

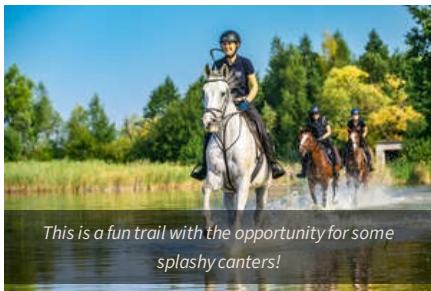


## Flexible riding programme at Galiny Palace

### POLAND

The flexible riding programme at **Galiny Palace** in Poland provides each guest with twelve or six riding hours to use – including flatwork lessons, lunge lessons, jumping lessons (up to 60 cm), or even a carriage-driving lesson! Based out of Galiny Palace, a beautifully renovated country estate, this **riding holiday** combines quality tuition and a little bit of luxury in the heart of Poland. This is the ideal riding holiday for riders of all levels looking to **improve their riding skills** in all disciplines.

Centre based holidays	7 days (6 riding)	From £675		Family holidays from 8 y.o
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### ITINERARY

## Highlights

- All levels are welcome and riders will ride in groups of similar ability
- You stay in a beautiful 16th century country estate with comfortable rooms and a gorgeous 250 ha private park including forests, meadows, and their very own pond!
- Indoor facilities mean that your riding lessons can still go head in the event of inclement weather.
- A fantastic selection of on-site and off-site non-riding activities makes this the ideal family riding holiday, even when everyone's not keen to ride! There is also a mini farm with miniature horses, donkeys, goats, rabbits and poultry for the children to enjoy.

## Day 1 — 1 : ARRIVE AT GALINY

Galiny Palace

Fly to Poland. The nearest airport is Olsztyn-Mazury but you can also fly to Gdansk Lech Walesa Airport, Warsaw Modlin Airport, or Warsaw Chopin Airport – see dates and prices for transfer rates. Alternatively you may prefer to make your own way to Galiny by hire car.

Please note that flights are not included but can be booked for you upon request. If there is time this afternoon, you can have your introductory lesson this afternoon. To ride on the day of arrival, you should aim to arrive by 14:00. Check-in to your room is from 14:00. It is also possible to ride on the day of departure, although you may have to check-out of your room before 11.00.

## Day 2 — 2 : GALINY PALACE

Galiny Palace

There is no need to stick to a specific schedule and you can organise the time/format of your rides with the instructor, depending on your own skills and needs.

Over the week you will be given 12 riding hours that can be used for flatwork lessons, lunge lessons, jumping lessons (up to 60cm – up to 4 lessons max. during the week), hacking on the estate (maximum two hours at a time) or even a lesson in how to drive horse carriages (please note this is equal to 2 sessions). Lessons are typically 1 hour in duration and will be shared with other riders of a similar level.

Please note: those who wish to focus on jumping should book the specific jumping programme, including more jumping lessons. A trail riding programme also exists. Please contact us.

A shorter, 4-day flexible riding programme can also be arranged, including 6 riding sessions (2 jumping lessons max).

## Day 3 — 3 : GALINY PALACE

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 Galiny Palace

There is no need to stick to a specific schedule and you can organise the time/format of your rides with the instructor, depending on your own skills and needs.

## Day 4 — 4 : GALINY PALACE

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 Galiny Palace

There is no need to stick to a specific schedule and you can organise the time/format of your rides with the instructor, depending on your own skills and needs.

## Day 5 — 5 : GALINY PALACE

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 Galiny Palace

There is no need to stick to a specific schedule and you can organise the time/format of your rides with the instructor, depending on your own skills and needs.

## Day 6 — 6 : GALINY PALACE

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 Galiny Palace

There is no need to stick to a specific schedule and you can organise the time/format of your rides with the instructor, depending on your own skills and needs.

## Day 7 — 7 : GALINY - DEPARTURE

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It is also possible to ride on the day of departure, although you may have to check-out of your room before 11.00.

Departure after breakfast and transfer to the airport for those who require it.

### DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
07/07/2024	13/07/2024	£1,040	Open
14/07/2024	20/07/2024	£1,040	Open
21/07/2024	27/07/2024	£1,040	Open
28/07/2024	03/08/2024	£1,040	Open
04/08/2024	10/08/2024	£1,040	Open
11/08/2024	17/08/2024	£1,040	Open

18/08/2024	24/08/2024	£1,040	Full
25/08/2024	31/08/2024	£1,040	Full
01/09/2024	07/09/2024	£1,020	Full
08/09/2024	14/09/2024	£1,020	Open
15/09/2024	21/09/2024	£1,020	Open
22/09/2024	28/09/2024	£1,020	Full
29/09/2024	05/10/2024	£1,020	Open
06/10/2024	12/10/2024	£865	Full
13/10/2024	19/10/2024	£865	Open
20/10/2024	26/10/2024	£865	Open
27/10/2024	02/11/2024	£865	Open
03/11/2024	09/11/2024	£675	Open
10/11/2024	16/11/2024	£675	Open
17/11/2024	23/11/2024	£675	Open
24/11/2024	30/11/2024	£675	Open
01/12/2024	07/12/2024	£675	Open
08/12/2024	14/12/2024	£675	Open
15/12/2024	21/12/2024	£675	Full
22/12/2024	28/12/2024	£675	Full

## Price details

- Flights or transportation to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on two riders sharing a twin or double room during your holiday.

- Dates are flexible and you can arrive/depart on any day and stay for as long as you like. This holiday will confirm for one person and all departures are guaranteed. We recommend a stay of 7 nights, but it is possible to stay for 3 nights only. Please contact us for a personalised quote over your preferred dates.

- This includes 12 lessons, 4 of which are jumping lessons (up to 60cm).

- Groups are composed of a minimum of 1 rider and a maximum of 10 international riders, plus guides (up to 10 riders on a hack, 7 riders in flatwork lessons and up to 5-6 in jumping lessons).

- If you sign up to the ride as a solo rider you will be charged a single room supplement of approx. £125/€140/\$155. Not applicable in the low season (January-April + November-December), in which case solo riders are automatically given a single room.

- Transfers are not included in the price but can be arranged from the following locations. All rates are one way - payable in cash (Euro) to the driver.

### Car (1-3 people)

WARSAW – GALINY - €220

OLSZTYN – GALINY - €100

SZYMANY AIRPORT - GALINY – €120

GDANSK – GALINY - €170

### Bus (4-8 people)

WARSAW – GALINY - €360  
OLSZTYN – GALINY - €130  
SZYMANY AIRPORT - GALINY – €250  
GDANSK – GALINY - €310

- Alternatively you could make your own way by hire car – there is free parking on the premises.

- Rider weight limit: 90 kilos / 14,1 st / 198 lbs

- Young riders aged 6+ yo can participate in this holiday but will be put on the lead rein. Older children can have beginner lunge lessons on the horses from one of the instructors. Young riders under the age of 12 will be given a 20% discount.

- Non riders are welcome to join and have a special rate:

January-April + November-December: £470/€540/\$595

May + October: £610/€700/\$770

June + September: £665/€760/\$835

July + August: £695/€795/\$875

Non-riding activities: bicycle hire, walks in the park, swimming in the lakes, fishing, wellness zone (with sauna), tennis courts, table tennis, football/volleyball/basketball courts. In the winter, cross-country skiing equipment is available. Some of those are at an additional cost and payable locally.

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

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1 English-speaking horse guide and/or instructor

### ACCOMMODATION

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Double or twin room at the Grange at Galiny

### MEALS

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Full board from dinner on arrival to breakfast on departure

### EXTRAS

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12 lessons - check "Dates&Prices" tab

## Price doesn't include

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### TRANSPORT

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Return airport transfers

International flights

### EXTRAS

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Tips to the local team

### INSURANCE

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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

Visas and personal purchase

## Optional

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### ACCOMMODATION

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Single room supplement if applicable

## EQUESTRIAN INFO

### Horses

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The stables consists of nearly 70 horses. The horses are mostly warmblood types (Holstein, Westphalian) and Polish crosses, but ponies are also available to children. Some are suitable to experienced riders, and others are perfect for more novice or nervous riders. They breed some of their own horses, others they brought from friendly stud farms in Poland. You will ride different horses throughout your holiday.

### Guide & local team

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The instructors at Galiny are Patrycja (lead instructor), Maja and Anita. They have all been instructing for a number of year and are experienced teaching all sorts of riders. Patrycja and Maja speak good English and are used to instructing international riders.

### Minimum riding ability

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#### MINIMUM RIDING ABILITY

All riding abilities are welcome at Galiny. You will ride in groups of similar ability.

To join the hacks around the estate however, you should be able to canter over open terrain. Jumping lessons are open to experienced riders with previous jumping experience.

Rider weight limit: 90 kilos / 14,1 st / 198 lbs

#### PACE

You will work from the ground and mounted at different paces, depending on your experience.

Rides out in the countryside are mainly at walk and trot with some canters, but are relaxed hacks.

#### TACKING ABILITY AND PARTICIPATION

You are welcome to groom and tack/untack your horse, although this is not mandatory.

#### TRIP CONDITIONS AND REQUESTED EXPERIENCE

From beginners to experienced riders. No particular requirements are necessary as there are programmes to suit all abilities.

There are three outdoor all-weather arenas, plus indoor arenas, one of which is heated up to 8°C during the winter months.

#### EQUESTRIAN EQUIPMENT

The horses are ridden in English tack. Snaffle bits, some hackamores.

Saddlebags are provided on hacks/trail rides.

Helmets are mandatory and we recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit. A small selection is available to borrow.

## TRAVEL INFO

#### COMFORT

Built for the Baron Botho zu Eulenburg in 1589, the Palace today remains a rare example of Renaissance architecture, one of the best-preserved in the area of old Prussia. Each of the 36 rooms in the Grange and Palace is different. The accommodation is normally in the Grange, which is closer to the stables, but Palace rooms can be requested.

Free WiFi is available.

Free parking on-site.

#### MEALS

The food at Galiny Palace focuses on the freshness and quality of its ingredients, whilst celebrating the culinary traditions of the local Warmia and Masuria region. Ingredients are locally-sourced or grown in their own garden.

Specialities include cabbage rolls stuffed with buckwheat, lamb dumplings, Ukrainian borscht, lamb confit in a wine-thyme sauce, potato dumplings, roast duck, and more.

Non-alcoholic drinks are included at meal times, and can be ordered at an extra charge during the day (coffee, tea, juice and beer)

Vegetarian meals and allergies can be accommodated, please contact us with your requirements.

## **CLIMATE**

The climate in Poland is continental, with very cold winters, often below freezing, and warm summers. June, July and August can be quite hot, September and October being dry and cooler. Galiny is located along the northern coast, where the climate is milder, but you should expect snow from December to February (thankfully, one of the indoor schools is heated!).

## **TIPS**

Tips are not mandatory but very welcome if you are pleased with the service provided.

## **PACKING LIST**

### Head

- A riding helmet is mandatory and we recommend that you take your own to ensure a correct fit. Helmet makers (GPA, HKM, LAS Helmets, Lamice II, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.

- Sunglasses - with a cord attached so they don't fly off when riding

### Upper body

- Long sleeved shirts provide protection from the sun or extra warmth

- T-shirts

- Lightweight fleece or jumper

- Rain jacket

### Lower body

- 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)

- Non-irritant cotton or synthetic underwear

### Hands and Feet

- Comfortable riding boots.

- Lightweight shoes for the evenings

- Several pairs of warm socks

- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

### Other useful items

- Water bottle (1.5 litres or 2 equivalent)

- Toiletries

- Ear plugs (may be useful)

- Camera and high capacity memory card. Spare battery

### Medical kit

Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit

- Any medication you regularly take

- Painkillers

- Imodium or similar anti-diarrhea medication

- Sunscreen and lip balm

- Insect repellent

- Eye drops

- Plasters

- Blister plasters in case of any rubs

- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..

- Spare prescription glasses/contact lenses

- Antiseptic wipes

- Handwash gel

#### Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bum bag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lip balm etc)
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- 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!
- Keep a copy of your passport and insurance details with you.

#### In your hold luggage

- Any liquids, such as shampoo, moisturiser, deodorant over 100 ml 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.

## 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](#).