



# **The Adult Rider: A Practical Guide for First-Time Equestrians and Adults Getting Back in the Saddle**

*Sarah Montague*

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# The Adult Rider: A Practical Guide for First-Time Equestrians and Adults Getting Back in the Saddle

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## **The Adult Rider: A Practical Guide for First-Time Equestrians and Adults Getting Back in the Saddle**

Sarah Montague

Are you ready to enter, or re-enter the barn? Are you a former equestrian longing to ride again? Have you always had a dream of riding? Sarah Montague's *The Adult Rider* will lead you through the ins and outs of horseback riding today: where to take lessons, which disciplines to consider, fitness and nutrition tips, and what it will cost in both time and money.

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