



  
**LIZ WENMAN**  
McTimoney Equine Chiropractor  
& Soft Tissue Therapist

Camps

QUALITY TIME WITH  
YOUR HORSE

MEETING LIKEMINDED  
EQUESTRIANS

LASTING MEMORIES

CHURT, SURREY



## Over 18's Summer Camp 2026

### Itinerary

*July 3-5th Camp,*

*July 17-19th Camp,*

*August 7-9<sup>th</sup>*

### Friday

Please arrive between 9:30 and 10 am to ensure a smooth check-in process. Take your time to settle your horse comfortably into either their allocated stable or paddock.

Next you can spend some time getting your own accommodation sorted either in your tent, lorry or trailer and familiarise yourself with the facilities that are here for you to enjoy.

Once everyone is settled in, it is time to focus on a weekend filled with fun, education, quality time with your horse and even some relaxation.

**12:00 – 1 pm** Light lunch in the barn kitchen and introductions.

**1:30 -2:30 pm** Session with Liz.

**3:00 -4 pm** – Lucy will lead the whole group in the field with obstacles. Liz will be supporting.

**4:30 – 5:30 pm** – Lucy Demo or talk depending on weather.

**6:30 pm** Drinks in the garden.

**7:00 pm** Tonight, there will be a homemade supper and maybe a glass of vino or two! Vegan options available (Please let us know if you need GF as this can also be accommodated). Followed by hot chocolate around the camp fire.

## **Saturday**

Up bright and early to tend to your horses.

**8:00am** – Breakfast in the barn kitchen.

**9.30 – 11:30am** - First session of the day (2hrs). The group will be split into two smaller groups, one hour with Lucy and one with Liz. Sessions will be tailored to the group and planned once we know who is coming (we will ask for your input).

**12-1:00 pm** - Lunch will be provided (Vegan/Veggie options available)

**1.30 – 4:30 pm** – Guided hacks. Two groups will be going at different times (to ensure no horse is left alone and that either Liz or Lucy remains on site). The hacks will be in walk, so that everyone can enjoy them and you can choose whether to ride or go in-hand. If we have several people who would like to go further and faster, this may be possible depending on the group. We made it work for everyone last year. For anyone unable to or nervous about taking their horse offsite, either Lucy or Liz will be around to ensure you can do something else instead (depending on who is leading the hack). If you'd simply like to have some downtime with your horse, that is an option too.

**5:30 pm** - Time to sort out the horses, enjoy a bit of relaxation time before a visit to our local pub for dinner and drinks. Table is booked for 7pm (not included in camp price). Car shares will be available for those in lorries or who don't wish to drive.

## **Sunday**

Up bright and early to tend to your horses.

**8:00 am** - Breakfast

**9.30 – 11:30 am** - First session of the day (2hrs). When you are with Lucy, it's your chance to have a 30-minute individual session. Other group members can watch and learn or enjoy some down time.

**12:00pm** - Lunch provided (vegan/ veggie options)

**1.30- 3:30pm** - Second Session of the day (2hrs). Liz's session will be tailored to the group and planned once we know who is attending, but it will be amazing, as they always are!

**3.30pm** - Time to reflect on the camp whilst enjoying tea & cake

**5:00 – 6:00pm** - Pack up and depart for home.

Please note: the schedule is subject to change depending on the group and weather conditions. We have backup plans for all activities, so do not fear!