



## Classical Dressage in Tuscany

### ITALY

A **riding holiday in Tuscany** ideal for those wishing to refine their dressage skills in the care of warm and **highly-qualified riding instructors**, with over 25 years of experience. Il Paretaio is situated in a peaceful, picturesque valley in Tuscany's heart; based at this 17th century farmhouse, you will follow the traditional principles of **classical riding** practised by riders competing in modern dressage.

<b>Dressage stays</b>	<b>8 days / 6 days riding</b>	<b>From £1,187</b>		Family holidays from 14 y.o	Open to non-riders
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Lessons follow the principles of classical dressage



Dressage lesson with owner and teacher Giovanni



Dressage vacation in Italy

### ITINERARY

## Highlights

- Lessons with groups of 2-3 riders maximum
- Authentic Italian cuisine in a very charming farmhouse in the heart of beautiful Tuscany with an outdoor swimming pool
- Benefit from highly-qualified instructors at an equestrian centre established over twenty five years ago
- Explore typical Tuscan landscape, rolling hills covered with cypress trees, vineyards and olive groves
- Discover the historic towns and nearby villages - Florence, Siena, San Gimignano, etc.
- Perfect also for the non-riders in your life!
- Other itineraries are available for less experienced riders

## Day 1 — 1: FLORENCE- BARBERINO

Agriturismo Il Paretaio

On your arrival in Florence, you will travel to the region of Barberino Val d'Elsa. To reach Barberino Val d'Elsa, you can either hire a car or request a private transfer (30-45 minute drive).

You will have the chance to meet the team and your hosts at a welcome reception at the Il Paretaio equestrian centre and guest house at 7 pm.

## Day 2 — 2: BARBERINO - 1 lesson

Agriturismo Il Paretaio

The training methods used at Il Paretaio are based on loosening your horse up and encouraging supple movements in order to achieve elasticity and lightness when using aids. They follow the traditional principles of classical riding that are also practised by riders competing in modern dressage.

Throughout your lessons, they will teach you to feel physically and emotionally connected to your horse.

Each dressage lesson consists of a maximum of 3 riders per instructor. Lessons in the morning are usually 50 minutes and those in the afternoon 40 minutes. In the summer - from June to September included, as it can be very hot, the length of the morning lessons will be shortened to 40 minutes

During your lesson, you will address exercises such as the shoulder-in, lateral movements, leg yield, counter canter and flying changes... The sessions will show you the importance of rhythm, impulsion and how to appropriately employ aids.

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Lunch is not included but can be had at the farmhouse if you wish; on the menu you will find a variety of delicious traditional Tuscan pasta dishes and salads. After a busy day, you will be able to relax around the communal dining table and enjoy a hearty Italian dinner with Chianti wine. This is the time to share your experiences from the day!

In your leisure time, you can visit Florence and Siena, or the village of San Gimignano which are all easily accessible. There are buses that run from Barberino Val d'Elsa - although the journey by bus is a little longer than that by car, it does allow you to avoid traffic jams and parking problems.

## Day 3 — 3: BARBERINO - 1 lesson

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 Agriturismo Il Paretaio


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## Day 4 — 4: BARBERINO - 1 lesson

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
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## Day 5 — 5: BARBERINO - 1 lesson

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
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## Day 6 — 6: BARBERINO - 1 lesson

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
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## Day 7 — 7: BARBERINO - 1 lesson

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## Day 8 — 8: BARBERINO - DEPARTURE FROM FLORENCE

After breakfast, you will head to the airport in Florence to catch your return flight.

If you wish to extend your holiday, Florence and Siena are very close by and are waiting to be explored! Both cities are easily accessible by bus, contact us for more details.

### DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
06/07/2024	13/07/2024	£1,187	Open
13/07/2024	20/07/2024	£1,187	Open
20/07/2024	27/07/2024	£1,187	Open
27/07/2024	03/08/2024	£1,187	Open
03/08/2024	10/08/2024	£1,187	Open
10/08/2024	17/08/2024	£1,187	Open
17/08/2024	24/08/2024	£1,187	Open
24/08/2024	31/08/2024	£1,187	Open
31/08/2024	07/09/2024	£1,187	Open
07/09/2024	14/09/2024	£1,187	Open
14/09/2024	21/09/2024	£1,187	Open
21/09/2024	28/09/2024	£1,187	Open
28/09/2024	05/10/2024	£1,187	Open
05/10/2024	12/10/2024	£1,187	Open
12/10/2024	19/10/2024	£1,187	Open

19/10/2024	26/10/2024	£1,187	Open
26/10/2024	02/11/2024	£1,187	Open
02/11/2024	09/11/2024	£1,187	Open
09/11/2024	16/11/2024	£1,187	Open
28/12/2024	03/01/2025	£1,217	Open

## Price details

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- Flights are not included.

- The above rates are per person sharing a double room, half-board basis with one lesson a day (6 lessons). It is possible to add more lessons to a total of 10 lessons for a week, for the cost of €1645/US\$1790/£1440).

- Lessons are held with a maximum of 3 riders. Lessons in the morning are usually 50 minutes and those in the afternoon 40 minutes. In the summer - from June to September included, as it can be very hot, the length of the morning lessons will be shortened to 40 minutes

- Non-riders are welcome and will receive a discount - please ask for prices

- Please note that there is a small tourism tax payable locally: €7 (for guests over 14 years of age)

- An additional charge of approx. £30 (€35) is required for the trip over New Year cover cost of the New Year's Eve meal

- If you have signed up for this trip on your own, a single room charge of approx €280/£245/\$280 will be added to your invoice.

- If you wish to reserve the panoramic 'Tower Room', there will be an additional cost of approx. €130/£115/\$155 per week

- RETURN TRANSFERS ARE TO BE PAID LOCALLY, BUT NEED TO BE ARRANGED IN ADVANCE (prices in £ are approximate and may change depending on the euro):

Florence Airport - Equestrian Centre return : £160/\$180 (€180) per car (1 - 3 people)

Pisa Airport - Equestrian Centre return : £280/\$320 (€320) per car (1 - 3 people)

### IMPORTANT :

- For riders over 85kg, please contact us before booking to ensure there will be a suitable mount available to you during your stay

### 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

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### SUPPORT TEAM

1 instructor for 1 to 2 riders

### LOGISTICS

Several horses equipped with the classical dressage equipment

### ACCOMMODATION

Double or family room in a guest house

### MEALS

Half-board from dinner on day 1 to breakfast on the final day

## Price doesn't include

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## MEALS

Beverages and personal extras  
Lunches (had and paid for locally)

## TRANSPORT

International flights

## EXTRAS

Tourism tax payable locally (see dates and prices)

## 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

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### ACCOMMODATION

Single room supplement

### TRANSPORT

Transfer from Florence Airport/T rain Station to the Riding Center, outward and return, per car and to be paid locally

## EQUESTRIAN INFO

## Horses

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A small stables of well-trained horses (Lusitanos, Anglo-arabs, Barb Arabs, English Thoroughbred, Dutch and Italian sport horses) which are assigned according to the skill level and wishes of the riders.

IMPORTANT: riders over 85 kg should contact us to ensure that suitable horses are available.

## Guide & local team

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Your instructors, Giovanni and Cristina De Marchi, started their careers training at a prestigious school in Portugal under the tutelage of Pedro de Almeida and Maître Louis Valenca - who themselves were trained by the great Nuno Oliveira. They work to adapt their lessons to the needs of their riders, whether accomplished or beginner, so that each student ends their course feeling more confident and at ease in the saddle. In their teaching method, passion rhymes with pleasure!

Giovanni and Cristina were recently joined by their son, Pietro de Marchi. Pietro is a BHS accredited professional coach and rider in dressage, showjumping and eventing. Pietro teaches internationally and has been training in the UK for the last four years specializing in training young horses to event and has reported very good successes. He participated at Burghley and has qualified a young horse for Badminton. During his equestrian career, he has had the opportunity to train with many international riders, among which one of them has been with the Dressage master and four times Olympian and European medalist, Richard Davison.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

For this particular itinerary you should be an intermediate to experienced level rider and have established the basics of flatwork in order to best benefit from the dressage lessons. You also need to have experience of riding in open country.

This is ideal for outdoors riders who would like to gain more academic experience.

Please note that riders over 85 kgs should get in touch with us.

### PACE

Ideal for riders who are eager to improve their dressage skills or competent riders with knowledge of basic flatwork who are looking to start dressage.

You will work from the ground as well as on horseback to get the most from your lessons.

## **TACKING ABILITY AND PARTICIPATION**

The horses are brought to you groomed, tacked up and warmed up so you can start work as soon as your lesson begins. You can, if you wish, go down to the stables to help prepare your own horse.

## **TRIP CONDITIONS AND REQUESTED EXPERIENCE**

No particular requirements as there are programmes to suit all abilities.

## **EQUESTRIAN EQUIPMENT**

Dressage saddles.

Helmets are mandatory. We recommend all our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

Please bring your own spurs.

## **TRAVEL INFO**

### **COMFORT**

The farmhouse consists of 8 double or family rooms with private bathrooms and 2 private family apartments.

It has original terracotta flooring, wooden beams, stone walls and traditional arched ceilings. There is a swimming pool that offers wonderful views of the Tuscan hills. Free wifi is available.

Tuscany is famous for its excellent cuisine and dinners are served with a good Chianti wine. The food is traditional Tuscan, created using fresh local ingredients and with the farmhouse's home-produced extra virgin olive oil. All guests eat together around one big dining table.

### **MEALS**

Half-board accommodation (breakfast and big, hearty dinners)

Lunch will either be had at the guest house or you will be free to make your own plans. You are able to eat at the guest house and pay locally for meals not included in the trip's price, or if you have hired a car you can explore what's on offer in the surrounding villages and towns.

### **CLIMATE**

Tuscany has a Mediterranean climate with hot summers, cold winters and a rainy season from the start of autumn to the beginning of winter. The months that are the most humid are October and December - often seeing heavy rain that can last for several days.

However, autumn and in spring, it is still likely that it will be hot during the day, with a lot of sunny days. July and August are the hottest and driest months.

### **TIPS**

Tipping is not obligatory; however one can be made to the local team at your discretion.

### **PACKING LIST**

#### Head

- A riding helmet is mandatory. 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

#### Upper Body

- Short or long-sleeved cotton shirts (to provide protection from the sun) or T-shirt in a quick-drying material
- Lightweight fleece or jumper
- Warm polar fleece or equivalent (plus a spare in case one gets wet)
- Warm Goretex-style jacket (water-proof and breathable)

#### Legs

- 2 pairs of jodhpurs or long leather trousers
- 1 change of trousers (riding trousers or jeans)
- A swim suit for the pool

- Cotton or synthetic underwear (non-irritant)

#### Hands and feet

- 1 pair Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long boots.
- 1 pair of sandals
- Lightweight shoes or trainers for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

#### Other useful items

- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- Water bottle (1.5 litres or 2 equivalent)
- Toiletries
- Ear plugs (may be useful if sharing)
- Camera and high capacity memory card. Spare battery

#### Medical kit

- Sunscreen and lip balm - should be high factor
- 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
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

#### 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](#) .