

COWGIRL

JEWEL

MOVING ON,
HER NEW ALBUM
& WHAT'S NEXT

TRUE WEST STYLE:

WHAT ARE
COWGIRLS
REALLY
WEARING?

COWGIRL GETAWAYS

GRAB YOUR
GIRLFRIENDS
AND GO WEST!

25+

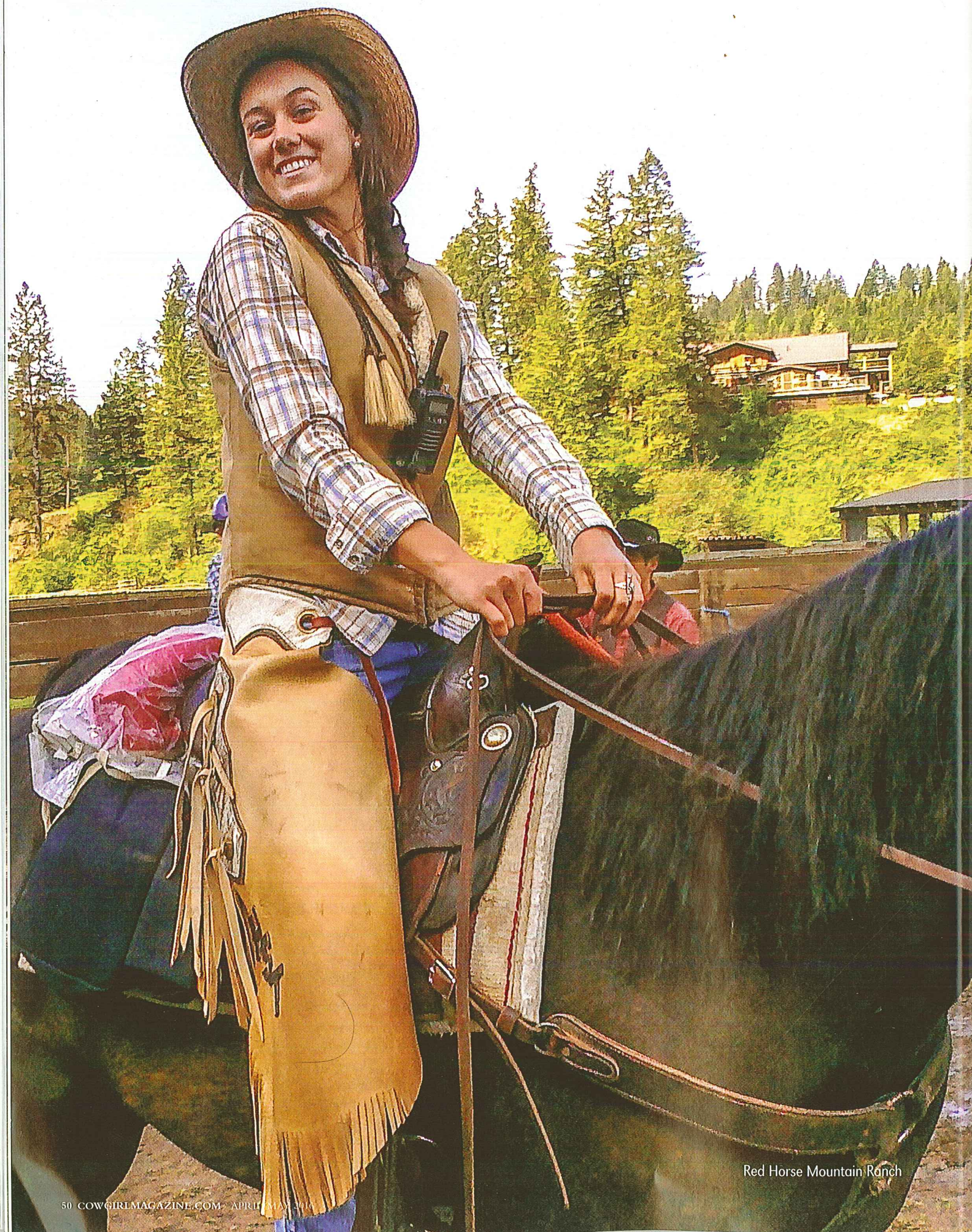
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cowgirlmagazine.com



Red Horse Mountain Ranch

C Lazy U Ranch

Granby, Colo.

Women in the Rockies, 4 nights, \$2,152

Julie Goodnight Horsemanship, 3 or 4 nights,
\$381 per night.

clazyu.com

ANYONE LOOKING FOR A RESORT-STYLE WELLNESS

retreat with an adventure twist should check out C Lazy U Ranch's "Women in the Rockies" events. Women spend time with Duke University health coaches Janet Solie and Trudy Kissiah in a program focused on diet, exercise, overall health and stress relief, plus what the women call "mindful living strategies."

In the off-time, participants can go horseback riding, fly fishing, or mountain biking, take a class from a tennis pro or yoga instructor, or swim in the indoor/outdoor pool. And the spa services rival those of the finest resorts and hotels. There's no end of possibilities!

Besides the highly popular event (you'll likely need to book a year in advance), C Lazy U offers horseback seminars by famed clinician Julie Goodnight. These women's events feature extensive arena work and rider training integrated with yoga instruction, which Julie believes complements horsemanship.

"C Lazy U has always been a premier luxury property for those that want an authentic western experience but also the comforts people come to expect when traveling in major cities," said marketing director Brady Johnson. You'll be well cared for!

Red Horse Mountain Ranch

Harrison, Idaho

Fall Ladies' Week \$3,291

redhorsemountain.com

When tourist season winds down at Red Horse Mountain Ranch in northern Idaho, women take control.

"Ladies' week is always the final week of September, the end of our season," says wrangler turned office manager Andi Bordelon. "It's one of the most popular activities of the season."

So popular, in fact, that the ranch expanded the offering to two back-to-back weeks for 2016. About 40 women take part in this all-inclusive adventure, which is especially popular among mother/daughter pairs as well as solo travelers. While the package is little different than the regular season visits to Red Horse Mountain, they add special touches like a champagne dinner and massage therapy.

Guests can ride, hike or bike in 300,000 acres of the Bitterroot Wilderness. According to Bordelon, you can ride everyday and never see the same trail twice. There are also a rock climbing wall, archery range, shooting range, kayaking trips and fly fishing. With a nearly one-to-one staff to guest ratio, you can count on personalized, attentive service.

"Ladies week is a breath of fresh air for everyone, including the staff. It marks the end of the season. It's high energy, and everything caters to them," says Bordelon. "Everyone comes away having made new friends."



THE FUNNEST BUNCH OF HORSEWOMEN ON THE PLANET

How'd you like to get together with like-minded women, ride horses, take trips, and throw parties all year around? Those are just a few of the benefits of being part of

40-Something Cowgirls, a club for horsewomen with chapters throughout the U.S.

Kristi Williams got the idea for the group while living in Oregon. In 2010, the avid horse woman invited 13 friends over and proposed they start a club for women with an interest in riding. The ladies opened up their checkbooks to fund the original chapter. In just two months, it had grown to 70 members.

Since then, 40-Something Cowgirls has expanded to more than 40 chapters (with dozens more pending) ranging in size from 10 to 70 members. Each chapter pursues its own interests—some are hardcore horse riders with competitive goals, others are more into recreational pursuits. Activities have included rodeos, trail rides, cowgirl polo matches, camping trips, charity fund raisers and parades. Come spring, you may find the gals taking part in Easter egg hunts and in the fall, Halloween costume contests.

Riders and non-riders take part, with and without horses in their barns or stables. In fact, some chapters encourage "never evers" or women who rode as kids and want to make a comeback. Experienced riders often serve as mentors to the newbies. And you don't have to be in your 40s to join. As Kristi says, "Some of us say we're 40-something—and holding. A few of us haven't seen 40 in a long time!"

Once you join, you can take part in the activities of all the chapters. Events take place every month of the year and there are hundreds from which to choose. And if there isn't a chapter near where you live, you can create your own. It just takes five women with a shared interest.

"It's sort of like a sorority," says Kristi, who now lives in Breckenridge, Texas. "It's all about sharing experiences. Life experiences, too."

For info on chapters, events, and how to form your own group, contact 40somethingcowgirls.com.

BEFORE YOU HEAD OUT for a day ride, make sure you have everything you need. Some items, like your cell phone, pocket knife, first-aid items and maps, are best carried on your body in case you become separated from your horse. Other items including water, snacks, sun protection tissues, hoof pick, and extra clothing can be carried in a saddle bag. These bags come in many shapes and sizes and are a very important part of any ride.



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