

HorseSpeak *Welcome to Your Adventure!*

We are so excited to have you join us for this special event.

Arrival: If you are flying, please schedule your arrival to SMF (Sacramento) by **2:00pm**. If you have signed up for shuttle service, we will have someone there to pick you up and shuttle you to the ranch. Please be sure to confirm your shuttle request. If you choose to rent a car, let us know and we will provide you with directions to *Cowgirl Up Ranch* from the airport.

Check-in: The seminar begins at **4:00pm** Friday, so please be sure to check in prior to that time. You may arrive at the ranch any time after **3:00 pm**.

Departure: The seminar ends about **4:00pm** Sunday. Please schedule flights out of Sacramento after **7:00 pm** and be sure to advise us if you need transport to the airport.

Check-out: You may relax and enjoy the ranch until check out time at **5:00 pm** Sunday. You are welcome to extend your stay at our regular season prices for as long as you want. The surrounding gold country here is home to many wonderful activities from antiquing to zip-lining. Please be sure to make your reservation with us in advance.

What to bring: The weather in the Sierras is finicky. It is advisable to check Weather.com or contact us to have an idea what to expect. Hats and suntan lotion are highly recommended. The evenings are traditionally cool, so have a jacket and toasty sleep ware. You also want to pack comfortable closed shoes such as athletic shoes. Cowboy boots are also recommended as you will be working in close quarters with the horses. Flip flops are handy for the shoeless events!

In addition, you may wish to bring snacks or beverages of your own preference. We will have coffee, tea, and water available at all times. If you have special dietary needs , (vegan/vegetarian diet) please bring any additional items needed to supplement meals.

Don't forget to pack personal items, such as bath towel and toiletries if you are lodging in the bunkhouses. (The cottage is stocked with towels, pillows and sleeping bags . You may wish to bring a camera, a notebook for journaling, and any drumming or musical instruments you may enjoy.

Directions: Directions to Cowgirl Up Ranch are best found on Google maps. Simply enter Cowgirl Up Ranch in the Google search and the map will pop right up.

Do not take Cobb Lane! Take Camanche Ln or Arapaho Way

Most importantly bring a free spirit, an open mind, and a sense of adventure!

Our cell phone coverage area is AT&T, with spotty areas of Verizon. The ranch number is 209-772-3871

Directions to Cowgirl Up Ranch:

From Valley Springs:

Take hwy 12 West to Burson.

Right on Burson Rd.

Drive 1 mile

Right at Y- Camanche Parkway

Drive .5 mile to first road on left

Left on Camanche Ln./ Arapaho Way

Drive up second hill to flat.

Gate on Left– signs in front

Cowgirl Up Ranch Address:

11568 Arapaho Way

Burson, Ca

95225

Contact # in case you get lost:

209-601-4153 or

209-772-3871

From Hwy 99:

Exit hwy 88 East– turns into hwy 12 East

Drive 30 miles into Burson

Left on Burson Rd.

Drive 1 mile

Right at Y– Camanche Parkway

Drive .5 mile to first road on left

Left on Camanche Ln./ Arapaho Way (Do not take Cobb Lane! Take Camanche Ln or Arapaho Way)

Drive up second hill to flat.

Gate on left– signs in front



What to pack:

Closed toe shoes or boots (required)

Flips or sandals

Jeans/long pants for hiking/riding

Shorts

(No shorts when riding horses)

Shirts- short sleeve, sleeveless

Light jacket (Sierra weather can be finicky)

Toiletries

Pajamas

Plenty of sunscreen

Personal water bottle with name on it

Personal pillow or sleeping bag (Optional)

Tooth brush/tooth paste

Personal hygiene items

Shampoo/conditioner

Sunglasses (optional)

Towel for showers

Any special dietary needs (cooler and small fridge available)

A Positive attitude!