

# Zero to Hero



Greenacres Stables  
Riding Centre

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Zero to Hero is a combination of 5 bootcamps packed into an intense 30 day experience. By the end of the month you will be competent at walk, trot, canter, jump, confident hacking over multiple terrains types, on roads, in woodlands and open spaces, and dealing with encounters with wildlife such as wild ponies and semi-wild cows, on occasion deer and boar.

During this course you will establish enough knowledge and ability to be able to choose, buy and care for your own horse and be prepared to keep your horse at a livery yard. You will learn basic equine first aid, general equine etiquette and how to stay safe and keep your confidence.

Greenacres Stables is entirely pet friendly. 13 horses, 2 cats and a chinchilla live here permanently, and our team members often bring their dogs to work with them. This means you are also welcome to bring your pets with you, providing you let us know in advance to allow us time to prepare.

**Duration** 28 days

**Course Price** £2350  
*Per Person*

**Accommodation** £2100  
*Up to 2 People*

**Skill Level** Absolute Beginner

**Combination** From Scratch  
The Microwave  
Pro Hacker  
Canter with Confidence  
Jump for Joy

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## Week One

The first week of this package is centred entirely around teaching you the basics. It follows a similar curriculum to the From Scratch course, but much more in depth as we prepare you for week two.

You will learn to walk and trot, and potentially canter depending on your progress. We have had some extraordinary individuals in the past who have gone from never sitting on a horse to the basics of jumping by the end of one week.

The first week also includes a substantial amount of horse care and etiquette. By the end of this week you will be capable of routine daily horse care, safely groom, feed and tack up, identify basic types of tack, identify basic illness and lameness, have an understanding of basic anatomy and gather enough knowledge to stay safe on roads and in open spaces.

During this week there is a trip to Newhunt Tack shop. Here you will be able to buy any equipment you need or would like. We will be there to offer advice on what you may need in the future. Due to their incredible range of equipment, we will teach you about different types of tack during this visit.

## Week Two

The second week of this package follows The Microwave bootcamp. Since you are now walking, and trotting without assistance, we can double up the intensity and get you cantering in the arena and out and about in the woods.

This week is far more vigorous than the previous, and you will be feeling the change in your physique and fitness by this point. Muscles you never knew you had will be building up and you will be experiencing an increase in flexibility during this week. Your riding will be centred around improving your newly learned skills, balance, and finesse.

During this week we will also focus more on groundwork and exercises for your horse when not in the saddle. We will cover equine injury rehabilitation, fitness programmes, purposeful feed and care routines. We will also teach you about the procedure for buying a horse, what to watch out for and where to look. We will teach you the same about livery yards.

By the end of this week you will be very close to having gained enough knowledge and ability to choose, buy, care for a horse, and keep it on a livery yard that is right for you. Your riding skill will be dramatically and visibly improving by the day and you will be confident in the arena and in most hacking situations. You will also have learnt the basics of trick riding and driving.



## Week Three

On the third week you are at the summit, the hardest part has been accomplished. This week is based on a combination of the Canter with Confidence course, the Pro Hacker course and Jump for Joy, with specific jump lessons throughout the week. By this time, you will – hopefully! – have stopped aching and your newly established muscles will be used to this type of work. You should feel more supple and comfortable in the saddle, as if it is a piece of furniture rather than a first-time experience. You will be learning to feel the horse's movements without looking and have gained a firm foundation to build on.

You will be part of the team by now, caring for our horses alongside us, and well-adjusted to the lifestyle. Your stable management lessons will focus more on equine biology and anatomy and you will learn how and when to clip horses. We will cover worming, shoeing, and vaccinations, dentistry, and other yearly routines. We will look more deeply into types of tack, bits, training aids and their uses.

The hacking will be vast and varied during this week, you will be covering a lot of ground and on occasion, be in the saddle for up to 4 hours. By the end of the week you will have had a substantial taste of a few disciplines such as dressage, show jumping, endurance and trick riding. At this point, it is time to pick your favourite to bring into week four.

We will have another trip to Newhunt Tack shop during this week to teach you about more complicated types of bits and training aids. There will be plenty of time to browse the shop, using the knowledge you have gained by now, to make informed decisions on your own about what you may need to buy in future. You are not compelled to purchase anything, but from personal experience we know how difficult it is to leave that shop without anything! We, of course, will be there to offer advice although you will need less by now.

## Week Four

This is your final week with us. You will have completed all 5 bootcamps in three weeks and it is time to focus on your favourite parts. This week is all about fun and finesse. One lesson a day is dedicated to things that need brushing up and perfecting, all other riding for the week is entirely your choice on what you would like to focus on and which discipline you would like to delve further into.

During Summer months, you will have the option to try Cross Country schooling. By now you will be perfectly confident jumping solid fences, jumping on grass and riding in large open fields. Cross Country schooling is the ideal opportunity to put all these skills and experiences to practise in one session, not to mention it is tremendous fun. Cross Country is mainly about jumping with less focus on speed.

During Autumn, you will have the option to ride with the local hunt. At this time of year, hound exercise and "autumn hunting" take place a few times per week. We must emphasise that this is not fox or hare hunting, or even drag-hunting, it is purely an exercise session. Hound exercising is relatively tame with a continuous steady pace, whereas "autumn hunting" is faster paced and much more exhilarating. These sessions contain more long and exciting gallops through the countryside with fewer opportunities to jump.

You will also have the opportunity to give competition show jumping a shot. Clear round jumping is a similar experience to competition jumping and is available all year round, although competitions are entirely subject to availability.



## Equestrian / Course Specific Glossary

**Gaits:** Walk, trot, canter and gallop are gaits of a horse. The simplest way to explain the differences is in musical terms. The below is based on our fairly slow 16.2hh Clydesdale x Cob, Bonnie.

Gait	Time Signature	Tempo
Walk	4/4	60
Trot	2/2	90
Walk	3/4	120
Gallop	4/4	220

**Hands (hh):** A unit of measurement to determine height. There are 4 inches to one hand.

**Livery:** A livery yard is a horse-riding establishment where you can pay to keep your horse. There are a variety of types of livery, with DIY (do it yourself) being the cheapest and most common.

**Spook:** Sudden and temporary fear and/or panic. A horse may spook at a bird in a hedge, although this will likely not result in a bolt. Being flight animals, spooking is fairly common but not dangerous. It is comparable to a jump scare for humans; we may be startled by a sudden loud noise, but we are not likely to start sprinting or flailing because of it. This said, all animals are individual.

**Etiquette:** Essentially, the dos and don'ts when handling horses and on a livery yard. Just like any situation where you may find a collection of strangers sharing one roof, there are certain guidelines which you may want to follow to avoid mishaps and discord. Throughout this course you will learn the etiquette concerning arena use, road use, livery yards, meeting other horses while riding, and more.

**Hack:** Riding anywhere that is not in the arena. Going for a hack refers to leaving from and arriving back at the same yard later on horseback.

**Open Spaces:** Relating to horse riding, this usually refers specifically to large, open fields.

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- Yard:** British colloquial term for an establishment where horses are stables. In the USA this is often referred to as “the barn” or ranch.
- School:** British colloquial term for an arena. Usually a bordered rectangular area set aside for the purpose of training horses. The majority of schools have a fence around them, although most dressage arenas do not. Sand and fibre or woodchip and rubber are the most common types of surface.
- Grooming:** This includes brushing, hoof picking, combing and in some cases plaiting the mane and tail.
- A Groom:** This is a person whose job is to groom and generally care for another person’s horse(s), including show preparation. Similar to a personal assistant, only specifically to horses.
- Tack:** Short for tackle, it is an umbrella term which refers to all equipment and/or accessories used on domesticated animals, in this instance, horses. For example, saddles, bridles, training aids, martingales, breastplates etc. There is an enormous amount of types of tack, we will cover as much as possible in this course.
- Lorinery:** This term refers to bits and biting. The bit is attached to the bridle and sits in the horse’s mouth, usually made from one or more types of metal. Biting refers to choosing and fitting a particular bit to a horse. There are hundreds of types of bits, we will cover the most important ones and their uses in this course.
- Lameness:** A horse must be sound to be ridden and/or exercised. When a horse is lame, he/she is no longer sound usually due to injury or pain and is therefore unable to be ridden. This is comparable to a limp or localised pain in human terms.
- Groundwork:** This term includes any sort of training or exercising a horse when not in the saddle. We cover everything from walking safely and correctly next to a horse and how to turn to teaching manners and long reining. The first steps towards backing a horse to be ridden are included in groundwork.
- Training Aid:** Equipment used in exercising and training.
- Driving:** Travelling using a horse to pull a cart or carriage.

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- Trick riding:** This generally refers to stunts on and around horses. We do not go that much in depth, although you will have the option to try some very basic stunts. This will include riding bareback, turning your body around while riding, kneeling and standing on a horse, and mounting a horse from the ground without a saddle.
- Long reining:** Exercising a horse from several feet behind using long reins and voice commands. Similar to driving but without the cart.
- Clip:** Similar to shaving but not all the way down to the skin. Hogging is the correct term for shaving a horse's mane.
- Farrier:** A Farrier is someone whose job is to take care of the hooves by trimming, shaping and fitting shoes. They are experts in this field, which is arguably one of the most important aspects of horse care. All kinds of lameness and illnesses can come from improper shoeing, and behavioural issues are frequently solved by good farriers.
- Dentistry:** Also an extremely important aspect of horse care. Badly shaped teeth can cause all sorts from stomach ulcers to hormone imbalances and lameness.

## Entry Requirements

- You do not need any previous experience whatsoever to enter this course.
- The minimum age requirement is 17 years, there is no maximum age limit.
- The weight limit is 16 stone.

We do occasionally make exceptions in certain circumstances, for example if the rider will be turning 17 within the week, if the rider is over the weight limit, or if you feel you have too much experience.

Please contact us before you book if you believe you would be an exception to the above requirements. We require all riders to bring photographic ID and be measured for height and weight during the induction on the first day. This is purely for security, insurance and licensing purposes and will be stored for up to 5 years in our business health and safety file only. Your data will never be misplaced or misused and is protected by the Data Protection Act 2018. If you are aware that you do not meet the requirements, please do not book without talking to us first as we may be obligated to terminate the course without refunding costs.



## Equipment checklist

We are located 4.5 miles from Ross on Wye, and 5.5 miles from Newhunt Horses tack shop. If you are unable to acquire any of the following equipment, it will certainly be possible to do so while you are here. If you are not bringing your own transport, there is a reliable bus service to Ross on Wye from the bus stop opposite the yard, and we would be more than happy to take you to Newhunt Horses.

- **Horse riding boots**

You will need to wear your own pair of purpose-made riding boots for this course. If you do not already own a pair, there is a wide range available online from around £20 to hundreds, we are happy to advise on brands etc. We would strongly recommend breaking in your shoes before your course begins as blisters and soreness may impede your learning.

- **Comfortable “old” clothing**

You may get dirty and your clothes may rip or tear, please do not wear clothes you are hugely fond of just in case. The likelihood of clothing breakages is not high, although we do hack through woodlands and the undergrowth can get quite close. Snagging a sleeve on a headcollar clip, stable door, gate handle is also a fairly infrequent but possible scenario.

- **Weather relative clothing**

Even if the weather looks brilliant for the week, it is always a good idea to bring waterproof clothing as the forecast is often inaccurate in this area.

- **Helmet** (optional for the first week)

While you are more than welcome to borrow one from us, most people prefer to buy their own. If so, please use a tack shop with a hat fitting section, there should be qualified hat fitters to help you decide on a helmet. Ill-fitting helmets can cause more damage than no helmet at all, please bear this in mind when purchasing.

- **Muscle relaxant gel** (optional but recommended)

During the first week you will likely discover new muscles and may experience mild pain in parts of your body you do not expect. The most common muscle aches are in the leg, shoulder and back and usually takes 12 – 24 hours before you start to feel it. Most people are relieved from this in a matter of days, but Neurofen gel and the like can be useful in the meantime!

Ankle pain is also relatively common for a few days while learning to ride, but the good news is that while your ankles are adjusting to the angle, the discomfort will only be apparent while you are actually riding.

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### Accommodation

There are a few types of accommodation close to us which are as follows:

#### May Hill Farm and Livery

<b>Accommodation Type</b>	Self-Catered Holiday Cottage
<b>Price / night</b>	£70
<b>Distance <i>from Greenacres Stables</i></b>	3.1 miles / 9 minute drive
<b>Capacity</b>	Up to 2 persons
<b>Website</b>	<a href="http://www.mayhillfarm.com">www.mayhillfarm.com</a>

Situated on the edge of the National Trust grounds of May Hill, the cottages offer far reaching views over miles of stunning, untouched British countryside as far as the Black Mountains of southeast Wales. The Farm itself is home to a vast expanse of beautiful woodland and natural meadows, an ideal setting for a peaceful countryside escape.

We highly recommend this type of accommodation considering the duration of the course. On top of that, it will be an experience you are not likely to forget. The hosts, Henry and Rachel Andrews, are a kind and welcoming family and you will be sure to have all your needs and wants covered. If you would like to stay at May Hill Farm, you can either book directly through their website, or we can arrange it for you.

#### Lea House B&B

<b>Accommodation Type</b>	Bed and Breakfast
<b>Price / night</b>	£70
<b>Distance <i>from Greenacres Stables</i></b>	0.1 mile / 2 minute walk
<b>Capacity</b>	Up to 2 persons per room
<b>Website</b>	<a href="http://www.leahouse.com">www.leahouse.com</a>

Lea House is a lovely 16<sup>th</sup> Century home from which the family, Andy and Sophie Evans, run their B&B, situated in the middle of the village and it a very short walk away from us. Lea House offers the same high standards in three well-appointed bedrooms, the décor is eclectic with pieces gathered from around the UK and Guernsey. Evening meals are available and prepared freshly in their kitchen. Lea House is pet friendly, as is Greenacres Stables.

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### The Crown Inn

<b>Accommodation Type</b>	Pub B&B
<b>Price / night</b>	From £35
<b>Distance <i>from Greenacres Stables</i></b>	0.05 mile / 1 minute walk
<b>Capacity</b>	Up to 2 persons per room
<b>Website</b>	<a href="http://www.thecrowninnatlea.co.uk">www.thecrowninnatlea.co.uk</a>

The Crown Inn is the local pub in this village. They also provide a bed and breakfast type accommodation in their rooms upstairs. They are pet friendly and have an Indian restaurant attached. The pub benefits from a large car park, front garden, darts room, spacious inside seating areas and open fire, under cover and heated smoking area and courtyard style outdoor seating area. This is by far the cheapest accommodation in the area and closest to Greenacres Stables.

### The Royal Hotel

<b>Accommodation Type</b>	Hotel
<b>Price / night</b>	From £65
<b>Distance <i>from Greenacres Stables</i></b>	4.8 miles / 10 minute drive
<b>Capacity</b>	Up to 2 persons per room
<b>Website</b>	<a href="http://www.greeneking-pubs.co.uk/pubs/herefordshire/royal-hotel.co.uk">www.greeneking-pubs.co.uk/pubs/herefordshire/royal-hotel.co.uk</a>

The Royal Hotel is a high-quality establishment in the heart of Ross on Wye. Views from the rooms are just as spectacular as those from the gardens and restaurant balcony. Within short walking distance of the entire town, there is plenty of opportunity for local exploration by foot. While the Royal benefits from its own in-house restaurant, its location provides easy access to all cuisines Ross on Wye has to offer such as Chinese, Italian, Indian, Fish & Chips, British, Ghurkha and Turkish. There are an unusual amount of pubs around for a town of its size, the high street alone hosts 6 pubs and a nightclub, with several more situated in side streets and on the outskirts.

These are only a few examples of accommodation in the area. We would strongly recommend visiting each website and reading reviews of all of the above before coming to decision on where to stay considering the duration of the course. We are also, of course, willing to provide insight and advice on each of the above.



## About the Area

Greenacres Stables is part of the village of Lea, Herefordshire, on the outskirts of the Forest of Dean between Gloucester and Ross on Wye.

### Lea

A small, countryside village where the pub is the beating heart of the local community. All sorts of events ranging from family reunions to business meetings are hosted by the Crown Inn pub, both usually fuelled by local cider and ales. It is the sort of place where everyone knows everyone and their cousins, who's mother went to which school with who's brother, even down to who used to live in which house over 20 years ago. There is a family run local shop which supplies most of the village with their daily essentials, and a petrol station which hasn't been open in years. Not to worry, there are several other petrol stations within a few miles of the village, in Mitcheldean and Ross on Wye.

At the top of the village on one end is a steam train workshop where reparations and restorations take place, and the village school and church at the other.

### Ross on Wye

This popular old market town on the river Wye is a well-known tourist destination and only a few miles from the Welsh border. The high street is home to several pubs, bakeries, restaurants and charity shops, as well as an army surplus outlet, music shop, artisan store and more recognised businesses such as Vodafone and Costa. If you happen to be attending the weekly market at the 17<sup>th</sup> century market house in the centre of the town, you may recognise the scenery from a recent television advert for Boots which was filmed there. This short description does not do the town justice by any means, and there is plenty of information on Google if you are interested.

### Forest of Dean

The ancient and mystical Forest of Dean is predominantly known for coal mining from the Victorian era, and the filming of Harry Potter in more recent years. In medieval times it was a royal hunting forest, before becoming a source of timber for the navy's Tudor warships. The Forest is home to an abundance of wildlife, scenery, plant-life, castles and old buildings, ancient geology and fauna. The Forest is also a popular film location, some of the major movies include Harry Potter, Star Wars, King Arthur and The Secret Garden, and TV series such as Doctor Who, Merlin, and Sex Education. I would recommend using Google for more information and pictures, there is so much it is hard to know what to highlight!

During your time here, you will have some well-earned breaks and days off where you can relax and recuperate or explore and sight-see. There is an endless wealth of sight-seeing opportunities in the Forest of Dean and surrounding area, and plenty of other activities such as Go Ape!, cycling, shopping, canoe and kayaking, walking, fishing, golf and, something the locals are particularly fond of, drinking.

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### Contact & Booking

<b>Address</b>	Greenacres Stables, Rock Lane, Lea, Herefordshire, HR9 7JZ, United Kingdom
<b>Email</b>	<a href="mailto:bootcamp@greenacresstables.co.uk">bootcamp@greenacresstables.co.uk</a>   <a href="mailto:info@greenacresstables.co.uk">info@greenacresstables.co.uk</a>
<b>Telephone</b>	+44 (0) 1989 750 781
<b>Mobile</b>	+44 (0) 7787 866 472
<b>WhatsApp</b>	+44 (0) 7496 972 556
<b>Website</b>	<a href="http://www.greenacresstables.co.uk">www.greenacresstables.co.uk</a>   <a href="http://www.horseridingbootcamp.com">www.horseridingbootcamp.com</a>

Please feel free to contact us via any of the above. We are always happy to answer any questions and offer any more information that you would like.

Zero to Hero begins on the first Monday of every month and we are able to take bookings up to two years in advance.

We require a 50% non-refundable deposit, £1175, as confirmation of your booking, with the remaining 50% due no later than 4 weeks before the start date of your course.

If for any reason you are unable to make the dates you have booked, you will be able to reschedule for a fee of £235 providing you inform us at least 4 weeks prior to the start date. If the 4 week cut off date has passed, you will need to pay the deposit again in order to reschedule.

This course is available from 1<sup>st</sup> June 2020 onwards in accordance with laws surrounding Covid-19 and there are biological security rules in place which must be adhered to at all times when on the property. For more information on how to stay safe during your time here, please email [info@greenacresstables.co.uk](mailto:info@greenacresstables.co.uk). Between 1<sup>st</sup> June 2020 and July 4<sup>th</sup> 2020 there is no available accommodation due to current lock-down regulations.