

CHESTON FARM EQUESTRIAN CENTRE FACT SHEET 2020

A great team of instructors, lovely horses, superb indoor and outdoor arenas and Dartmoor!

We are lucky to have it all here at Cheston! Read on to discover what we offer at Cheston and whether we can fulfil your riding ambitions whatever they may be. Our Facebook page will also show you many pictures and reviews.

What is Cheston's approach to teaching? Horse and rider happiness and harmony!

Our approach to teaching is based on quality, safety and detailed instruction: our ambition is to make you confident and successful in the saddle and hone your skills to reach your best! We love riding goals, informal qualifications or even a competition to aim for. We are popular with rusty adult riders, and regular committed child and teens as well as those who bring their own horse. Our yard is ideal for enjoyment of your leisure time with great facilities, an indoor and two outdoor arenas and our clubhouse/café for coffee and bacon sarnies! Our horses are all owned by the Centre, well loved, valued and appreciated! We have strict weight limits for horse welfare so you need to hop on the scales!

When are you open? – Everyday with some Christmas closures

We are open 9am – late, 7 days a week including most public holidays, although we don't teach on a few days around Christmas. We have a lot of flexibility in what lessons are available – to get a flavour, see our lesson timetable. There are set sessions also for those looking for a weekly group on weekdays, evenings and weekends. Our kids club is super popular. Visitors welcome but only by appointment please.

Do you teach children?

Child Weight Limits: up to 12: 9st/57kg / Child 12-16: 11stone/70kg

Children can start riding with us from the age of 5, and we offer a range of opportunities depending on their age and ability. Most of our younger children ride our ponies in our small group / Pony Club sessions where they can enjoy mixing with other youngsters learning to care for and ride the ponies. Children are on a lead rein or lunge rein until they are confident and balanced enough to be more independent. Advanced and confident children have numerous options

Do I need to be physically fit to ride?

Adult limits: Ladies 13st / Men: 14st/90kg.

It helps, but we have also taught those recovering from hip replacements, strokes, or with partial paralysis. Our teaching methods and horses can accommodate various levels of fitness. If you can briskly walk a dog then you are probably fit enough to ride gently. For the comfort of our horses we have a weight limit of 13 stone (82kg) in ladies although tall heavier men up to 14stone (90kg) can be accommodated by our giant 17hh hunters.

What riding lessons or hacks do you offer? We have huge variety available

We offer options from 30 min (child) to one hour shared, small group lessons, semi-private and private lessons as well as 1 or 2 hour Moor Rides for canter level and holiday activity days. Call to arrange a tour and see what we have. The clubhouse has viewing on to the indoor arena or outdoor deck on to both arenas. Just call the office to arrange.

New beginners/novice teen/adults: You will start on lunge rein if necessary. First lesson is £50 for 1 hour private (we have a bulk buy off peak deal). Adult beginners need to commit to regular privates to ensure your

progression and move you on quickly past the basics. Phone so we can chat about what suits you best.

Younger Children: Youngest children may ride in a private starter lessons and we offer a range of small well managed group and club options from lead rein to Moor gallop level. We have a Mini, Half Day and Full Day Pony Club for our regular young riders and group lessons after school. Prices start from £23. See the Kids Club Website page for more. Regular child riders can find savings and rewards by joining our Club scheme.

Holiday Makers: All ages can enjoy either tailored sessions or join in our usual riding activities as appropriate to your level

See below:.....more info on advanced riding and further information

Intermediate/Advanced Riders: We can accommodate teen/adult riders at all higher levels whether leisure, competitive or BHS Career Pathway riders including on our advanced horses. We regularly run advanced groups, specialist lessons for dressage. Gallop moorland hacks are also offered to advanced riders. In winter, we offer a mid-week winter hack option discounted to exercise or school any of our youngsters or faster horses.

I'm new, how do I book a first lesson? Simple: just phone! 01364 388188

We ask you to call us to make bookings. This allows us to understand your needs and advise what opportunities are appropriate for you. Because we are out working during the day, please be prepared to leave a message and we'll call you back. Please note: We can rarely accommodate group beginner lessons such as school, youth or large party groups or take beginners on Dartmoor. Our group size is usually 5-6 riders.

Cancellation Notice of 48hours applies to your booking

Phone Sophie / Office: 01364 388188 – you may need to leave a message. We do much prefer first bookings by phone.

Regular bookings are done via our on-line booking system so you can easily manage ongoing bookings and payments.

Do you offer Dartmoor rides out?

Oh yes, but we are seriously big on safety and passionate about teaching the correct and essential principles of riding and horsemanship whilst making the experience safe, relaxing and fun. There is a page on the website with information.

We offer Dartmoor hacks to pre-assessed riders either well known to us or assessed 10-15mins and seen to be experienced enough riders to enjoy riding out safely. For your own safety you must be able to canter competently to ride on Dartmoor, we therefore do not offer trekking for beginners or take holiday makers on the moors unless you are pre-assessed as competent in canter. Advanced longer gallop hacks and beach riding are offered to advanced riders.

What are your ambitions for your riders? You tell us.....

We want to prepare you for a lifetime of enjoying horses, skilfully, naturally and based on correct equitation - perhaps being a horse owner yourself one day. We will train you to understand horse psychology, be able to influence and understand your horse through body language and through your skills both in handling equipment and whilst in the saddle.

This translates to practical skills such as getting to know the horses, being assertive around the horse on the ground, able to groom and saddle up your horse, lead your horse in walk and trot and be confident adjusting your equipment – all whilst under the supervision of our qualified adult staff and owner/manager Sophie Osborne BHSII. You will be 'horse wise' both in and out of the saddle and learn to feel at home around these big beautiful creatures!

Prices and to register: see links on home page

Where can I get more information?

Please call us to enquire, arrange to visit or watch a lesson in progress. See us and our team of horses and ponies in our FACEBOOK albums as well as on the website. Tel 01364 388188

Visitors:

By appointment only please. CFEC is both our home and business and we love our quiet time too!

Cheston Farm Equestrian Centre:

Proprietor: Sophie Osborne BHS Senior Coach and BHS Stable Manager (Stage 5)

CFEC is a 5 star licenced and inspected Local Authority registered equestrian centre (No: SHLA1A44) holding British Horse Society highly commended status.

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