



## Alsace - Explore the Alsace mountains

### ALSACE - CHAMPAGNE COUNTRY

On this **horseback riding holiday in Alsace**, discover the magnificent Natura 2000 site, 'Champ du feu', and its stunning wooded surroundings. **Ride trail** that will lead you through unforgettably beautiful scenery and past many of the region's cultural landmarks, such as Mount St Odile and its famous monastery, Verlorene Eck and the menhir standing there and the waterfalls at Hohwald. At the end of each day **in the saddle in the Alsatian countryside** relax in comfortable gite accommodation and delicious French cuisine.

<b>Centre based holidays</b>	<b>7 days / 5 days riding</b>	<b>From £1,020</b>		Family holidays from 7 y.o	Open to non-riders
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*Vineyard rides in Alsace*



*A centre-based riding holiday that caters for all riding abilities*



*Delicious picnic lunches can be expected!*

### ITINERARY

## Highlights

- Discover Alsace on a centre-based ride and stay in comfortable gite accommodation
- Explore the intriguing Verlorene Eck and its 30 menhir, imposing standing stones
- Enjoy a trek that is adapted to accommodate all riders. With riders split into 2 groups - beginners and experienced - each with their own guide
- Ride horses that have been carefully chosen to match your level and riding style
- For beginners, enjoy a less demanding route with shorter days in the saddle
- In the evenings, the 2 groups come together to enjoy delicious, local Alsatian cuisine

## Day 1 — 1: ARRIVE AT THE HORSE FARM AND GITE

On your arrival at the equestrian centre between 18:00 and 20:30, you will be met with a traditional Alsatian meal and you will have the chance to meet the other riders in your group as well as your guide. You will spend the night in a gite at the equestrian centre.

Transfers are possible from either the airport or train station in Strasbourg or Colmar, or the train station Sélestat, Fouday or St Blaise de Roche - these transfers are at an extra charge and are payable locally. For more information see Price Details.

## Day 2 — 2: BELMONT - CHAMP DU FEU - HOHWALD - BELMONT - 4-5 hours riding

Your first morning's ride is the chance for the guides to introduce you to the horses and for you to ride out into the surrounding forest to test your level and ease in the saddle. After any adjustments, you will continue your ride up to the site of Champ du Feu at an altitude of 1099 metres.

This ski station and the surrounding area is classed as a Natura 2000 site and is the culmination point of the Bas-Rhin. The region is known for its lush peat bogs, mountainous grass and scrublands

In the afternoon, you will ride out towards the small village of Hohwald. Along the way, you will pass the Hohwald falls, the most beautiful waterfall in Alsace. In the evening, you will enjoy Alsatian cuisine and spend the night in a gite at the equestrian centre.

### Day 3 — 3: BELMONT - LA ROTHLACH - BELMONT - 5 hours riding

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After a hearty breakfast, you will start your second day by riding out toward Rothlach; this area is known as being the roaming ground for several herds of wild deer.

You will stop for your picnic lunch in the ruins of an ancient chateau, before riding the paths back to the equestrian centre. You will spend the night and have your evening meal in a comfortable gite.

### Day 4 — 4: BELMONT - VERLORENE ECK - HEIDENKOPF - BELMONT - 5-6 hours riding

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After breakfast, you will ride to one of the stunning, oft-forgotten, beauties of the region, Verlorene Eck. Here, 30 menhir, majestic standing stones, form an arc whose presence and purpose is an unsolved mystery even to this day. You will stop amongst these intriguing stones for your picnic lunch.

In the afternoon, you will ride up to Heidenkopf, a Vosges summit with an altitude of 787 metres. From the tower built on the peak, a spectacular view will open up beneath you across the Vosges Massif and Alsace plains. You will spend the night in a gite.

### Day 5 — 5: BELMONT - NATZWILLER - PFRIEMENKOPF - BELMONT - 5-6 hours riding

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Your morning ride will take you along trails to the Serva waterfalls, from where you will ride down the mountain side to the village of Natzwiller. You will ride out along flower-lined paths offering breathtaking views of the valley floor. You will have your picnic lunch on the small hill at Pfriemenkopf before heading back out in the saddle towards the equestrian centre. The routes leading back are perfect for some fantastic gallops.

You will enjoy more local French cuisine for your evening meal and you will spend the night in a comfortable gite.

### Day 6 — 6: SAINT PIERRE - BELMONT - 5-6 hours riding

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For the last ride of your holiday, you will ride to the plateaus of high and low Lachamp. These vast plains allow for lengthy gallops through a landscape dotted with small traditional villages; after which, you will reach the foot of Perheux where you will stop for your lunch.

In the afternoon, you will start the climb up Mont St Jean. After a good gallop, you will arrive at the summit and benefit from a stunning 360° view across the Alsatian mountains. You will then make your way down the hillside back to the equestrian centre for your final French dinner before heading to your gite for the night.

### Day 7 — 7: RETURN TO THE UK

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After a hearty breakfast, it will be time to say goodbye to the horses and your guides as you start your journey back to the UK.

Transfers are possible from either the airport or train station in Strasbourg or Colmar, or the train station in Selestat, Fouday or St Blaise de Roche - these transfers are at an extra charge and are payable locally. For more information see Price Details.

#### DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
29/05/2022	04/06/2022	£1,020		Guaranteed departure
05/06/2022	11/06/2022	£1,020		Guaranteed departure
12/06/2022	18/06/2022	£1,020		Guaranteed departure
19/06/2022	25/06/2022	£1,020		Guaranteed departure
26/06/2022	02/07/2022	£1,020		Guaranteed departure
03/07/2022	09/07/2022	£1,020		Guaranteed departure
10/07/2022	16/07/2022	£1,020		Guaranteed departure

17/07/2022	23/07/2022	£1,020	Guaranteed departure
24/07/2022	30/07/2022	£1,020	Guaranteed departure
31/07/2022	06/08/2022	£1,020	Guaranteed departure
07/08/2022	13/08/2022	£1,020	Guaranteed departure
14/08/2022	20/08/2022	£1,020	Guaranteed departure
28/08/2022	03/09/2022	£1,020	Guaranteed departure
04/09/2022	10/09/2022	£1,020	Guaranteed departure
11/09/2022	17/09/2022	£1,020	Guaranteed departure
18/09/2022	24/09/2022	£1,020	Guaranteed departure
25/09/2022	01/10/2022	£1,020	Guaranteed departure
02/10/2022	08/10/2022	£1,020	Guaranteed departure
09/10/2022	15/10/2022	£1,020	Guaranteed departure
16/10/2022	22/10/2022	£1,020	Guaranteed departure
23/10/2022	29/10/2022	£1,020	Guaranteed departure

## Price details

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- Flights to your destination 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.

- Groups are made up of 1 to 10 (max.) riders (3 riders minimum in each group beginner/experienced in July and August)

- This trip caters for 2 separate groups - beginners and experienced riders (with an adapted route suitable for beginners). Both groups stay in the same accommodation.

- Transfers to and from the equestrian centre are available at an additional cost:

From Strasbourg or Colmar airport or train station - £95 (€110) per car each way - this cost is shared out over the number of riders in each transfer group

From Sélestat train station - £55 (€60) per car each - this cost is shared out over the number of riders in each transfer group

From Fouday train station - £18 (€20) per car each - this cost is shared out over the number of riders in each transfer group

Transfers are generally organised around 6:00pm. The transfer on the way back is for trains/flights after 12:00 noon.

- Individual rooms are available on payment of a supplementary charge of £215/\$280 (€240) for the week. For those who require a single room, there is a limited number of single rooms and availability can only be confirmed 8 days before departure. If you do not wish to pay the single room supplement, there is the possibility to share a room. However, if you are travelling on your own and someone to share a room with you cannot be found, the supplementary single room fee will be charged on-site.

- Non-riders are welcome on a full-board or half-board basis - please ask us for rates.

- Children from the age of 7 are welcome on this ride as long as they are accompanied by a parent and meet the riding level requirements for the trip. For children under 12 years old there is a reduction in price of £95/\$130 (€110)

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

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1 English-speaking guide

## LOGISTICS

1 horse equipped with saddle and bridle per rider

## ACCOMMODATION

6 nights in a gite on the equestrian centre grounds

## MEALS

Full board from dinner on day 1 to breakfast on the final day (day 7)

Drinks are included with your meals (water, wine, and soft drinks)

## Price doesn't include

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### TRANSPORT

Transfers to and from the airport or train station - see price details for more information

International flights

### EXTRAS

Tips to the local team

Entry fees for parks, museums and other sites

### 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

## EQUESTRIAN INFO

## Horses

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The stables are home to a wide range of breeds:

- Icelandic horses, ideal for beginners wishing to start learning to ride.
- Fjord horses that are ideal trekking and trail-riding horses, both calm and sure footed.
- Irish cobs, known to excel as cart and carriage horses but are equally well suited as trail-riding horses
- Pure-blood English horses, great for riding outdoors and known for being calm yet reactive. Mounts ideal for experienced riders who enjoy athletic treks.
- Pure-blood Arabs, highly regarded for their prowess in endurance competitions they also make wonderful trail-riding mounts for experienced riders
- Pure-blood Spanish horses, skilled in dressage with their majestic pacing, they are also enjoyable trail-riding horses for experienced riders

Each rider will be paired with the horse that is best suited to their riding level.

If you weigh over 90kg/ 14st / 198lbs and wish to ride, please contact us before booking.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

For the experienced riders group, you need to have mastered all 3 paces (walking, rising trot and galloping in a forward seat) across uneven terrain.

In the beginners group, riders should have little to no experience in the saddle.

If you weigh over 90kg/ 14st / 198lbs and wish to ride, please contact us before booking.

### 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 asked to participate in the tacking, untacking and feeding of the horses. You will also be responsible for signalling any injuries or issues with your horse to your guide and then aiding in any necessary treatment.

### **TRIP CONDITIONS AND REQUESTED EXPERIENCE**

This trip is suitable for riders of all levels. There are 2 groups: beginners and experienced riders with 1 guide per group.

The route taken is modified to suit the abilities of the riders in the beginners group and the horses are selected with great care to cater to each rider's specific needs.

For the experienced rider route, you need to be in good physical condition and be able to ride for several days in a row without tiring.

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

Helmets are MANDATORY.

### **EQUESTRIAN EQUIPMENT**

You will have access to varied tack: English, trail riding and western saddles.

Riding 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**

You will stay in flat-style gites (5 flats of 4 to 10 people) or in the gites on the grounds of the equestrian centre (3 rooms). If you are travelling on your own and do not wish to pay the single room supplement, you will share a room with other riders from your group.

### **MEALS**

The trip is full board. Your lunches will be cold and usually had in picnic form. In the evening, you will enjoy the local Alsatian cuisine. Wine and other drinks are included in the price.

### **CLIMATE**

Alsace has a continental climate with cold and dry winters and hot, often stormy, summers. The months in-between - from April to May and September to October - are usually warm and agreeable.

Spring in Alsace gives you the opportunity to make the most of the lengthening days and discover a beautiful countryside coming out of hibernation. In the autumn, the region is coloured by the vibrant hues of the growing vineyards. Summers in the region can be very hot and are the best season to take refreshing dips in the tranquil lakes and the ride through Vosges.

From the beginning of November, the cooler temperature and fogs that roll out across the countryside create an enjoyable atmosphere to ride through. Mid and late winter can be harsh with frequent frosts.

### **GUIDE AND LOCAL TEAM**

Throughout your trip, you will be guided by either Marco, Jessica, Luc or Lucie - all qualified horse-riding tourism guides. They speak French, English and German and know the area and its trails like the back of their hand!

### **TIPS**

In France, it is customary to tip - usually this is by rounding up the price. 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 your 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)
- 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

#### 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

- 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!

- In your hand 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

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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

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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

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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.