



Dressage holiday at Quinta Do Rol

PORTUGAL

Highly-trained **Lusitano horses**, a luxury family estate and a century-old wine country: welcome to Quinta do Rol, a beautiful equestrian estate located just an hour north of Lisbon. **Dressage programmes** include either one or two lessons a day on Lusitano schoolmasters, with optional **estate rides** and **beach trails** available. On your free time, you are welcome to use the Estate's amenities or just enjoy watching lessons with a glass of wine in hand. A paradise for **dressage lovers!**

Dressage stays	7 days / 5 riding	From £1,170		Open to non-riders
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Learn from competent dressage instructors



You can swap a lesson for a lovely estate hack!



Quinta do Rol's idyllic surroundings

ITINERARY

Highlights

- Top quality Lusitano horses that will give you the chance to experience advanced dressage moves
- Comfortable accommodation and luxurious amenities, including a 20x40 indoor arena and 20x60 outdoor covered arena
- Quality instruction under the guidance of the head instructor Pedro Teixeira Farto.
- From mid-September to mid-June, experienced riders can opt in for an optional beach ride on Areia beach (at an extra cost).

Day 1 — 1 : LONDON - LISBON

On arrival at Lisbon airport, you will be transferred to the Estate. Please remember that transfers are not included and are payable locally (see dates and prices). Alternatively you can decide to rent a car, that you can also use to explore the countryside in your free time. The drive from the airport to the Estate is approx. 1 hour.

Check in from 4:00 pm to 8:00 pm - no check-in after that time.

Day 2 — 2 : DRESSAGE TUITION - 1 or 2 lessons

Quinta do Rol

The way you will spend your days depends on the number of lessons you have booked. You will have either pre-booked one or two lessons a day (see "dates and prices")

Lessons are always on a one-to-basis although there may be two riders and two instructors in the arena (headsets are used to avoid interference). You will normally warm-up with one instructor then switch to another instructor for the remainder of the lesson. Lessons usually last around one hour.

Experienced riders will also have the opportunity to swap one dressage lessons for a tour of the Estate on horseback, and get a glimpse of "Working Equitation", a traditional Portuguese riding discipline. These must also be arranged locally.

In the low season (mid-September to mid-June) it is possible to organise a trail down the Areia Beach. This must be arranged and paid for on arrival as it depends on several factors such as riding ability, tide and weather conditions. Please see "dates and prices"

When not riding, guests can make use of the Estate's amenities (pool, tennis court...) or enjoy the surroundings if you have decided to rent a car. You are also very welcome to watch lessons from the indoor arena's viewing gallery.

Day 3 — 3 : DRESSAGE TUITION - 1 or 2 lessons

 Quinta do Rol

1 or 2 lessons a day.

Day 4 — 4 : DRESSAGE TUITION - 1 or 2 lessons

 Quinta do Rol

1 or 2 lessons a day.

Day 5 — 5 : DRESSAGE TUITION - 1 or 2 lessons

 Quinta do Rol

1 or 2 lessons a day.

Day 6 — 6 : DRESSAGE TUITION - 1 or 2 lessons

 Quinta do Rol

1 or 2 lessons a day.

Day 7 — 7 : LISBON - LONDON

After breakfast, you will be transferred to the airport (transfer not included and payable locally)

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
06/07/2024	12/07/2024	£1,300 <u>£1,170</u>	Open
13/07/2024	19/07/2024	£1,300 <u>£1,170</u>	Open
20/07/2024	26/07/2024	£1,300 <u>£1,170</u>	Open
27/07/2024	02/08/2024	£1,300 <u>£1,170</u>	Open
03/08/2024	09/08/2024	£1,300 <u>£1,170</u>	Guaranteed departure
10/08/2024	16/08/2024	£1,300 <u>£1,170</u>	Open
17/08/2024	23/08/2024	£1,300 <u>£1,170</u>	Open

24/08/2024	30/08/2024	£1,300 £1,170	Open
31/08/2024	06/09/2024	£1,300	Full
07/09/2024	13/09/2024	£1,300	Open
14/09/2024	20/09/2024	£1,300	Open
21/09/2024	27/09/2024	£1,300	Open
28/09/2024	04/10/2024	£1,300	Open
05/10/2024	11/10/2024	£1,300	Open
12/10/2024	18/10/2024	£1,300	Open
19/10/2024	25/10/2024	£1,300	Open
26/10/2024	01/11/2024	£1,300	Open
02/11/2024	08/11/2024	£1,300	Open
09/11/2024	15/11/2024	£1,300	Open
16/11/2024	22/11/2024	£1,300	Open
23/11/2024	29/11/2024	£1,300	Open
30/11/2024	06/12/2024	£1,300	Open
07/12/2024	13/12/2024	£1,300	Open
14/12/2024	20/12/2024	£1,300	Open
21/12/2024	27/12/2024	£1,300	Open
28/12/2024	03/01/2025	£1,300	Open

Price details

- Flights are not included.

- Arrival dates are flexible and you may arrive any day you like. The normal package includes 6 nights but a shorter package (3 nights) is also available, please contact us.

- Prices quoted include one lesson a day (5 lessons in total) but there is the option to add a second lesson for a supplement.

> 6 nights, 5 lessons: listed price

> 6 nights, 10 lessons: €1970/\$2140/£1670 per person

- A single supplement is payable if you end up in a single room or to guarantee single occupancy: €210/£180/\$230.

- Transfers to/from Lisbon airport are payable locally at €120/car each way (maximum 4 guests).

- In the low season (early October to late June) it is possible to organise a trail down the Areia Beach. This must be arranged and paid for on arrival as it depends on several factors such as riding ability, tide and weather conditions (€170 payable locally). This cannot be arranged in the months of June to September as the beaches are busy then.

- Non-riders are welcome and a non-riding package is €960/£850/\$1050 per person for the week.

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

English speaking instructors

LOGISTIC

1 dressage horse (you will not be riding the same horse during your stay)

ACCOMMODATION

Accommodation in a guesthouse

MEALS

Full board from dinner on the first night to breakfast on the last day

Price doesn't include

MEALS

Beverage and personal extra

TRANSPORT

Return airport transfers

International flights

EXTRA

Tips to 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

EXTRAS

Additional lessons, beach rides, or trip extensions

EQUESTRIAN INFO

Horses

There is a selection of 20 horses to suit any abilities. All are well-behaved pure-bred Lusitanos and the instructors will match you with the right horse, whether you are a novice rider, or a competent rider looking to experience high school dressage moves.

Guide & local team

Several instructors are available : Miguel Pereira, Georgina Rogers, João Gouveia, Carlos Rosa. All are competent instructors and speak good English.

Minimum riding ability

MINIMUM RIDING ABILITY

Riders of all abilities are welcomed at Quinta do Rol. However, riders who have some prior experience of dressage will get the most out of this holiday.

Rider weight limit: 90 kg / 14.1 st / 198 lbs

PACE

Depending on your experience you will work in all three paces and may include movements such as shoulder-in, travers, half pass, piaffe etc. The estate rides are a quiet affair and focused on enjoying the landscape and scenery.

TACKING ABILITY AND PARTICIPATION

A team of grooms will be preparing your horse for you. You are not expected to help with anything.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

No special difficulties, but a prior knowledge of basic dressage is a plus. You will get more out of the tuition if you have some experience of basic dressage terms, such as shoulder-in. That being said, all levels of riders are welcome and will learn at their own pace.

The beach and estate rides are only suitable for competent riders.

EQUESTRIAN EQUIPMENT

Riding helmets are mandatory and we recommend you bring your own to ensure a proper fit.

Spurs can be provided.

Dressage tack.

TRAVEL INFO

COMFORT

The main Estate is located a few minutes' walk from the equestrian facilities, across a country road.

Four spacious cottages with private rooms are available within walking distance from the main house and the stables. Each cottage is equipped with a fireplace and TV as well as A/C. All rooms have Wi-Fi. Tea and coffee facilities are available.

Single beds 90x200

Double beds 150x200

Amenities on the Estate include a swimming pool (not heated), a gym area as well as tennis and basketball courts. The whole Estate has a beautiful rustic but stylish feel and is a home away from home.

Laundry service is availability at an extra cost.

MEALS

Breakfast: continental breakfast (bread, jam, fruit salad, yogurt, ham, cheese, juice, tea/coffee).

Lunch and dinner have a variety of traditional Portuguese dishes (three course meals).

Drinks (juice, soft drinks, wine) are not included and payable locally.

One bottle of wine per room is offered as a welcome drink.

Vegetarian/GF diets and allergies can be accommodated with prior notice.

CLIMATE

Portugal has a pleasant climate with mild temperatures all year round:

Winter: 12 - 15c

Spring: 20 - 25c

Summer: 30 - 35c

Autumn: 15 - 20c

There is rarely rain during the summer months, but rain is common in winter and can occur in spring also.

TIPS

Tips are appreciated but not expected. You should give what you feel is appropriate and you feel comfortable with.

PACKING LIST

Head

- Helmets are mandatory. Equus Journeys strongly recommend that you take your own to ensure a correct fit.
- Sunhat for when not riding
- Sunglasses

Upper body

- Long sleeved shirts to provide protection from the sun
- T-shirts
- Lightweight fleece or jumper
- Warm polar fleece or equivalent, particularly in winter
- Waterproof jacket - rain can be difficult to predict and it's better to be prepared.

Legs

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Casual clothes for the evenings (jeans or walking trousers)

Hands and Feet

- Comfortable riding boots.
- Shoes for the evenings
- Several pairs of socks
- Gloves

Nightwear

- Pyjamas etc (something warm in winter as the nights can be cold)

Other useful items

- Swimsuit - the pool is open during summer months
- Camera and high capacity memory card. Spare battery
- Ear plugs (for light sleepers)

Medical kit

- Sunscreen and lip balm
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Antiseptic wipes
- Handwash gel

Our Recommendations

- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals

In your hand luggage

- Any liquids, such as shampoo, moisturiser, deodorant that are less than 100ml that can fit in a small, clear, plastic ziplock bag.
- Any valuables, such as your camera, ipod, ipad etc.
- Your riding hat

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](#) .