Equus Journeys
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

+44 (0) 1905 388977 info@equus-journeys.com

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Classical Dressage in Portugal

PORTUGAL

The perfect **riding holiday** for the dressage lover or for those who wish to discover this magnificent art. Just outside Lisbon, stay at this **dressage centre** and have lessons on their highly schooled Lusitano horses from one of their experienced instructors.

Dressage stays	**8 days / 6 riding**	**From £1,239**	





ITINERARY

Highlights

- Classical dressage, Portuguese Equitation lessons in small groups of 2 or 3 riders (maximum 4 in a group)
- Choose to have one or two lessons each day (each lesson lasts between 50 and 60 minutes)
- Beautifully schooled Lusitano horses, some of whom are capable of high school movements
- Non riders are welcome
- Plan your week to allow time to visit some of the surrounding area such as local monasteries, Lisbon city or the Portugese School of Equestrian Art at Queluz.

Day 1 — 1 : HOME - LISBON - No lesson

Alcainca

Your flight to Lisbon can arrive at any time, although please note that there is no discount if your late arrival means that you miss dinner on the first night.

You will be met 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.

Day 2 — 2 : DRESSAGE - 1 or 2 lessons

Alcainca

You will have pre-booked either one or two lessons today.
Each lesson comprises 2 - 3 riders and lasts between 50-60 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 if 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 spend relaxing at the centre, by the pool or perhaps off-site visiting Lisbon, Mafra or Sintra.

Please note that over the duration of your stay, you migh take lessons with different instructors, depending on your riding abilities and language preferences.

Day 3 — 3 : 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 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 : 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 7 — 7 : 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 8 — 8 : LISBON - HOME - No lesson

After lunch, transfer to the airport so you can catch your flight home.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
15/11/2026	22/11/2026	£1,239	Open
22/11/2026	29/11/2026	£1,239	Open
29/11/2026	06/12/2026	£1,239	Open
06/12/2026	13/12/2026	£1,239	Open

13/12/2026	20/12/2026	£1,239	Open
03/01/2027	10/01/2027	£1,394	Guaranteed departure
10/01/2027	17/01/2027	£1,394	Guaranteed departure
17/01/2027	24/01/2027	£1,394	Guaranteed departure
24/01/2027	31/01/2027	£1,394	Guaranteed departure
31/01/2027	07/02/2027	£1,394	Guaranteed departure
07/02/2027	14/02/2027	£1,394	Guaranteed departure
14/02/2027	21/02/2027	£1,548	Guaranteed departure
21/02/2027	28/02/2027	£1,548	Guaranteed departure
28/02/2027	07/03/2027	£1,548	Guaranteed departure
07/03/2027	14/03/2027	£1,548	Guaranteed departure
14/03/2027	21/03/2027	£1,548	Guaranteed departure
21/03/2027	28/03/2027	£1,548	Guaranteed departure
28/03/2027	04/04/2027	£1,548	Guaranteed departure
04/04/2027	11/04/2027	£1,548	Guaranteed departure
11/04/2027	18/04/2027	£1,548	Guaranteed departure
18/04/2027	25/04/2027	£1,548	Guaranteed departure
25/04/2027	02/05/2027	£1,548	Guaranteed departure
02/05/2027	09/05/2027	£1,548	Guaranteed departure
09/05/2027	16/05/2027	£1,548	Guaranteed departure
16/05/2027	23/05/2027	£1,548	Guaranteed departure
23/05/2027	30/05/2027	£1,548	Guaranteed departure
30/05/2027	06/06/2027	£1,394	Guaranteed departure
06/06/2027	13/06/2027	£1,394	Guaranteed departure
13/06/2027	20/06/2027	£1,394	Guaranteed departure
20/06/2027	27/06/2027	£1,394	Guaranteed departure
27/06/2027	04/07/2027	£1,394	Guaranteed departure
04/07/2027	11/07/2027	£1,394	Guaranteed departure
11/07/2027	18/07/2027	£1,394	Guaranteed departure
18/07/2027	25/07/2027	£1,394	Guaranteed departure
25/07/2027	01/08/2027	£1,394	Guaranteed departure
01/08/2027	08/08/2027	£1,548	Guaranteed departure
08/08/2027	15/08/2027	£1,548	Guaranteed departure
15/08/2027	22/08/2027	£1,548	Guaranteed departure
22/08/2027	29/08/2027	£1,548	Guaranteed departure

29/08/2027	05/09/2027	£1,548	Guaranteed departure
05/09/2027	12/09/2027	£1,548	Guaranteed departure
12/09/2027	19/09/2027	£1,548	Guaranteed departure
19/09/2027	26/09/2027	£1,548	Guaranteed departure
26/09/2027	03/10/2027	£1,548	Guaranteed departure
03/10/2027	10/10/2027	£1,548	Guaranteed departure
10/10/2027	17/10/2027	£1,548	Guaranteed departure
17/10/2027	24/10/2027	£1,548	Guaranteed departure
24/10/2027	31/10/2027	£1,548	Guaranteed departure
31/10/2027	07/11/2027	£1,548	Guaranteed departure
07/11/2027	14/11/2027	£1,548	Guaranteed departure
14/11/2027	21/11/2027	£1,394	Guaranteed departure
21/11/2027	28/11/2027	£1,394	Guaranteed departure
28/11/2027	05/12/2027	£1,394	Guaranteed departure
05/12/2027	12/12/2027	£1,394	Guaranteed departure
12/12/2027	19/12/2027	£1,394	Guaranteed departure

Price details

IMPORTANT: THERE ARE NO LESSONS ON SUNDAYS

- 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 the ride, and on the "moderate programme"

- Dates are flexible and you can arrive/depart on any day and stay for as long as you like with discounts for longer stays. We recommend arriving on Sundays as there are no lessons on Sundays. Please contact us for a personalised quote.

- There are 2 set programmes available:
> Moderate (includes 5 group lessons + 1 private lesson) - listed price
> Intense (includes 10 group lessons + 2 private lessons) - Low season €1818/£1575/$2110; Rest of year €2020/£1750/$2345 (2026), or Low season €2075/£1775/$2395; Rest of year €2305/£1970/$2665 (2027)

- Solo riders will be given a single room free of charge.

- Transfers are not included but can be arranged (invoiced before departure):
From the airport to the dressage centre approx. €110/£95/$130 return in 2026, or €120/£105/$140 return in 2027 (1-3 passengers);
From the city centre to the dressage school costs approx. €130/£115/$155 return, or €150/£130/$175 return in 2027(1-3 passengers).
Alternatively you may prefer to hire a car and drive yourself - we can provide driving directions.

- Riders from 12 years are welcome if they have the required riding level and a good level of concentration, and if accompanied by their parents.

- A driver is available during your stay if you wish to take a local excursion, such as to the Portuguese School of Equestrian Art, Mafra or Lisbon - these excursions are at additional cost and payable locally.

- There is a discount available for accompanying non-riders (sharing the room). Please contact us for more details.
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 horse equipped with classical dressage/Portuguese saddle and bridle (the horse can change during the stay)

ACCOMMODATION

Double/Single room in Guesthouse (7 nights)
Moderate programme: 5 group lessons + 1 private lesson

MEALS

Full board from dinner on day 1 to lunch on day 8

Price doesn't include

MEALS

Beverage and personal extra

TRANSPORT

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

TRANSPORT

Airport transfers

EXTRAS

Intensive programme: 10 group lessons + 2 private lessons

EQUESTRIAN INFO

Horses

There are approximately 12 horses available for guests and they are all pure-bred or part-bred Lusitanos. 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.

Guide & local team

There are two 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.

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.

On some occasions, novice riders may be welcomed (special package), please enquire for further details.

Rider weight limit - 89 kgs / 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.

Riding 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 equestrian centre has four twin rooms and one double room , 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.

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.
For lunch you will have traditional Portuguese food.
Dinner is usually fish with salads and vegetables. The focus is on traditional Portugese cuisine and all is prepared locally by the chef.
Wine is included.

Vegetarians can be accommodated. Please let us know in advance.

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

Please pack carefully and sensibly: the following guide is here to give you an idea of what to bring. This list must be adapted depending on the season and individual needs.

Head
- Riding helmet

Upper Body
- Half or long-sleeved cotton shirts or T-shirt in a quick-drying material
- A light raincoat that you are comfortable in
- A lightweight fleece or jumper
- A swimsuit

Legs
- 2 pairs of jodhpurs or riding trousers
- 1-2 pairs of trousers

Hands and feet
- Short jodhpur boots and half chaps are the best option as they are much cooler and easier to transport, but if you are used to riding in your long boots and want to wear them this is fine.
- Lightweight shoes for the evenings
- Several pairs of socks
- Gloves

Other useful items
- Toiletries
- Small medical kit - antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..

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

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 .