

HOLIDAYS WITH CAVAGO

ALENTEJO, PORTUGAL

Riding *Week*

6 – 12 DECEMBER 2026

Seven days on a Lusitano stud in the Alentejo, riding twice a day between the arena and the open country.

7
days, six nights

10
riding sessions

4
instructors

The week

Five riding days, two sessions on each of them. The week alternates between schooling in the arena and riding out across the estate, and the balance between the two is set with your instructor rather than fixed in advance.

Lessons are semi-private, two riders to one instructor, so the coaching stays close to individual even though you are not riding alone. Trail rides go out in small groups matched by ability, which is what makes it possible to put a confident rider and a cautious one on the same week without either being held back.

The horses are bred and schooled on the property. That is the difference between a riding holiday and a hack: the animals you ride are the animals the estate competes.

Everything is full board. Seven days and six nights is the standard shape, and other durations can be built on request.



What is included

Accommodation, six nights	✓
Three meals daily	✓
Ten riding sessions	✓
Use of pool, gym, spa and bicycles	✓

The estate

The property sits in the heart of the Alentejo, low and long against a landscape of cork oak and open plain, built to disappear into it rather than announce itself.

It is a working stud. Lusitanos are bred here and schooled for dressage.

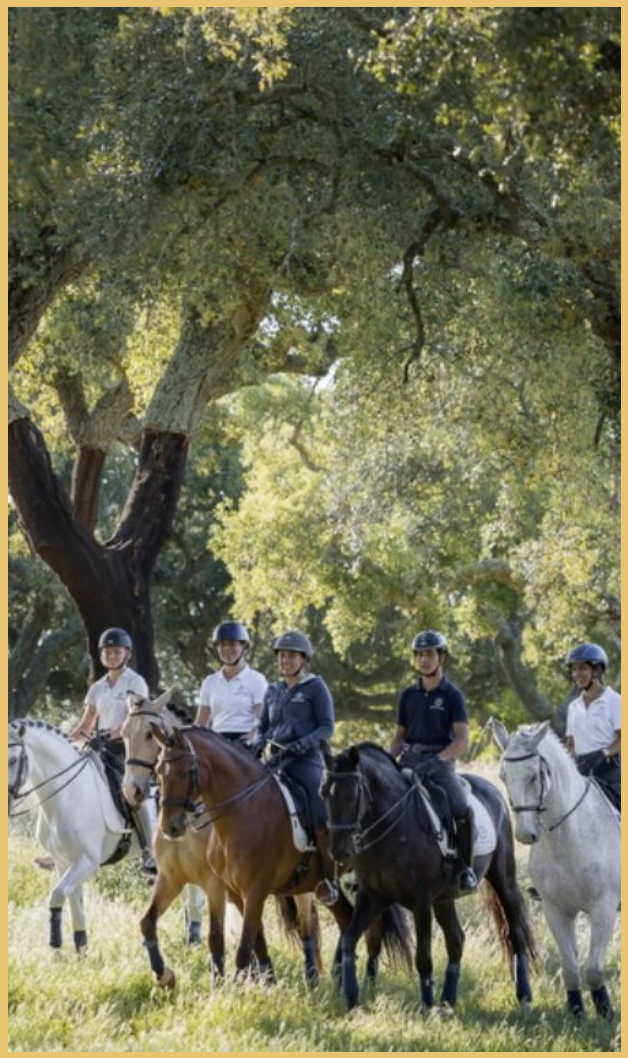
The results are on the record: national and international titles, including *Champion of Champions four times over.*

What that means for a guest is horses produced properly — forward, adjustable and used to being asked precise questions.

The horses

Breed	Lusitano
Bred on site	Yes
Schooled for	Dressage
Champion of Champions	×4

Horses are matched to the rider on arrival and may change through the week as the instructor sees more of your riding.



Your week

6 – 12 DECEMBER 2026

Arrival is Sunday 6 December, riding runs Monday to Friday, departure is Saturday 12. Sunday is the horses' rest day and no one rides on the day they arrive — this week those fall together. Departure day is not ridden either.

Sun 6 Arrival — horses rest	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12 Departure — no riding
No riding	**Session one** Morning	**Session one** Morning	**Session one** Morning	**Session one** Morning	**Session one** Morning	*Breakfast*
Settle in	**Session two** Afternoon	**Session two** Afternoon	**Session two** Afternoon	**Session two** Afternoon	**Session two** Afternoon	*Check out*

Riding session — dressage lesson or trail ride No riding

Ten sessions across the week, a maximum of two per rider on any day. The split between arena work and riding out is agreed with your instructor.

Other arrival days are possible except Monday and Tuesday. Any week that runs over a Sunday loses that day to the horses' rest.

How the riding works

Lessons

Format	Semi-private
Riders per instructor	2
Discipline	Dressage

Two riders to an instructor keeps the correction individual while giving you someone to watch and learn from between your own turns.

Trail rides

Format	Small group
Grouping	By ability
Terrain	Estate and surrounds

Groups are set by level, so riders of different experience can book the same week without compromise on either side.

Arrivals

Any day except	Mon, Tue
Riding on arrival day	No
Horses' rest day	Sunday

Most six-night guests arrive on a Sunday, which puts the arrival day and the rest day together and leaves five full riding days.

90kg

Rider weight limit

For the welfare of the horses this limit is absolute. Rider weight must be declared accurately on the booking form. A booking will be refused on arrival if the limit is exceeded, and travelling to the estate does not create an exception.

Where you stay

Nine rooms — seven Premium and two Standard — each with a private balcony looking out over the estate.

Bathrooms are modern and ensuite at ground level, with an outdoor shower alongside. Rooms have a Nespresso machine and satellite television.







On the estate

Panoramic swimming pool	Outdoor jacuzzi
Gym	Massage room
Spa with sauna	Bicycles

Rates

6 – 12 DECEMBER 2026

Per rider, for the full seven days and six nights.

Premium room, single rider

€ 2,678

Seven rooms of this type

Standard room, single rider

€ 2,438

Two rooms of this type

Rates cover accommodation, three meals daily, ten riding sessions, and use of the pool, gym, spa and bicycles. Flights, transfers, drinks outside meals and gratuities are not included.

Vegetarian and gluten-free menus are always available at no supplement. Other dietary requirements are accommodated with advance notice.

Your instructors

João Torrão

Head of Training — Olympic rider

Sets the training programme and oversees the horses' schooling. He does not teach guests directly; your lessons will be with one of the instructors below.

Bernardo Neves

Instructor

Came to the estate as an intern after completing the same university riding degree as the Head of Training, and has been here since. An experienced rider and a genuinely gifted teacher.

Teresa Grandvaux Barbosa

Instructor — English, Portuguese, French

An experienced rider and instructor who studied and worked at length in France, and teaches fluently in French as well as English and Portuguese.

Guilherme Aldeagas

Instructor

A young instructor recently added to the team, working under the same training programme as the rest of the yard.

Languages

In the arena

Lessons are taught in English or Portuguese as standard. French is available with Teresa Grandvaux Barbosa — request it when booking so the timetable can be built around her.

Before you book

Riders

Maximum rider weight	90 kg
Sessions per rider, per day	2
Lesson format	2 riders

Weight must be declared accurately at the time of booking. The limit is enforced on arrival.

The week

Dates	6–12 Dec 2026
Length	7 days, 6 nights
Arrivals	Not Mon or Tue
Horses' rest day	Sunday

Other durations can be arranged on request.

At the table

Meals daily	3, included
Menu	Set, three courses
Vegetarian, gluten-free	Always

A set starter, main and dessert each day. Other dietary requirements are accommodated with advance notice.

The estate

Arraiolos
7040-130 Arraiolos
Alentejo, Portugal

Terms and conditions

Arrival and departure

Check-in is from 16:00. Please let us know in advance if you expect to arrive later. Check-out is until 12:00.

Reservations

A reservation is made only once it has been confirmed by email and the initial payment has been received.

A deposit of 50% confirms the booking. For the remaining 50%, a payment link will be shared on 6 November 2026.

Any reservation that does not meet these requirements is likely to be cancelled without notice.

Cancellation

More than 30 days before arrival	10% retained

Ten per cent of the total reservation amount is non-refundable. The remainder may be used on a new booking arriving within six months of the cancelled stay.

Between 15 and 30 days before arrival	50% retained

Fifty per cent of the total reservation amount is non-refundable. The remainder may be used on a new booking arriving within six months of the cancelled stay.

Fewer than 14 days before arrival	No refund

The full payment is non-refundable.