

RIDING, GRANDFONTAINE

# STABLE L'INSTANT PRÉSENT

In Grandfontaine, the Ecurie de l'Instant Présent invites you to enjoy a meaningful immersion into the world of horses. Whether you are an experienced rider, a beginner or simply curious, you can explore the equestrian world through rides, excursions, fun activities or introductory sessions. Both children and adults develop a respectful and authentic relationship with the animal.

The stable also offers therapeutic support based on ethology and horse-assisted hypnosis. In this peaceful setting, featuring a sand arena, comfortable stables and direct access to trails, everything is in place to experience the present moment at the rhythm of the horse.

Teacher and therapist with horses, ASTAC (French-speaking Swiss Association for Horse-Assisted Therapy)

## PRICES

### Individual rate

Stable visit and animal care (1 hour)	CHF 20.-
Introduction to and discovery of horses (per hour)	CHF 35.-
Horse riding (per hour)	CHF 35.-
Fun activities with horses, from age 5 (per hour)	CHF 35.-
Horseback ride (3 hours)	CHF 80.-
Horse-assisted therapy (1-hour session)	CHF 100.-
Full day with horses including lunch	CHF 150.-
Multi-day trekking (star-shaped or itinerant) (price on request)	Free
Box rental for your horse per night (straw and hay included)	CHF 25.-
<b>Family rate</b>	
Stable visit and animal care (1 hour)	CHF 40.-

## GOOD TO KNOW

- Sand arena 13 x 15 m
- 3 Franches-Montagnes horses
- 2 ponies
- 5 boxes available



## CONTACT

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