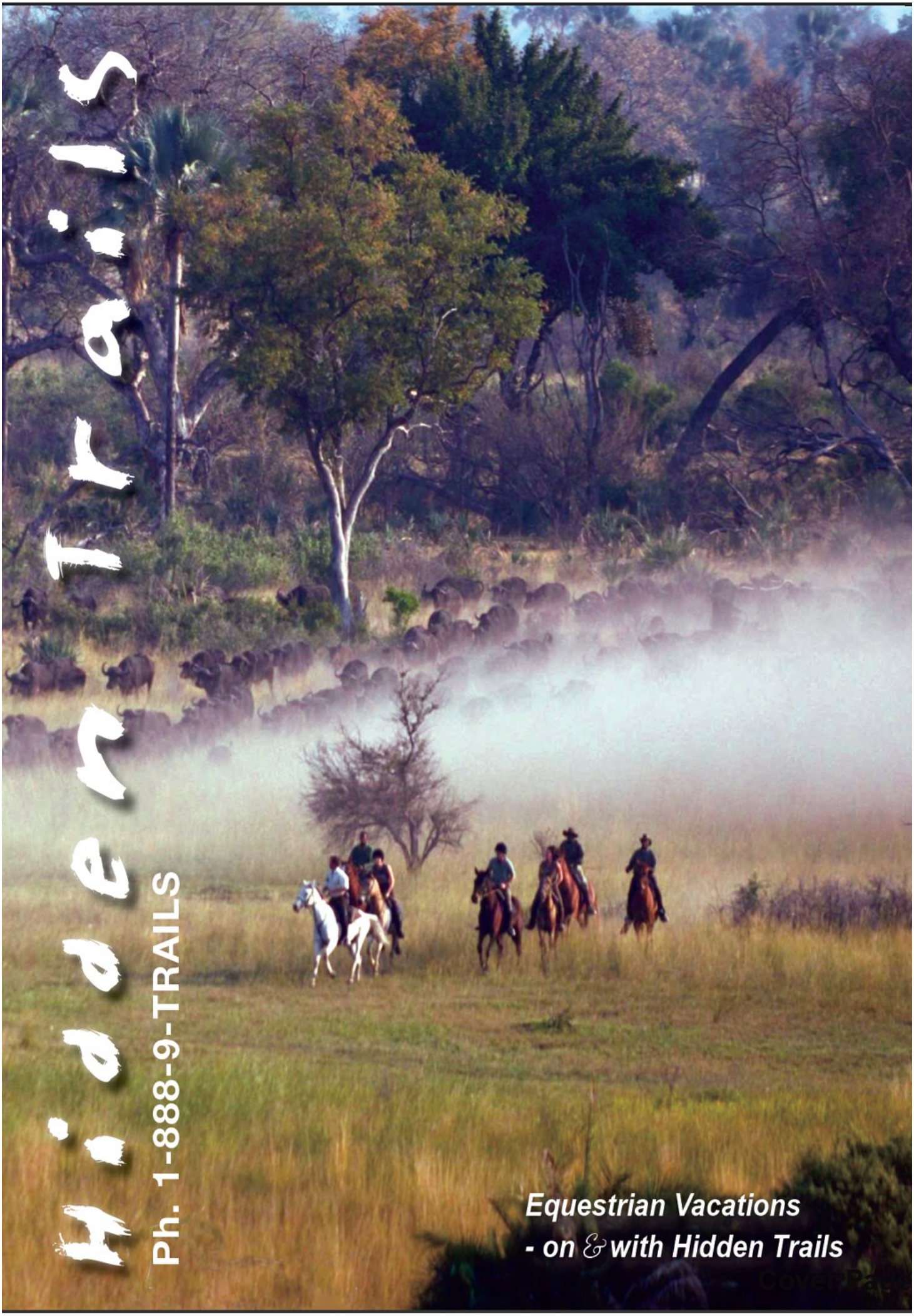
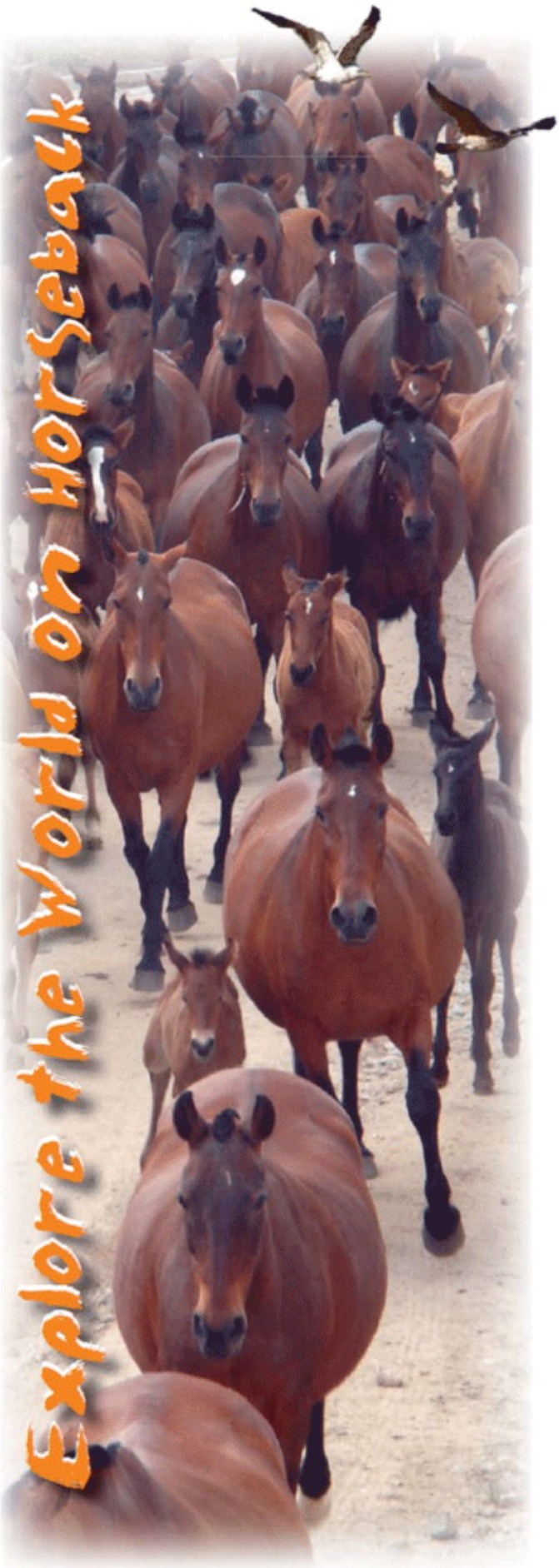

Hidden Trails
Ph. 1-888-9-TRAILS
Equestrian Vacations
- on & with Hidden Trails

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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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

Lusitano Riding Centre Alcainca Program B - Portugal, Europe

Tour Code: PG-ACRB
8 days / 7 nights ~$1,965.00
Dates: Available all Year

Trip Rating :
Difficulty :
Lodging:

Tack: English
Horses: pure-bred and part-bred Lusitano horse...
Pace: As required. One lesson per day.

Airport: Humberto Delgado Airport













Introduction

Lisbon Area, Portugal
Spend a whole week or even just a few days at the world renowned Escola de Equitação de Alcainça. Each day you will work closely with and learn much from the knowledgeable professional trainers of dressage on site (tuition available from novice through to high school dressage!). The town of Alcainça lies only 25 miles northwest of Lisbon, 4 miles from the famous cloister of Mafra, and 6 miles from the stunning Atlantic Coast. It is surrounded by wild pastures and small forests. The Atlantic Ocean on the west coast helps assure a nice, even temperature throughout the year so that even in the heights of July and August it never gets too hot to ride. Your gracious host, Salette Rodrigues, will make you feel right at home.

The school's director, George Malleroni, studied with the legendary Nuno Oliveira for the last 10 years of the master's life. The instructors here are some of the finest dressage riders in the world, who can give lessons on any level. The riding school provides 20 highly trained Lusitano stallions for their guests. The program includes two 1.5 hour sessions per day - leaving very little time for activities other than a dip in the pool or sun tanning between lessons, so we advise if you wish to fit sight-seeing in as well into this intensive program you save some days on either end of your stay at Alcainça or downgrade to the one session per day. The groups are small, personalized and always divided according to riding level so that every rider gets a lot of personal attention.

Accomodation



Accommodations
This is a stationary ride, so all nights are spent at the same location.

Description
Set on a hill-side, the farm was originally built as traditional "Quinta" (a Portuguese country estate) complete with stables, indoor and outdoor schools, as well as an antique bullfighting arena which is nowadays used for traditional working equitation sessions or as a turnout for our horses. You will be staying in the newly constructed guesthouse at the riding school (5 double rooms with private bath) or at the adjoining facilities (3 rooms with 2 separate baths).
Amenities on-site include a swimming pool, billiards, and living room with fireplace and TV.











WiFi is available on site & laundry is available on request.

Room Occupancy
There is no single supplement fee if riders are willing to share.



Meals
All meals from dinner on Day 1 to breakfast on the last day are included. Complimentary water, tea and biscuits are always available in the dining room and in the Riders Lounge. Soft drinks, beer, white and red wines, and the Portuguese specialty Vinho Verde are sold in the Bar and the Riders Lounge.

Home-made delicious Portuguese meals are served daily in the dining room overlooking the indoor riding school. Lena, the chef, prepares all meals with healthy, fresh and mostly organic ingredients.

A continental breakfast with local bread, jams, cheese, cereals, seasonal fruit, orange juice, tea and coffee.
A 2-course lunch with a meat/fish* dish, salad, fruit, house wines, water, coffee or tea.
A 3-course dinner with soup, a meat/fish* dish, dessert, house wines, water, coffee or tea.

Dietary Restrictions
We can cater to vegetarians with prior notice.

Riding



Riding Experience
Riders should be balanced and independent at walk, trot, and canter, and it is an advantage to know the basic lateral movements such as shoulder-in and half-pass.
Following an assessment, riders are divided into groups of 1-4 according to their riding ability and experience, in order to ensure every student receives proper individual attention from the instructor.
Riders are welcome to assist in grooming, tacking up and untacking the horses although there are grooms to prepare and assist if you are unfamiliar with the process.

Riding School
Our dressage riding school has been in operation for over 30 years and is steeped in the classical horsemanship tradition. We offer riders, both novice and experienced, the opportunity to experience the renowned Portuguese pure-bred Lusitano horse and classical equitation in the spirit of the grand masters, in their original environment.
You can train up to twice a day with our expert and multilingual dressage instructors in the indoor or outdoor arenas (195ft x 75ft) on the estate. Above all, we teach the art of riding in harmony with, rather than against, the horse.
Our focus is to teach the rider how to improve the horse's natural balance, develop self-carriage, making the horse supple and flexible. Our aim is to inspire and provide every rider with improved feel and technique, as well as an increased understanding and insight, which can be further built upon at home for continued improvement of both horse and rider.

Horses
Alcainça is a dressage stable in which you will find horses able to cater to different training levels. You will be riding purebred and part-bred Lusitano horses, including some stallions. The horses are not only well tempered and of a docile character but they will allow you to explore the great feeling of riding a well-trained dressage horse.
Firmly believing that a good school horse is the best teacher, we school our horses with thought, compassion and patience according to the classical principles over many years, to develop great schoolmasters for our students.
The horses able to do Shoulder In, Half Pass, Flying Changes, Piaffe and Passage.

Instructors













The instructors are some of the finest dressage riders who can give lesson on any level. They do speak English as well as French and Portuguese.
The main instructor is Mr. Georges Malleroni who was a student in classical dressage of the "Haute Ecole" under Nuno Oliveira, the great Portuguese Master and one of the best world Masters.

Hard Hat
Although the school horses are all very well trained, gentle and safe, it is mandatory to wear a hard hat/helmet at all times when riding for your own security.



Itinerary



The riding center offers 2 different programs:
- Intensive Riding Program (Program A) - 2 riding lessons per riding day (morning & afternoon)
- Moderate Riding Program (Program B) - 1 riding lesson per riding day (morning or afternoon)

Please, note that there are no lessons on Sundays. If you wish, we can arrange sightseeing activities on Sundays, upon request (let us know at the time of booking).

The magnificent horses are well trained, and the instructors are some of the finest dressage riders in the world available for lessons of any level (the instructors speak English as well as French, Portuguese and Spanish). The center has three instructors, with Head Instructor being the renowned Georges Malleroni. Within a short time, you will improve your riding level.

Prior to your first lesson, you will have the chance to talk with your instructor about what you are currently doing and what you hope to achieve from the holiday and your courses.
Following an individual rider assessment, riders are divided into groups of 1-4 according to their riding ability and experience, in order to ensure every student receives proper individual attention from the instructor.
An interest in dressage is important on this holiday; you will need to be willing to learn from the experienced instructors to get the most out of your stay.

Our lessons take as long as the rider needs to achieve the particular goal for the lesson. In general, the group lessons are about 90 minutes long and the individual lessons are a bit shorter.
Usually, morning lessons start at about 10 am and afternoon lessons start at about 3:30 pm.
In between the lessons you have some time to relax.





Sample Riding Program
It is possible to exchange one of your lessons during your stay for a lesson on the arrival and departure day.

Each lesson starts with a warm-up consisting of 30 minutes of lateral work at the walk: counter shoulder-in, leg yield, zigzag, half pass and shoulder-in on small circles. The movements are done slowly in the classical manner of four tracks. Riders remain almost constantly on circles and bends. Then, a brisk rising trot period follows and leads into more collected work. Group lessons teach riders to pay attention to rhythm and be efficient with their aids. The Center's style of dressage is rooted in lightness and follows the Portuguese tradition, focusing more on artistry and on expression. The Portuguese way of dressage evolved from the bullfighter's needs to control their horses at all times and being able to place them instantly anywhere the rider wishes. The Lusitano can sit back on his haunches and collect his gaits extremely well, freeing his forehand for quick turns.

During your stay, you may also have the opportunity to experience high-school movements such as the Spanish walk, levade, piaffe and passage. Believing that riders learn mostly by feeling, Malleroni aids the horse and tells the rider to just sit and feel the movement.



Non-Riders
For non-riding companions there are several golf courses nearby. A visit to Sintra, Mafra, and the wide-open beaches (a 10-minute drive away, is always a great outing. Sightseeing options and prices are available upon request.

Other Info

Meeting: Alcainca
Airport: Humberto Delgado Airport
Transfer: Lisbon Airport or hotel
Distance: 35km
Transfers available from Lison Airport or Hotel.

Tack:	English
Horses:	pure-bred and part-bred Lusitano horses, mostly stallions
Pace:	As required. One lesson per day.
Level:	(2 to 3 out of 5) Novice
Weight:	185 lbs
Riders:	Min 1 riders Max 10 riders
	Riding helmets are mandatory for this ride.

Nuno Oliveira

Born 23rd June 1925. Died 2nd February 1989.

NUNO OLIVEIRA, by his tireless work, study, and belief in the Classical Principles of the art of training horses provided the link with the Great Masters of the 16th, 17th and 19th century in Europe, and the changing and expanding world of the 20th century.
Nuno Oliveira taught and trained all his life, based originally in Lisbon, and later in Avessada, Portugal. He gave numerous performances with his beautifully trained horses throughout Portugal, often for charity. In the 1960's and early 1970's, he travelled to many countries in Europe and the United Kingdom to give demonstrations of all Classical movements. He also travelled to the United States, South America, and also to Australia and Asia giving training clinics and performances.
He was regarded world-wide as the last of the Old Master Trainers, always devoted to the principles of the Classical Trainers of old. All of his life Nuno Oliveira studied and practised this equestrian art, demanding of himself and his students discipline, calmness and always absolute correctness, in all movements the horse performed.
Nuno Oliveira rode like a King, and always his horses carried him like a King. Neither circumstances nor fashion ever deviated him from his beliefs.
His equestrian school/home was located in Avessada, a small village in Portugal, where he trained his own horses as well as visiting students, who came from all corners of the globe to learn from the Master. Nuno practised his life's work invariably listening to a recording of a great tenor singing a Puccini or Verdi opera, his other great love.
He travelled the world giving clinics and teaching riders who became, not only dedicated students, but good friends. More than a decade after Nuno Oliveira's death, these friendships have developed into a world-wide network (including organisations like the Classical Riding Club) active in promoting Classical Principles in

training horses.

To quote Nuno Oliveira... equestrian art is the perfect understanding and harmony between horse and rider

Rates and Dates 2024 - PG-ACRB

Rates include: Accommodation, All meals & 6 riding days (1 instruction session of 1.5 hours each per day) with English and French speaking instructor

Packages and Options

Season	Description	EUR	~US$
A 2024	8 day trip, 1 session per day (High)	€1785	$1965
	Non-rider, dbl	€1000	$1100
B 2024	8 day trip, 1 session per day (Mid)	€1605	$1765
	Non-rider, dbl	€900	$990
C 2024	8 day trip, 1 session per day (Low)	€1430	$1575
	Non-rider, dbl	€800	$880

The US Dollar Rate is based on a EUR Exchange Rate of 1.1 and subject to currency fluctuation

Rates Note: Shorter stays are possible - minimum of 3 nights.
No Single supplement if willing to share.

Transfer Option

Description

2024	Transfer from Lisbon airport w/ return (per car, group of 1 to 3)	€140	$155
2024	Transfer from Lisbon hotel w/return (per car, group of 1-3 pax)	€140	$155
2024	Single supplement	€345	$380

Tour Dates

Season	Tour Dates		
C 2024	01/01/2024 - 02/29/2024	8d / 7n	8 day trip, 1 session per day (Low)
A 2024	03/01/2024 - 10/31/2024	8d / 7n	8 day trip, 1 session per day (High)
B 2024	11/01/2024 - 12/31/2024	8d / 7n	8 day trip, 1 session per day (Mid)

Min/Max: 1/10
Arrival can be any day of the week but there are no lessons on Sundays

Rates do not include:Transfers & Gratuities

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. _____

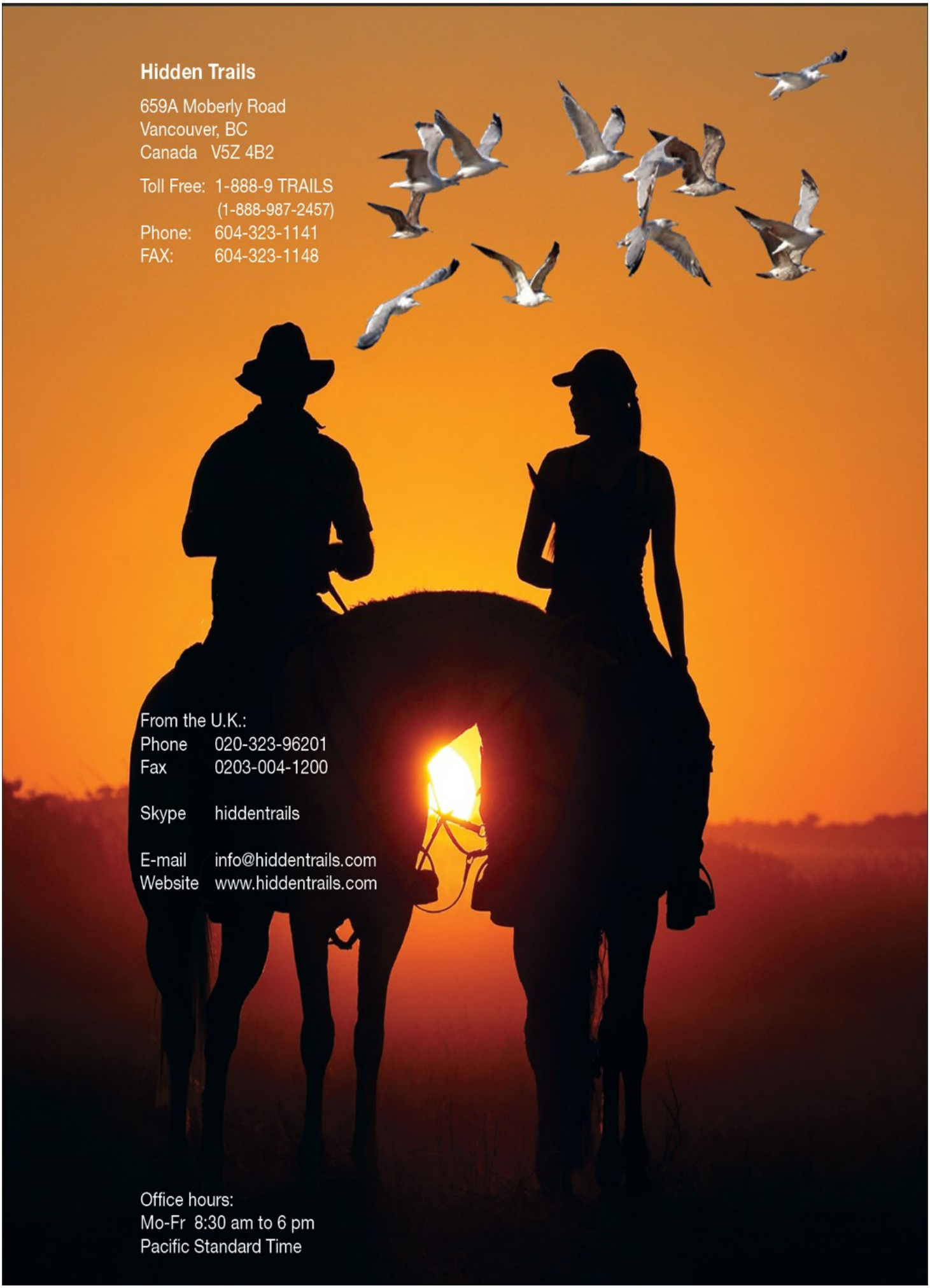
4. _____

Travel Cancellation Insurance Credit Card required

Sign me (us) up ◯ initial _____

No, we will provide our own ◯ initial _____

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Website www.hiddentrails.com
Office hours:
Mo-Fr 8:30 am to 6 pm
Pacific Standard Time


Back Cover