



## Culture and sights of Ireland

### IRELAND

A riding holiday offering a combination of **relaxed riding** across the Irish countryside and cultural pursuits. Your mornings will be dedicated to **trail rides** along narrow side roads that will lead you through the quaint countryside of the West of Ireland. In the afternoons, time off the saddle will provide many opportunities for **sightseeing and tours**, including visits of medieval Irish castles and a boat tour to explore the ruins of one of Ireland's most important monastic settlements. And of course, no trip to Ireland is complete without a visit (or visits!) to the local pub! This **riding holiday in Ireland** is a great choice for riders looking for a peaceful riding holiday and those interested in learning more about Ireland's rich history and cultural heritage. Also perfect for **accompanying non-riders!**

<b>Trail Riding</b>	<b>6 days/ 4 riding</b>	<b>From £1,261</b>		Open to non-riders
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### ITINERARY

### Highlights

- Discover many places of cultural importance, including a 5000 year-old Celtic dolmen!
- Take a boat ride to Holy island and explore the monastic settlements.
- This is a centre-based holiday, suitable for riders who do not want to pack/unpack every day. You will be staying in a lovely farm setting, ideal for those who would like to reconnect with nature.
- Non-riders are very welcome and will be able to take part in the afternoon's activities.

### Day 1 — 1: AN SIBIN RIDING CENTRE

An Sibin farm

Arrive in Shannon airport on the West coast of Ireland. Flights are not included but can be booked on request. At around 4:00 pm, you will be transferred from Shannon airport to the equestrian farm, approx. 2 hours – this is where you will be staying for the first four nights. Please see “dates and prices” for notes on transfer arrangements and costs.

Today you can just relax and recover from your journey before starting your riding holiday tomorrow, or explore the walking trails around the property. In the evening, you will get to know all your fellow riders for this week. You will have dinner in a tastefully restored 300-year-old equestrian farmhouse by candlelight and turf fire.


### Day 2 — 2: FOREST TRACKS & HOLY ISLAND - APPROX. 2 HOURS RIDING

An Sibin farm

After a hearty breakfast, go to the stables to meet your horse for the week and tack up for the first ride. Your morning will be spent riding along forest tracks and country lanes that will take you through abandoned farms from the 18th century. Get back to the riding centre in time for lunch, and after a quick rest you will be driven to nearby Mountshannon harbour, from where you will visit Holy Island by boat. Here you will have the opportunity to see church ruins, early monastic cells, a pre-12th century cemetery and a round tower. After this visit enjoy some free time which you can spend at a nearby pub, perhaps enjoying a glass of your favourite drink!

Finish your day with a delicious dinner back at the riding centre.


## Day 3 — SLIEVE AUGHTY MOUNTAINS & PORTUMNA CASTLE - Approx. 2 HOURS RIDING

 An Sibin farm

Today ride into the hills of the Slieve Aughty Mountains and enjoy amazing views over the River Shannon. In the afternoon you will visit the Portumna workhouse museum, where the poor and destitute took shelter many years ago during the famine times. Afterwards, visit the 17th century Portumna Castle with its beautifully restored walled garden. For the rest of the afternoon, you will have time to do some shopping and visit another Irish pub if you like!


Enjoy a heart-warming dinner back at the riding centre.

## Day 4 — 4: RURAL COUNTRYSIDE & PALLAS CASTLE - Approx. 2 HOURS RIDING

 An Sibin farm

The day starts with another ride through Ireland's beautiful rural countryside, riding on quiet tracks. In the afternoon, you will visit the secluded ruins of the Pallas castle, one of the best preserved tower-houses and walled castle grounds of the Irish gentry in the 14th century. Relax by the peat fire and a traditional home-cooked meal back at the riding centre.

## Day 5 — 5: CELTIC DOLMEN - Approx. 4 HOURS RIDING

 An Sibin farm

Today is a full trail ride. In the morning you ride across traditional Irish landscapes of bog and heather. Afterwards you will be met by a minibus with all the supplies necessary to have a picnic out on the trail. In the afternoon, get back on your horse and explore the surrounding area. You will pass by a typical Celtic dolmen, which is believed to be 5000 years old!

Back at the riding centre for your last dinner.

## Day 6 — 6: SHANNON AIRPORT - HOME - No riding

Transfer to the airport after breakfast for flights after 12:00 noon.

### DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
13/07/2024	18/07/2024	£1,261	Full
27/07/2024	01/08/2024	£1,261	Full
10/08/2024	15/08/2024	£1,261	Full
31/08/2024	05/09/2024	£1,261	Guaranteed departure
07/09/2024	12/09/2024	£1,261	Full
14/09/2024	19/09/2024	£1,261	Guaranteed departure
21/09/2024	26/09/2024	£1,261	Guaranteed departure

28/09/2024	03/10/2024	£1,261	Full
05/10/2024	10/10/2024	£1,261	Full
12/10/2024	17/10/2024	£1,261	Guaranteed departure
19/10/2024	24/10/2024	£1,261	Full

## Price details

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

- Rates are per person, based on two riders sharing twin or triple room during the ride.

- Groups are composed of a minimum of 3 riders and a maximum of 8 international riders, plus guides.

- If you sign up to the ride as a solo rider and there are no other riders likely to share your room, you will be charged a single room supplement of approx. \$160/€150/£135. You will then be reimbursed if a sharer is found for you at a later date.

- Transfers will be arranged from and to Shannon airport. It is payable locally at €55 per person, per way (based on a minimum of 4 riders). The pick-up is scheduled around 4:00 pm on arrival. On departure, please book a flight departing after 12:00 noon. Transfers from/to Loughrea bus station can be arranged at a rate of €45 per person (each way), where you can catch a bus to Dublin if you'd like to fly into or out of the city.

- Accompanying non-riders are welcome and will benefit from a discounted rate: \$1030/€960/£830. This includes accommodation, breakfast and dinner. Non-riders can enjoy the mornings off, or explore the surroundings on their own, they may join the riders for the picnic lunch and go sightseeing on the minibus.

- Accompanied young riders are welcome from 12+ yo, provided they match the riding requirements.

- Rider weight limit: 85 kilos, 187 lbs, 13.3 st. Heavier riders please contact us.

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 English-speaking horse guide

### LOGISTIC

1 back-up vehicle and driver

### INLAND TRANSPORTS

Inland transfers as mentioned in the itinerary

### ACCOMMODATION

Double, twin or triple room at the equestrian farm

### MEALS

Full-board accommodation from dinner on arrival to breakfast on departure

### EXTRA EQUIPMENT

First aid kit

### EXTRAS

Entry fees to sites mentioned in the itinerary

## Price doesn't include

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### MEALS

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Beverage and personal extra

### TRANSPORTS

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Airport transfers at set times (see dates and prices above)  
International flights

### EXTRA

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Tips to local team

### INSURANCE

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Cancellation and travel insurances are not included. Please note that insurance is mandatory. We recommend to take out an insurance policy as soon as your travel is booked in case of cancellation.

## Optional

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### ACCOMMODATION

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Single room supplement

## EQUESTRIAN INFO

### Horses

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The horses available on this horse riding holiday in Ireland are, for the most part, Irish breeds like the Connemara, Irish Sport Horse, the Gypsy Vanner, and the Irish Cob.

Our local team breeds many of their horses at home. Each year some new foals join the growing herd. They are specifically trained by our guides to become the willing, safe and sure-footed trail horses they are – really the perfect mount for a week-long riding holiday in Ireland!

### Guide & local team

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Bertie and Nicola are your hosts. They are very friendly and open people. They have been operating trail rides in the west coast of Ireland and the Burren for many years now and are therefore very experienced.

### Minimum riding ability

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#### MINIMUM RIDING ABILITY

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You need to be an intermediate or competent rider and able to control your horse at all paces in open spaces. You should be able to canter in forward seat and keep your balance.

Rider weight limit: 85 kilos, 187 lbs, 13.3 st.

#### PACE

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The pace of this ride is overall moderate. There are opportunities for long trots and canters but it will vary depending on the terrain. The canters are carried out in single files. There are also long stretches of walking.

#### TACKING ABILITY AND PARTICIPATION

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During this holiday, one horse will be assigned to you and you will be responsible for brushing, tacking, and untacking. In the evening, you are welcomed to help feed and water the horses. Assistance is always on hand if necessary.

#### TRIP CONDITIONS AND REQUESTED EXPERIENCE

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Guests who do not ride regularly are requested to get fit prior to this riding holiday. It is of particular importance to ensure you are comfortable and

balanced when riding across rough terrain and open spaces. Hours in the saddle are however quite short and this is a relaxed riding holiday.

## **EQUESTRIAN EQUIPMENT**

English saddles and bridles. Small saddlebags are provided.

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

## **TRAVEL INFO**

### **COMFORT**

On this riding holiday, you will be staying at a renovated equestrian farm that is our guides' home base. Riding guests stay in double or triple en-suite rooms and can enjoy the cosy ambiance of the sitting rooms. This is quite a lovely farm setting and perfect for those who would like to reconnect with nature, including many friendly pet farm animals and sign-posted walking trails.

### **MEALS**

Full Irish breakfasts are served in the morning.

Lunches are varied and there is one picnic provided during your stay.

Three course dinners, always tasty and fresh – meat, potatoes, salads are a staple!

Vegetarian, lactose and gluten-free diets can be accommodated on request. Please make sure to mention it at the time of your booking.

### **CLIMATE**

The west coast of Ireland has an oceanic climate which is changeable and can be wet. In Spring the temperatures range from 8-12c. April is particularly pleasant. In summer (May-July) the highest average temperatures are 18-20c, whilst in Autumn (Aug - Oct) the temperatures range from 14-18c.

September is considered to be mild and temperate. The coldest months are January and February and sometimes temperatures drop below zero.

Snow is rare, but there can be heavy rainfall at any time of year.

### **TIPS**

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

### **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

- Thermals in case of cold weather (long or short-sleeved T-shirts)

- 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 for the evening.

- 1 pair of waterproof over trousers

- Cotton or synthetic underwear (non-irritant)

#### Hands and feet

- 1 pair of comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps or long boots.

- 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

- 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)
- Headtorch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- 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

#### General information

- 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](#) .