



Classical Dressage in Tuscany

ITALY

A **riding holiday in Tuscany** ideal for those wishing to refine their dressage skills in the care of warm and **highly-qualified riding instructors**, with over 25 years of experience. Il Paretaio is situated in a peaceful, picturesque valley in Tuscany's heart; based at this 17th century farmhouse, you will follow the traditional principles of **classical riding** practised by riders competing in modern dressage. Choose from programmes to suit a wide range skill levels and which include rides across the beautiful Italian countryside, through sun-soaked olive groves and vineyards.

Dressage stays	8 days / 6 days riding	From £1,100		Family holidays from 14 y.o	Open to non-riders
-----------------------	-------------------------------	--------------------	--	--------------------------------	--------------------



Lessons follow the principles of classical dressage



Dressage lesson with owner and teacher Giovanni



Dressage vacation in Italy

ITINERARY

Highlights

- Lessons with groups of 2-3 riders maximum
- Authentic Italian cuisine in a very charming farmhouse in the heart of beautiful Tuscany with an outdoor swimming pool
- Benefit from highly-qualified instructors at an equestrian centre established over twenty five years ago
- Explore typical Tuscan landscape, rolling hills covered with cypress trees, vineyards and olive groves
- Discover the historic towns and nearby villages - Florence, Siena, San Gimignano, etc.
- Perfect also for the non-riders in your life!
- Other itineraries are available for less experienced riders
- New in 2020! Pietro de Marchi, son of the owners, is back from the UK where he pursued a competitive career eventing. He now teaches jumping lessons, available from 2020 onwards.

Day 1 — 1: UK - FLORENCE- BARBERINO

Agriturismo Il Paretaio

On your arrival in Florence, you will travel to the region of Barberino Val d'Elsa. To reach Barberino Val d'Elsa, you can either hire a car or request a private transfer (30-45 minute drive).

You will have the chance to meet the team and your hosts at a welcome reception at the Il Paretaio equestrian centre and guest house at 7 pm.

Day 2 — 2: BARBERINO

Agriturismo Il Paretaio

The training methods used at Il Paretaio are based on loosening your horse up and encouraging supple movements in order to achieve elasticity and lightness when using aids. They follow the traditional principles of classical riding that are also practised by riders competing in modern dressage. Throughout your lessons, they will teach you to feel physically and emotionally connected to your horse.

During your stay, you will have the choice between two training programmes:

PROGRAMME B: Classical dressage and rides out for experienced riders, with 7 dressage lessons and 2 half day rides.

PROGRAMME D: Intensive training for experienced riders, with 9 dressage lessons and one half day ride or 10 lessons.

Each dressage lesson consists of a maximum of 3 riders per instructor. Lessons in the morning are usually 50 minutes and those in the afternoon 40 minutes. In the summer - from June to September included, as it can be very hot, the length of the morning lessons will be shortened to 40 minutes

During your lesson, you will address exercises such as the shoulder-in, lateral movements, leg yield, counter canter and flying changes... The sessions will show you the importance of rhythm, pulse and how to appropriately employ aids.

Lunch is not included but can be had at the farmhouse if you wish; on the menu you will find a variety of delicious traditional Tuscan pasta dishes and salads. After a busy day, you will be able to relax around the communal dining table and enjoy a hearty Italian dinner with Chianti wine. This is the time to share your experiences from the day!

In your leisure time, you can visit Florence and Siena, or the village of San Gimignano which are all easily accessible. There are buses that run from Barberino Val d'Elsa - although the journey by bus is a little longer than that by car, it does allow you to avoid traffic jams and parking problems.

Day 3 — 3: BARBERINO

 Agriturismo Il Paretaio

Choice of Programme B or D

Day 4 — 4: BARBERINO

 Agriturismo Il Paretaio

Choice of Programme B or D

Day 5 — 5: BARBERINO

 Agriturismo Il Paretaio

Choice of Programme B or D

Day 6 — 6: BARBERINO

 Agriturismo Il Paretaio

Choice of Programme B or D

Day 7 — 7: BARBERINO

 Agriturismo Il Paretaio

Choice of Programme B or D

Day 8 — 8: BARBERINO - FLORENCE - LONDON

After breakfast, you will head to the airport in Florence to catch your return flight to the UK.

If you wish to extend your holiday, Florence and Siena are very close by and are waiting to be explored! Both cities are easily accessible by bus, contact us for more details.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
07/08/2021	14/08/2021	£1,260		Guaranteed departure
14/08/2021	21/08/2021	£1,260		Guaranteed departure
21/08/2021	28/08/2021	£1,260		Guaranteed departure
28/08/2021	04/09/2021	£1,260		Guaranteed departure
04/09/2021	11/09/2021	£1,260		Guaranteed departure
11/09/2021	18/09/2021	£1,260		Guaranteed departure
18/09/2021	25/09/2021	£1,260		Guaranteed departure
25/09/2021	02/10/2021	£1,260		Guaranteed departure
02/10/2021	09/10/2021	£1,260		Guaranteed departure
09/10/2021	16/10/2021	£1,260		Guaranteed departure
16/10/2021	23/10/2021	£1,260		Guaranteed departure
23/10/2021	30/10/2021	£1,260		Guaranteed departure
30/10/2021	06/11/2021	£1,100		Guaranteed departure
06/11/2021	13/11/2021	£1,100		Guaranteed departure
25/12/2021	01/01/2022	£1,260		Guaranteed departure
01/01/2022	08/01/2022	£1,260		Guaranteed departure

Price details

- Flights are not included.

- The above rates are per person sharing a double room, half-board basis (or b&b in the low season) and are based on programme B. Different itineraries are possible - please enquire for prices:

SEASONS 2021

- High season: 3/04/2021 to 17/04/2021; 22/05/2021 to 30/10/2021; 25/12/2021 to 07/01/2022

- Season: 17/04/2021 to 22/05/2021

- Low season: 13/03/2021 to 04/04/2021; 30/10/2021 to 14/11/2021

PROGRAMME B : Classical dressage and trail riding for experienced riders

7 nights half-board/ 6 days on horseback

includes 7 dressage lessons + 2 half day trail rides

2021:

Low season: €1230/£1070

Season: €1325/£1165

High season: €1415/£1245

PROGRAMME D: Intensive dressage training for experienced riders

7 nights half-board/ 6 days on horseback

9 dressage lessons + 1 half day trail ride or 10 dressage lessons

2021

Low season: €1250/£1100

Season: €1355/£1195

High season: €1425/£1255

- Lessons are held with a maximum of 3 riders. Lessons in the morning are usually 50 minutes and those in the afternoon 40 minutes. In the summer - from June to September included, as it can be very hot, the length of the morning lessons will be shortened to 40 minutes

- Non-riders are welcome and will receive a discount - please ask for prices

- Please note that there is a small tourism tax payable locally: €4 (£3).

- An additional charge of approx. £30 (€35) is required for the trip over New Year cover cost of the New Year's Eve meal

- If you have signed up for this trip on your own, a single room charge of approx. £170 (€196) will be added to your invoice.

- If you wish to reserve the panoramic 'Tower Room', there will be an additional cost of approx. £110 (€130) / per week

- RETURN TRANSFERS ARE TO BE PAID LOCALLY, BUT NEED TO BE ARRANGED IN ADVANCE (prices in £ are approximate and may change depending on the euro):

Florence Airport - Equestrian Centre return : £150 (€170) per car (1 - 3 people)

Florence Train Station - Equestrian Centre return : £135 (€150) per car (1 - 3 people)

Pisa Airport - Equestrian Centre return : £255 (€290) per car (1 - 3 people)

IMPORTANT :

- Beginners, as well as children under the age of 14 years, will only be able to join the trail rides after having their riding level evaluated during a lesson and verified by one of the centre's instructors.

- For riders over 85kg, please contact us before booking to ensure there will be a suitable mount available to you during your stay

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

1 instructor for 1 to 2 riders

LOGISTICS

Several horses equipped with the classical dressage equipment

ACCOMMODATION

Double or family room in a guest house

MEALS

Half-board from dinner on day 1 to breakfast on the final day

Price doesn't include

MEALS

Beverages and personal extras

Lunches (had and paid for locally)

TRANSPORT

International flights

EXTRAS

Tourism tax payable locally (see dates and prices)

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

TRANSPORT

Transfer from Florence Airport/Train Station to the Riding Center, outward and return, per car and to be paid locally

EQUESTRIAN INFO

Horses

Over 30 well-trained horses (Lusitanos, Anglo-arabs, Barb Arabs, English Thoroughbred, Dutch and Italian sport horses) which are assigned according to the skill level and wishes of the riders.

IMPORTANT: riders over 85 kg should contact us to ensure that suitable horses are available.

Minimum riding ability

MINIMUM RIDING ABILITY

For this particular itinerary you should be an intermediate to experienced level rider and have established the basics of flatwork in order to best benefit from the dressage lessons. You also need to have experience of riding in open country.

This is ideal for outdoors riders who would like to gain more academic experience.

Please note that riders over 85 kgs should get in touch with us.

PACE

Ideal for riders who are eager to improve their dressage skills or competent riders with knowledge of basic flatwork who are looking to start dressage. You will work from the ground as well as on horseback to get the most from your lessons.

TACKING ABILITY AND PARTICIPATION

The horses are brought to you groomed, tacked up and warmed up so you can start work as soon as your lesson begins. You can, if you wish, go down to the stables to help prepare your own horse.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

No particular requirements as there are programmes to suit all abilities.

EQUESTRIAN EQUIPMENT

Dressage saddles.

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.

Please bring your own spurs.

TRAVEL INFO

COMFORT

The farmhouse consists of 8 double or family rooms with private bathrooms and 2 private family apartments.

It has original terracotta flooring, wooden beams, stone walls and traditional arched ceilings. There is a swimming pool that offers wonderful views of the Tuscan hills. Free wifi is available.

Tuscany is famous for its excellent cuisine and dinners are served with a good Chianti wine. The food is traditional Tuscan, created using fresh local

ingredients and with the farmhouse's home-produced extra virgin olive oil. All guests eat together around one big dining table.

MEALS

Half-board accommodation (breakfast and big, hearty dinners)

Lunch will either be had at the guest house or you will be free to make your own plans. You are able to eat at the guest house and pay locally for meals not included in the trip's price, or if you have hired a car you can explore what's on offer in the surrounding villages and towns.

CLIMATE

Tuscany has a Mediterranean climate with hot summers, cold winters and a rainy season from the start of autumn to the beginning of winter. The months that are the most humid are October and December - often seeing heavy rain that can last for several days.

However, autumn and in spring, it is still likely that it will be hot during the day, with a lot of sunny days. July and August are the hottest and driest months.

GUIDE AND LOCAL TEAM

Your instructors, Giovanni and Cristina De Marchi, started their careers training at a prestigious school in Portugal under the tutelage of Pedro de Almeida and Maître Louis Valenca - who themselves were trained by the great Nuno Oliveira. They work to adapt their lessons to the needs of their riders, whether accomplished or beginner, so that each student ends their course feeling more confident and at ease in the saddle. In their teaching method, passion rhymes with pleasure!

Giovanni and Cristina were recently joined by their son, Pietro de Marchi. Pietro is a BHS accredited professional coach and rider in dressage, showjumping and eventing. Pietro teaches internationally and has been training in the UK for the last four years specializing in training young horses to event and has reported very good successes. He participated at Burghley and has qualified a young horse for Badminton. During his equestrian career, he has had the opportunity to train with many international riders, among which one of them has been with the Dressage master and four times Olympian and European medalist, Richard Davison.

TIPS

Tippling is not obligatory; however one can be made to the local team at your discretion.

PACKING LIST

Head

- A riding helmet is mandatory. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunhat: cap for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding

Upper Body

- Short or long-sleeved cotton shirts (to provide protection from the sun) or T-shirt in a quick-drying material
- Lightweight fleece or jumper
- Warm polar fleece or equivalent (plus a spare in case one gets wet)
- Warm Goretex-style jacket (water-proof and breathable)

Legs

- 2 pairs of jodhpurs or long leather trousers
- 1 change of trousers (riding trousers or jeans)
- A swim suit for the pool
- Cotton or synthetic underwear (non-irritant)

Hands and feet

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

Other useful items

- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- Water bottle (1.5 litres or 2 equivalent)
- Toiletries
- Ear plugs (may be useful if sharing)

- Camera and high capacity memory card. Spare battery

Medical kit

- Sunscreen and lip balm - should be high factor
- Insect repellent
- Any medication you regularly take
- Vitamin C tablets
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Painkillers
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

In your hold luggage

- Any liquids, such as shampoo, moisturiser, deodorant over 100ml and all bottles can be decanted into small, clear, plastic ziplock bags. We recommend biodegradable washing products where possible.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.
- Travelling in your riding boots and carrying your hat and some riding clothes is highly recommended - then if your luggage goes astray you are still able to ride!

VISA & HEALTH

Formalities

British citizens: other nationalities, please contact us.

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

Passport validity: Your passport should be valid for the proposed duration of your stay; you don't need any additional period of validity on your passport beyond this.

Visas: If you hold a British Citizen passport, you don't need a visa to enter Italy

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

At border control 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 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/italy>

ADDRESSES OF CONSULATES

- Ambassade à l'étranger :
Piazza Farnese 67
00186 Rome
Tél. : +39 06 686 013 02
Fax : +39 06 686 015 66
- Ambassade en France
51 rue de Varenne
75007 Paris
Tél. : 01 49 54 03 00
Fax : 01 49 54 04 10
ambasciata.parigi@esteri.it
- Ambassade d'Italie
ChancellerieElfenstrasse 14
3006 Berne
Tél. : 031/350 07 77
Fax : 031/350 07 11
ambasciata.berna@esteri.it
- Ambassade d'Italie
Rue de Livourne 38
1000 Bruxelles
Tél. : 0032/2/543.15.53
Fax : 0032/2/537.57.56
passaporti.bruxelles@esteri.it
itvisti.bruxelles@esteri.it

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.

Visit your health professional at least 4 to 6 weeks before your trip to check whether you need any vaccinations or other preventive measures.

Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK.

For up to date information please visit: <https://www.gov.uk/foreign-travel-advice/italy>

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

The standard voltage is 230 V and the standard frequency is 50 Hz. UK citizens will require an adapter.

Budget and money

The main currency is the euro. You will find ATM ("Bancomat") in every city, town and most villages. Both credit and debit cards are used.

Telephone and jetlag

Phone code: +39