

TREAD CAREFULLY

Are you a total hacking pro? Test how much you know about the different terrains you might encounter on your travels

From seaside shores to grassy gallops and country lanes to forest trails, there are tonnes of options for hacking in the UK. But there are some key things you should know when choosing the type of ground you ride your pony on to make sure he stays sound and happy. Our fun quiz will test how ready you are to go venturing into the great outdoors on horseback. So, give it a go!



1 Firstly, why is it useful to hack your pony across different types of terrain?

- A. It can help improve his co-ordination and balance
- B. It allows you both to take in the scenic views better
- C. So you can build his fitness more quickly

2 Which of these is the best type of ground to canter your pony on?

- A. A muddy track with lots of puddles
- B. A large grassy field that's flat
- C. A steep, stony bridleway

3 When might the ground be too hard to trot or canter on?

- A. If there's no grass coverage, for example on sand
- B. If there's been no rainfall for a few weeks, or a heatwave
- C. If there's been no rain for a day

4 What are some of the benefits of riding your pony up hills regularly? (Tick all that apply)

- A. It helps build his cardiovascular fitness
- B. It helps slow him down so you can have more control
- C. It helps strengthen his muscles
- D. It helps his shoes stay on for longer

5 Riding on the beach is something loads of riders and ponies love! What's an important thing to remember when riding on sand?

- A. You can gallop as fast as you want because it's the perfect terrain for a pony
- B. Deep sand can make your pony feel tired more easily because he has to use more energy to move his feet with each step, and could cause a strain
- C. You should only walk on sand because it's too soft for anything faster

6 Which of these health issues could happen if a pony's ridden on ground which is too hard? (Tick all that apply)

- A. Bruised feet
- B. Colic
- C. Tendon injuries
- D. Concussive laminitis
- E. Kissing spines

7 Which of these weather conditions can cause dangerous ground for hacking?

- A. Wind – if it blows strongly enough it will make the ground too dry
- B. Drizzle – you should never hack if it's raining in case there are puddles
- C. Snow and ice – it makes roads and tracks too slippery

8 When might you need to use studs on your pony's shoes?

- A. If you're riding a dressage test in a deep arena
- B. If you're going XC and the ground will likely be slippery
- C. If you want to ride on snow

9 What's the best thing to do if you're on a hack and come across particularly boggy ground?

- A. See if there's a way around, otherwise turn back and choose a different route to avoid it
- B. Ride through it as quickly as you can and hope for the best
- C. Get off and lead your pony through

WELL DONE!

0-5 FOOTING FLEDGLING

Looks like you may need to learn a bit more about the perfect ground conditions for riding! Try to familiarise yourself with the signs that tell you whether certain ground is suitable for your pony. If you're unsure, try walking it on foot first, or ask an adult to advise you before you set off.

6-9 CAREFUL CANTERER

Well done! You knew some of the things to look out for, but there's room for improvement. Taking note of where and when is best to ride will help you make sure your pony's legs are protected.

10-12 HACKING HERO

Wow! You know all about hacking terrains. You understand how important it is to only ride your pony on the best ground, and how to enjoy your hacking to the full. Great work, hacking hero!

I SCORED... /12

