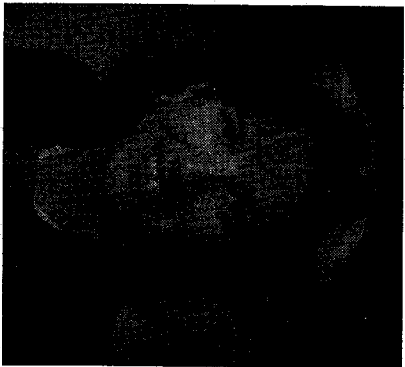


# Peace, Quiet and Quadrupeds



combing, hiking, and soothing spa treatments.

"Our guests benefit from the sense of well-being that comes from horseback riding in a beautiful outdoor setting," said Hosam, owner and operator.

Adults and children ages 6 and up can enjoy guided trail rides through the grassland meadows and pine forests surrounding Costanoa. Youngsters ages 3 to 12 will thrill to a one-on-one pony ride weekends from 10 to 1 p.m. on Cricket or Stormy.

Pony rides cost \$10/hour; all guided trail rides start at \$75/hour and up depending upon the type of ride chosen—general or luncheon

rides. Riding lessons start at \$65/hour.

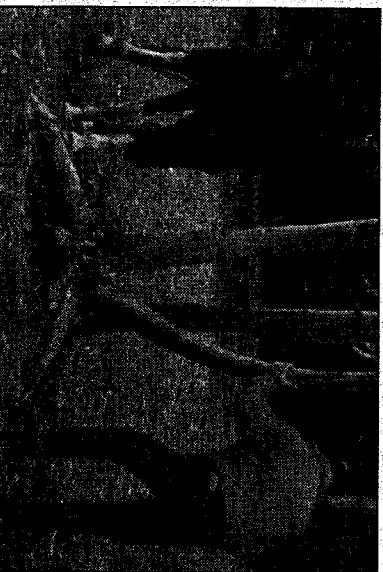
"We're small enough to cater to each guest's needs," said Co-operator and Manager, Samantha Lopez, who works with Hosam.

The Blue Sky Riding Experience was born out of Samantha and Hosam's appreciation for these specially gaited horses. "Back in 1999, we were guests at Costanoa, went to see the horses and the rest is history," said Samantha.

Blue Sky Experience made the decision to hire a natural horse trimmer in place of a farrier, or horse shoer. Called the Barefoot Method, this type of trimming enables the horse to find his natural footing. Their

ongoing "quadru-cures" maintain healthy hooves. (Don't worry—you won't find a horse seated next to you in the spa!)

"We put a lot of effort into ensuring our horses retain their individuality and health," said Samantha. "We've had them treated by an equine nutritionist, masseuse and dentist."



Hide and Seek



The amenities at Costanoa include a general store and café, picnic areas, spa, comfort stations, meeting/event space, open campsites, lodge, and wood or canvas cabins. Costanoa and The Blue Sky Experience offer a great day or weekend getaway. As central California coastal weather can vary, be sure to pack for warm/dry and cool/wet weather.

Contact The Blue Sky Riding Experience at 650-996-1913. Check out [www.costanoa.com](http://www.costanoa.com) or call 650-879-1100 for additional information on Costanoa's family-friendly activities and accommodations.

By Teresa Acosta

Slide through a field of coastal wild flowers on a Blue Sky Tennessee Walking horse while humming a tune to "All the Pretty Little Horses." You'll soon soak up the salty-air sounds of Costanoa's soothing blend of relaxation amid nature's gifts.

At the Costanoa Coastal Lodge & Camp just off Highway 1 at Rossi Road, 2.5 miles north of Santa Cruz, the Blue Sky Riding Experience rounds out a weekend of rest, beach