fox, lynx, imperial eagles, kites, vultures, storks, flamingos and herons. There should also be a fantastic opportunity to canter along the beach for those who wish to (please note: beach riding is not possible in July/August).

Back to the hacienda for a late lunch and some relaxation time by the pool until it's time for your lesson in the, cooler, late afternoon.

After the final lesson of the day, you will be transferred to Carmona for dinner (payable locally) and to your hotel for the night.

Day 6 — 6 : RIDING AND TRAINING - VISIT TO SEVILLE - 2-3 hours riding

After breakfast you will be collected from your hotel and driven to the hacienda.

Today you will set off across open country for your last ride of the week. You will ride through olive and orange groves and watch farmers working the land until you arrive at an Andalusian mule stud farm. You will ride back to Epona for lunch. You will then be taken to the wonderful, historic city of Seville to enjoy the sights or to go shopping - including a stop at the best leather and tack shop in town!

Day 7 — 7 : CARMONA - SEVILLE - No riding

There maybe time to relax this morning and enjoy one last swim before packing up your things and being transferred back to Seville airport in time for your flight home. Transfers from the hotel to the airport will start at 8:00 am and the last transfer will be at 11:00 am.

If you book an evening flight, you may choose to leave your luggage at the airport and set off to explore a bit more of Seville.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
07/07/2024	13/07/2024	£1,591	Open
14/07/2024	20/07/2024	£1,591	Open
21/07/2024	27/07/2024	£1,591	Open
28/07/2024	03/08/2024	£1,591	Open
01/09/2024	07/09/2024	£1,591	Open
08/09/2024	14/09/2024	£1,591	Open
15/09/2024	21/09/2024	£1,591	Open
22/09/2024	28/09/2024	£1,591	Open
29/09/2024	05/10/2024	£1,591	Open
06/10/2024	12/10/2024	£1,591	Full
13/10/2024	19/10/2024	£1,591	Open
20/10/2024	26/10/2024	£1,591	Open
27/10/2024	02/11/2024	£1,591	Guaranteed departure
03/11/2024	09/11/2024	£1,591	Guaranteed departure
10/11/2024	16/11/2024	£1,591	Open
17/11/2024	23/11/2024	£1,591	Guaranteed departure
24/11/2024	30/11/2024	£1,591	Open
01/12/2024	07/12/2024	£1,591	Guaranteed departure
08/12/2024	14/12/2024	£1,591	Guaranteed departure

Price details

- PRICES WITHOUT FLIGHTS for a stay of 7 days including 5 days riding, price per person in a standard double room, half-board, transfers included from Seville train station

- Lessons taught in English or Spanish. There are usually no more than two riders in a lesson, max. 4.

- Shorter programmes are available:

> 4 nights, 3 days riding - £1090/\$/€1340/1255 per person in 2024. Not available March-June and September-November

- Riders travelling alone have the option of paying a single room supplement - approx. £250/€300/\$305 in 2023 or €320/£280/\$340 in 2024. However, it is possible to share your room if you prefer. If you end up in a single room, the supplement is applicable.

- Pick-up transfers are available from San Justa train station at set times (4:30 pm). For pick-ups at the airport, a taxi driver can be booked for meeting on arrival. The cost to the hotel in Carmona is approximately €50-55 (taxi fare)

- Please note: during the months of July and August, there will be no beach riding.

- For experienced riders, an itinerary of just High School Classical Dressage is available - see the ride Dressage Training in Andalusia

- Extra and to be paid locally:

1h group lesson: or €60 in 2023, €65 (2024)

1 hour semi-private group: €70 in 2023, €85 (2024)

45 min Individual courses: €85 in 2023, €90 (2024)

High school classes with Andalusian schoolmaster: €95 in 2023, €100 (2024)

Trail 1 hour: €50 in 2023, €55 (2024)

- Rate for non-riders: £820/€970/\$995 (2023) or €995/£865/\$1060 (2024)

- Special rate under 12 - 20% discount. Children under 3 get free accommodation with their parents.

Activities for non-riders:

- Guitar lessons (on request)

- Bike (on request)

- Land Rover tour of the Donana (on request)

- Transfer to the beach - approx. €35 (if space available)

- Flamenco Show - approx. €35 (if space available)

- Transfer to Jerez - approx. €27 (if space available)

- Flamenco classes - approx. €150

- Golf

- SPECIAL DATES:

SICAB (PRE EVENT) - 13-19 November 2022

CABALGATA DE LOS REYES (The Three Kings Parade) - January 5 2023

CARNAVAL February 16-22, 2023

SEMANA SANTA (Holy Week) - April 02-08, 2023

FERIA DE ABRIL (Sevilla Fair) - April 23-30, 2023

FERIA DE CARMONA - May 07-14 2023 (to be confirmed)

FERIA DEL CABALLO (Jerez Horse Fair) - May 13-20, 2023

PILGRIMAGE TO EL ROCIO - May 22-29 2023

SACA DE YEGUAS (Mare Round-up) June 26 2023

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English speaking teacher

INLAND TRANSPORTS

Transfers from Santa Justa Train Station at 4.30 p.m on the first day

Airport transfer on the last day

ACCOMMODATION

Double room in hotel standard 4* (6 nights)

MEALS

Half board from breakfast on day 2 to breakfast day 7. Price includes dinner on day 1

Price doesn't include

MEALS

Dinners from day 2 to day 7 are not included in the price of the trip
Beverages and personal extras

TRANSPORT

International flights

EXTRAS

Tips to the local team

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Optional

ACCOMMODATION

Single room supplement

TRANSPORT

Airport transfer on the first day if not willing to go to the train station (c. €45)

EQUESTRIAN INFO

Horses

A stable of 40 horses of all levels. Most are Pure Bred Spanish horses, but you will also be able to find some Andalusians and Andalusian crosses. Instructors will match you to the horse that suits you best depending on your level, your approach and your temperament. There are separate trail horses for riding out and dressage horses for the lessons.

This holiday is not accessible to riders over 95 kilos. If you weight over 95 kilos, please contact us before booking

Guide & local team

Fernando runs the courses at the centre and he will come to collect you in the mornings to drive you to the hacienda for your lessons.

Viviane and Catalina, his daughters, are accomplished dressage riders and will be your instructors throughout your stay. All Epona instructors are qualified by the British Horse Society, Association of British Riding Schools and the Spanish Equestrian Federation which means that they are trained to always have the horse and rider's safety at heart. Viviane studied at the renowned Andalusian school in Jerez . Both Viviane and Catalina speak English and Spanish.

They also train their dressage horses themselves and are happy to answer any of your question during the daily training sessions!

Minimum riding ability

MINIMUM RIDING ABILITY

Typically, our trail and training riders are adults, with no upper age restriction, who are comfortable in a steady trot and canter, along open trails on a well mannered horse.

This ride is open to all levels of riders, from beginners to advanced. If there are large differences in the level of the group then they will split the rides and lessons into smaller groups of riders of the same level.

Children from 12 years old are welcome provided they are at ease at walk, trot and canter.

Rider weight limit: 90 kg. Riders over the limit please contact us.

PACE

The pace is dictated by the ability of the group and the groups will be decided on riding ability.

The group sizes will be kept as small as possible for intermediate or advanced riders. The main paces are walk and trot, although canters are possible for intermediate or advanced riders. You must be comfortable to canter in open spaces and be balanced in the saddle.

TACKING ABILITY AND PARTICIPATION

Everyone is responsible for their own horse, the groom and instructor will help you to saddle and unsaddle your horse if necessary.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

You do not need previous riding experience but you do need to be in good physical condition.

Teenagers aged 12+ are welcome as long as they can walk, trot and canter independently and are able to control their horses on trails.

EQUESTRIAN EQUIPMENT

Helmets are obligatory and we strongly recommend bringing your own.

Dressage saddle

Simple bridles or bits

Stick, spurs, dressage aids can be provided.

TRAVEL INFO

COMFORT

You will stay in a charming 4 star hotel in the heart of Carmona, in double or twin rooms. There are ensuite bathrooms and towels are provided. The hotel has a restaurant, a tapas bar and an Irish bar, as well as a swimming pool and patio areas. In the town of Carmona there are many restaurants to choose from - simple tapas to silver service - or you can choose to eat at the hotel or use their room service.

During the day, at the riding centre's hacienda, there is a swimming pool (towels will be provided), a relaxing lounge and outdoor seating areas. You will have lunch in their dining room each day.

Please note: Epona has good Wi-fi service, however at the hotel the connection is limited.

MEALS

Breakfast is continental and dinner is had all together, buffet style, at the hacienda. Apart from the first evening where you will enjoy a buffet dinner with your host Fernando, dinners are not included. You may choose to eat in the restaurant at the hotel or in local restaurants.

CLIMATE

Situated in southern Spain, not far from the African continent, Seville enjoys a Mediterranean climate. Being set inland from the sea, in the vast Guadalquivir plain, this allows for relatively mild and clement weather all year long.

The average yearly temperature is around 19.2 °C.

Seville's summers can be long and scorching with average temperatures often over 25 °C from May to October; with a record high of 46.6 °C. The temperatures peak between June and September with the temperature routinely reaching/ or topping 30 °C.

TIPS

It is customary to leave a tip in restaurants in Spain. Around 10% of the bill is the standard, although it is often include – so do check. Tipping both in restaurants and to the team at the hacienda rests at your discretion.

PACKING LIST

In Spring, Autumn and especially in the summer months, it can get very hot, so to avoid feeling sweaty and sticky all the time, try to choose natural fabrics, especially cotton. Dress at Epona is very casual, even for the visits, jeans and T-shirts or a summery dress, are fine. For emergencies at the hotel you would find laundry service.

Head

- Helmets are mandatory in Spain and at Epona this is enforced. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunhat: cap for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun and dust

Upper Body

Weather can change quite quickly so we recommend bringing tops you can wear in layers, T-shirts, sweatshirts and vests etc.

- Half or long-sleeved cotton shirts (to provide protection from the sun) or T-shirt in a quick-drying material
- Lightweight fleeces or jumpers
- A swimsuit
- If coming in winter, autumn or spring, a light shower jacket (the kind you can fold up into a little ball)

Legs

- 2 pairs of jodhpurs or riding trousers
- 1 pair of casual trousers (tracksuit bottoms, leggings or jeans)
- Cotton or synthetic underwear (non-irritant)

Hands and feet

- Short jodhpur or paddock boots are the best option as they are much cooler and easier to transport, but if you are serious about your riding, we recommend that you use half-chaps along with them. If you do not have riding boots and do not want to go to the expense of buying some, you must bring string shoes or boots with a small, 1cm heel and no buckles. Please note, sneakers, canvas shoes or sandals are NOT acceptable, even for beginners.
- Lightweight shoes, sandals or trainers for the evenings
- Several pairs of socks
- Gloves for the classes. We will be teaching you to ride a horse correctly on the bit which requires a good contact, and if you are not accustomed to this, plus the warmer conditions, blisters can develop on the first day, which will definitely spoil your enjoyment of the riding for the rest of the week.

Other useful items

- Small bum bag to be worn whilst riding
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- Backpacks are not to be worn whilst riding. Everything should be kept either in pockets or in a bum bag : lip balm, sun screen, small camera, glasses, rope etc.
- Water bottle (1.5 litres or 2 equivalent)
- Head torch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Toilet paper and a lighter to burn it after use
- Swiss army knife or equivalent (in checking-in luggage!!)
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery
- A pair of binoculars

Medical kit

- Sunscreen and lip balm - should be high factor (at least 30+)
- Insect repellent
- Any medication you regularly take

- Vitamin C tablets
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Painkillers
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Antiseptic wipes
- Handwash gel

General information

- The airline allows only one bag to be checked-in per passenger. Make sure it weighs no more than 20kg; if it exceeds this weight, you will have to pay excess luggage fees at check-in
- Hand luggage is limited to 7kg (measuring 56 cm x 45 cm x 25 cm), it mustn't contain any sharp objects (knives, scissors, nail file or nail scissors, etc.) and the quantity of liquid allowed per passenger is limited to 100ml per container.

In your hold luggage

- Any liquids, such as shampoo, moisturiser, deodorant over 100ml and all bottles can be decanted into small, clear, plastic ziplock bags. We recommend biodegradable washing products where possible.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.
- Travelling in your riding boots and carrying your hat and some riding clothes is highly recommended - then if your luggage goes astray you are still able to ride!

SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .