

But what if travel is affecting your horse more than you realise?

The Missing Piece

For us, travelling is simple.

For the horse, it's very different.

👉 Travel requires constant physical and mental effort from the horse

Even in the calmest travellers.

What Many Owners Don't See

Inside the trailer or lorry, your horse is:

- Constantly balancing to stay upright
- Adjusting to movement and braking
- Using muscles to stabilise and brace itself
- Managing stress or anticipation

- Experiencing increased cortisol levels (the stress hormone)

All without being able to move freely.

What Actually Matters

1. Travel Is Physically Demanding

Your horse is working the entire journey.

This can lead to:

- Fatigue
- Stiffness
- Reduced performance after travel
- Increased risk of injury

Especially on longer journeys or frequent trips.

2. Not All Horses Travel the Same

Some horses appear calm—but may still be:

- Holding tension
- Bracing through the body
- Mentally stressed

Others show more obvious signs:

- Sweating
- Pawing
- Reluctance to load
- Travelling poorly

👉 Both types need support.

3. Preparation and Management Make the Difference

Small changes can have a huge impact, including:

- How the horse is prepared before travel
- Positioning and space
- Driving style
- Breaks and journey planning
- What happens after unloading

⚠️ **The Risk of Getting It Wrong**

If travel isn't properly managed, you may see:

- Stiff or sore horses after journeys often with muscle damage that don't see
- Poor performance at events
- Behavioural issues loading or travelling
- Increased stress over time

A Smarter Approach

Instead of asking:

👉 “How do I get my horse from A to B?”

Ask:

👉 “How can I make this journey as safe and comfortable as possible for my horse?”

Where You Come In

You don't need to transport professionally to make a difference.

But you *do* need to understand:

- What your horse experiences during travel
- How to reduce physical strain
- How to minimise stress
- How to prepare and recover properly

Because every journey has an impact.

Want to Travel Your Horse Safely and Confidently?

Inside our **Optimum Management for Travelling Horses - Certificate of Competency** course [LINK](#)

you'll learn so much so you can:

- Protect your horse's wellbeing
- Travel with confidence that your horse is safe and well
- Improve performance after travel
- Reduce risk and unnecessary stress
- Avoid common mistakes that affect welfare

Because travelling isn't just about getting there...

👉 It's about how your horse copes the best it can!

Our courses are approved by:

