

WILDE ONES SUEDE HAT, £50

NIVALDO DELIMA LEATHER WALLET, £95, AT TOAST

HOLIDAY STYLE

RIDING GEAR "Harrods has a large equestrian department that has a good stock of cotton jodhpurs and a selection of string or leather riding gloves. You'll need a hat with a peak - my mushroom-coloured leather cowboy hat always feels right, but a hard hat is more sensible. I like to wear hairnets with a riding hat or a hair tie for a cowboy hat. Ariat riding boots are great; you can wear half or full chaps. I also pack a small bag from Nivaldo de Lima to clip to my belt and a clip-on water bottle from Nike."

SOUVENIR: "My best ever souvenir - I'm ashamed to admit - is my horse Angelo. I brought him home at the end of our Tuscan riding holiday last year."

ARIAT LEATHER BOOTS, £195

HARRODS GLOVES, £20

HOWIES COTTON SHIRT, £65

ARIAT CHAPS, £90

HARRODS JODHPURS, £80

RIDING CLOTHES

"When I'm riding I like to wear Howies cowboy shirts or Gap or Prada fitted shirts with Harry Hall stretch drainpipes or cotton jodhpurs."



Equestrian

HOLIDAY ACCESSORY: "My metal and turquoise belt (£1,359, Wilde Ones)."

Writer Polly Samson matches cotton cowboy shirts with stretch jodhpurs for horseback holidays around the world

HOLIDAY TIPS

Stay at: "Ant's Nest in South Africa (Waterberg.net), run by Ant and Tessa Barber. Enjoy six-hour scenic rides through the bush before reaching a high ridge for sunset; gin-and-tonics will magically appear as you unsaddle. Alternatively, stay at Cuixmala Lodge (Exsus.com) in Mexico, run by Alix Goldsmith. The horses are virtually wild but if you let Antonio, the horse guide, know a day in advance, he will lasso all the horses you need. Galloping along a long beach is the best break from daily stresses and strains."

Ride with: "Rideworldwide.co.uk. They can put you in touch with charismatic guide Dallas Love in the Sierra Nevada, Spain; or send you to Tuscany to ride from medieval *castello* to *castello*. The trips, run by Michele and Nicola Dolcetti, start in Proceno, where you can stay in a wonderful medieval fort still inhabited by the Pucci family."

Don't leave without: "At Ant's Nest, ordering bespoke buffalo-skin chaps and a pair of beautiful beaded sandals to wear in the evenings. If you're in the Sierra Nevada, make sure you try a not-to-be-missed delicious regional dessert called *tocinillo de cielo* - irresistible." >

LUGGAGE "You don't need much more than the clothes you ride in on equestrian holidays. I have a large and much-loved Bottega Veneta woven leather bag that fits everything in."

Rest weary legs in one of Ant's Nest's bedrooms

DINNER "I pack things that work straight from my suitcase, because riding all day leaves you with little time or inclination to deal with hangers or ironing boards. I like Rick Owens vests and thin long-sleeved tops, Dosa bronze-silk and white-cotton trousers, plus chic polka-dot dresses by Legend or Moschino."

BOTTEGA VENETA LEATHER BAG, £3,100

LEE VINTAGE DENIM JACKET, £20, AT ROKIT

HEIDI KLEIN COTTON DRESS, £175

BEAUTY BAG: "A few luxury items are essential, as the accommodation on these trips can be rustic. I like REN's Rose body wash, Amanda Lacey's pink cream, Rodial Glam Balm and SkinCeuticals SPF30 sun cream."

