



Classical Dressage and the Golega Fair

PORTUGAL

This **riding holiday** offers a special treat for riders who love **classical dressage!** Once a year there is a Horse Fair in the town of Golega and hundreds of horses and riders converge upon the town. It is possible to combine a visit to the fair with dressage lessons on Lusitano horses at our local dressage centre.

Dressage stays	8 days / 5 or 6 days riding -	From £0		Open to non-riders
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ITINERARY

Highlights

- Two days at Golega Fair, when the town of Golega transforms into a lively horse hub with shows and parades - a unique experience for horse lovers.
- Watch a show at the Portuguese School of Equestrian Art
- Four days of dressage lessons in small groups of 2-4 riders (one or two lessons each day by prior arrangement)
- Three fantastic instructors - Paulo Tita, Joao Batalha and Georges Malleroni who was inspired by the great master Nuno Oliveira.
- Ride beautifully school Lusitano dressage horses
- Non riders are welcome

Day 1 — 1 : Europe - LISBON - 1 or no lesson



Your flight to Lisbon can arrive at any time (not included), although please note that there is no discount if you choose to arrive too late for dinner.

You will meet on arrival at Lisbon airport and transferred to the equestrian centre which is located just 25km from Lisbon. Alternatively you may prefer to hire a car and drive yourself to the centre - we can provide driving directions.

For those who have booked two lessons a day, and after settling into your room (for arrivals before 2.00 pm), you will have your first dressage lesson this afternoon. If you arrive too late, this lesson will not be reimbursed to you.

Those who have booked one lesson a day will have time to settle and relax before dinner.

Day 2 — 2 : DRESSAGE - 1 or 2 lessons



You will have pre-booked either one or two lessons today.
Each lesson comprises 2 - 4 riders and lasts 1 hour 30 minutes.

The morning lessons start around 09:30 and the afternoon lessons start around 16:00, although this can vary depending on the time of year and weather.

Lessons usually start in walk with the chance to practice shoulder-in, leg yielding and travers before moving onto trot and canter. For those with prior dressage experience it may be possible to practice Spanish walk, piaffe, passage or pirouettes. Classical dressage is particularly focused on lightness, beauty and expression.

If you have chosen only one lesson today, then this could be either in the morning or the afternoon and the rest of the day can be spent relaxing at the centre, by the pool or perhaps off-site visiting Lisbon or Queluz.

Day 3 — 3: DRESSAGE - 1 - 2 lessons

 Alcainca

Again you will have booked either one or two dressage lessons for today. It is not always possible to request additional lessons once you have arrived so you should be certain to book enough in advance.

Day 4 — 4: DRESSAGE - 1 or 2 lessons

 Alcainca

Again you will have booked either one or two dressage lessons for today. It is not always possible to request additional lessons once you have arrived so you should be certain to book enough in advance.

Day 5 — 5: DRESSAGE - 1 OR 2 LESSONS

 Alcainca

Again you will have booked either one or two dressage lessons for today. It is not always possible to request additional lessons once you have arrived so you should be certain to book enough in advance.

Day 6 — 6: GOLEGA FAIR - No riding

 Alcainca

Spend your morning at Golega Fair watching the locals perform the exercises you were practising earlier in the week. After lunch in Golega you will be transferred back to the dressage centre.

Day 7 — 7: GOLEGA FAIR - No riding

You will depart early from the dressage centre for the 1.5 hour transfer by road to Golega. Today is the national dressage event at the fair - a national contest for Lusitano colts of 3-4 years old. Your guide will help you interpret each of the horses presented and talk through what the judges are looking for.

Dinner and accommodation in Golega.

Day 8 — 8: ALCAINCA - EUROPE - 1 lesson

After one last morning lesson, you will be transferred to the airport for your flight back to Europe.

DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

Price details

No departure for this destination. Please contact our travel advisers for more information.

- Flights are not included.

- Rates listed include one lesson a day (1-1h30). If you would like your programme to include two lessons a day, the rate is £1395.
- The riding centre will confirm for one person, but the visit to Golega Fair requires a minimum of four people to confirm.
- Dates are flexible and you can arrive/depart on any day and stay for as long as you like, however, you need to arrive at least the day before the planned visit to Golega Fair. Please contact us for a personalised quote.
- There is a single supplement unless you are willing to share with another rider. If you sign up to the ride singularly and there are no other riders likely to share your room, you will be charged a single room supplement of approx. £77 for your hotel in Golega only. You will then be reimbursed if a sharer is found for you a later date. Single supplement at the riding school only (6 nights) is £195
- Transfers can be arranged from the airport or Lisbon city centre to the dressage centre at extra cost. From the airport to the centre costs c. £88 return for the vehicle (1-3 passengers); from the city centre to the dressage school costs c. £95 return for the vehicle (1-3 passengers). These are bookable through us. Alternatively you may prefer to hire a car and drive yourself - we can provide driving directions.
- A driver is available during your stay if you wish to take a local excursion, such as to the Portugese School of Equestrian Art, Mafra or Lisbon - these excursions are at 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

SUPPORT TEAM

2 English speaking teachers with the leadership of Georges Malleroni

LOGISTIC

1 horse equipped with the classical dressage saddle and bridle (you're riding several horses during the stay)
4 training session during 1:30 (1 session/riding day)

INLAND TRANSPORTS

Transfers riding school - Feira de Golega
Transfers hotel Golega/Feira de Golega

ACCOMMODATION

Double room in a local hotel in Golega + breakfast (1 night)
Double room in Guesthouses at the riding school (6 nights)

MEALS

Full board at the riding school
Breakfast at Golega

Price doesn't include

MEALS

Free meals at Golega
Beverage and personal extra

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 at the hotel in Golega
Single room supplement at the riding school

TRANSPORT

Airport transfers on destination (bookable through us)

EQUESTRIAN INFO

Horses

There are approximately 20 horses available for guests and they are all pure-bred or part-bred Lusitano's. Some are stallions but mainly they are geldings. The horses are at varying levels of training, so there are schoolmasters for intermediate riders or those just starting out in dressage as well as horses capable of producing high school movements for experienced riders.

Minimum riding ability

MINIMUM RIDING ABILITY

You should be able to walk, trot and canter and be a confident rider.

Riders who have some prior experience of dressage will get the most from this holiday. An understanding of some basic terms, such as shoulder-in is required. The centre cannot cater for beginner riders. You will be expected to wear a hard hat when mounted and please note that we can not guarantee that your lessons will be with a particular instructor.

Rider weight limit - 89 kg / 13.5 stones. Heavier riders please contact us.

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.

TACKING ABILITY AND PARTICIPATION

You will be expected to assist with grooming, tacking up and untacking your horse each day but grooms are available to assist you if necessary.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

No special difficulties, but a prior knowledge of basic dressage is required. You will get more out of the tuition if you have some experience of basic dressage terms, such as shoulder-in.

EQUESTRIAN EQUIPMENT

Spurs and sticks will be made available to you if the instructors feel you require them.

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.

TRAVEL INFO

COMFORT

The guesthouse at the dressage centre has four twin rooms on site, each with private bathroom and located close to the stables. There are also an additional three twin rooms just over the road. The dining room, communal living area with TV and bar, as well as the unheated swimming pool are all available year round.

In Golega you stay in a standard hotel with twin rooms with private bathrooms.

MEALS

You eat all your meals in the dining room at the riding centre, which overlooks the indoor arena.

Breakfast is continental and buffet style.

Lunch is light such as quiche and salad.

Dinner is usually fish or meat with salads and vegetables. The focus is on traditional Portuguese cuisine and all is prepared locally by the chef.

All drinks and wine are included.

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.

GUIDE AND LOCAL TEAM

There are three main instructors and it is likely that you will have lessons with one of them throughout your stay for continuity and consistency in your training.

Georges speaks English, Portuguese and French and originally trained under Nuno Oliveira. He has been passionate about dressage since childhood and is a joy to watch.

Paolo is a former student of Georges and he speaks Portuguese, French, English and German. He is passionate about teaching dressage and gets very involved in his lessons.

Renato comes from Alentejo, where he studied at the Alter Real Professional School to become a professional rider and trainer. While mainly focused on dressage, Renato enjoys all the riding disciplines. Competing in the annual year-end school competition, which includes show-jumping, cross-country and dressage, he scooped the first prize.

Renato trained and sold his first horse when graduating, and is now continuing his passion for developing fine horses by breeding his own Lusitanos in Alentejo, while teaching classical equitation and training horses at Escola de Equitação de Alcainça.

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 helmet 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. We recommend short boots with half chaps but you may wish to take long boots, particularly if you are used to riding in them.
- Lightweight shoes for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun whilst riding

Nightwear

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

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!

Other useful items

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

In your luggage

- Any liquids, such as shampoo, moisturiser, deodorant unless they are less than 100ml and all bottles can fit in a small, clear, plastic ziplock bag.

In your hand luggage

- Any valuables, such as your camera, ipod, ipad etc.
- Your riding hat

Medical kit

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

VISA & HEALTH

Formalities

British citizens: other nationalities, please contact us.

Visas

If you hold a British Citizen passport, you don't need a visa to enter Portugal.

The rules on travel will stay the same until 31 December 2020.

Visas from 1 January 2021

The rules for travelling or working in Europe will change from 1 January 2021:

- you will be able to travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training.
- if you are travelling to Portugal and other Schengen countries without a visa, make sure your whole visit is within the limit. Visits to Schengen countries within the previous 180 days before you travel would count towards the 90-day limit
- The 90-day limit for visa-free travel will begin on 1 January 2021. Any days you stay in Portugal or other Schengen countries before 1 January 2021 will not count towards the 90-day limit.

At border control for Portugal, you may need to:

- show a return or onward ticket
- show you have enough money for your stay, and
- use separate lanes from EU, EEA and Swiss citizens when queueing
- Your passport may be stamped on entry and exit.

Passport validity

The rules on travel will stay the same until 31 December 2020.

Your passport should be valid for the proposed duration of your stay; you do not need any additional period of validity on your passport beyond this.

Passport validity from 1 January 2021

From 1 January 2021, you must have at least 6 months left on an adult or child passport to travel to most countries in Europe (not including Ireland).

If you renewed your current passport before the previous one expired, extra months may have been added to its expiry date. Any extra months on your

passport over 10 years may not count towards the 6 months needed.

Check your passport is valid for travel before you book your trip. You will need to renew your passport before travelling if you do not have enough time left on your passport.

Please visit for the FCO website for up-to-date information - <https://www.gov.uk/foreign-travel-advice/portugal>

ADDRESSES OF CONSULATES

- Ambassade du Portugal
3, rue de Noisiel
75116 PARIS
Tél. : 01.47.27.35.29
Fax :
mailto@embaixada-portugal-fr.org
- Ambassade de France
Rua Santos-o-Velho 5
LISBONNE
Tél. : +351 21 393 9100
Fax :
contact@ambafrance-pt.org

Health

UK Citizens: A UK Global Health Insurance Card (GHIC) gives you the right to access state-provided healthcare during a temporary stay in the European Union (EU).

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

It's important to take out appropriate travel insurance for your needs. A GHIC or EHIC is not an alternative to travel insurance and you should have both before you travel. It does not cover all health-related costs, for example, medical repatriation, ongoing medical treatment and non-urgent treatment.

There are state health centres throughout the country (generally open from 0800 to 2000) where you can receive treatment for minor ailments and injuries, and major emergency hospitals in large towns which remain open throughout the night. Even though pharmacies are well stocked, take a decent supply of medication with you, and be aware pharmacies are usually closed for two hours over lunchtime. Carry a legible prescription with you to show that you legally use the medication. If you wear glasses, take a spare pair and your prescription just in case you need to get new glasses made up quickly.

Vaccination against hepatitis B is sometimes recommended.

Insurance

It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

Voltage

230 volts AC, 50Hz. Continental two-pin plugs are in use.

Budget and money

Portugal has adopted the Euro (EUR, symbol: €) as its official currency. One Euro is divided into 100 cents, which is sometimes referred to as eurocents, especially when distinguishing them with the US cents.

Euro banknotes come in denominations of €5, €10, €20, €50, €100, €200, €500. The highest three denominations are rarely used in everyday transactions. All Euro banknotes have a common design for each denomination on both sides throughout the Eurozone.

The Euro coins are 1 cent, 2 cents, 5 cents, 10 cents, 20 cents, 50 cents, €1 and €2. Some countries in the Eurozone have law which requires cash

transactions to be rounded to the nearest 5 cents. All Euro coins have a common design on the denomination (value) side, while the opposite side may have a different image from one country to another. Although the image side may be different, all Euro coins remain legal tender throughout the Eurozone.

Telephone and jetlag

The dialling code for Portugal is +351

The time zone is GMT +1