

A real passion for horses

SUMMER 2010

BEST SELLING
UK EQUESTRIAN
MONTHLY

HORSE & RIDER

www.horseandrideruk.com

Perfect outline

10 terrific tips for riding him 'on the bit'

WIN!
★ a riding holiday to sunny Spain
★ lessons with Emile Faurie

Have a **healthy horse** all summer!



What to do... if your horse suffers from separation anxiety

Trouble-free transitions

Ride smooth gear changes every time!

10-PAGE SPECIAL

Listen here!

Is your horse paying attention to you?

HERD INSTINCTS

★ Think like a horse and you'll train him better says Michael Peace

IN THE SADDLE

★ Clayton Fredericks' great jumping advice
★ Winning ways to



D.J. Murphy

£3.80



WIN!

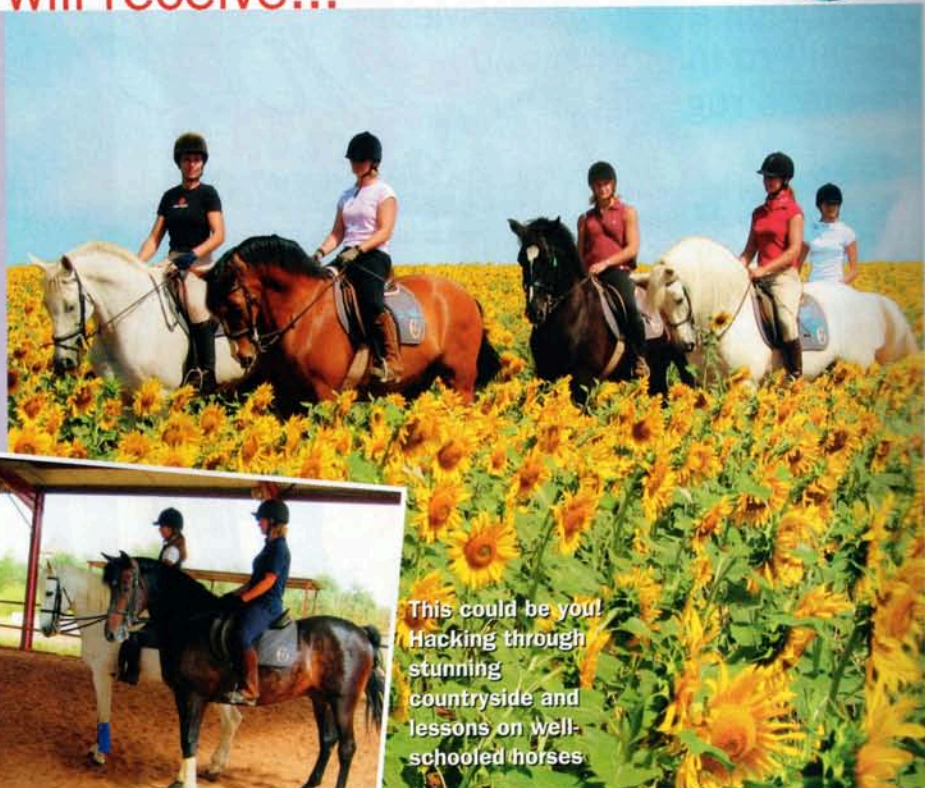
Reader competition

A riding holiday in Spain courtesy of Zara's Planet



One lucky winner will receive...

- A week's riding holiday (seven days and six nights) at Epona, staying full-board
- Return flights to Seville for one
- Hacking around the beautiful Spanish countryside
- Daily riding lessons
- A trip to the Royal Spanish School of Equestrian Art in Jerez
- An evening watching a traditional Flamenco show and dinner.



This could be you!
Hacking through
stunning
countryside
and
lessons on well-
schooled horses

Epona is the goddess protector of horses and the name of Fernando and Jane Garcia's wonderful riding establishment in Spain. Set in a 400-year-old traditional hacienda with a swimming pool, the lucky winner can expect to find some of the most beautiful and well-trained horses in Spain.

Fernando and Jane have nearly 25 years' experience owning and running Epona with the help of their talented daughters, Vivi and Caty.

Fun for all!

The holiday itself is seven days and six nights, and offers a fantastic mix of riding in the countryside, on the beach and in the school with top-class tuition.

Epona has over 60 horses of varying standards to suit all levels of rider. Some are young, some old, some quiet and some spirited – they even have 10 horses who can perform passage, piaffe and the

amazing Spanish walk!

A mix of riders visit Epona throughout the year, from beginners to advanced dressage riders. Most of the horses are Andalusians or Andalusian-cross, but others include Anglo-Arabs and Thoroughbreds.

To enter

Simply answer the following question and tie-breaker on the entry form on page 144. Alternatively, you can enter online by visiting horseandrideruk.com For Rules of Entry, turn to page 144. Entries must be received by 31 July, 2010. No purchase necessary.

Q Who is the 'Epona' riding establishment named after?

Tie-breaker: Describe your ideal horse in no more than 20 words.

For more details, call the UK office
☎ 08444 870300
www.zarasplanet.co.uk
or the Irish office ☎ 00 353 1440
7477 www.zarasplanet.ie

Terms and Conditions

Entrants must be aged 18 or over and from the UK or Ireland. The holiday is subject to Zara's Planet standard terms and conditions. One entry per person. Transfers in Spain and return flights are included. Zara's Planet will try as far as possible to book flights as close to the winner's home as possible, but travel to and from a London airport may be necessary, and travel to the airport is not included in the prize. The prize does not include insurance or other costs. Prize available at any time of the year, subject to availability. The holiday must be taken by December 2011. Weight restriction applies (up to 16 stone/102kg/224lb). No purchase necessary.