



## 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 upmost comfort.

<b>Trail Riding</b>	 <b>8 days/ 5 days riding or 5 days / 3 days riding</b>	 <b>From £1,830</b>	
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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, Gate 10 - Caprizio Restaurant) 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 Navaceda 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 Navaceda 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 de la Vega - 6 hours

 Hôtel rural La Dehesilla


In the morning you will climb to the top of Cañada del Horno, through open fields and heathland to get a splendid panoramic view of the Alberche valley. Lunch will be at a cafe in the village or a picnic near the river. In the afternoon you will have great views of the Sierra de Gredos as you descend towards Barajas de Gredos and the stables in Navarredonda. Dinner and overnight will be at Navarredonda de Gredos.

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

 Hôtel rural La Dehesilla

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 before arriving back at the stables in Navarredonda de Gredos. Dinner and overnight Navarredonda de Gredos.

## 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, dinner and overnight at the Parador of Avila.

## 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

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
10/04/2022	17/04/2022	£1,830		Open
01/05/2022	08/05/2022	£1,830		Open
29/05/2022	05/06/2022	£1,830		Open
12/06/2022	19/06/2022	£1,830		Open
03/07/2022	10/07/2022	£1,830		Full
10/07/2022	17/07/2022	£1,830		Guaranteed departure

17/07/2022	24/07/2022	£1,830	Open
31/07/2022	07/08/2022	£1,830	Open
07/08/2022	14/08/2022	£1,830	Open
11/09/2022	18/09/2022	£1,830	Open
09/10/2022	16/10/2022	£1,830	Open

## Price details

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### \*\* GREDOS ESCAPADE PROGRAMME \*\*

We can also organise a shorter programme of 5 days, 3 riding. This programme is perfect for riders, and especially families, looking for a short escape or wanting a first introduction to trail riding. Please ask us for a detailed itinerary.

- 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.
- 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

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### 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

### 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

Drinks, wines, apéritifs and tapas

## Price doesn't include

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### MEALS

Beverages and personal extra

## **TRANSPORT**

International flights

## **EXTRA**

Tips to the 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

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### **ACCOMMODATION**

Single room supplement to be paid locally

## EQUESTRIAN INFO

## Horses

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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)

## Minimum riding ability

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### **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**

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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**

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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**

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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.

## **GUIDE AND LOCAL TEAM**

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Maria Elena 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.

## **TIPS**

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

## **PACKING LIST**

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### 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 bumbag 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

## VISA & HEALTH

### Formalities

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British citizens: other nationalities, please contact us.

#### Visas

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

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 Spain 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 Spain or other Schengen countries before 1 January 2021 will not count towards the 90-day limit.

At border control for Spain, 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. This applies to the whole of Spain, including the Canary Islands and the Balearic Islands (Majorca, Menorca, Ibiza and Formentera).

#### 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/spain/entry-requirements>

### ADDRESSES OF CONSULATES

- Paris | Ambassade d'Espagne  
22, avenue Marceau  
75381 Paris Cédex 08  
Tél. : 01.44.43.18.00  
Fax :  
emb.paris@maec.es
- Ambassade de France en Espagne  
Calle Salustiano Olozaga 9  
28001 Madrid  
Tél. : +34 91 423 89 00

Fax :  
presse.madrid-amba@diplomatie.gouv.fr

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## 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 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 no vaccinations legally required to travel to Spain.

The health system in Spain is good. It's not exceptional, but certainly not bad. People who work in Spain are insured through a social security plan, which covers most of their needs. The only thing that is not included are dental treatments. There is also the possibility for a private insurance.

Pharmacies can be found in every town, and in bigger cities almost every street has one. Even at night it should not take you a long time to find a pharmacy that is open. Remember that more drugs are prescribed in Spain than any other country.

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## 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.

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## Voltage

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

## Budget and money

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

Euro banknotes come in denominations of €5, €10, €20, €50, €100, €200 and €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 laws which require 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

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The international access code for Spain is +34. The emergency number for police, ambulance and the fire brigade is 112.

Time zone GMT +1