



Hjertelig velkommen på Røms!

A warm welcome to Røms!

Some important **informations for your stay** with us are following:

Our **Reception** is always open from 8-22 o'clock and there for all your questions.

Our **breakfast** buffet is available from 7:30 a.m. to 10 a.m. and we usually serve **dinner** in the restaurant between 6 p.m. and around 9 p.m.

During your stay you can use our outdoor and indoor pool. You will receive a 10% discount on the sauna and wellness treatments.

We breed our own horses and have selected all our breeding horses on their character and Tölt. Many of our guests has been fallen in love and took a horse home with them. We have for sure a horse to suit every taste. And don't worry if the weather forecast is a bit negative - you can rent rain jackets, trousers and (usually also) rubber boots from us.

Sunday – your arrival day

With the motto of a hyggelig get-together we meet at **8.30 p.m.** in the bar (between restaurant and breakfast room) where you get a drink on bill of the house. You will get to know the other riding guests and us. We'll also tell you a bit about the farm and our horses.

Monday

You will get Breakfast in the hotel from **7.30 a.m.** at the buffet.

Afterwards we meet at the stables at **9 a.m.** where you will receive a detailed introduction and get to know our amazing Icelandic horses in person.

Your Ridingtour today:

3 hours "Old Fire Dam"

Today you will see the heathland and forest landscape. The highlight of the tour is the ride over the old fire dam, which was used in the old days as protection against fires. You probably also will be able to admire a few cows in their fields. A short drink break is included in the program.

Tölt & theory

In the afternoon, you will receive an interesting lecture in our riding room about the Icelandic horse and their gaits, especially the tölt. Afterwards, you will put the theory into practice on the oval track (or in the ridinghall). This will take about 1,5 hour and we will film you so that we can discuss the videos with you.



Campfire, line dancing & Scandinavian songs

In the evening, after dinner, we will meet at the campfire in the restaurant (between 6 and 7 p.m.) and bake stick bread and marshmallows with you. If you want, you can challenge yourself and try line dancing. We also listen and sing to songs from Iceland and Denmark.

Guide Tip: try "two in one" and combine the marshmallow with the stick bread. So, you first stick up the marshmallow and then wrap the dough from the Stick bread around. But be careful, when the stick bread is getting too hot, the marshmallow will run out...



Tuesday

You get your Breakfast again in the hotel from **7.30 a.m.** Then today we will meet at the stables at **9.15 a.m.**

Your Ridingtour today: 2 hours "Havsand"

After you saw the forest and heathland yesterday, today it's time for your first trip to the beach (and, maybe, also to get addicted to it). So today is the Day where your dream about a gallop next to the sea comes alive!

You start in familiar surroundings in the forest. Then we go through the fields on sandy paths towards the dunes. You can expect the breathtakingly beautiful view of the wide beach of Rømø, lots of birds and other animals. In summer you can also admire many beautiful flowers along the way.



Wednesday

Breakfast is available at the hotel from **7.30 a.m.** to 10 a.m.

Today it's your Free day

Wednesday can be used to sleep in and take a deep breath. After getting breakfast you can, for example, book an oyster tour with us or take advantage of our numerous wellness offers such as enjoy a massage or go for a swim in the indoor/outdoor pool.

The island of Rømø has a lot to offer you: kite buggy, beach sailing, walking, strolling in Lakolk or at the harbor - everyone will find something suitable.

There are high viewing dunes such as Stagebjerg, an old school, a pretty church with whalers' graves and bunkers from the Second World War that are reminders of the eventful past.

A network of cycle paths also allows you to explore the island in an environmentally friendly way.

And if you can't get enough of riding, why not book an extra tour (you will get 10% discount)- we also have sunset tours to the beach... Or you take the ferry to Sylt.



Thursday

Breakfast in the hotel from **7.30 a.m.** After we will meet at the stables at **9.15 a.m.**

Your Ridingtour today: 4 hours "Slagterbanken" (weeks 16, 22, 24-37 and 42)

You just can't get enough of the beach? No problem: Today we'll ride with you for 4 hours on the beach and in the dunes. You'll see mussels, seagulls, oystercatchers and maybe even a pair of sea eagles. You will also ride past the famous "slaughter bank" and find out from our guides what this adventurous name means. On top you will have the possibility to go into the sea and swim with the horses so remember your swimwear.

Alternatively, on the remaining weeks, a wellness program including a 25-minute massage or a visit to the sauna awaits you.

Videohygge evening

After dinner in the restaurant, you will sit down together and watch a video about Icelandic horses with a drink. We usually meet with you at **8 p.m.**



Friday

Breakfast in the hotel from **7.30 a.m.** After we will meet at the stables at **9.15 a.m.**

Your Ridingtour today: 5 hours "Half-Day-Tour"

On the second last day of your program, we will take you on the Rømø Half-Day-Tour. Here you will experience everything that Rømø has to offer in terms of riding: winding forest paths, heath, our old fire dam, the "slaughter bank", the dunes and the ride across our field where the young mares live, as well as a tour to the beach. In the low season we will ride with you along the beach to Lakolk.

Sønderjysk Kaffebord

To fortify yourself, we invite you to a regional specialty: Sønderjysk Kaffebord (South Danish coffee table). Lots of cakes and coffee await you in a cozy atmosphere in our restaurant or on the terrace.

Fun Competition approx. 2 hours of

Another highlight awaits you in the evening: we will go to the oval track and hold a small fun competition with you. You will compete in the "beer-glass tölt" category - who loses the least beer after a round? If necessary, we can also hold flag races or tölt races.



Saturday

Breakfast in the hotel from **7.30 a.m.** After we will meet at the stables at **9.15 a.m.**

Your Ridingtour today: 2 hours "Havsand"

At the end of your horse riding adventure holiday, you will go to the beach again. You will notice that no two rides are the same - there is always something new to see and marvel at.

In the afternoon there is enough time to go to the beach again, buy a few souvenirs or collect shells and just relax.

Dinner together & feedback session

On our last evening together we all will eat at around 19:30 and then sit down for a drink to talk about the week and its adventures.

We would like to know from you, what has been good and where are the points we can improve, your opinion is important to us, we want to continually develop ourselves further.



Sunday

Breakfast in the hotel from **7.30 a.m.**

You need to check out your room until **10 a.m.**, but you're very welcome to take a last visit in the stable for a "see you next time"!