

## ***Holidays and learning to ride***

### ***Day 1 – Saturday***

Shared transfer is possible from Porto Airport on Saturday at 15:00 unless otherwise agreed.

Arrive at your guesthouse close to the village of Castro Laboreiro. Settle into your room and relax after your journey. Later meet your hosts and guides over dinner and learn about the week ahead.

### ***Day 2 – Sunday***

In the morning you will learn about how the horses think and how you should behave around them (body language) to ensure safety – viewing the horses as companions. You will ride for the first time and learn the importance of balance, body position and your hands, as well as how to use your legs and hands to ride the horse.

- **Lunch at the guest house**

In the afternoon, Pedro will take you to the Visitor Centre of the National Park to tell more about the area through which you will be riding.

- **Dinner at the local restaurant**

### ***Day 3 – Monday***

You will practice your riding skills from yesterday in the arena, getting more confidence and precision using your aids controlling the horse.

- **Lunch at the stable**

You will start to learn about handling horses from the ground and about the tack (saddles and bridles) and how all the equipment is used.

- **Dinner at the guest house**

### ***Day 4 – Tuesday***

Today you will do a trail ride at a walk to practice your learning from the first days and to become more comfortable in the saddle.

- **Lunch at the guest house**

After lunch your guide will take you on a non-riding visit to Castro Laboreiro's medieval Castle with a spectacular 360 degrees view.

- **Dinner at the guest house**

### ***Day 5 – Wednesday***

In the morning you will start learning to trot.

- **Picnic lunch in the mountains**

In the afternoon we go to the mountains to observe the behavior of the wild garrano horses.

- **Dinner at the guest house**

### ***Day 6 – Thursday***

This morning is leisurely without riding, before an early lunch – bring your swimming suit for a refreshing dip in a mountain river pool.

- **Lunch at the guest house**

In the afternoon a trail ride at walk and trot to practice what you have learnt so far.

- **Dinner at the guest house**

### ***Day 7 – Friday***

This morning we will focus on the canter and then go for a trail ride to practice and enjoy all the knowledge you have gained during the week.

- **Picnic lunch in the mountains**
- **Dinner at the guest house**

### ***Day 8 – Saturday***

Transfer to Porto airport after breakfast; estimated arrival at the airport at 12:30.