



Aquitaine - Périgord to the Atlantic

BORDEAUX - THE ATLANTIC COAST

This **athletic trek on horseback between Périgord and the Atlantic Coast** will take you through lush forgotten valleys, the great forest in Landes and immense beaches perfect for **stretches of long gallops**. Two **long days spent in the saddle** covering up to 60 km will allow you to really explore this beautiful region of **south west France**. Explore fortified towns, magnificent chateaus and in the evening, relax around the pool and enjoy traditional gastronomic French cuisine.

Endurance	8 days/ 6 days riding -	From £0		Family holidays from 12 y.o	Open to non-riders
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Ride alongside the Atlantic on beautiful beaches



Enjoy incredible ocean canters!



Riding holiday in France with Equus Journey

ITINERARY

Highlights

- Experience 2 days of endurance riding - with up to 7 hours in the saddle and covering 40-45 kilometers.
- Ride through stunning coastal countryside and discover the beautiful region of Périgord
- Revel in a fast-paced ride across the region's soft ground
- Ride well-schooled, sure-footed and forward-going horses in an environment that they're well suited to

Day 1 — 1 : BORDEAUX - BONAGUIL

You will be met in Bordeaux by a member of the French team. Your transfer will leave from either Bordeaux airport or train station at 14:00, so it is imperative that you arrive before 13:00.

You will be driven to Bonaguil (approx 2h 30mins) and your holiday cottage, Hameau du Peyrié, where you will stay for the next 4 nights. You will spend your first evening settling into your room, relaxing around the pool and having your first taste of the local cuisine at a local restaurant for dinner. Please note that dinner is not included and payable locally.

Day 2 — 2 : BONAGUIL - 5 - 6 hours riding

After breakfast, you will meet your guide and your horse. You will then head off for the beginning of your trek along the banks of the river Lot, getting acquainted with your horse. This morning ride is a rather active one, taking you to the Castle of Sauveterre where you will stop for a picnic lunch. Enjoy trots and canters on the way to the village of Cabanac and the famous vineyard of Cahors. After a short ride you will take a break at the Domaine de Cause where a wine-tasting session has been organised for you.

In the afternoon you will ride back towards Bonaguil and its fortified château that has been restored and maintained to a perfect condition and has been

declared a National building. Dinner with the guests and overnight at Hameau du Peyrie

Day 3 — 3 : BONAGUIL - 4 hours riding

A gentler day's riding in order to conserve the horses' energy for the long trek tomorrow, but it doesn't mean a slow ride! You will load the horses in the trailer and drive to the beautiful medieval village of St Cirq la Popie. In the morning there is time for you to take a stroll and visit this lovely quaint town. After lunch, you prepare the horses for another trail ride. The ground is excellent for long canters and it is a great opportunity to condition riders and horses to tomorrow's endurance ride. In the late afternoon, visit the village before returning to Bonaguil and the cottage for the night.

Day 4 — 4 : ALDUDES - BANCA - 7 hours riding (45km)

After an early start, you will ride out on your first long-distance trek of your trip. The horses' long, easy strides will lead you to the fortified town and magnificent château ruins at St Front-sur-Lémance. You will then continue through the open pastures and woodlands to Lacapelle Biron where you will stop for lunch and visit the château at Biron. In the afternoon, you will ride on past St Avit, Gavaudun château and then through the chestnut forests of Cuzorn which offer fantastic views across Lot Valley.

In the evening, you will return to Bonaguil, your holiday cottage and have another delicious French dinner.

Day 5 — 5 : BONAGUIL - MIMIZAN - 2 hours riding

 Gite Marina

After the early start of the day before, today you will have a leisurely breakfast before you pack up your luggage for the second step of your ride. You are transferred to Sauternes (2hrs drive). After lunch, you will then take an afternoon ride out through famous vineyards; Chateau Ychem, Chateau Trillon, Chateau Giraud. Visit of Chateau Filhot and wine-tasting session.

After another transfer to Mimizan, you will have your evening meal at a local restaurant and spend the night in your host's gite.

Day 6 — 6 : MIMIZAN - 6 hours riding (40km)

 Gite Marina

The day's ride will be your second long-distance trek of your trip - 6 hours. Depending on the tides, you will head out to ride along the beach or along the sandy ground in the Forest of Landes. In the open spaces of the wide Atlantic beaches, you will be free to gallop and explore the truly beautiful landscapes in the fresh coastal air. You will return to Mimizan at the end of the day's ride. You will enjoy your final dinner out in Mimizan before spending the night at your gite.

Day 7 — 7 : MIMIZAN - 4 hours riding

 Gite Marina

After yesterday's trek, you will spend the morning riding to the calm and picturesque Aureilhan Lake where you will stop for lunch. In the afternoon, you will return to Mimizan where for the rest of the evening you can relax and explore the town.

Day 8 — 8 : MIMIZAN - BORDEAUX

After breakfast, saying goodbye to the horses and your guide, there will be the option for you to be transferred via shuttle to Bordeaux. The shuttles' departure will depend on the earliest flight time in your group.

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 to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.

- Prices are per person, but based on a combination of double bedrooms, double twins, and possibly a shared bedroom for 3-5 beds. If you are travelling with a riding partner, we can guarantee a double or twin bedroom and no dormitory accommodation with a supplement of €70/£60 per person.

- If you want to guarantee a single room, the single supplement is €210/£190. This will not be invoiced if you are willing to share.
- Groups are made up of a maximum of 4 - 9 international riders plus guides
- Please note: the ride will also confirm for 3 riders on payment of a supplement of c. €200/£175 per person. Once the group has reached 4 people, we will remove this supplement from your invoice and refund you if you have already paid it.
- Transfers from Bordeaux are not included and are €90/£80 return, payable locally.
- If you decide that you wish to leave Mimizan on Saturday evening instead of Sunday morning, you will be reimbursed for the evening's meal (up to £11) but you will not be reimbursed for the night at the hotel

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 English speaking horse guide

LOGISTICS

1 horse equipped with saddle and bridle per rider

1 support vehicle and driver

ACCOMMODATION

3 nights in a 2* hotel - prices based on 2 people sharing

4 nights in a charming holiday cottage - prices based on 2 people sharing

MEALS

Full board from breakfast on day 2 to breakfast on the final day (day 8). Dinner in the restaurant on day 1 is not included. A quarter bottle of wine, soft drinks or coffee is provided at each meal

Price doesn't include

MEALS

Dinner on day 1 at the restaurant is not included in the price

TRANSPORT

Transfer to/from Bordeaux airport to Mimizan £35 (€45), each way and per person, to be paid locally. After 9pm, the price for transfers doubles

Transfer to/from Morcenx to Mimizan £24 (€30), each way and per person, to be paid locally. After 9pm, the price for transfers doubles

International flights that we can book for you upon request

EXTRAS

Tips to the local team

INSURANCE

Cancellation and travel insurance are not included. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked in case of cancellation.

Optional

EXTRAS

Extend your trip by staying an extra night

Horses

The herd is made up of 35 horses the majority of which are Anglo-Arabs or reformed race horses. A large number of them come from the same family line. The horses are used to living outdoors and riding out for many weeks at a time throughout the year. They are forward going, sure footed and well balanced.

There is a maximum rider weight of 95kg/ 14st 13lbs/ 209 lbs

Minimum riding ability

MINIMUM RIDING ABILITY

For this ride, you need to have mastered the 3 paces outdoors and be physically fit in order to endure the fast-paced rhythm of the ride and the daily 5 to 6 hours in the saddle, as well as the long raid days (60 km - 7 hours). You must be an independent rider, able to control your horse and keep your distance.

There is a maximum rider weight of 95kg/ 14st 13lbs/ 209 lbs

PACE

This is a fast paced ride, with plenty of occasions for the rising trot and galloping in a forward seat, this ride should be considered as approaching that of a long-distance trek.

This is not a nose to tail type of trail. Riders will be asked to trot and canter individually or in small groups, in the forests and on the beach. Some group gallops on the beach are of course on the menu!

TACKING ABILITY AND PARTICIPATION

Everyone is responsible for their own horse, grooming, tacking up and untacking. Plus feeding and watering. Guides will be on hand to offer assistance.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

You need to be in good physical condition to participate in this ride as there will be some long days in the saddle (up to 7 hours).

Previous experience of trekking over several days is obligatory.

It is recommended that for riders who are not riding regularly to get back in the saddle and get riding fit before the trip.

Helmets are MANDATORY.

EQUESTRIAN EQUIPMENT

English saddles will be provided.

Saddle bags are also provided.

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

During the trek, you will spend 3 nights at Hameau du Peyrie, a charming manor house with private pool.

For your remaining 3 nights, you will stay in a charming guesthouse owned by your guide with access to a swimming pool. These nights are not necessarily in double bedrooms but can be in dormitory rooms: please check the "dates and prices" section.

Single rooms are available with the payment of a single room supplementary charge.

MEALS

During your ride, the meals have been well-chosen to allow you to discover the local gastronomic traditions of the region.

Your lunch will be transported in the support vehicle. Dinners are organised by the guest house.

On the first Sunday evening, dinner will be taken at a local restaurant at the foot of the Castle and the cost of this is not included so you can choose from their menu.

Drinks: at restaurants, 2 glasses of wine. For all picnic meals and meals cooked by your guides, wine and soft drinks as well as tea and coffee are provided.

Special diets can be accommodated with advance notice.

CLIMATE

The climate in this region of France is oceanic with mild winters and hot summers. Rainfall in Mimizan can be significant, even in the driest months. Throughout the year the average temperature in Mimizan is around 13.2 °C.

GUIDE AND LOCAL TEAM

Your ride will be led by an English speaking guide with a minimum BPJEPS qualification in Equestrian Tourism. They know the region like the back of their hand and they get great pleasure out of helping you to explore the area with them.

TIPS

In France it is customary to tip - usually this is by rounding up the price when you are satisfied with the service in a restaurant. You may wish to leave a tip with the guide who can split it amongst all members of the team.

PACKING LIST

Head

- A riding helmet is compulsory and we recommend that you take your own to ensure a correct fit. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- 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, wind or rain
- Warm hat for cold evenings/days

Upper body

- Thermals in case of cold weather
- Long sleeved shirts provide protection from the sun or extra warmth
- Down jacket or gilet for cold evenings
- T-shirts
- Swimsuit - for swimming/bathing in rivers
- Lightweight fleece or jumper
- Warm polar fleece or equivalent (plus a spare in case one gets wet)
- Waterproof jacket - rain can be difficult to predict and it's better to be prepared. In the mountains the weather can change quickly

Legs

- 2 pairs of 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 trousers for cold days or for sleeping in
- A swimming costume may be useful for impromptu dips in the lake and washing in the river
- Non-irritant cotton or synthetic underwear

Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps. We don't recommend taking your favourite long leather boots in case they get damaged
- Lightweight shoes or trainers for the evenings
- Sandals/flipflops
- Several pairs of warm socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

Nightwear

- Pyjamas or tracksuits for sleeping in

Other useful items

- Water bottle (1.5 litres or 2 equivalent)

- Headtorch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Protein or cereal bars for the longer stretches of riding
- Toilet paper and a lighter to burn it after use
- Swiss army knife or equivalent (in checking-in luggage!!)
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery
- A pair of binoculars

Equipment provided

- First aid kit

Personal medical kit

Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit

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

Our Recommendations

- 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 (camera, sunscreen, lip balm etc)
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- Any liquids in your carry on, such as shampoo, moisturiser, deodorant over 100 ml 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

UK citizens - other nationalities please contact us:

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.

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

Visas

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

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

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

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.

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.