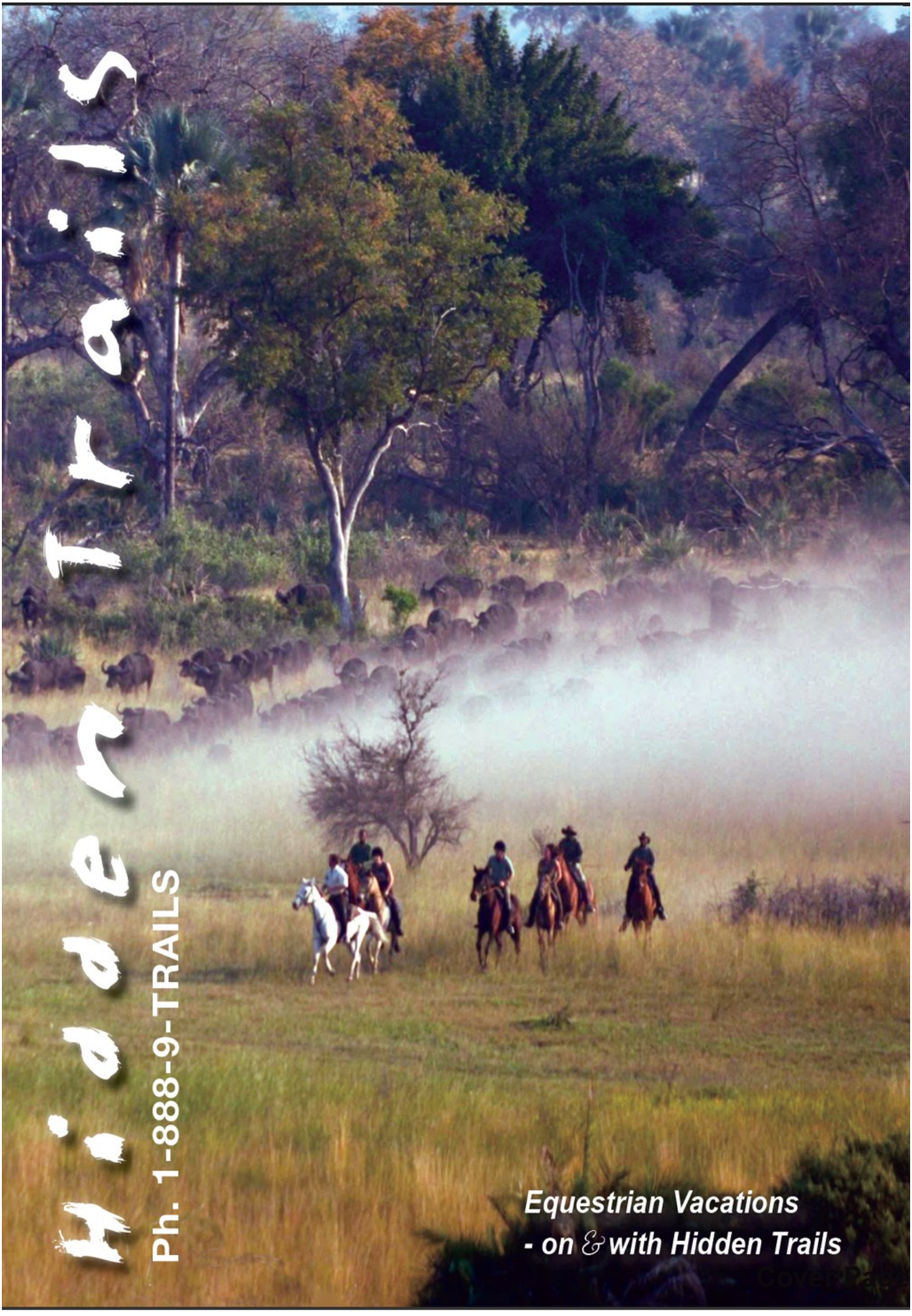

Hidden Trails
Ph. 1-888-9-TRAILS
Equestrian Vacations
- on & with Hidden Trails

About Hidden Trails



Hidden Trails is owned and operated by nature enthusiasts who love horses and adventure activities. We have been involved with riding and other outdoor vacations for over 20 years.
With our partners Voyage du Cheval (France), Pegasus (Germany) as well as Equitour (Switzerland and France) we have collected the best riding destinations all over the world in some hidden places we would like to share with you.

These rides are about galloping on endless beaches, forging rivers, cantering through forests, trotting along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for horses has no boundaries but possesses a common language we all speak and understand. The majority of the overseas rides are from inn to inn, some from castle to castle and a few are camping rides.
You will experience new countries and their customs and make new friends. The Hidden Trails trips are the best you can find.

They have been tested by our staff or associates and received our stamp of approval. If you are considering a special riding vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.
We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

Hidden Trails
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Fax: 604-323-1148
Toll Free: 1-888-9-TRAILS
from within the USA or Canada or

E-mail: info@hiddentrails.com
Website: www.hiddentrails.com

Address:
659A Moberly Road, Vancouver BC Canada V5Z 4B3 or
4406 Tennyson Road, Willmington, DE 19802 USA

Toll Free from the U.K.:
Ph: 0- 808 189-0420
Fax: 0-808-280-1860

Toll Free Worldwide:
Skype: hiddentrails

Riding Clinic in Southwestern France - France, Europe

Tour Code: IT-FRAN05
8 days / 7 nights ~$1,680.00
Dates: Year round

Trip Rating :
Difficulty :
Lodging:

Tack: English saddle
Horses: Anglo-Arab, Thoroughbred and Totters
Pace: About 3 hours per day at a moderate pa...
Walk,Trot,Canter,

Airport: Bordeaux










Introduction

Landes, France
The objective of this clinic is to make horseback riding accessible to everybody and to introduce the basic skills needed to make any rider autonomous and confident. We also want to show that, with a few indispensable riding notions, trail riding is a beautiful way to discover surrounding natural environments in complete safety.

We teach people how to catch horses in their paddocks, as well as how to tack and take care of them. We also introduce our guests to the psychology and the basic behaviour of horses in different kind of situations. By the end of the week, riders should be able to walk, trot (rising), and canter independently.

Our Equestrian school has developed an accelerated learning method, allowing complete beginners to enjoy the pleasure of riding outdoors in just one week! This is also made possible thanks to our wonderful and well-trained horses.

Accomodation

Accommodations
This is a stationary ride, so you will be staying at the same location every night.

Description
You will be staying at the guesthouse beside the riding center. We can accommodate up to 17 people total.
Our guesthouse is divided into 3 buildings:
- the main guesthouse building has 4 bedrooms with ensuite facilities.
- the guesthouse's annex building has a big dormitory (capacity of 4-7 people) and 2 shared bathrooms
- the family guesthouse has 3 bedrooms and 1 bathroom
The guesthouse has an outdoor swimming pool and free Wi-Fi access. Laundry can be done for an extra fee.



It is possible to add yoga classes, a relaxing massage or a sauna session for an extra fee, paid locally (please inquire).

If we do not have enough space, riders will stay in a hotel in Mimizan Beach or at another guesthouse close to the riding center.

Room Occupancy
We charge a single supplement fee for solo travelers not willing to share a room with another rider.
If you would like to guarantee a double/ twin/ single room, additional costs apply (this allows you to have a private bathroom).














Meals
This package includes half-board (breakfasts and dinners) from dinner on the first day to breakfast on the last day.

Breakfast is served at the guesthouse before we head out on our rides.
Dinners are served either at the guesthouse or at local restaurants. We try to offer as much variety to guests as possible.

You can choose to pay for lunches locally (about 26 euros) or you can upgrade to full board for an extra fee.

1/4 litre of wine or soda and coffee is provided during dinners. Other drinks need to be purchased locally.

Dietary Restrictions
We can cater to most dietary restrictions with prior notice. Unfortunately, we cannot cater to vegan diets.

Riding



In order to take part in this program, no previous riding experience is required. However, participants need to be in good physical shape in order to make the most of their stay!

Horses
We have 30 horses (mostly Anglo-Arabs) and 5 ponies. Most of them are born in our family farm.
Beauty, blood, intelligence, frankness, kindness, and generosity are the essential qualities we seek in the choice of our horses. Our horses are safe, brave and easygoing; well trained and very well-balanced. They horses live in herds in the outdoors. We take great care in providing horses with a good quality of life.

Staff
Guidance is guaranteed by qualified /certified equestrian guide of tourism (French professional certification: A.T.E., CQP ASA or BPJEPS Tourisme Équestre) having good regional knowledge and willing to let you discover the beauty of this area.

Children
Participants as young as 10 years old can join the ride as long as they are accompanied by an adult. From 15 years old, participants are welcome to join the ride non-accompanied. There are no discounts for children.

Itinerary



This program runs all year round from Sunday to Sunday.

Our clinic mixes theory lessons and riding lessons:
- Theory lessons are designed to teach most common horse behaviors so that you can get a better understanding of your new four-legged partner.





- Riding lessons focus on teaching how to stay in control of the horse at any pace and individually (without following other riders from the group).

The clinic will also teach you how to take care of your horse (cleaning, brushing, taking, catching the horse in the paddock...) to reinforce the bond and be able to gain independence. You will be responsible for your horse before and after each riding session.

The program includes 5 days at the riding school or hacking in its close surroundings. Each day, you get two sessions of riding lessons (about 2 hour-long) and about 3 hours of theory lessons (including time to take care of your horse before and after riding lessons).
Your first riding lesson starts with the basics in the arena and ends by a short trail ride in the forest
Then, most lessons take place outdoors in order to help participants be prepared in any situation they may find while hacking.
During the week, we also give one basic jumping lesson: how to approach a jump (in the arena).
The last riding day, we go on a full day ride to discover the area surrounding the riding center.

By the end of the week, participants of this program are able to canter alone on the beach with a good control of their balance and their horse.
Please note that we do not cover the sitting trot or sitting canter during this week.

In case you want private lessons, the supplement needs to be paid in advance. Keep in mind that the lessons taken in the arena will be private but you will still join the group when going outdoors (different groups are created depending on rider level).



Non-Riding activities - inquire for extra cost
- Tennis
- Bicycle
- Swimming pool
- Numerous water sports
- Yoga
- Wellness (sauna & massage)

Other Info

Meeting: Mimizan
Airport: Bordeaux
Train station: Morcenx
Transfer: Bordeaux airport
Distance: 110 km / 68 miles
Pick-up/ drop-off for this trip is from Bordeaux–Mérignac Airport (BOD) or Bordeaux train station. Pick-up is scheduled for 4:00pm from the airport or 5:00pm from the train station on Day 1 of the trip, and drop-off at the airport is around 11:00am on the last day. Please do not plan your departure flight until after 1:00pm on the last day. For any riders not able to arrive on the Sunday, a pick-up from Morcenx train station is possible for an extra cost on Day 2 of the trip or late on Day 1 of the trip (price is doubled after 9pm).

Tack:	English saddle	
Horses:	Anglo-Arab, Thoroughbred and Totters	
Pace:	About 3 hours per day at a moderate pace	
Walk | Trot | Canter |		
Level:	(1 to 2.5 out of 5)	Beginner to Low Intermediate
Age:	Min 13	Max 81
Weight:	190 lbs / 85 kg	
Riders:	Min 1 riders	Max 5 riders

Wellness Activities

It is possible to add yoga classes, a relaxing massage or a sauna session for an extra fee, paid locally (please inquire).

Sandrine is our Yoga therapist and Yin Yoga teacher, graduated by Annie AU (Thailand and India). As an energetician, Sandrine offers holistic body re-harmonization treatments (Reiki, Lahochi) as well as Ayurvedic Massages. She also trained in Sono therapy and studied in India with Rajev Pant, an Indian Ayurvedic Master.

Yoga (group or private sessions - time varies)
Yin Yoga is a postural practice of openness for the body and the mind, an invitation to let go and to accept the present. Taking its roots from Taoism and Chinese medicine, Yin Yoga works on the skeleton, by stimulating the meridians. Its specificity is to work in stillness, each posture being held for an average of five minutes, in order to

meridians. Its specificity is to work in stillness, each posture being held for an average of five minutes, in order to clean the energy channels through acupressure. The bones of the joints, the tendons and the ligaments but also the fascias will be solicited and strengthened. These lessons are often accompanied by reading texts leading to reflection, soft music, or instruments for relaxation.

Sonotherapy Treatment (1h15)
It consist in a full sound massage using Tibetan bowls, therapeutic tuning forks and marma points (Indian Ayurvedic medicine).

Lahochi Energy Treatment (45 min to 1h)
Ultra powerful energy healing treatment and rebalancing of different holistic bodies.

Ayurvedic Massage (1h)
Full body massage from the feet to the scalp, both soft and invigorating, relaxing and energizing. It stimulates circulation, relaxes muscles, softens the skin and calms the nervous system.

Rates and Dates 2026 - IT-FRAN05

Rates include: Accommodation in shared rooms (3-4 riders per room), Half-board (including 1/4 litre of wine or soda and coffee is provided during dinners) & 6 riding days
The riding center provides helmet, sticks and chaps on request

Packages and Options

Season	Description	EUR	~US$
A 2026	8 day trip - High season	€1400	$1680
	Double/ twin bedroom supplement	€120	$130
	Single supplement (requested)	€240	$265
	Non-rider rate in shared room (half board) - please inquire	€0	$0
B 2026	8 day trip - Mid season	€1250	$1500
	Double/ twin bedroom supplement	€100	$110
	Single supplement (requested)	€200	$220
	Non-rider rate in shared room (half board) - please inquire	€0	$0
C 2026	8 day trip - Low season	€1150	$1380
	Double/ twin bedroom supplement - no extra fee	€0	$0
	Single supplement (requested)	€130	$145
	Non-rider rate in shared room (half board) - please inquire	€0	$0

The US Dollar Rate is based on a EUR Exchange Rate of 1.2 and subject to currency fluctuation

Transfer Option

Description

2026	Transfer from Bordeaux airport or train station, each way (1 pax only)	€120	$145
2026	Pick-from from Morcenx train station (1 pax only)	€40	$45
2026	Pick-from from Morcenx train station (2+ pax), pp	€20	$25
2026	Private lessons for the week	€200	$220
2026	Full board supplement	€190	$210
2026	5% group discount if 6+ pax booking together		
2026	Transfer from Bordeaux airport or train station, pp, each way (2+ pax)	€60	$75

Tour Dates

Season	Tour Dates

Rates do not include:Lunches, Extra drinks, Optional Yoga classes, Gratuities & Transfers from/to Bordeaux or Morcenx

Reservation Form

Tour : _____ **Code #:** _____ **from:** _____ **to :** _____

The Travelers (Last Name, First Name)	Male Female	Single room / or tent	Birth Date MM/DD/YY	Height	Weight	Special diets	Beginner	Novice	Intermediate	Strong Interm.	Advanced	ride English	ride Western	mostly arena	mostly hacking
1.		☐				☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2.		☐				☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3.		☐				☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4.		☐				☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Special Diets: _____

Your fitness level: Excellent ☐ Moderate ☐ Poor ☐ How long have you been riding? _____

How often do you ride? _____ Have you been on other riding tours? No ☐ Yes ☐ last trip when? _____

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ◯ NO ◯

In an emergency, name and phone number of contact: _____

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails *Booking Conditions* and the Hidden Trails *Recreational Activity Release and Indemnity Agreement* in this brochure or as listed on the Internet.
I (we) will sign and forward the *Recreational Activity Release and* Indemnity Agreement at least 10 weeks before trip starting date.

Last Name and First Name (The Traveler) _____

Street _____ ***e-mail*** _____

City _____ ***State*** _____ ***Postal/Zip Code*** _____

Phone (wk) _____ ***(hm)*** _____ ***Cell*** _____ ***Fax*** _____

Date _____ ***Signature (mandatory)*** 1. _____

Please, charge a 25% deposit (minimum $ 350 per person) now and full payment 10 weeks before the travel date to my credit card.

For payments by VISA ◯ ***or Mastercard*** ◯ (no debit cards)

Cardholder: _____

Card # _____ 3 digit Security # _____

Exp.Date: _____ Signature _____

Billing Address for Credit Card (if different than maling address): _____

I have enclosed a check for the deposit ◯

Additional Signatures:

2. _____

3. _____

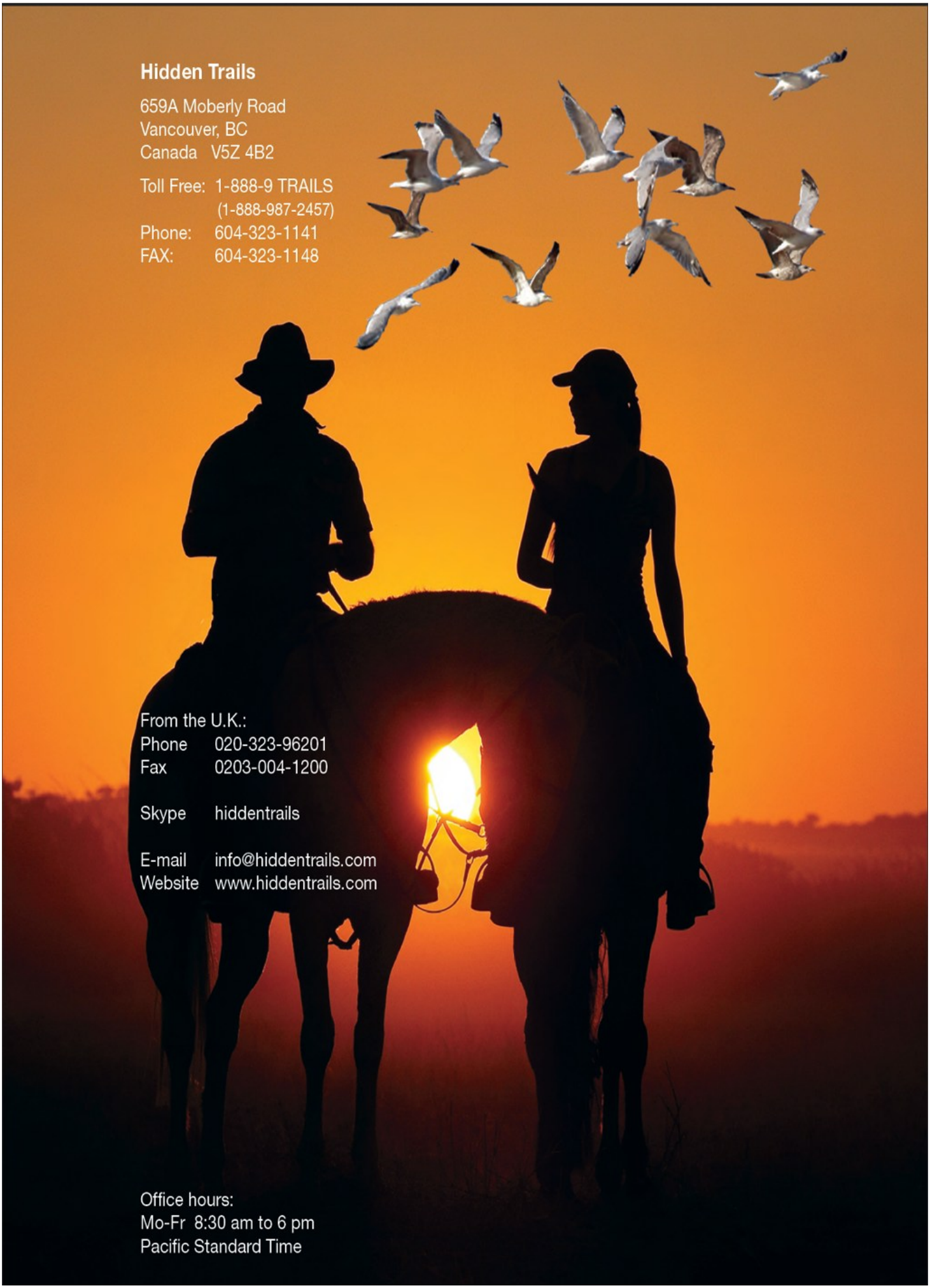
4. _____

Travel Cancellation Insurance Credit Card required

Sign me (us) up ◯ initial _____

No, we will provide our own ◯ initial _____

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Pacific Standard Time