



Win... an amazing seven-day riding holiday to Spain, worth £3,000



What you could win:

Up for grabs is a seven-day, six-night riding holiday to Andalusia, Spain, for one winner and a companion. Return flights and transfers are included.

One lucky reader will be heading off on a riding holiday of a lifetime to the beautiful Andalusia region of Spain, thanks to adventure holiday specialists Zara's Planet.

Our winner, plus their companion, will enjoy a seven-day experience at Epona Riding Stables – named after Epona, the horse goddess – which can be found near the famous white village of Carmona, just a short distance from Seville.

Owners Fernando and Jane Garcia have run the stables for 25 years and they will give you a warm welcome and ensure you have a great holiday.

Jane has been recognised by the British Horse Society, which presented her with its 'overseas' award in 2005, and she prides herself on the stables' responsive and well-trained horses.

Packed programme

Epona has 60 horses that are mostly Andalusians or Andalusian cross breeds but the stable also has warmbloods, Anglo-Arabs and Thoroughbreds. All are ridden English style and they cater to every level of rider, from beginner to advanced. There are even 10 horses that can perform piaffe.

The holiday offers a fantastic mix of hacking in the countryside or on the beach, and you can make use of Epona's top-class facilities, which include a floodlit indoor school, two outdoor schools, jumping arena, an international dressage arena, lungeing ring and beginners' cross-country course.

In addition, our prize winner and their companion can also look forward to a whole host of other equestrian-themed activities, including a visit to the Royal Riding School in Jerez, to see the famed 'dancing' Andalusian horses.



Explore the beautiful countryside of Andalusia on horseback.



You'll receive a warm welcome at Epona.

There will also be a trip to Seville for some sightseeing, shopping and a chance to watch a traditional flamenco show.

Human comforts

Accommodation on the trip is a simple and stylish 16th century 'Hacienda', which boasts en suite facilities. There is a pool where you can relax after a busy day in the saddle.

Tasty lunches are provided, plus Jane, who is also the cook, will serve up traditional home-cooked evening meals when you are not on sight-seeing trips.



Horses are well schooled and responsive.

Training focus

Epona is launching a new training holiday for upper level riders, including groundwork, to help them teach their own horses in advanced movements, such as piaffe and passage. Visit the website (see below) to find out more.

Terms and conditions

The prize holiday runs for six nights and seven days (Sunday to Saturday). Epona imposes a weight restriction on riders – they must be under 16 stone. The holiday must be taken by 31 December 2009 but excludes peak periods.

How to enter

QUESTION: What is Epona Riding Stables named after?

Read the rules on page 129, then call or text the numbers below, or write to us, with the answer to the question.



CALL TO WIN: 0905 652 0615 (ROI 1 51 630 3445)

Calls cost £1 per call (ROI 150c) from BT landlines in the UK. Charges from other providers may vary. Lines are open from midnight on 7 January until midnight on 4 February.



TEXT TO WIN: 86611 (ROI 53307)

Text HWIN1 followed by a space, then your answer, name, house number and postcode. Texts cost £1 (ROI 120c) per entry, plus network charges. Lines are open from midnight on 7 January until midnight on 4 February.



WRITE TO WIN

Send a postcard marked 'Epona Competition' to the office address on page three to arrive by 5.30pm on 4 February. You must include your name, age, address and daytime telephone number in your entry.

To book this holiday, or others with Zara's Planet, tel: 08444 870 300 or visit: www.zarasplanet.co.uk. To find out more about Epona, visit: www.eponaspain.com.