



Brittany - Ride from Huelgoat to the Crozon peninsula

BRITTANY

Explore the French region of **Brittany on horseback** on a ride that will take you from the mountains and moorland to the coast! Explore the ancient forest of Huelgoat and Cranou, the Arrée Mountain's rocky ridge paths and peat bogs and moorland mired in Druidic myth and Breton legend. In the north-westernmost region in **France, ride trails** leading you to the craggy coastline and **long gallops along the beaches**. Discover the Crozon peninsula with its sheer cliffs, unique wildlife and stunning views across Brest harbour and Morgat bay.

Trail Riding	 9 days / 7 days riding	 From £1,440	
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ITINERARY

Highlights

- Ride a unique circuit through the beautiful countryside in Finistère, the department at the coastal end of Brittany
- Gallop across vast sandy beaches and take headland paths above imposing sheer cliffs and follow trails looking out across the bay and Iroise Sea
- Explore the dense and intriguing Huelgoat and Cranou Forest, where began many a Breton legend
- Enjoy breathtaking panoramic views as you ride the most spectacular ridge trails in the Arrée Mountains
- Experience an athletic and fast-paced ride with plenty of occasions to gallop through this scenic region of France

Day 1 — 1 : CARHAIX PLOUGUER - SAINT HERNIN

You have three different ways to arrive at the farm:

- By train, in which case you will be picked up from Carhaix at 18:30 (additional transfer cost of c. £10 per vehicle per trip)
- By plane, pick up from Brest airport at 18:00 depending on other group members (additional transfer cost of c. £35 per vehicle per trip)
- By car, arrival after 18.00.

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 breakfast, you will be taken to the stables to meet the horses and go out for your first ride through the French countryside. The first stage of this trek is athletic and challenging with the opportunity to enjoy several long gallops. Your ride will start with long stretches along the 11 ancient Roman roads

that wind their way through the landscape from Vorguium (Carhaix).

Exploring countryside, that will feel inherently familiar to any readers of Asterix and Obélix, you will ride the between plains and forests -natural spaces interspersed with menhir, ancient standing stones, and feudal mottes both signs of the Druid and knights' presence of years gone by.

You will ride through the dense Huelgoat forest to reach your guest house.

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

In the morning, you will head off on horseback once more into the Gaullois countryside riding to the Camp d'Artus oppidum, a large fortified Iron Age settlement, where you will stop for your picnic lunch. Riding beyond the Murus Gallicus, you will enter the realm of the creatures known, in Breton folklore, as Poulpiquets or Korrigans that, according to legend, roam the wilds of Finistère. Riding the paths between the oak and beech trees of the enchanting Huelgoat forest, you will start your climb up the Roc'h Trevezet where at the summit, you will enjoy a spectacular panoramic view across 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.

Your ride will end in the village of Botmeur where you will have dinner and spend the night in a local gîte in dormitories of up to 6 people.

Day 4 — 4 : BOTMEUR - SAINT RIVOAL - 5 hours riding, approx. 26km

Today is a slower day, mostly done at a walk to allow horses and riders some rest. You will set off through the Breton highlands and ride along paths that weave their way across the peak ridges of the Arrée Mountains. From these trails, the landscape opens up before you offering views of the harsh and craggy shale rock outcrop of Tuchenn Kador, meandering white paths carved into the hillsides and cloud formations fashioned by the ever present wind.

After your picnic stop on the shores of Drennec Lake, you will continue your ride through the idyllic Saint Rivoal Valley and past Maison Cornec, an ecomuseum dedicated to local conservation and supporting the region's rural culture. You will spend the night in a gîte.

Day 5 — 5 : SAINT RIVOAL - ROSNOEN - 7-8 hours riding, approx. 40km

With the sea air filling your lungs, you will find yourself beginning a ride that will lead you along uneven ground down the mountainside to the sea. You will ride through a wild landscape carpeted with pink heather, golden gorse bushes and blue shale. After enjoying your picnic lunch in the magnificent Cranou Forest, you will reach the small city of Faou which boasts a small port, a coastal inlet and beautiful 16th century corbelled homes.

Here, you and your guide will be welcomed into the charming gîte and enjoy a dinner comprising of a tasting of seafood fresh from the bay!

Day 6 — 6 : ROSNOEN - TELGRUC SUR MER - 7 hours riding, approx. 30km

Connecting the 21st century with an ancient and timeless massif stands the Térénez bridge, an imposing curved cable-stayed bridge, which will allow you to cross the Aulne River. From the river banks, you will ride up, from 90m, to reach the summit of Menez Hom where you will pause to enjoy the long-reaching view over Brest harbour and Douarnenez Bay before descending gently to Trez Belec beach. On the beach's sandy shores, you will end the day with a fantastic gallop before heading to your mobile home with sea views for the evening. Don't forget your towel and swimming costume for a dip in the sea (fair warning - it will be cold!)

Day 7 — 7 : TELGRUC SUR MER - SAINT HERNOT - 5 hours riding, approx. 25km

A glorious day's ride spent along the sea front! Your morning set-off time for the will be wholly determined by the tides so as to ensure that a crossing of Aber Crozon is possible.

After a long gallop across the beach, you will ride along Morgat Port and make the most of the exceptional view of the bay at a spot called the 'Devil's Chimney'. After lunch, you will ride out in the direction of the Chèvre headland and its magnificent sheer cliff faces, home to numerous species of protected birds.

You will enjoy more local Breton cuisine and spend the night at a gîte in Saint Hernot.

Day 8 — 8 : SAINT HERNOT - SAINT HERNIN - 6 hours riding, approx 28 km

For your last day's ride, you will travel along the coastal paths and have a chance to discover more of the region's rich natural beauty and history - from remnants of the first Iron Age settlers at Kastell Lostmarc'h to fortifications such as those at Vauban.

Your trek will come to an end at Pointe de Pen-Hir and the Tas de Pois, rock formations jutting into and rising out of the Iroise sea; here, on a clear day, you can see all the way to the Pointe du Raz and the islands of Sein and Ouessant and to Pointe Saint-Mathieu. At Pointe de Pen-Hir, you will say goodbye to the horses and be driven to Saint Hernin.

Overnight at the farm.

Day 9 — 9: DEPARTURE

Departure after breakfast. You would need to plan your departure from the airport or train station from 10:30 onwards.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
17/09/2022	24/09/2022	£1,440		Open
22/10/2022	29/10/2022	£1,440		Full

Price details

- Flights are not included
- Riding groups are made up of 2 to 9 (max.) international riders
- 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
- On request and depending on the availability of the team return transfers are available from Brest airport - transfers cost £35 (€40) per car/ each way. The transfer is generally scheduled for around 5:00 pm on the way in, and for flights after 12:00 noon on the way back.
- Extra night: €50 per person (half-board), payable locally
- There is a maximum rider weight of 85 kilos, 187 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

LOGISTIC

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. We recommend bringing a sleeping-bag for additional comfort and warmth

Price doesn't include

MEALS

Beverages and personal extras

TRANSPORTS

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

TRANSPORT

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

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 galloping in a forward seat) across uneven terrain.

Rider weight limit: 85 kilos, 187 lbs, 13.3 st.

PACE

The base pace of the ride is a walking pace interspersed with trots and gallops. This region's terrain is well suited to long gallops.

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 you guide during the ride.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

This ride is best suited for experienced riders that 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 galloping outdoors.

There is a maximum rider weight of 90kg/ 14st /198 lbs. If you weigh more than this and wish to ride, please contact us to see if we can find a suitable mount.

Helmets are MANDATORY.

EQUESTRIAN EQUIPMENT

English or trail saddles are provided (you may bring your own tack if you wish).

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 2* rural gites or B&Bs as well as a night in a mobile home. Accommodation on this trail is very basic.

MEALS

You 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 blacksmith 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 horse farm 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. 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

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

Our Recommendations

- 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 (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!

Night

- Sleeping bag with a comfort level of +5°. We also recommend you bring with you a sleeping bag liner for extra warmth.

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

General information

- The airline allows only one bag to be checked-in per passenger. Make sure it weighs no more than 20kg; if it exceeds this weight, you will have to pay excess luggage fees at check-in

- Hand luggage is limited to 7kg (measuring 56 cm x 45 cm x 25 cm), it mustn't contain any sharp objects (knives, scissors, nail file or nail scissors, etc.) and the quantity of liquid allowed per passenger is limited to 100ml per container.

In your hold luggage

- Any liquids, 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.

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.