



Equus Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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Sierra de Gredos Mountain trail

SPAIN

A **riding holiday** that will take you high into the Gredos Mountains on wonderful Spanish and Arabian horses. Combine days riding at high altitudes up in the mountains with riding in the lower alpine valleys - all above 1500m - with swimming in rivers and mountain gorges. Ride in style with mid-afternoon aperitifs and stay in accommodation of the utmost comfort.

Trail Riding	 8 days/ 5 days riding or 5 days / 3 days riding	 From £2,185		Open to non-riders
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ITINERARY

Highlights


- Particularly nice climate in the summer with average temperatures of 25 °c in Navarredonda Gredos (Riding at altitudes between 1000 and 1700m)
- Many opportunities to swim in natural pools in the river
- Excellent Spanish and Arab horses
- Ride through wild and untouched flowering valleys , mountains, forests and heathlands
- Visit the walled medieval town of Avila, recognised as a world heritage site
- Enjoy your last night at the luxurious Parador Avila, a real palace built in the 16th century in the heart of the historic old town
- Mainly centre based ride with two overnight trails to neighbouring villages, so you can unpack and relax.

Day 1 — 1: Home - Madrid- Navarredonda de Gredos

 Parador de Gredos

Fly to Madrid. You will be transferred from Madrid airport (Pick up at 15:00 from Terminal 4) to Parador of Gredos, a small village which is in the heart of Castile. From here you will have an amazing view of the Sierra de Gredos. This region is steeped in history, where the Moors and Christians fought and where Romans built roads. You will enjoy a welcome dinner and stay overnight at the Gredos National Parador, the former hunting lodge of Alfonso XIII, which offers panoramic views of the Sierra de Gredos.

Day 2 — 2: Pinewoods and Summer Pastures - 4 hours

 Parador de Gredos


Set off on horseback from Navarredonda, an easy first day ride today, while you get used to your horse. You will ride through pine forests, across open fields and follow paths, towards the mountains with great views of the Sierra de Gredos. A picnic lunch in the countryside, before an afternoon ride back to the stables.

Day 3 — 3: Navarredonda- Navalperal de Tormes - 4-5 hours

 Hôtel rural Cruz del Gallo


In the morning you will ride along the river to Hoyos del Espino, and then climb up to Hoyos del Collado. Ride along an ancient cattle path to Navacepeda de Tormes. You will then descend towards the Tormes river and the Barbellido Gorge. When you arrive at Pozo de las Paredes, it is ideal for a swim if you are brave enough. In the afternoon your ride will give you magnificent views of the village Navalperal de Tormes. Dinner and overnight will be at a country hotel in the village Cruz de Gallo.

Day 4 — 4: Navalperal de Tormes - Navarredonda de Gredos - 4 hours

 Hôtel rural La Dehesilla

From Navalperal you will continue to follow the cattle path to Navacepeda de Tormes following along the river banks. A picnic lunch will be at a fisherman's hut, in Hoyos del Collado. The afternoon ride is along the river and through the pine forests back to the stables in Navarredonda. Dinner and overnight will be at the boutique Hotel El Milano Real.

Day 5 — de Gredos - San Martin - 6 hours


 Hôtel rural La Dehesilla

In the morning climb to the heights of Cañada del Gallo, through open fields and dense broom areas, with great panoramic views of the Alberche river valley and the Sierra de Gredos. Aperitivo and picnic lunch in the open countryside. Descent back towards Hoyos del Espino and the stables in Navarredonda. Dinner

Day 6 — 6: Navarredonda de Gredos - Barbellido Mountain Gorge - 4 hours

Today you will ride towards the heights of the Sierra de Gredos with magnificent views and climb to the Covacha gorge and descend towards the gorge of Barbellido. The picnic lunch will be taken by the river, an excellent spot for those who wish to swim. In the afternoon you will climb to the heights of Siete Fuentes and descend through the pineforests of Hoyos del Espino. Overnight at Boutique Hotel Milano Real.

Day 7 — 7: Navarredonda - Ávila

 Parador de Avila

After breakfast transfer to the Parador in Ávila (1 hour drive). You will then spend the day sightseeing in Ávila, a historic fortified town from the 11th century and one of the UNESCO World Heritage Cities of Spain. Avila is a medieval town surrounded by walls constructed in the 11th and 12th centuries to protect the Spanish territories from the Moors. The walls are still complete. Avila is steeped in history and is known as the "City of Saints and Stones", the birthplace of St Theresa and the burial place of the Grand Inquisitor Torquemada. Lunch is to your own account today. Dinner and night at the luxurious National Parador of Ávila (or Palacio de los Velada 4* or Palacio de Valderrábanos 4*).

Day 8 — 8 Avila - Madrid- Home

After breakfast you will be transferred to Madrid airport in time for flights departing after 13:00.

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

- 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.

- Groups are composed of a minimum of 4 riders and a maximum of 10 international riders, plus guides. The ride can be guaranteed for 2-3 people with a small group supplement - £300/€350/\$385 per person.

- If you sign up to the ride as a solo rider, you will be charged a single room supplement of approx. £215/€250/\$275 if you end up in a single room - this is payable locally to your guide

- Transfers from Madrid are included at set times (extra costs for groups with less than 3 riders may apply).
> Pick up at 15:00, Terminal 4. Your flight should arrive sufficiently early for you to be at the meeting point on time.
> Drop off in Madrid for flights departing after 13:00.
If your flights do not match the requirements, you may be required to pay for a private transfer (taxi - approx. €160).

- If you sign up to the ride as a solo rider, you will be charged a single room supplement of approx. €200/£180/\$235 if you end up in a single room - this is payable locally to your guide

- Maximum rider weight : 90kg/198 lbs with equipment on.

- These rides are suitable for accompanying non-riders. Other activities such as cycling or walking can be organised for non-riders.

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 horse guides

LOGISTIC

1 horse equipped with saddle and bridle

1 vehicle and driver

Chairs and table for the picnic at lunchtime

INLAND TRANSPORTS

Airport transfers at set times (see dates and prices)

ACCOMMODATION

Double room in a Parador hotel standard 3/4* on day 1,2 and 7

Double room in rural hotel standard 2* for the rest of the trekking

MEALS

Full board from dinner on day 1 to breakfast on the final day except for lunch in Avila

Drinks, wines, apéritifs and tapas

Price doesn't include

MEALS

Personal extra

Lunch in Avila

TRANSPORT

International flights

EXTRA

Tips to the local team

EXTRAS

Small group supplement - see above for the details

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 (paid locally)

EQUESTRIAN INFO

Horses

A selection of 25 horses between 15hh - 16hh, Andalusians, Lusitanos , Hispano-Arab and Arabs are all used for trail rides , but are well schooled in basic classical dressage. They are fun to ride, with a lot of personality and are well loved and happy. All are ridden in english saddles with seat savers and saddle bags provided. Weight limit: 90kg / 198lbs (with riding boots on)

Guide & local team

Maria Elena is the owner and lead guide on certain dates. She is a qualified trail leader certified by the Spanish Riding Federation. After many years spent working for the Marketing department of an American corporation, she decided to change careers and to dedicate herself to her passion for travels and horses. She speaks fluent French and English. She has ridden in several countries herself, including Tunisia, Argentina, the USA, Australia and Botswana.

On other dates, the ride will be guided by Danish-born guide Selma, who loves the variety that working with horses brings and especially enjoys breaking in young horses and improving more established ones. She loves guiding and spend time getting to know the people who come and share this beautiful part of the world with her.

Minimum riding ability

MINIMUM RIDING ABILITY

These rides are suitable for competent riders who can control a horse outside at all paces and over varied terrain. You must be confident riding on trails.

Weight limit - 90 kgs (with your gear on).

PACE

There are plenty of opportunities to trot and canter, but the terrain in the heart of the mountains dictates when you will be able to pick up the pace.

TACKING ABILITY AND PARTICIPATION

You will tack and untack your horse and assist with feeding and watering if you would like.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

You will need to be reasonably fit as you will be required to lead your horse on some of the steep descents, and will need to be comfortable walking on rough ground.

EQUESTRIAN EQUIPMENT

English tack (high quality GP leather saddles)
Small saddlebags and seat savers are provided.

Helmets are mandatory. 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

Two nights are spent at the National Parador of Gredos, an ancient hunting lodge built by the king Alfonso 13th, the first Parador opened in Spain. Other nights will be in comfortable rural hotels with excellent cuisine. The last night in Avilais will be spent at the luxurious Parador of Avila, a 16th century Palace in the historical centre, backing onto the majestic city walls. Hotel rooms are twin bedded, but single rooms can be arranged at a supplement. Your luggage is transported from hotel to hotel by back up vehicle. Breakfast and dinner each day will be eaten at the hotels. Lunches are very rustic picnic style whilst out riding.

MEALS

A special attention is giving to the meals and quality of your food.
All picnics are taken at the table and dinners are taken at the hotel.
Drinks are included: white or red wine, sherry, beer and soft drinks.

CLIMATE

The summers in Madrid can get very hot and are usually very dry. During July and August, the hottest months, the daytime temperature will sometimes get above 35 °C. It is not uncommon to have temperatures above 40 °C.
The rainiest months are November and December.

TIPS

Tips are welcome and recommended - usually 10%, but you should tip what you feel comfortable with.

PACKING LIST

Head

- Riding helmets are mandatory and we recommend that you take your own to ensure a correct fit.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun and dust

Upper body

- Thermal long-sleeved tops are a lightweight way of providing extra warmth, particularly in spring/autumn
- Long sleeved shirts to provide protection from the sun
- T-shirts
- Lightweight fleece or jumper
- Warm polar fleece or equivalent
- 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
- Waterproof over trousers
- Casual clothes for the evenings (jeans or walking trousers)
- Thermal leggings

Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps or long boots.
- Lightweight shoes for the evenings
- Several pairs of socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

Nightwear

- Pyjamas etc

Other useful items

- Swimsuit - there are pools on some nights
- Small backpack for accessing items required during the day (carried by support crew)
- Camera and high capacity memory card. Spare battery
- Bumbag for carrying your camera and small items whilst riding
- Water bottle (2 litres or 2 x 1 litre)
- 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.
- Swiss army knife or equivalent

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

Our Recommendations

- Please don't take a hard sided suitcase. Your luggage should be soft sided with a capacity of 60-80 litres.
- 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 (passport, camera, sunscreen, lipbalm etc)
- 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!
- Any liquids in your hold luggage, such as shampoo, moisturiser, over 100ml should be decanted into small, clear, plastic ziplock bag. We recommend biodegradable washing products where possible.
- In your hand luggage take any valuables, such as your camera, ipod, ipad etc.
- 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](#) .