



# EQUUS Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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## Iberian Crossing

### SPAIN / PORTUGAL

Ride from the green hills of Galicia to the golden sands of Portugal's Atlantic coast. This unique trail connects **two countries**, following ancient shepherds' paths, forest tracks, and riverside trails. Along the way, you will discover quaint villages, taste local wines and, if you are lucky, spot the **Galician wild horses**. Each night presents an opportunity to experience the local cuisine and warm **Iberian hospitality**.

This riding holiday provides a rare opportunity to tick off two countries with one horse

<b>Trail Riding</b>	 <b>7 days (6 days riding)</b>	 <b>From £1,930</b>	
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### ITINERARY

## Highlights

- Cross the border from northern Spain into Portugal along the tranquil banks of the Minho River – enjoying both countries' landscapes and cultures.
- Ride through the remote Galician Sierra and spot wild herds of Galician horses roaming freely.
- Canter along Atlantic shorelines near Viana do Castelo, Portugal.

## Day 1 — 1: Home - Vigo Airport - Baiona - Approx. 2h riding

 Baiona Apartments

Fly to Vigo airport. Flights are not included but can be arranged upon request. Please make sure to book a flight landing before 3pm.

Upon arrival, you will be transferred from the airport to the accommodation (around 30min) - please note that you may need to wait for other participants to arrive.

It is also possible to fly to Porto (Portugal). Please contact us to know more.

At around 4pm the local team will meet you at the accommodation. Please make sure to change into your riding clothes.

After a warm Galician welcome from your hosts, you'll meet the horses and get to know your partner for the week during an introductory session in the arena.

In the evening, enjoy a home-cooked dinner with your hosts and other riders.

## Day 2 — 2: Galician Sierra & Wild Horses - Approx. 4-5h riding

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 Biovac Camping

After breakfast, you will ride towards the summits of the Galician sierra, following winding forest paths and ancient shepherds' trails. On your way, you may see the herds of wild horses that roam freely in these hills.

Enjoy a picnic lunch in the heart of nature before continuing the descent to reach a river and natural pools, where you can cool off after the ride.

In the evening, enjoy a barbecue dinner under the stars, and spend the night in a bivouac camp surrounded by the sounds of the mountains.

## Day 3 — 3: Vineyards and Villages - Approx. 4-5 h riding

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 Modern Cabins

Wake to the sunrise over the mountains and enjoy breakfast outdoors before setting out on your morning ride. The trail winds down through small traditional villages and green valleys.

You will visit local vineyards and enjoy a wine tasting experience before arriving at your accommodation.

There is some time for you to stroll around the village and, in the evening, you will enjoy a dinner filled with local flavours.

## Day 4 — 4: Crossing into Portugal - Approx. 4-5h riding

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 Minho House

Today you will cross the border into Portugal. The route follows the scenic banks of the Minho River, the natural frontier between the two countries. Ride along peaceful river paths before reaching your accommodation on the Portuguese side.

Enjoy some afternoon relaxation by the river, followed by dinner.

## Day 5 — 5: Atlantic Beaches - Approx. 4-5 h riding

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 Countryside House

Today you will ride towards the Atlantic coast. Follow sandy tracks and pine forests until you reach the beaches near Viana do Castelo, where you can experience the thrill of galloping along the shoreline.

You will have dinner and overnight in a charming coastal village.

## Day 6 — 6: Galicia & Hot Springs - Approx. 4-5h riding

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 Baiona Apartments

After breakfast, horses and riders will be transferred back to Galicia.

Stop for a relaxed lunch enroute, followed by a visit to local hot springs - the perfect way to unwind after a week of adventure.

In the evening, enjoy a farewell dinner with your hosts and fellow riders, sharing stories from the trail.

## Day 7 — 7: Baiona – Vigo Airport - Home

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After breakfast, you will be transferred to Vigo airport. You can depart at any time.

Lunch and dinner are to your own account today.

### DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
18/05/2026	24/05/2026	£1,930	Full
29/06/2026	05/07/2026	£1,930	Full

## Price details

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- 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 two riders sharing accommodation during the ride.

- Groups are composed of a minimum of 4 riders and a maximum of 6 international riders, plus guides.

- There are no single rooms on this trail, so riders must be prepared to share.

- Transfers from/to Vigo airport are not included. The rate is around €50 per car, per way (up to 3 people). This is paid locally in cash/card. Please make sure to book a flight landing before 3pm. It is also possible to fly to Porto. From there you can take the train/bus to Vigo, or we can arrange a private transfer (please enquire to know more).

- Younger riders aged 14+ can join but they must be accompanied by an adult and meet the riding requirements.

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 horse guide

### LOGISTICS

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1 horse equipped with saddle and bridle per rider

### ACCOMMODATION

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Shared room/tent throughout the trail

### MEALS

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Full board from dinner on day 1 to breakfast on day 7

## Price doesn't include

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### MEALS

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Personal extras

### TRANSPORT

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Return airport transfers

International flights

### EXTRAS

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Tips to the local team

Sleeping bag

### INSURANCE

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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

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## Horses

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The herd is made up of 9 spirited yet dependable horses aged between 5 and 12 years. There are two Lusitanos, four purebred Galician horses and three larger Galician crosses for taller riders.

They live together outdoors in a natural herd environment, which keeps them calm, balanced and social.

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## Guide & local team

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Adrián is a fifth-generation horseman. Experienced in natural horsemanship, liberty work, and classical dressage, he has been riding since before he could walk and has guided horseback expeditions across the world. He breeds and trains all the horses used on the trail and is known for his calm, intuitive approach. Adrián also has a background in cooking and nutrition and works as a nutritionist in his spare time. He speaks Spanish, Portuguese, and basic English.

Paloma discovered her love of horses as a child and has trained in liberty work, natural horsemanship, and dressage, with a focus on connection over competition. A qualified nurse with advanced first aid and emergency training, she later transitioned into tourism and hospitality management. Warm and attentive, she combines her care for people with a lifelong passion for horses and travel.

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## Minimum riding ability

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### MINIMUM RIDING ABILITY

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This ride is open to strong intermediate riders and above. You must be a balanced and independent rider, competent in all paces and able to canter in open spaces.

A good fitness level is also required for this trip.

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

### PACE

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There are long stretches of walk when riding up and downhill. When the terrain levels out, riders can pick up the pace and enjoy some energetic trots and canters. There are opportunities for canters every day.

### TACKING ABILITY AND PARTICIPATION

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Your horse will be tacked up for you. You're welcome to take part in daily horse care - grooming, tacking/untacking, etc - but it's entirely optional.

### TRIP CONDITIONS AND REQUESTED EXPERIENCE

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You need to be physically fit and used to riding outdoors for several hours. Previous experience on a trail riding holiday is recommended, but not essential.

### EQUESTRIAN EQUIPMENT

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English tack. Saddle bags are provided.

Helmets are mandatory and there are some available locally for guests to borrow. Equus Journeys highly recommends that riders bring their own hats to ensure a proper fit.

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## TRAVEL INFO

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### COMFORT

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Accommodation during the trail offers a blend of comfort and authenticity, reflecting the rural charm of Galicia and of northern Portugal.

Your first and final nights are spent in shared cosy cabin-style apartments in Baiona, each with two bedrooms, a bathroom, a kitchen, and a garden area.

During the trail, accommodation varies. One evening will include camping with the horses in a hidden mountain valley - sleeping in tents beside the river, enjoying a barbecue under the stars (**you must bring your own sleeping bag**). If the weather doesn't allow camping, you will overnight in a rural guesthouse in a mountain village.

Other stays include a boutique hotel, a riverside Quinta where rooms have private bathrooms and access to activities such as kayaking and cycling,

and a refurbished country house in a Portuguese village with shared attic-style accommodation for the group.

Each stop has been chosen for its character, comfort, and connection to the landscape, offering a genuine taste of Galician and Portuguese hospitality.

## MEALS

Throughout the holiday, you will be introduced to the culinary traditions of Galicia and northern Portugal. Whenever possible, you will enjoy authentic dishes prepared with local ingredients.

Lunches are generally picnics on the trail, allowing you to enjoy hearty regional produce.

In the evenings, you will either visit local restaurants or enjoy comforting, home-cooked meals at your accommodation. On the camping night, dinner will be a barbecue under the stars.

Dietary requests can usually be accommodated if mentioned in advance - please inform your travel advisor upon booking.

## CLIMATE

From spring to early autumn, Galicia and northern Portugal enjoy a mild Atlantic climate, shaped by coastal breezes, and the influence of the nearby mountains.

April and May mark the beginning of warmer weather after the winter rains. Days are generally mild, with average temperatures between 12-18°C, though early mornings and higher elevations in the Galician sierra can still feel cool. Rain showers remain possible, and the landscape is lush and green.

June to August are the warmest and driest months. Inland areas and sheltered valleys often reach 24-30°C, while coastal regions remain cooler thanks to the Atlantic influence. Sea breezes help with the heat near Baiona, Viana do Castelo and the Minho River. Rainfall becomes infrequent, though occasional Atlantic fronts can still bring brief cloudy or misty spells, especially near the coast.

September brings slightly cooler temperatures, usually 20-26°C, and marks the return of more variable weather. Scattered showers become more common as the month progresses.

## TIPS

Tips are not expected but appreciated.

## PACKING LIST

**Please pack carefully and sensibly: the following guide is here to give you an idea of what to bring. This list must be adapted depending on the season and individual needs.**

### Head

- Riding helmet
- Sunhat for when not riding
- Sunglasses
- Buff or bandana

### Upper body

- Long sleeved shirts provide protection from the sun and are an extra layer
- T-shirts
- Lightweight fleece or jumper
- Warm fleece or jumper
- Warm and waterproof jacket
- Swimwear

### Legs

- Lightweight, comfortable riding trousers or jodhpurs
- Casual trousers for the evenings, such as jeans or tracksuit bottoms

### Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps.
- Trainers or equivalent light shoes for the evenings
- Socks
- Gloves

### Nightwear

- Sleeping bag

- Pyjamas, tracksuits
- Sleeping bag

#### Other useful items

- Water bottle
- Swiss army knife (or equivalent)
- Wet Wipes or equivalent (for when washing facilities aren't available)
- Ear plugs (for light sleepers)

#### Medical kit

- Any medication you regularly take
- A soothing cream to alleviate any areas irritated by long days spent in the saddle
- Sunscreen and lip balm - should be high factor
- Insect repellent, preferably containing deet
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

#### 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, lipbalm etc)
- 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!
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals

## SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .