

DUDGELEY TREC RETREAT 20-24 April 2026**Monday**

Arrivals after 13.00. The car park may be full if you arrive before this time

Please park up by the arena (see plan in Arrival Pack). Remember to text Julia on 07515721963 with estimated time of arrival.

Setup your coral (refer to arrival pack) before you unload your horse. If you have booked a stable then you can use the stable from 1pm.

Welcome to Dudgeley in the Lounge. Bring your favourite tipple, get to know everyone (if you don't already)

Dinner served at 19:30 in farmhouse kitchen

Main	Lamb or Vegetable Tagine with Moroccan Cous Cous,
Desert	Baked Raspberry and Ricotta Cheesecake or Fresh Fruit

Tuesday

Self Serve Breakfast in kitchen

Group A (Advanced)	Group B (Intermediate)	Group C (Novice)
8.00 - 9.00 Karen: 45 mins private - £60		
9.00-11.00	9.00-11.00	9.00-11.00
Hacking or optional extras	PTV & MA with Helen Wain	Navigation workshop
11.30-13.30	11.30-13.30	11.30-13.30
Navigation workshop	Hacking or optional extras	PTV & MA with Helen Wain
14.30-16.30	14.30-16.30	14.30-16.30
PTV & MA with Helen Wain	Navigation workshop	Hacking or optional extras
		16.30 Yvonne: 45 mins private - £60

Dinner served at 19:30 in farmhouse kitchen

Main	Chicken Tikka Masala or Thai Green Vegetable Curry (V) with rice and naan bread,
Desert	Fruit Crumble with Custard or Fresh Fruit

Wednesday

Self Serve Breakfast in kitchen

Holistic Therapies with Sunita

Group A (Advanced)	Group B (Intermediate)	Group C (Novice)
8.00 Erica: 1 hour semi private - £40		
9.00-11.00	9.00-11.00	9.00-11.00
Hacking or optional extras Karen Massage 1 hour, Reiki 45 mins	PTV & MA with Helen Wain	Navigation workshop
11.30-13.30	11.30-13.30	11.30-13.30
Navigation workshop	Hacking or optional extras	PTV & MA with Helen Wain

14.30-16.30	14.30-16.30	14.30-16.30
PTV & MA with Helen Wain	Navigation workshop	Hacking or optional extras Yvonne Holistic Therapy 2 hours
Dinner served at 19:30 in farmhouse kitchen		
Main	Beef Bourguignon with fresh vegetables & potatoes or Moroccan Spiced Pie with fresh vegetables & potatoes(V)	
Desert	Chocolate Hazelnut Meringue Roulade (N) or Fresh Fruit	
Thursday		
Self Serve Breakfast in kitchen		
8.00-9.00		
optional private lessons with Helen		
Group A (Advanced)	Group B (Intermediate)	Group C (Novice)
9.00-18.00		
Hacking or optional extras		
Dinner served at 19:30 in farmhouse kitchen		
Main	Salmon and Asparagus Rosti Pie with fresh vegetables or Traditional Steak and Ale Pie with chips and fresh vegetables, or Wild Mushroom Stroganoff (V),	
Desert	Pear Frangipane Tart and ice cream (N) or Fresh Fruit	
Friday		
Self Serve Breakfast in kitchen		
Vacate Bedrooms by 10.00		
Vacate Corrals & Stables by 12.00		
Thank you for supporting Your Horse is Your Mirror. Safe Drive home & see you next year!		
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