

SPRING 2024
ACTIVITY GUIDE



DAILY SCHEDULES

MONDAY

7:00am – 9:00am	Breakfast
7:30am – 8:30am	Bird Watching
8:00am – 9:00am	Sunrise Gratitude Yoga *
9:00am – 10:30am	Trap and Skeet *
9:00am – 4:00pm	Camp Caballeros *
9:00am –	Morning Horseback Ride *
9:00am –	Nature Horseback Ride *
10:15am –	Ring Rides
11:00am – 12:30pm	Trap and Skeet *
12:00pm – 1:30pm	Lunch
1:00pm – 2:00pm	Barrel Racing Lesson *
1:30pm – 2:00pm	Roping Lessons *
2:00pm – 3:30pm	Trap and Skeet *
2:00pm – 4:00pm	Nature Walk
2:00pm –	Afternoon Horseback Ride *
3:00pm –	Ring Rides
3:00pm – 5:00pm	Canvas Painting *
5:00pm – 6:00pm	Sunset Labyrinth Meditation w/ essential oils *
5:00pm – 8:00pm	Dinner *
7:00pm – 9:00pm	Family Movie Night

Note all activities are subject to change. Please check ranch daily for updates.

* Indicates sign-up in advance and or fee is required. If you have any questions, please contact the Ranch concierge at ext. # 542



DAILY SCHEDULES

TUESDAY

7:00am – 9:00am	Breakfast	11:00am – 12:30pm	Build a Bird Feeder
8:30am – 9:30am	Ashtanga – Hatha Yoga Blend *	12:00pm – 1:30pm	Lunch
9:00am – 11:00am	Nature Walk	1:30pm – 2:00pm	Combs & Tack *
9:00am – 10:30am	Trap and Skeet *	2:00pm – 3:30pm	Trap and Skeet *
9:00am – 4:00pm	Camp Caballeros *	2:00pm –	Afternoon Horseback Ride *
9:00am –	Morning Horseback Ride *	3:00pm –	Ring Rides
10:15am –	Ring Rides	5:00pm – 8:00pm	Dinner *
11:00am – 12:30pm	Trap and Skeet *	6:30pm – 8:00pm	Firepit Fun

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DAILY SCHEDULES

WEDNESDAY

7:00am – 9:00am	Breakfast	12:00pm – 1:30pm	Lunch
8:00am – 9:00am	Sunrise Gratitude Yoga *	1:30pm – 2:00pm	Roping Lessons *
9:00am – 11:00am	Hassayampa River Preserve	2:00pm – 3:30pm	Trap and Skeet *
9:00am – 4:00pm	Camp Caballeros *	2:00pm –	Afternoon Horseback Ride *
9:00am –	Morning Horseback Ride *	3:00pm –	Ring Rides
10:00am – 12:30pm	Diamond Painting	5:00pm – 8:00pm	Dinner *
10:15am –	Ring Rides	6:00pm – 9:00pm	Saloon Entertainment <i>Featuring</i> Dick Fredrickson
11:00am – 12:30pm	Trap and Skeet *	7:00pm – 9:00pm	Family Movie Night

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DAILY SCHEDULES

THURSDAY

7:00am – 9:00am	Breakfast
8:00am – 9:00am	Sunrise Gratitude Yoga *
9:00am – 10:30am	Trap and Skeet *
9:00am – 4:00pm	Camp Caballeros *
9:00am –	Morning Horseback Ride *
10:15am –	Ring Rides
11:00am – 12:00pm	Restorative Yoga *
11:00am – 12:00pm	Paint Your Pet Rock
11:00am – 12:30pm	Trap and Skeet *
12:00pm – 1:30pm	Lunch
1:00pm – 2:00pm	Barrel Racing Lesson *
1:30pm – 2:00pm	Combs & Tack *
2:00pm – 3:30pm	Trap and Skeet *
2:00pm –	Afternoon Horseback Ride *
3:00pm –	Ring Rides
5:00pm – 6:00pm	Sunset Labyrinth Meditation w/ essential oils *
5:00pm – 8:00pm	Dinner *
5:00pm – 9:00pm	Restaurant 19 **
6:00pm – 9:00pm	Saloon Entertainment <i>Featuring</i> Dan McCorison
7:00pm – 9:00pm	Family Bingo Night *

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DAILY SCHEDULES

FRIDAY

7:00am – 9:00am	Breakfast	11:00am – 12:30pm	Trap and Skeet *
7:30am – 8:30am	Bird Watching	11:00am – 12:00pm	Archery *
8:00am – 9:00am	Sunrise Gratitude Yoga *	12:00pm – 1:30pm	Lunch *
8:30am – 9:30am	Ashtanga – Hatha Yoga Blend *	2:00pm – 3:30pm	Trap and Skeet *
9:00am – 10:30am	Trap and Skeet *	2:00pm – 3:00pm	Archery *
9:00am – 10:00am	Archery *	2:00pm – 4:00pm	Nature Walk
9:00am – 4:00pm	Camp Caballeros *	2:30pm – 4:00pm	Team Penning *
9:00am –	Morning Horseback Ride *	<i>— There will be no afternoon horseback ride.</i>	
9:00am –	Nature Horseback Ride *	3:00pm – 5:00pm	Canvas Painting*
10:15am –	Ring Rides	5:00pm – 6:00pm	Sunset Labyrinth Meditation w/ essential oils *
10:30am – 11:30am	Team Penning Lessons *	5:00pm – 8:00pm	Dinner *
11:00am – 12:00pm	Restorative Yoga *	5:00pm – 9:00pm	Restaurant 19 **
11:00am – 12:00pm	Horse Shoe Painting	6:00pm – 9:00pm	Saloon Entertainment <i>Featuring</i> Caroline Markham

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DAILY SCHEDULES

SATURDAY

7:00am – 9:00am	Breakfast	2:00pm – 3:30pm	Trap and Skeet *
8:00am – 9:00am	Sunrise Gratitude Yoga *	2:00pm – 3:00pm	Archery *
9:00am – 11:00am	Hassayampa River Preserve	2:00pm –	Afternoon Horseback Ride *
9:00am – 10:30am	Trap and Skeet *	3:00pm –	Ring Rides
9:00am – 10:00am	Archery *	5:00pm – 6:00pm	Sunset Labyrinth Meditation w/ essential oils *
9:00am – 10:00am	Scavenger Hunt	5:00pm – 8:00pm	Dinner (Main Dining Room) *
9:00am – 4:00am	Camp Caballeros *	5:00pm – 9:00pm	Restaurant 19 **
9:00am –	Morning Horseback Ride *	5:30pm – 6:00pm	Hay Wagon Ride to Cookout
10:15am –	Ring Rides	6:00pm – 8:00pm	Los Caballeros Dinner Cookout *
11:00am – 12:00pm	Restorative Yoga *	6:00pm – 8:00pm	Boot Branding (At the cookout) Get our Sun C Logo Branded on your boots and belts. Entertainment: Doug McKee
11:00am – 12:30pm	Trap and Skeet *		
11:00am – 12:00pm	Archery *		
11:00am – 12:00pm	Tie Dye *		
12:00pm – 1:30pm	Lunch	6:00pm – 9:00pm	Saloon Entertainment: Dick Fredrickson <i>Featuring</i> Dick Fredrickson
1:00pm – 2:00pm	Barrel Racing Lesson *		
1:30pm – 2:00pm	Roping Lessons *		

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DAILY SCHEDULES

SUNDAY

7:00am – 10:00am	Extended Breakfast Buffet
7:30am – 8:30am	Bird Watching
8:00am – 9:00am	Sunrise Gratitude Yoga *
9:00am – 10:30am	Trap and Skeet *
9:00am – 10:00am	Archery *
9:00am – 4:00pm	Camp Caballeros *
9:00am –	Morning Horseback Ride *
10:15am –	Ring Rides
11:00am – 12:30pm	Trap and Skeet *
11:00am – 12:00pm	Archery *
12:00pm – 1:30pm	Lunch
2:00pm – 3:00pm	Archery *
2:00pm – 3:30pm	Trap and Skeet *
<i>— There will be no afternoon horseback ride.</i>	
5:00pm – 6:00pm	Sunset Labyrinth Meditation w/ essential oils *
5:00pm – 8:00pm	Dinner *

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ACTIVITY DESCRIPTIONS, LOCATIONS & COSTS

ARCHERY

Learn archery or hone your skills. Great for kids or adults.

\$35 pp for 1 hour

BIRD WATCHING

Meet Dick at the nature center (located across from the Corral) to see some feathered friends.

COMBS & TACK

One-on-one interactions with our pony pal. Learn proper grooming techniques, horse anatomy and all about the saddle.

\$25 pp

E-BIKE RENTALS

Bikes are electric and made to explore the ranch and desert.

This is a beginning to intermediate experience with amazing views. **\$15 pp for 1 hour**

FIREPIT FUN

Join us for fun at the firepit. – Get into the western vibe with s'mores, western stories and cowboy music. Firepit by the tennis courts.

GOLF

Ranch Guest golf rates starting March 1st:

18 Holes \$125 • 9 Holes \$75

Twilight (after 2pm) \$90 as many holes as you want to play

HASSAYAMPA RIVER PRESERVE

Meet Dick at the front desk for a short van ride for the tour of the river that flows underground.

HORSEBACK RIDING

Pre-register so we can match you with the best horse for you.

PM Ride not available Fri or Sun. AM ride: **\$85 for 2 hours,**

PM ride: \$80 for 1 1/2 hours

CAMP CABALLEROS

Kids ages 5-12 can join us for crafts, games, activities and fun learning. **\$40 per kid per day;** Pre-registration required.

LOS CABALLEROS DINNER COOKOUT

Enjoy an evening under the stars with music and mesquite BBQ cuisine. Included in FAP Meal plans. **\$60 per adult.**

Children 5-12 half price. Reservations required.

RESTAURANT 19

This is an alternative option to our dining room, additional fees will apply. Reservations are required online or with our concierge desk. There is a **dress code** for dinner additional information is located on our [website](#).

NATURE HORSEBACK RIDE

Join our naturalist Dick for a slow ride through the desert. Children must be 15 years of age or older. (Intermediate to Advanced riders, please.) **\$85 pp**

NATURE WALK

Meet Dick at the Nature Center (located across from the Corral) for an easy and fun walk through the Sonoran Desert.

ROPING LESSONS

Think you should have been a cowboy? With help from one of our cowboys or cowgirls, they'll take you step by step on how to catch two horns. **\$30 pp**

TEAM PENNING/LESSONS

This involves working in small groups of horseback riders to navigate steers into a pen located at the arena's far end. Oh, and it's timed. Reservations required. **\$85 pp**

TRAP & SKEET SHOOTING

Try your hand with shotgun target practice at our shooting ranges, with expert instructors to teach and assist you.

Participants must be 15 or older. **\$85 pp for 1.5 hours**

YOGA

For more information, please contact Nicole at ncloud@ranchodeloscaballeros.com. **\$20 pp**

Locations vary depending on class.

(See Yoga & Wellness Offerings on the Following Pages)

Age Requirement's for activity sign up

Archery – Children must be 8yrs of age or older

Trap and Skeet – Children must be 15yrs of age or older

Horseback Riding – Children must be 7yrs of age or older

Nature Horseback Ride – Children must be 15 yrs of age or older

E-bikes – children must be 12yrs of age or older

THE SPA

AT LOS CABALLEROS

60-minute classes – all levels – curated to open and restore the body before and after you hit the saddle or golf course.

- **Sunrise Yoga & Ashtanga Hatha** will be held in the Yoga Room (meet outside kid's club)
- **Restorative Yoga & Labyrinth Meditations** will be behind the spa

Yoga & Meditation Schedule

MONDAY

8am	Sunrise Gratitude Yoga
5pm	Sunset Labyrinth Meditation with essential oils

TUESDAY

8:30am	Ashtanga – Hatha Yoga Blend
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WEDNESDAY

11am	Ashtanga – Hatha Yoga Blend
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THURSDAY

8am	Sunrise Gratitude Yoga
11am	Restorative Yoga
5pm	Sunset Labyrinth Meditation with essential oils

FRIDAY

8am	Sunrise Gratitude Yoga
8:30am	Ashtanga – Hatha Yoga Blend
11am	Restorative Yoga
5pm	Sunset Labyrinth Meditation with essential oils

SATURDAY

8am	Sunrise Gratitude Yoga
11am	Restorative Yoga
5pm	Sunset Labyrinth Meditation with essential oils

SUNDAY

8am	Sunrise Gratitude Yoga
5pm	Sunset Labyrinth Meditation with essential oils

To book a private yoga experience for your group or for an individual session please email Nicole at ncloud@ranchodeloscaballeros.com

THE HORSEBACK TO YOGA MAT EXPERIENCE



Enjoy a beautiful 45-minute horseback ride through the Sonoran Desert to our natural yoga studio amongst the cacti. Your wrangler will deliver you to your mat for a 60-minute desert yoga flow focused on stretching and energizing your mind and body. Saddle back on your horse and return to the coral.

This is a 2-hour activity for groups

(Needs to be booked in advance prior to your arrival)

Email ncloud@ranchodeloscaballeros.com to book this experience.



Wellness Offerings

The Crystal Singing Bowl Experience

Immerse yourself in a sound bath of vibration to clean and rebalance your nervous system.
Emerge into a stage of homeostasis.

60 minutes – \$100pp *(This is a group experience)*

The Essential Oil Guided Meditation Experience

Invite your senses to come alive with therapeutic grade essential oils in your most creative art, meditating your dreams into reality.

60 minutes – \$50pp *(This is a group experience)*

The Cranial Sacral Experience

Tap into your fluid state and let the healing flow! The CSE focused light, therapeutic touch to relieve tensions deep in the body and nervous system. Promotes pain relief, clarity and overall sense of well being. Dive even deeper and add a luxury soak to your treatment.

CSE – 60 minutes – \$100pp *(This is a private experience)*

CSE + Soak – 90 minutes – \$150pp *(This is a private experience)*

The Reiki Experience for Energy Healing

A healing technique used to channel energy by means of touch to activate the natural healing process of your body to restore physical and emotional well-being.

60 minutes – \$100pp *(This is a private experience)*

Hypnotherapy

Enter a changed state of awareness that allows for improved focus and concentration.

60 minutes – \$100pp *(This is a private experience)*

Lift & Glow Facial

Experience the bliss of this facial, highlighting a muscle toning massage and lymphatic drainage. You will see visible lifting effects after one treatment.

45 minutes – \$100pp *(This is a private experience)*

Book one of these private group experiences or combine them for a night of healing.

Email ncloud@ranchodeloscaballeros.com