

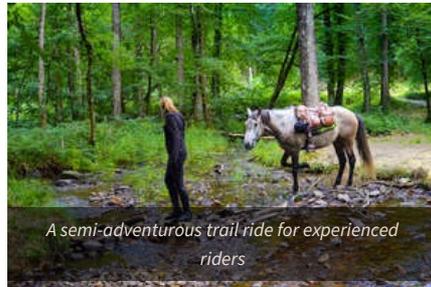


Brittany - Ride the Arrée Mountains

BRITTANY

On horseback in the Highlands of Brittany, explore the peaks of the Arrée Mountains. From the dense and mysterious Huelgoat forest to the Noce de Pierres, **ride trails through Brittany**; along the Rivière d'Argent up to the Finistère summits in the heart of a rocky rugged countryside with seemingly infinite moorland. Throughout this **challenging Breton horse riding holiday**, you will experience a dramatic change in scenery and pace as you delve into this region steeped in ancient, yet surviving, mythology.

Trail Riding	6 days / 5 days riding	From £850	
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ITINERARY

Highlights

- Ride up and along the most spectacular peaks in the Arrée Mountains, the true highlands of Brittany such as Roc't Trévezel, Tuchenn Kador, and Mont Saint Michel de Brasparts
- Guide your horse through beautiful moorlands and Breton countryside and over natural obstacles - embankments, rocky peaks and streams
- Ride through the legendary and dense Huelgoat and Cranou forests, with their mix of oak and beech trees
- Enjoy an athletic ride with the opportunity for long canters and gallops

Day 1 — 1 : BREST - SAINT HERNIN

You can request a transfer from Brest airport (approx. 1hr 10mins, pick up at 18:00) or from Carhaix train station (pick up 18h30). See dates and prices for more info.

You can also make your own way to the farm by car, aim to arrive from 18:00 onwards.

You will be welcomed with an aperitif on the farm's esplanade facing the impressive Montagnes Noires. Whilst enjoying your first local Breton dinner, you will receive more information about your ride.

Day 2 — 2 : SAINT HERNIN - SCRIGNAC - 6 hours riding (approx. 42km)

After a hearty breakfast, you will be introduced to the horses and get into the saddle. Setting out on horseback, you will ride through Kreiz Breizh, along the canal towpaths that join Nantes and Brest. Once out of Carhaix, you will head up an ancient Roman path towards the commune of Huelgoat.

You will spend the afternoon riding along the Rivière d'Argent, the reason why this beautiful area is so verdant and full of life. Occasions for some long gallops. You will then head into the dense Huelgoat forest before stopping for dinner. You will spend the night in a comfortable gîte with dormitory-style

rooms.

Day 3 — 3 : SCRIGNAC - BOTMEUR - 6 hours riding (approx. 33km)

Ride off the beaten track as you enter the realm of the creatures known, in Breton folklore, as Poulpiquets or Korrigans that, according to legend, roam the wilds of Finistere. After riding along the paths between the oak and beech trees of the enchanting Huelgoat forest, you will reach La Feuillée; the highest village in Breton. In the afternoon, you will ride towards the mountain slopes of Roc'h Trevezel, one of the main peaks in the Arrée Mountains. Due to the rocky and steep nature of the terrain, you may have to lead your horse on foot at some point.

After a long day in the saddle, you will take a well deserved break and relax in a charming Breton inn where you will enjoy authentic Breton cuisine in a bright and convivial atmosphere.

Day 4 — 4 : BOTMEUR - SAINT RIVOAL - 5 hours riding (approx. 28km)

In the morning, you will ride out into the Breton Highlands. You will follow winding paths up to the summits of the Arée Mountains' peaks. You will discover Roc'h Trévél, Tuchenn Kador, and Menez Mikel, 'The Mont Saint-Michel for true Bretons'. The evening's ride will allow you to explore the stunning Saint Rivoal Valley and Maison Cornec, an ecomuseum dedicated to local conservation and supporting the region's rural culture. You will spend the night in a gite.

Day 5 — 5 : SAINT RIVOAL - SCRIGNAC - 7 hrs riding (approx. 40km)

The day's ride will be athletic and fast-paced. Leaving the Saint Rivoal Valley behind you, you will reach Saint Michel reservoir by riding through the Noce de Pierres, in Breton 'Eured Ven'; this arrangement of around 77 standing stones are found at the foot of Menez Michael. You will then take the GR 380 trail which offers a spectacular sweeping view across the vast arid stretches of the Yeun Elez moorland.

In the afternoon, you will ride to Tredudon Le Moine along paths that are perfectly suited to long gallops. You will be able to revel in the calm of the Breton countryside before, after a final gallop, stopping for the night at the gite with double bedrooms.

Day 6 — 6 : SCRIGNAC - SAINT HERNIN - 6 hours riding (approx. 42km)

Your final day will be spent riding at a fast pace along the green path of Morlaix Concarneau; riding between the forests and water ways of this varied landscape, you will arrive back on the farm at around 18:00.

After saying your goodbyes to the team and to the horses, depending on your method of transportation, you will be driven to the airport or station, or you will head out in your car. Dinner on your final day is not included.

If you wish, there is the option to stay an additional night in a B&B at an additional cost, payable locally.

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 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 riders sharing a room. Single rooms are not often possible on this ride, if you would like a single room please contact us so we can check what is possible.

- Groups are composed of a minimum of 2 riders and a maximum of 9 international riders, plus guides.

- Children from the age of 11 are welcome on this ride as long as they are accompanied by a parent and meet the riding level requirements for the trip.

- Return transfers are payable locally:

From Brest airport - transfers cost £35 (€40) per car/ each way

From Carhaix train station: £9 (€10) per car/ each way

- There is a possibility to stay an extra night at the end of your stay for an extra cost (€50, payable locally)

- There is a maximum rider weight of 85 kg / 188 lbs / 13.3 st

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 horse riding guide and tour leader

LOGISTICS

1 horse equipped with saddle and bridle per rider

1 support vehicle to transport the baggage

ACCOMMODATION

Throughout the ride, you will be staying in gites, hotels or on a horse farm. For 2 nights, you will be camping. As well as your sleeping bag, we recommend bringing a sleeping-bag liner for additional comfort and warmth

MEALS

Full board from dinner on day 1 to lunch on the final day (day 6)

Price doesn't include

MEALS

Beverages and personal extras

TRANSPORT

International flights

Return transfers from/ to the TGV train station or the airport

EXTRAS

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

ACCOMMODATION

An additional night either before or after your ride

EQUESTRIAN INFO

Horses

Ride Arab Trotters, Appaloosas, American Quarter horses, Pure-blood Arabs or Lusitanos.

There is a maximum rider weight of 85kg/ 13st 4lbs/ 187 lbs. If you weigh more than this and wish to ride, please contact us to arrange a suitable mount.

Minimum riding ability

MINIMUM RIDING ABILITY

For this ride, you need to have mastered all 3 paces (walking, rising trot and cantering in a forward seat) across uneven terrain. This is an athletic ride so you must be riding fit.

There is a maximum rider weight of 85 kg / 188 lbs / 13.3 st. If you weigh more than this and wish to ride, please contact us to see if we can find a suitable mount.

PACE

The base pace of the ride is a walking pace interspersed with trots and canters. This region's terrain is well suited to long canters. For some sections of the ride you will need to dismount and lead your horse across embankments and fords, streams and rivers.

TACKING ABILITY AND PARTICIPATION

You will be responsible for grooming, tacking and un-tacking your horse throughout the ride as well as feeding and watering them in the morning and evening. You will also need to check out and signal any possible injuries or problems with your horse to your guide during the ride.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

This ride is best suited for experienced riders who ride regularly. You must be in good physical condition and be able to ride over several days without tiring. This ride is not recommended for inexperienced riders due to the long periods of cantering.

EQUESTRIAN EQUIPMENT

English or trail saddles are provided.

Helmets are mandatory and we recommend you bring your own to ensure a comfortable fit.

Saddle bags are provided in which you will transport your personal day-to-day necessities as well as all support material (horseshoes, first-aid kit etc.).

TRAVEL INFO

COMFORT

Throughout the ride, you will be staying in gites, hotels or on a horse farm, sometimes in dormitory-style accommodation. Limited internet and data coverage during the trail.

MEALS

Your meals will be made from quality local produce. Your midday picnics will consist of regional and home-grown fare and (transported in the support vehicle) and your evening meals will be hot.

For lunch : main - savoury 'cake' or quiche, mixed salad and cheese, dessert - cake and fruit, and to drink - still and sparkling water, wine.

Aperitif : Chouchen (a honey-based alcoholic drink) or rosé wine

For dinner : main - soup, family-style lasagne or chilli con carne, or a traditional Breton dish such as kig ha farz, dessert - local cheese or a choice of yoghurt, and to drink - still and sparkling water, wine.

CLIMATE

The climate in Finistère, right at the westernmost point of Brittany, has an oceanic climate, cool summers and is subject to westerly winds.

In Winter, temperatures vary between 2 and 11°C.

In Spring, temperatures vary between 3 and 14°C.

In Summer, temperatures vary between 12 and 23°C.

In Autumn, temperatures vary between 7 and 20°C.

GUIDE AND LOCAL TEAM

Gery, your trip leader, has been a horse riding guide since 1994 and is also a farrier and is qualified in equine first-aid. Originally manager of a stable, Gery began leading rides in the forests in the Ile de France and through Orléanis before reaching the Cantal mountains. Always at home on the coast and by the sea, he created his own stables in Brittany in 2012 and has been leading tours from there ever since.

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 - this is not obligatory and is entirely at your discretion.

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
- T-shirts
- Lightweight fleece or jumper
- Waterproof jacket (made from Goretex or equivalent) and/ or (depending on the season) a waterproof vest that covers you thighs. No ponchos!!

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 (made from Goretex or equivalent), especially if you don't have a long waterproof coat
- Casual clothes for the evenings (jeans or walking trousers)
- A swimming costume may be useful for impromptu dips in the lake
- 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
- Several pairs of warm socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

Night

- Tracksuit or pyjamas to sleep in
- Sleeping bag level +2°. We recommend doubling up with a sleeping bag liner, for extra warmth

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
- 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!

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

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

- Take a second, smaller bag to pack things you may need during the day such as a book or suncream then you can easily access it during the long lunch break
- 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!
- You should also bring a copy of your passport/insurance in case you lose your documents. You can also save a copy into your mobile phone.

VISA & HEALTH

Formalities

UK citizens - other nationalities please contact us:

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.

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

At border control for France, 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 don't need any additional period of validity on your passport beyond this.

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.

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.