



Hjertelig velkommen på Romsø!

A warm welcome to Romsø!

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 an introduction and get to know our amazing Icelandic horses in person.

Your Ridingtour today:

1,5 hours "Vadehavn Undervisning"

After a detailed introduction on wooden horses, we will take you to the oval track or to the riding hall. Here you can learn about riding in a safe environment. Afterwards, we will take you for a walk on horseback along our fenced-in trail to the Wadden Sea. This way you will get close to the water and will certainly see a few small foals and lots of seabirds and oysters. Afterwards you also have an idea what to do in the stable for your next riding trips.



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, that we can discuss the videos with you.

Bonfire, 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 to and sing to songs from Iceland and Denmark.

Guide Tipp: 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:

1 hour “Vråby Plantage”

Today you're not only going out into nature, you go also out of the fence. Your first tour will take you into the forest of the Vråby Plantation. Winding sandy paths are a stress-free way to expand your riding skills. If you look around carefully, you might spot some deer or pheasants. Foxes have also been spotted before. Our Tours have different colors, today is yours “blue”. That means we will stay mostly in walk and toelt – which is very soft and comfortable to sit! If you want to there is also the possibility to try some gallop with you!

Wine, videos & fine saddles

As our saddles are exposed to a lot of stress in the salt water and cleaning saddles is part of real riding life, we'll meet with you in the stables after dinner and hold a small, relaxed cleaning competition. For entertainment there will be music, good wine and soft drinks, stories about the horses and we will see and analyze your videos of the tölt lesson.



Wednesday

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

Your Ridingtour today:

2 hours “Kirkeby Plantage”

On this tour you will experience another forest area of Rømø. Your horse shows you the mostly single-laned and winding sand paths. Along the way you might spot deer, dragonflies, butterflies and a lot more nature. In August you can also marvel at the beautiful heath landscape. This Tour will be “blue” as well.

In the Afternoon

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

Or you can, for example, book a horse wagon or oyster tour with us, take advantage of our numerous wellness offers such as enjoy a massage or go for a swim in the indoor/outdoor pool.



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: 2 hours "Havsand"

The last days we saw the forest, the heathland and the Wadden Sea. So today it's time for your first trip to the beach (and, maybe, also to get addicted to it), the tour will be "blue" again. 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.

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: 2 hours "Havsand"

Since you've been in the saddle for a few days now, you've probably become a little more confident and can now start the next level and try out a bit of galloping, so our color changes from blue to orange! We'll ride with you to the beach and maybe you'll experience what all riders dream of: a gallop on the water. There will be a lot to see here, especially Rømø's rich birdlife and lots of mussels and small animals in the mudflats and tidal creeks.

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

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? We can also hold flag- or tölt races.



Saturday

Breakfast in the hotel from **7.30 a.m. to 10 a.m.**

Today it's your Free day

It 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.

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"!