



# Foothills Farm

# ADULT RIDING CAMP

## PACKAGE A

\$450<sup>+HST</sup>

Thursday night - Sunday

## PACKAGE B

\$360<sup>+HST</sup>

Friday dinner- Sunday

## PACKAGE C

\$340<sup>+HST</sup>

Friday night - Sunday

# SEPTEMBER 15-17

- ADD ON**
- \$20<sup>+HST</sup> Per night horse board (BYO Hay + Shavings)
  - \$30<sup>+HST</sup> Per night horse board (Hay + Shavings Included)
  - \$50<sup>+HST</sup> Weekend School Horse Rental Fee

### BREAKFAST

French toast, bacon, sausage, fruit, boiled eggs coffee/tea, apple and orange juice.

### MORNING RIDING LESSON

Enjoy your first riding lesson of the day.

### LUNCH

Chicken rice soup. Assorted subs. Veggies & dip.

### AFTERNOON RIDING LESSON

Enjoy your second riding lesson of the day.

### DINNER

Greek salad, lemon chicken with tarragon mushroom sauce, steamed mix veg. Spaghetti squash, basmati rice, fresh fruit shortcake or alternate.

### BREAKFAST

Scrambled eggs, sausage, bacon, yogurt, fruit cocktail, toast, bagels, baked beans, Mediterranean quiche, orange almond salad coffee/tea, apple and orange juice.

### MORNING RIDING LESSON

Enjoy your first riding lesson of the day.

### LUNCH

Soup & Sandwich Bar

### AFTERNOON HACK

Enjoy a leisurely hack in the fields and local trails.

### DEPARTURE

### BREAKFAST

Smoothies, breakfast sandwiches, hashbrowns coffee/tea, apple and orange juice

### YOGA WITH DAWN CONDON

Enjoy some morning yoga.

### MORNING RIDING LESSON

Enjoy your first riding lesson of the day.

### LUNCH

Roasted red pepper soup, grilled cheese with bruschetta, spring rolls, grilled mixed veg and red pepper hummus on belgum endive.

### PSYCHOTHERAPIST GROUP SESSION WITH KAREN HOURTOVENKO

Learn about the role your mind has in your riding.

### OPTIONAL AFTERNOON RIDING LESSON

Book an optional additional riding lesson for an extra \$50.

### DINNER

Caesar salad, rib eye steak or salmon fillet, garlic shrimp, herb crusted parmesan potatoes, asparagus and sauteed mushrooms, peppers and zucchini. Pumpkin cake with cream cheese frosting or apple crisp

### YOGA MAT

For yoga

### ALCOHOL

BYOB

### CAMP CHAIR

For sitting around the campfire

### SWIM SUIT

Dependent on the weather

### ATTIRE

Riding Clothes, Exercise Clothing, Warm Leisure Clothing, Rain Gear

### BEDDING

Bring pillow and bedding for sleeping

FRIDAY  
SATURDAY  
SUNDAY

PACK

\*GLUTEN, DAIRY AND EGG FREE VERSIONS AVAILABLE.