

Centenary Celebration of Youth Hostelling International  
&  
60<sup>th</sup> Anniversary of YHA of India

## NATIONAL HORSE TREKKING EXPEDITION

**Horse trekking** is not a new thing as has been carried out since early times when people used to carry out their expeditions with horses. Horse trekking is one of the most exciting ways of trekking. Horse trekking as the term suggests is trekking with riding on horses. Riding on horses and trekking is itself a wonderful experience that gives you a sense of command and develops self confidence.



Horse trekking get more enjoyable with little expert and smart planning and execution. This is what **Youth Hostels Association of India** will provide to the participants.

Trekking is the journey which includes camping, over night stays and many more activities that explain the dimensions of nature. **Trekking through natural beauty**, observing the finesse that has been uniquely imbedded in the nature is a heavenly peaceful feeling. Thrill with the icing of enjoyments and pleasure makes people love trekking and explore the nature on own.

**Horse trekking** is very useful as a nice way to give a break monotony of life. Horse trekking is also beneficial for health. People after horse trekking feel less stress and also calm and composed. Horse trekking is also recommended by experts and doctors. Not only one gets to love nature but also finds medium for intra personal communication in the isolations. Living in the nature with horses develops **a sense of care for the animals**.

Trekking on the back of the horse is one of the best way to travel. We covered more ground than would be feasible on foot across terrain that would be impossible by bike. It's challenging and fulfilling - you need a certain level of guts and fitness - and you really do 'bond' with your mount. We would recommend it to anyone who has a love of the great outdoors and a sense of adventure, even if you are an inexperienced rider.

Build up your confidence around horses using natural horsemanship techniques, and develop your skills as a rider, while being immersed in the **traditional Indian lifestyle and landscapes** far away from the tourist track. This trek is suitable for novice and intermediate riders who want to experience the freedom of roaming across country on horseback combined with a structured programme of lessons to improve their riding skills.

### Proposed Programme:

Youth Hostels Association of India is planning a Horse Trekking expedition in Mount Abu (Rajasthan). This will be 5 day programme which includes horse trekking for 2-3 days, local adventure sports and other activities. Details about this programme will be announced shortly.



**Project Coordinator:**

Dr. Harish K Saxena, National Chairman has nominated Mr. S. Venkat Narayanan, National Treasurer and Chairman of Tamil Nadu branch as the Project Coordinator for this trekking programme.