

THE
EQUI-FLEX
RIDER WELLNESS
EXPERIENCE

CREATED BY LIBERTY TRAILS



Highlights of The Equi-Flex Experience with Karzan Hughes

- ▶ Ideal experience for riders travelling alone or with one or two friends.
- ▶ Stay for three nights in a stunning private manor house with 'the equestrian fitness guy', Karzan Hughes and a small intimate group of guests
- ▶ Learn all about the importance of suppleness and rider fitness throughout the weekend.
- ▶ Revel in relaxation, wellness and pre/post ride mobility and stretch sessions led by Karzan.
- ▶ Breakfasts and two top notch suppers are cooked by our chef team.
- ▶ Enjoy two full days of guided riding, on your horse or ours, taking in numerous fast canters and exciting new routes.
- ▶ Coffee breaks and lunch are served daily on the moors.
- ▶ Unwind by strolling through the abundant gardens of the manor house and enjoy an al-fresco drink on the outdoor terrace!



Itinerary

PLEASE NOTE: some details of the trip outlined below may vary; we amend our routes to make the most of weather conditions and energy levels etc.

Day one:

Arrive at your manor house close to Dartmoor from around 5pm (or come earlier to settle your horse at our private yard, if bringing your own) Get to know the rest of the group over pre-dinner drinks whilst our chef team cooks and serves a first rate dinner featuring fresh local ingredients.

Day two:

After breakfast, Karzan will lead you through some pre ride stretches to prepare you for a day in the saddle! Your Liberty Trails host will take you to meet the horses that will have been boxed out to a different part of the moor, each day. Mount up for a fabulous ride covering between 10 to 15 miles each day with a stop for coffee and finishing with a picnic lunch.



The weekend is focused around rider wellness, flexibility and mobility, so throughout this experience Karzan will share his knowledge and expertise so that you may gain some valuable lessons to take home with you!

Your mounted guide will tell you much about Dartmoor's wildlife, legends, ponies and more as you ride. Your ground crew will carry (or receive) spare kit, as well as providing refreshments and taking great photos of you in the saddle. Return to the manor to freshen up and have a post ride mobility session to iron out any niggles from the day's ride. Enjoy stimulating conversation around the dinner table with fellow guests and hosts.

Day three:

Start the day with a 'Wake Up & Stretch Session with Karzan ahead of another fun and exhilarating day in the saddle following the same format as the previous day. Once again, your ride will take in tors, standing stones, native pony herds, and more. It's common to see disused tin mines, circling buzzards, to cross rivers and pick your way between rocky outcrops.

Toast the ride's end with tea and cake (and a tot of port!). Return back for an al-fresco cocktail on the outdoor terrace before a final celebratory dinner.

Day four:

After a relaxing final breakfast, guests bid farewell to new friends and head for home.



Accommodation and meals

The venue for this weekend is in one of Dartmoor's few historic manors renovated to a high standard. It is rented exclusively for our party and boasts six double and twin en suite rooms, a large kitchen, multiple quiet and social rooms, two sitting rooms and vast, beautiful gardens with outdoor furniture.

Breakfast and three truly excellent suppers are included in your booking by our chef team who will create a menu to suit your dietary requirements. This is the perfect setting to chat, laugh and get to know your fellow riders.

Typical supper dishes include scallops from nearby Brixham to Dartmoor-reared lamb. All dietary requirements can be accommodated.

Lunch will be set up in a remote beauty spot on the moors by your ground crew and we have a range of wet weather plans if necessary, ranging from an awning on our support vehicle, to a proper barn-based picnic should that seem more appropriate. Lunch may be hot or cold (depending on the forecast) with tea and coffee served afterwards, and at a mid morning coffee break.



What Karzan's clientele have to say:

"I am now able to keep my right foot in the stirups after just three months of working with Karzan! I was so happy because it has been 2 years of struggling with this!"

"I recommend Karzan to anyone wanting to work on their equestrian fitness and mindset. He is so supportive and approachable. He has helped me lose weight, build muscle and strengthen my core which has made a huge difference to my riding!"

"I feel stronger and stopped feeling the pain in my back and legs when riding. It's amazing because I can finally concentrate on other things rather than pain stopping me!"



The package includes:

- ▶ Horse hire (where needed).
- ▶ Guiding, ground support.
- ▶ Lunch.
- ▶ Rooms are based on two sharing a twin ensuite and single occupancy upgrades are available
- ▶ Transfers to/from your horse each day.
- ▶ All breakfasts, three suppers, and a half bottle of wine per head at dinner.
- ▶ Stretch, flexibility & mobility sessions led by Karzan.
- ▶ There is a further honesty bar for additional drinks thereafter.
- ▶ Any transfers needed to/ from Exeter St David's train station can be provided as an extra cost.

Next Steps:

Please email us at enquiries@libertytrails.co.uk stating your preference for single occupancy or shared occupancy room, with hired horse or livery for your own horse.

We will confirm pricing and availability and send you a Rider Information Form. To reserve your place, we ask each rider to complete and return the Rider Information Form along with a 30% deposit. If your trip has to be re-arranged due to unforeseen circumstances, it will be transferred to an identical or similar experience (in consultation with you) on another agreed date, with no rearrangement fees.

We are proud to have achieved 100% customer satisfaction with how we've handled this so far and intend to keep it that way.

Have a question?

Contact us **HERE** or send a WhatsApp message to 07967 823674 requesting a call back to discuss The Equi-Flex Experience.

Booking Conditions

<https://liberty-trails.com/booking-conditions/>

