

Horseback Riding

Routh Horse Ranch, NC

Saturday, November 9th



Trip Description:

Just a short drive from campus, the Routh Horse Ranch provides us with an opportunity to experience an introduction to horseback riding and go on a hike with your horse! This trip is perfect for animal lovers and outdoor enthusiasts alike. Spend your Saturday getting to know the horse that you will be riding through several miles of trails! While not riding the horses, you will be able to check out and explore the ranch and what it has to offer!

Trip Cost: Student = \$55 (\$65 for non-students)

Includes: transportation, equipment, instruction, and lunch.

Cancellation & Refund Policy: You must cancel 10 BUSINESS DAYS PRIOR to trip departure date to receive a refund, minus a \$15 cancellation fee. Any cancellation within 10 business days will receive NO refund. If Outdoor Adventures cancels the trip prior to departure, a full refund will be issued. You may transfer your funds to another trip as long as it is outside 10 business days from the trip date. No cancellation fee is applied for transfers if transferring 10 business days or more prior to trip departure.

Cancellation Deadline for Partial Refund: Monday, October 28th

Requirements to Participate:

The following requirements are required for your trip. If you do not meet or complete the following requirements prior to your trip, you will be removed from the trip without refund. These requirements are necessary to maintain safe and enjoyable trip experiences for all group members.

- 1) You must be able to depart by 8:30AM on Saturday, November 9th at Outdoor Adventures.

Outdoor Adventures trips are human powered and adventure-based, therefore, you should expect some level of physical exertion from all of our trips. It is important to consider your current level of physical fitness and any other physical or mental limitations you may have when deciding to participate in any of our activities. For clarification on any activities and the difficulty, please contact us.

Goals of an OA trip:

- 1) Have a fun time outside and away from campus!
- 2) Learn technical outdoor skills.
- 3) Connect with our natural world and learn how to appreciate the areas we travel.
- 4) This is a group experience, so emphasis is also placed on interacting and getting to know new people.

Planned Itinerary (these times are approximate and subject to change):

Saturday, November 9th:

- Meet at Outdoor Adventures by 8:30AM (participants must be able to depart at this time).
- We will head to the ranch and begin our trail ride. There are only 6 horses, so we will ride in two groups. After the rides, we will eat lunch before heading back to campus.
- Return to campus around 3:00PM, de-issue equipment and say goodbye!

Email reminders will be sent prior to every trip, so please check your email leading up to the trip. If you have any questions prior to the trip, please contact us. We are open M-Th 12PM-9PM, F 12PM-8PM, and S-S 1PM-6PM.

Phone: 336-334-4033 Email: uncg_oa@uncg.edu Web: recwell.uncg.edu/oa

Packing List:

Please contact us with any questions about the packing list. If your trip has a pre-trip meeting, the list will be reviewed in detail at the meeting. Please keep in mind that all activity specific equipment (tents, sleeping bags, etc.) will be issued on the trip or at the pre-trip meeting. Participants are expected to bring everything on the packing list and ask questions about any substitutions.

Any item with an asterisk (*) denotes items that we will provide for you at no additional charge.

Head, Hands & Feet

- Warm Hat
- Baseball Cap or Wide-brim Hat
- Riding shoes: boots are recommended, or a shoe with a defined heel (better for staying secured in stirrups)
- *Bike helmet (required)

Upper Body

- Riding Shirt: Can be synthetic or cotton, consider long sleeves for sun protection
- *Jacket: appropriate for temperatures during the trip (this could be fleece, down, or similar insulating material).
- *Rain Jacket: must be high quality material and have a hood

Lower Body

- Riding pants: Jeans or other thick material pant is preferred, avoid shorts.
- *Rain Pants: must be a high quality material if bringing your own

Personal Items

- Sunscreen: 30+ SPF (Spray Sunscreen is not recommended)
- Lip Balm: lip balm containing SPF is highly recommended
- Sunglasses: We recommend you bring a keeper strap for these
- Camera: protective case is highly recommended (optional)
- Personal medications: prescription drugs must be on your health form
- Personal medical insurance card (required)
- Menstrual products
- *Water bottle: quart size (required)

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