

DUDGELEY TREC RETREAT 17-20 April 2026**FRIDAY****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 tippie, get to know everyone before dinner in the lounge (if you don't already)

Dinner served at 19:30 in farmhouse kitchen

Main	Cottage Pie and fresh vegetables or Traditional Fish pie with fresh vegetables, or Wild Mushroom Stroganoff (V),
Desert	Chocolate Cheesecake with Toasted Hazelnuts (N) or fresh fruit

SATURDAY**Self Serve Breakfast in kitchen**

Group A	Group B	Group C
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 Yvonne: 45 minutes hypnotherapy

Dinner served at 19:30 in farmhouse kitchen

Main	Beef or Vegetable Lasagne salad & garlic bread
Desert	Sticky Toffee Pudding with Sticky Toffee Sauce and ice cream or fresh fruit

SUNDAY**Self Serve Breakfast in kitchen**

8.00-9.00

Holistic Therapies with Sunita

Group A (Advanced)	Group B (Intermediate)	Group C (Novice)
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 Yvonne: 2 hours Holistic Therapy

Dinner served at 19:30 in farmhouse kitchen

Main	Traditional Steak and Ale Pie with fresh vegetables & potatoes or Moroccan Spiced Pie with fresh vegetables & potatoes (V)
Desert	Hazelnut & Raspberry Meringue or fresh fruit

MONDAY**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!**