

Castellare Train & Trail, Italy

Itinerary

On arrival settle into your apartment and relax before dinner which is available from 6.30pm in the on-site Castellare Cucina restaurant.

You will meet your riding guide/instructor on Sunday morning. Each day follows a similar format, with a western riding/reining lesson in the morning followed by a two hour trail ride in the afternoon or vice versa.

In the lessons you will be taught techniques to assist in better communication with your horse at any level of riding, in almost any discipline.

Lessons on the well trained Quarterhorses can include the following topics: mastering the four different reins; flexion; lead changes and differentiating between the two kinds of change; body position; hip control; teaching the lead; transitions; collection at the lope; speed control; lateral work; loose rein circles; backing; creating cadence with the horse; teaching the word 'whoa'; keeping the forehand light; sliding stops (pre and post position); spin work; keeping the hindquarters planted; forehand footfall; following the nose (aids required for the spin); adding speed to the spin; sidepass; effective problem solving techniques.



The trail rides through the estate are relaxed but with opportunities for some slightly faster riding. On returning to the stables you untack and wash off your horse (your guide will be on hand should you require assistance with this).



On Wednesday the horses have a rest day.

You could ask reception to book a taxi to take you to Castelfiorentino train station where you can catch the regional train to either Siena or Florence.

These transfers are payable locally. Lunch is to your own account today.

