

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 tippie, 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		
8.00-9.00		
Group A (Advanced)	Group B (Intermediate/Advanced)	Group C (Novice)
Tania Guinness	Elaine Dawson	Valerie Bennett
Diana Milner	Clare marsden	Marie Jones
Karen Atherton	Ailsa Gibson	Val Owen
Mary Bray	Erica Thomas	Yvonne Baybutt
8.00 Karen: 45 mins private - £60		
9.00-11.00 Hacking or optional extras	9.00-11.00 PTV & MA with Helen Wain	9.00-11.00 Navigation workshop
11.30-13.30 Navigation workshop	11.30-13.30 Hacking or optional extras 11:30 Claire: 30m coaching	11.30-13.30 PTV & MA with Helen Wain
14.30-16.30 PTV & MA with Helen Wain	14.30-16.30 Navigation workshop	14.30-16.30 Hacking or optional extras 14.30 Val 30 minutes coaching 15:30 Yvonne: 45 minutes hypnotherapy
		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 8.00-9.00 Holistic Therapies with Sunita		
Group A (Advanced)	Group B (Intermediate)	Group C (Novice)
9.00-11.00 Hacking or optional extras 9:00 Karen 60 minutes massage 10:15 Karen 45 minutes holistic therapy	9.00-11.00 PTV & MA with Helen Wain	9.00-11.00 Navigation workshop
11.30-13.30 Navigation workshop	11.30-13.30 Hacking or optional extras 11:30 Elaine 45 minutes holistic therapy 12:30 Claire 30 minutes facial	11.30-13.30 PTV & MA with Helen Wain
14.30-16.30 PTV & MA with Helen Wain	14.30-16.30 Navigation workshop	14.30-16.30 Hacking or optional extras 14:30 Yvonne 60 minutes holistic therapy 16:00 Marie 60 minutes massage 17:15 Val 30 minutes massage 16:30 Valerie: 1 hour semi private - £40 (need partner)
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!	

