

A young child with light brown hair, wearing a green polo shirt, is shown in profile on the left side of the frame. They are holding a slice of apple in their open palm, offering it to a brown horse on the right. The horse's head is in the foreground, looking towards the child. The background is a soft-focus green field with a wooden fence. The overall scene is bright and natural, suggesting an outdoor setting.

HEALING WITH HORSES: A LANDSCAPE DESIGN FOR EQUINE-ASSISTED THERAPY

This project proposes to create a facility in which people with mental and/ or physical disabilities can safely experience the therapeutic benefits of interacting with horses.

What are the benefits of equine therapy?



Balance & mobility



Confidence



Social skills



Problem-solving skills



Trust



Emotional awareness

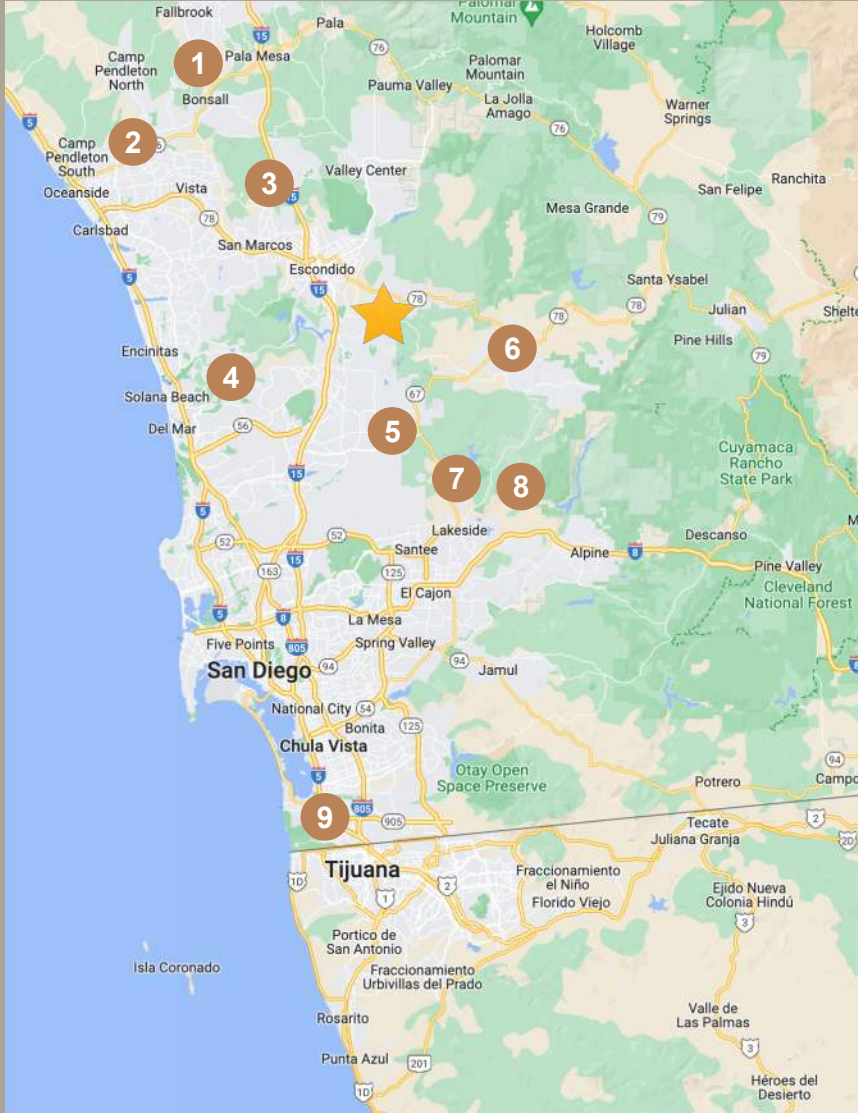
Therapeutic riding centers developed throughout the United States, Europe, and Canada in the 1960s and there are now...

860 accredited therapeutic riding centers in North America

AND

6,543 certified riding instructors

Equine-Assisted Riding Facilities in San Diego County



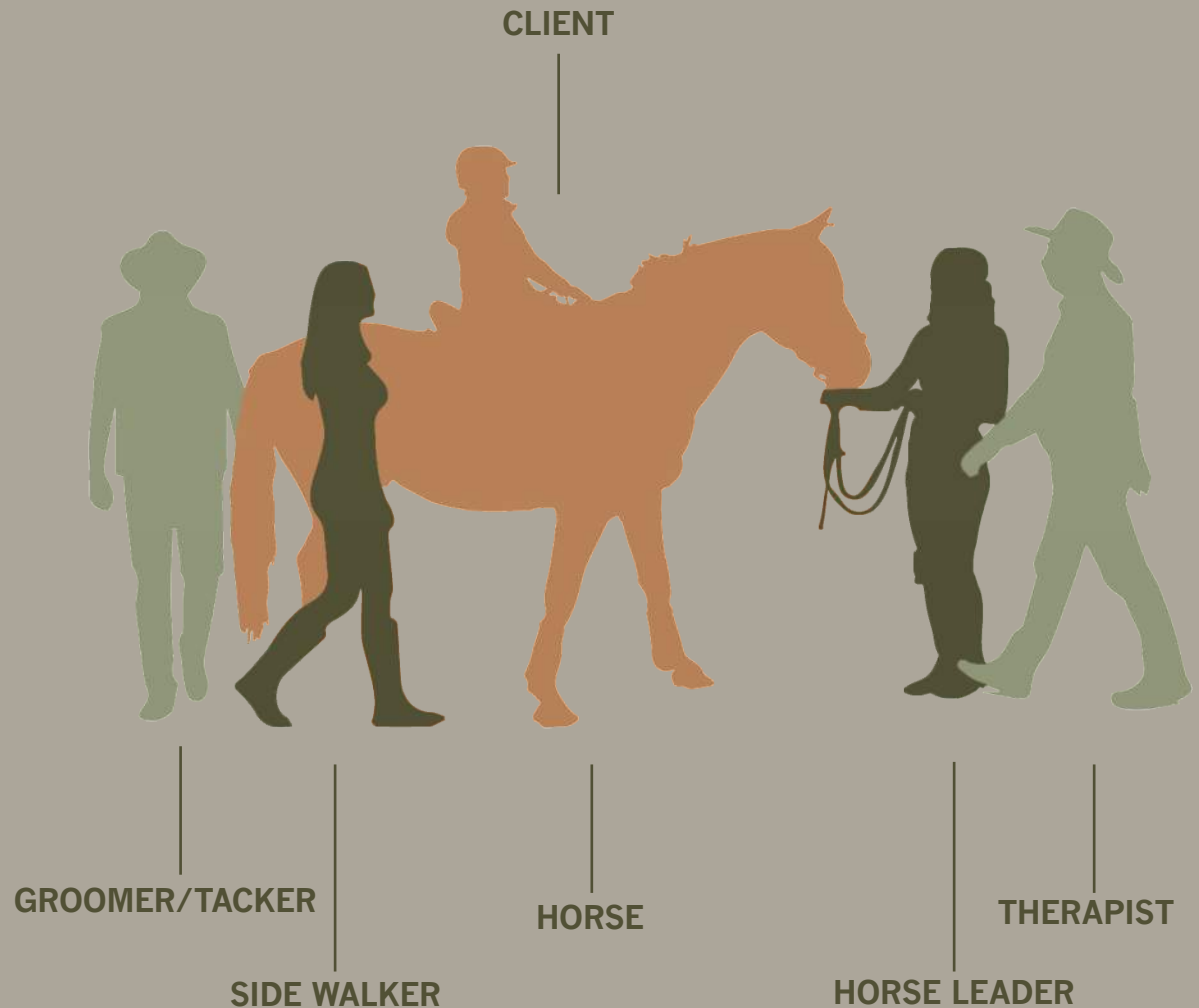
- 1 REINS Therapeutic Horsemanship Program
- 2 Ivey Ranch Park
- 3 TERI Campus of Life
- 4 Helen Woodward Animal Center
- 5 Ride Above Disability Therapeutic Riding Center
- 6 Heart and Hooves Therapy
- 7 Sunshine Ranch Therapeutic Riding
- 8 Partners Therapeutic Horsemanship
- 9 San Diego Therapeutic Horsemanship
- ★ Proposed Site

There is currently no facility in San Diego County that offers hippotherapy **making horse therapy inaccessible to many people because it is the only kind of horse therapy that is covered by insurance.**

Hippotherapy vs. Therapeutic Riding

Hippotherapy is integrated into physical, occupational, or speech therapy. A doctor's prescription is required and treatment is generally covered by health insurance.

Therapeutic/adaptive riding is a recreational activity for those with special needs. It tends to be related to riding skills, confidence, relationship-building, and emotional well-being.



Standard setup used for hippotherapy

REGIONAL MAP



 The Site



Country: USA

State: California

Watershed: Los Peñasquitos

LOCAL MAP



 The Site



County: San Diego County

Elevation: 515 Feet

SITE MAP



 Site Boundaries



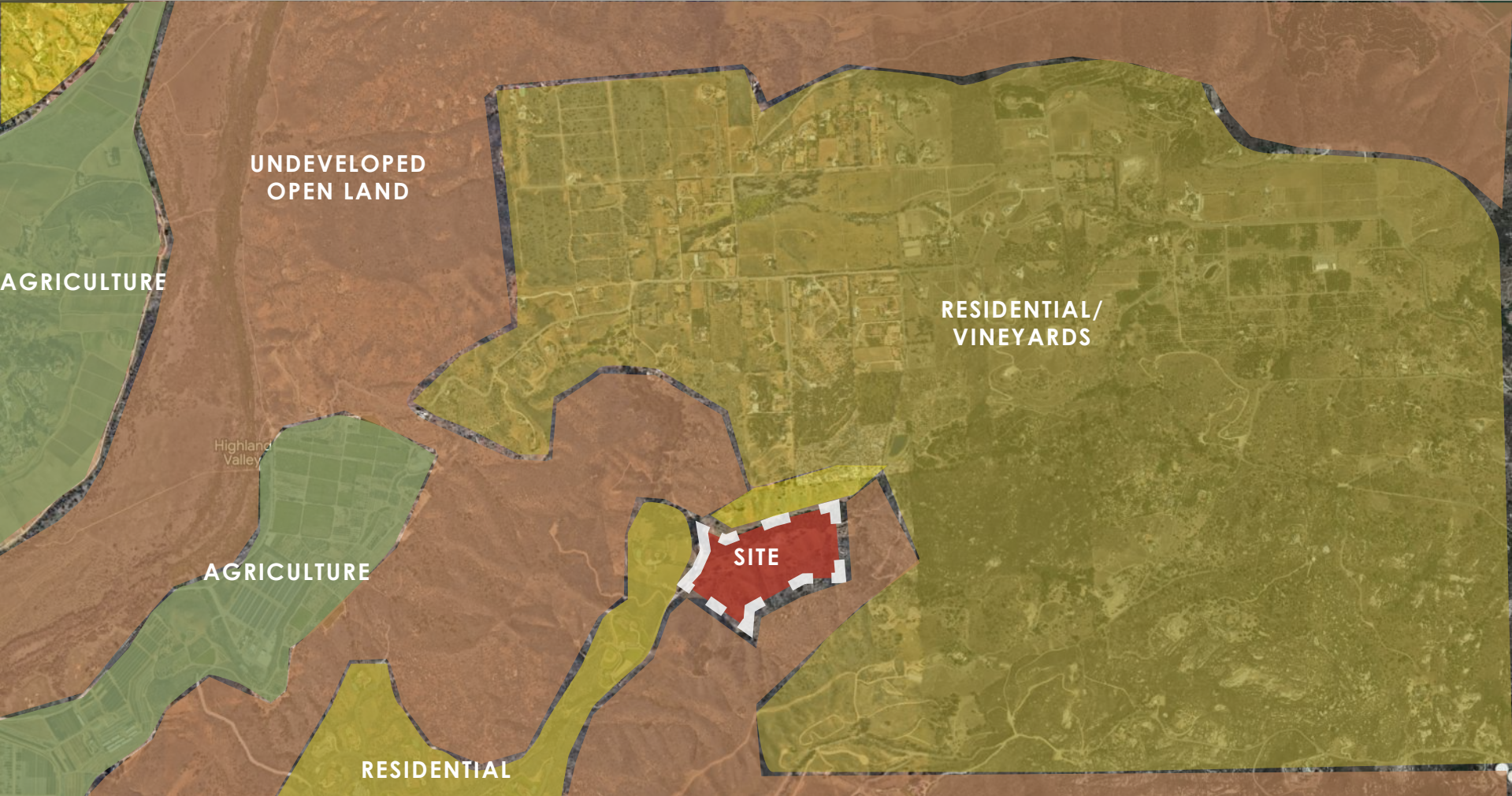
Size: 50 Acres

Avg. Low Temp: 45°F

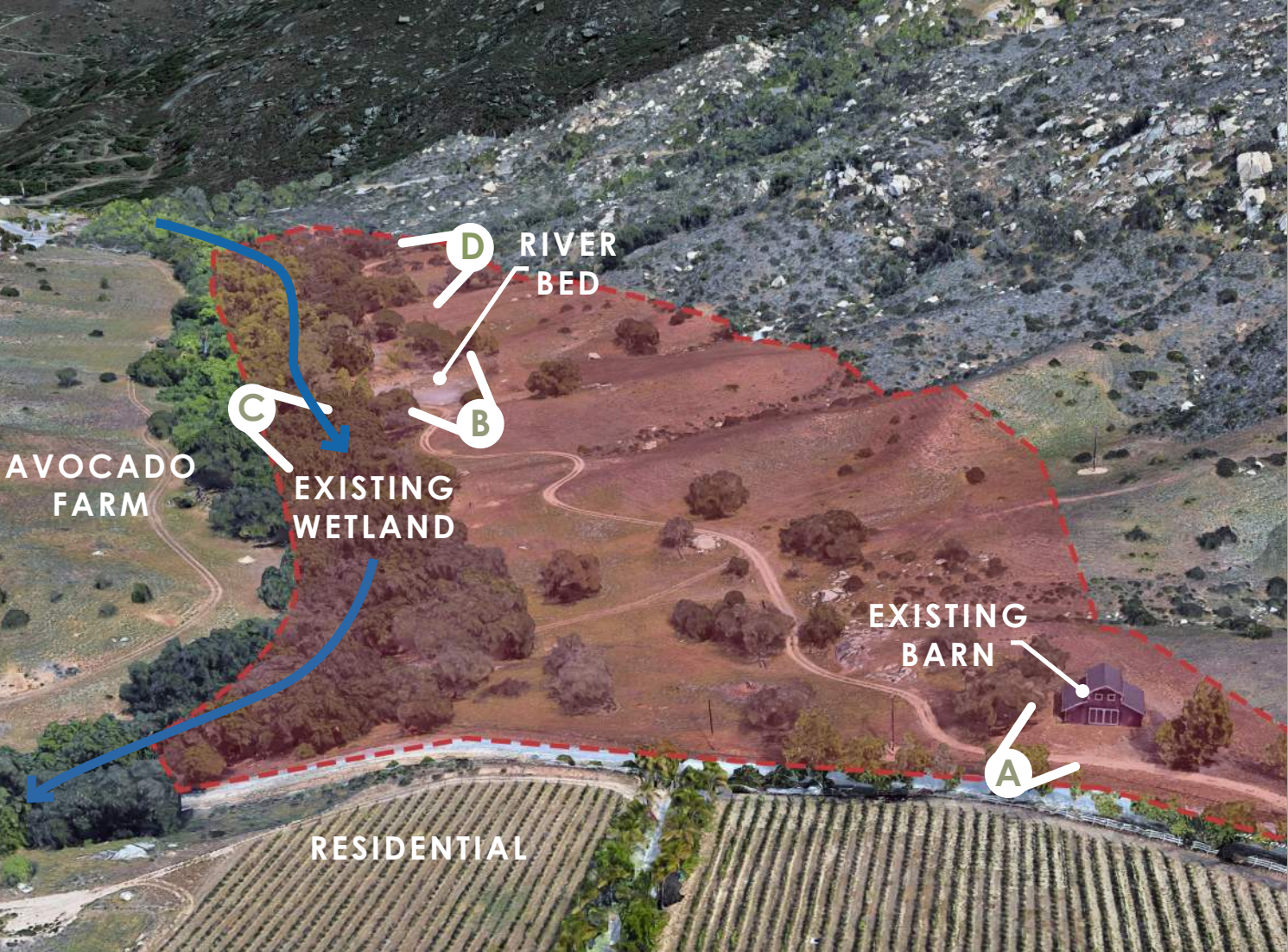
Avg. High Temp: 85°F

Avg. Annual Rainfall: 13 Inches

context map



the site



goals



Create **a safe and accessible** facility for people of all abilities



Connect individuals to the natural environment & the healing power of horses



Restore native plant & animal habitat while also improving stormwater management



objectives



Develop **ADA accessible trails & pathways**



Create spaces that **prioritize comfort & safety**



Preserve and enhance native flora & fauna



Develop experiences tailored for individuals with sensory sensitivities



Design unique experiences promoting equine therapy benefits



Implement strategies to **improve stormwater management**



major project elements



Therapy Rooms



Accessible Restrooms



Event Space



Sensory Garden



Bio-Retention Pond



Office



Accessible Parking & Restrooms



Native Plantings



Parent Viewing/Resting Area

major project elements



Indoor Riding Arena



Round Pen



Hay/Storage Barn



Wash Area



Sensory Riding Trail



Paddock



Bridges



Shedrow Barn



Tack Room

users



Individuals with differing abilities



Therapy horses



Physical, speech, and/or occupational therapists



Families and caregivers



Volunteers



Donors

tree canopy

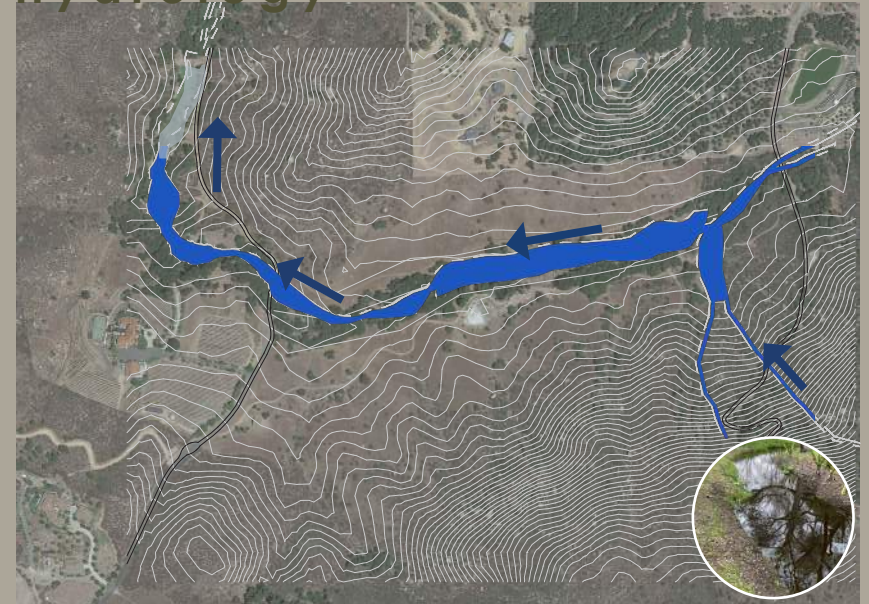


PRESERVE EXISTING TREES



SCALE: 1" = 800'

hydrology

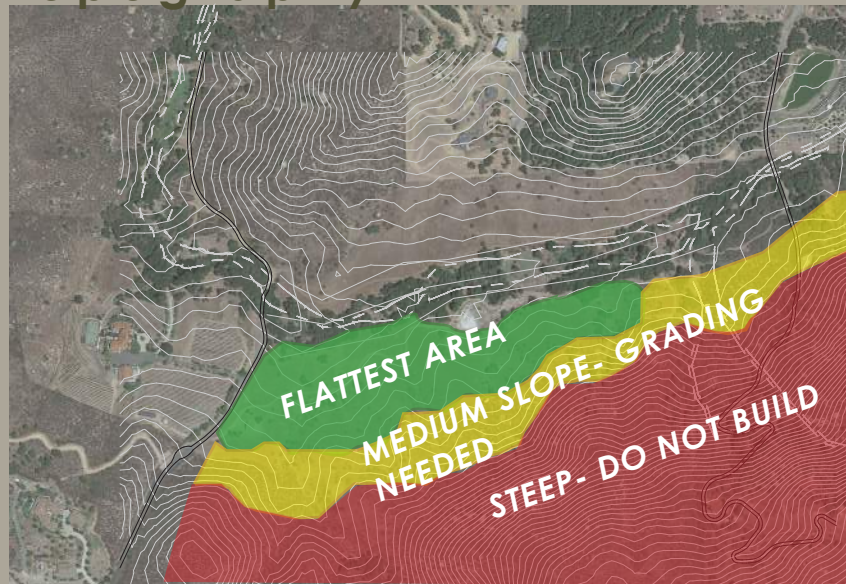


PROTECT EXISTING CREEK. FILTER HORSE WATER THROUGH BIORETENTION POND



SCALE: 1" = 800'

topography

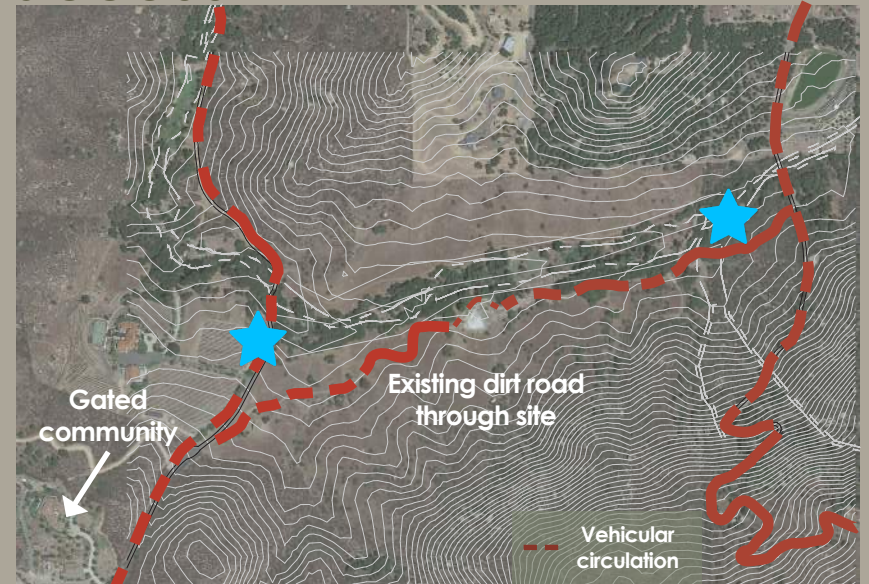


LIMIT SITE DEVELOPMENT TO MINIMALLY SLOPED AREAS (IN GREEN)



SCALE: 1" = 800'

access



CREATE PAVED MAIN ENTRANCE WITH PARKING



SCALE: 1" = 800'

constraints



Existing trees



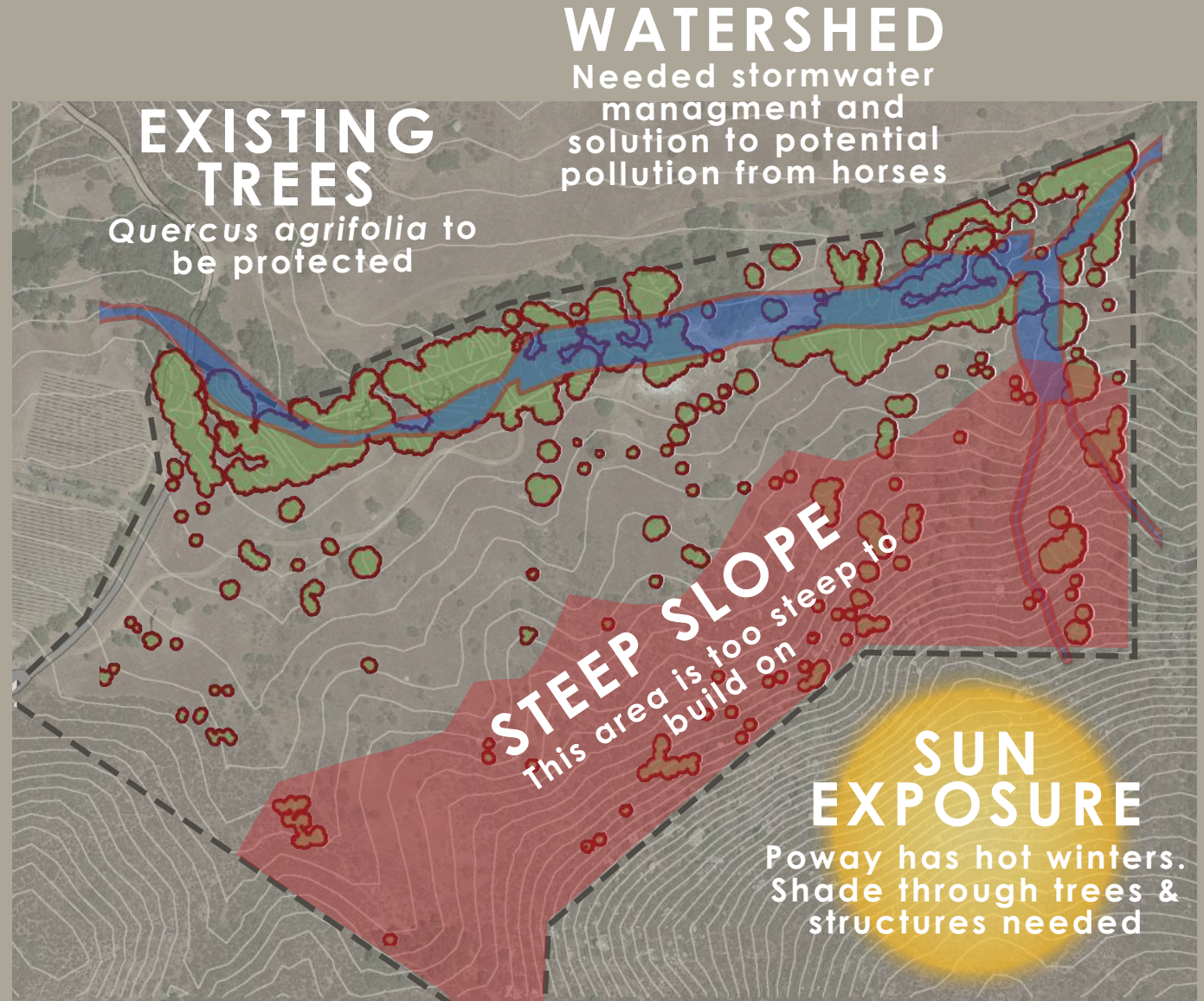
Watershed



Steep slopes



Sun exposure



opportunities



Restore native habitat



Undulating & buildable terrain



Views



Existing barn



design metaphor



WALK

MEANDERING PATHWAYS

- Paths meander gently, mimicking the horses' calm and steady walk
- Places to rest, reflect, and interact with horses and nature



TROT

SPACES TO LEARN & HEAL

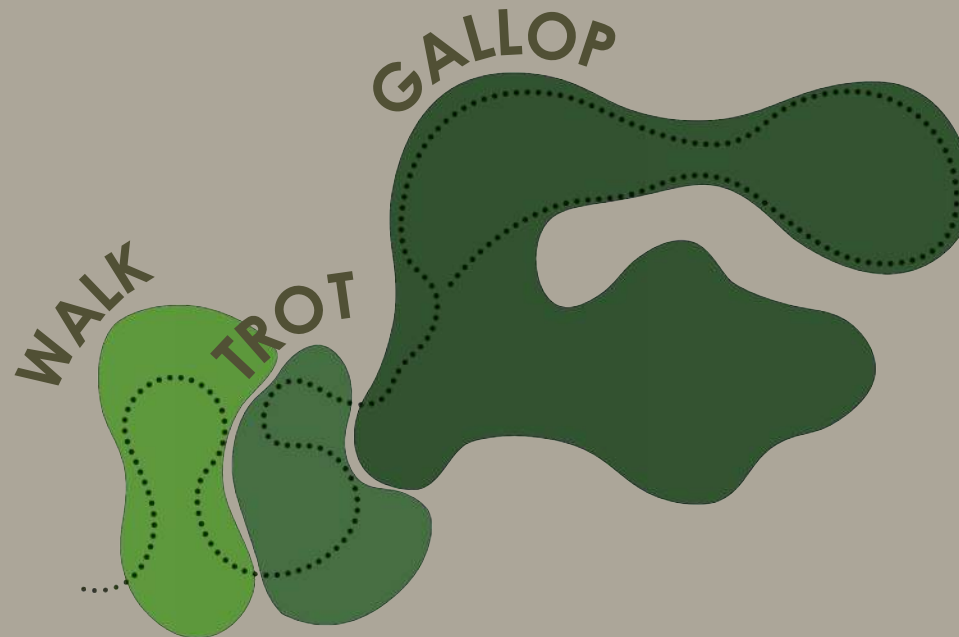
- Central gathering space of the facility
- A vibrant and social 'hub' that brings people together



GALLOP

OPEN TRAILS

- Expansive and open trails
- These trails represent the freedom and a wild galloping horse



healing gaits



project area



site plan

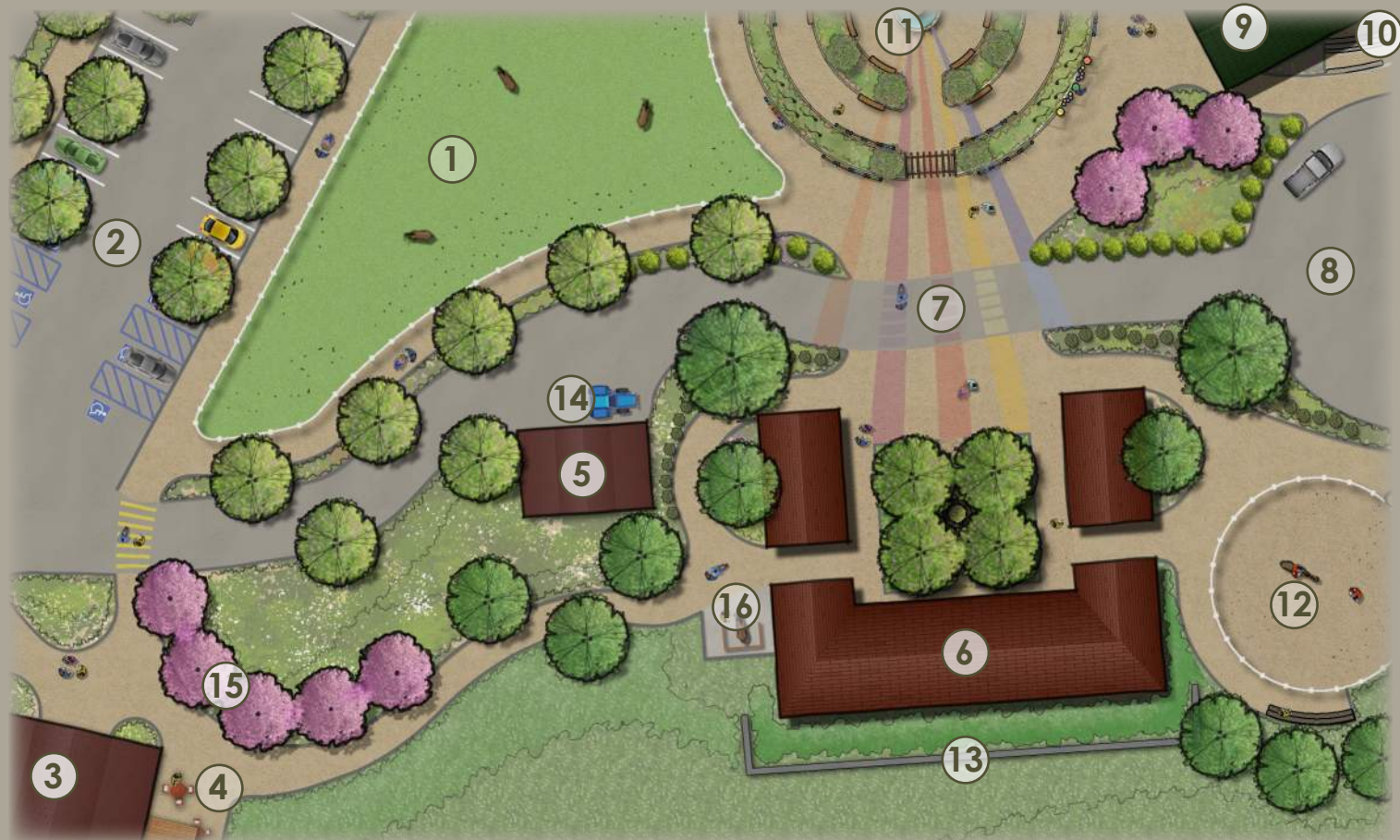


- | | | | |
|------------------------------------|-----------------------------|--------------------------------------|---------------------------------------|
| 1 Main entry road | 5 Main parking lot | 10 Truck turn-around/drop-off | 15 Existing oak and pine trees |
| 2 Overflow parking | 6 Paddock | 11 Round pen | 16 Service road |
| 3 Storage barn | 7 Bio-retention pond | 12 Indoor arena w/ seating | 17 Pond |
| 4 Main office/therapy rooms | 8 Sensory garden | 13 Nature trail heads | 18 Horse wash area |
| 9 Stables with courtyard | 14 Existing creek | 19 Composting structure | |

enlargement//

legend

- ① paddock
- ② permeable parking lot
- ③ main office
- ④ outdoor picnic tables
- ⑤ storage barn
- ⑥ horse stables courtyard
- ⑦ main road w/ colored rubber-brick paving
- ⑧ fire truck turn-around/drop-off
- ⑨ indoor arena
- ⑩ amphitheater seating
- ⑪ sensory garden
- ⑫ round-pen for individual rides
- ⑬ retaining wall
- ⑭ turn-out for service vehicles/tractors
- ⑮ accent trees
- ⑯ concrete horse wash area

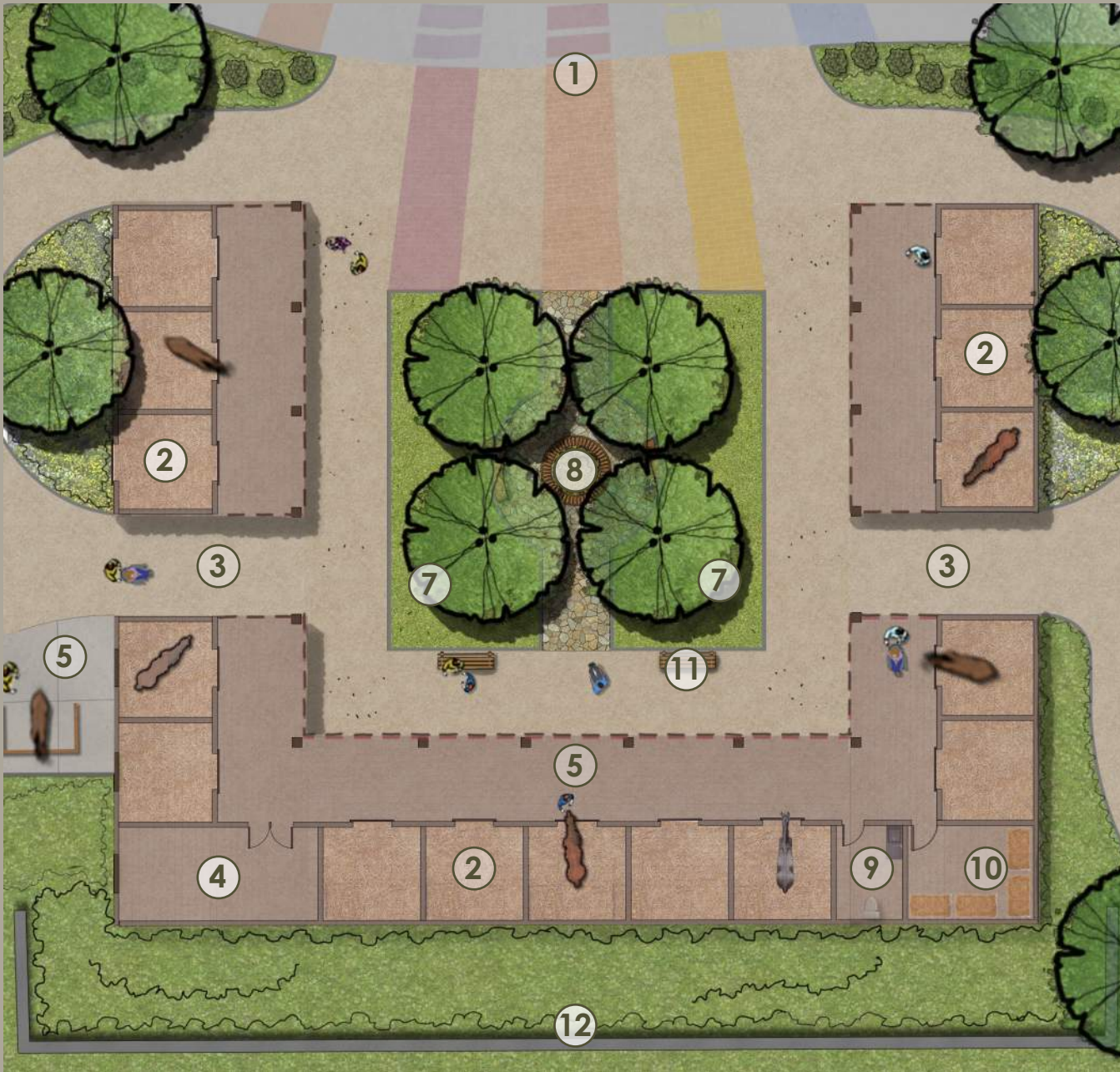


key map

enlargement// stables courtyard

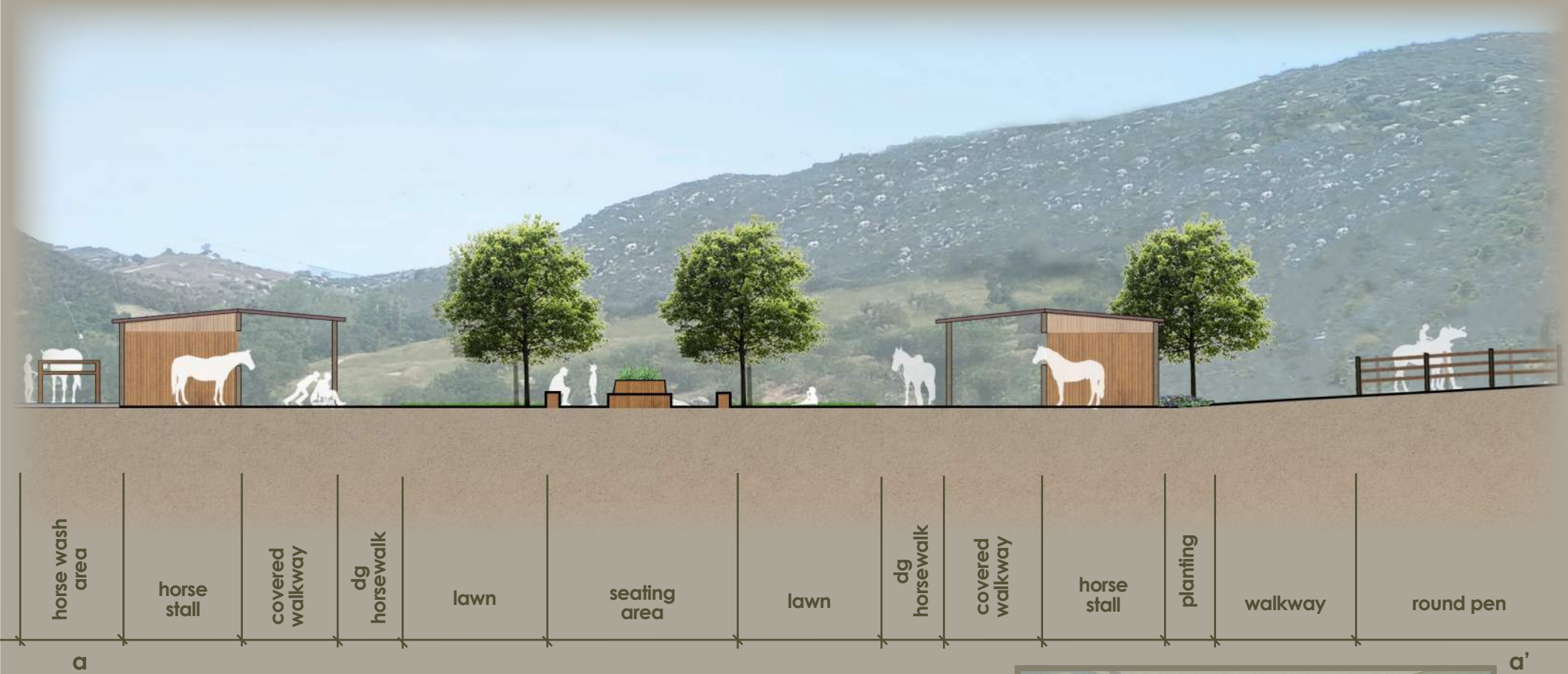
legend

- ① colored concrete crossing area
- ② 12' x 12' horse stall
- ③ breezeway
- ④ tack room
- ⑤ concrete horse wash area
- ⑥ dg walkway for horse exercise
- ⑦ lawn
- ⑧ shaded seating area
- ⑨ restroom
- ⑩ hay storage
- ⑪ bench
- ⑫ retaining wall



key map

section // barn courtyard

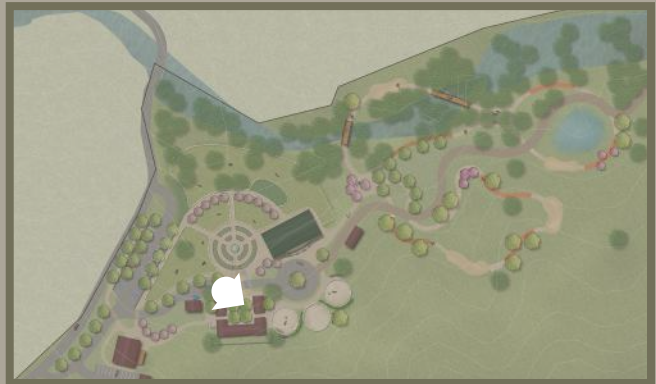


key map

perspective// barn courtyard

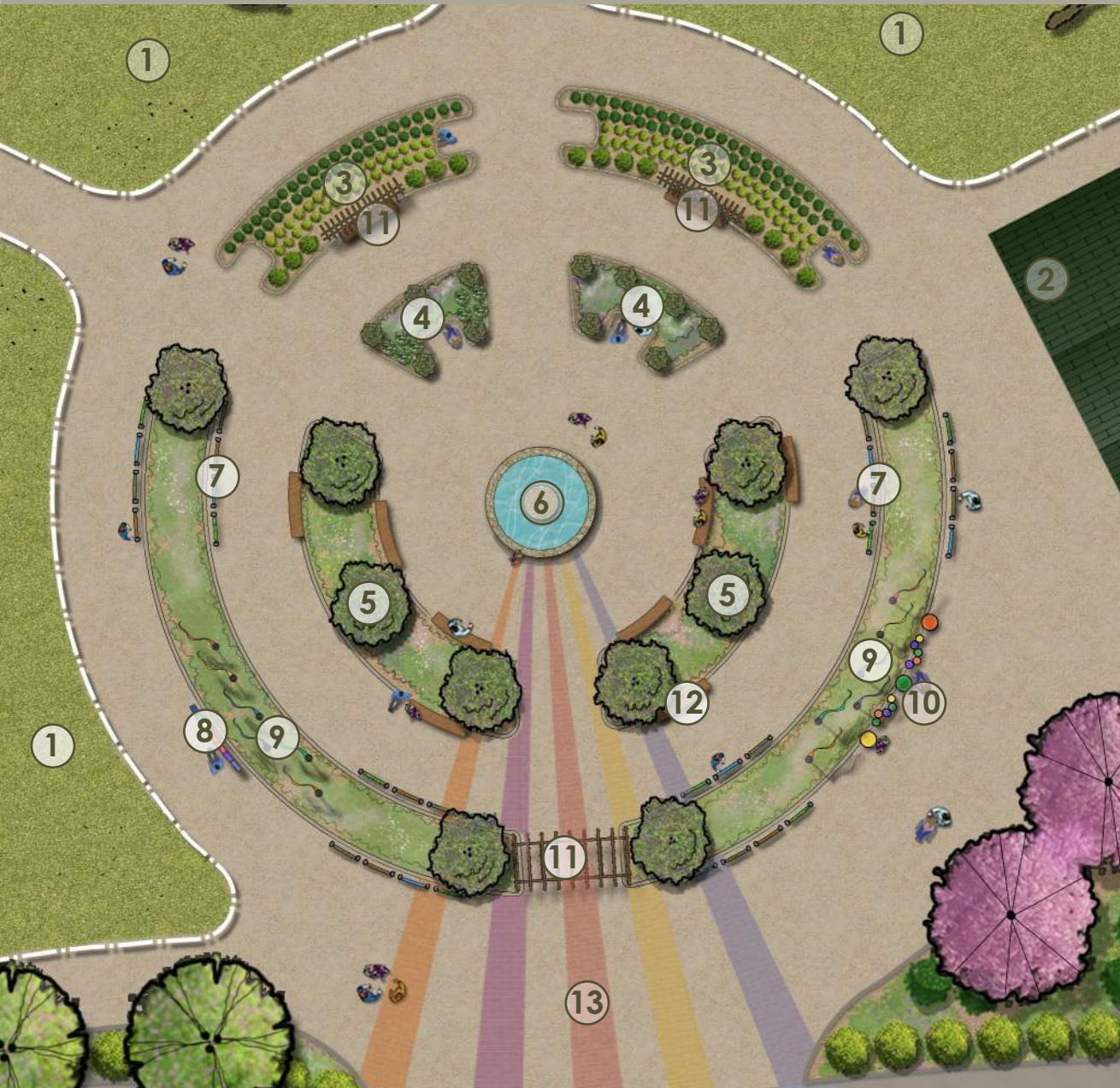


View of horse stable courtyard



key map

enlargement// sensory garden



legend

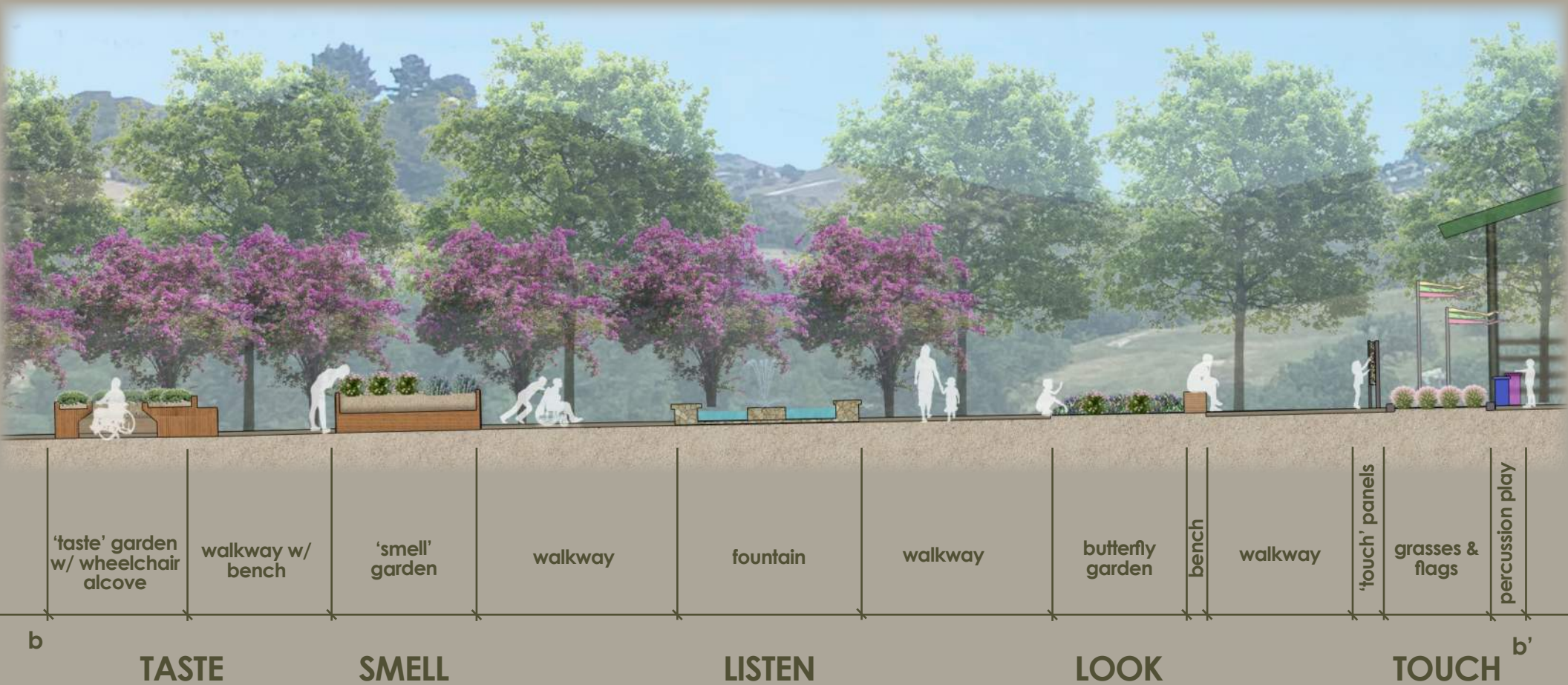
- ① paddock
- ② indoor riding arena
- ③ 'taste' garden with alcoves for those in wheelchairs to interact with plants
- ④ 'smell garden'
- ⑤ butterfly garden
- ⑥ fountain
- ⑦ 'touch' signs with different materials
- ⑧ xylophone
- ⑨ colorful ribbon flags
- ⑩ percussion play
- ⑪ pergola
- ⑫ bench
- ⑬ rubber brick colorful paving



key map



section// sensory garden



key map

perspective// sensory garden

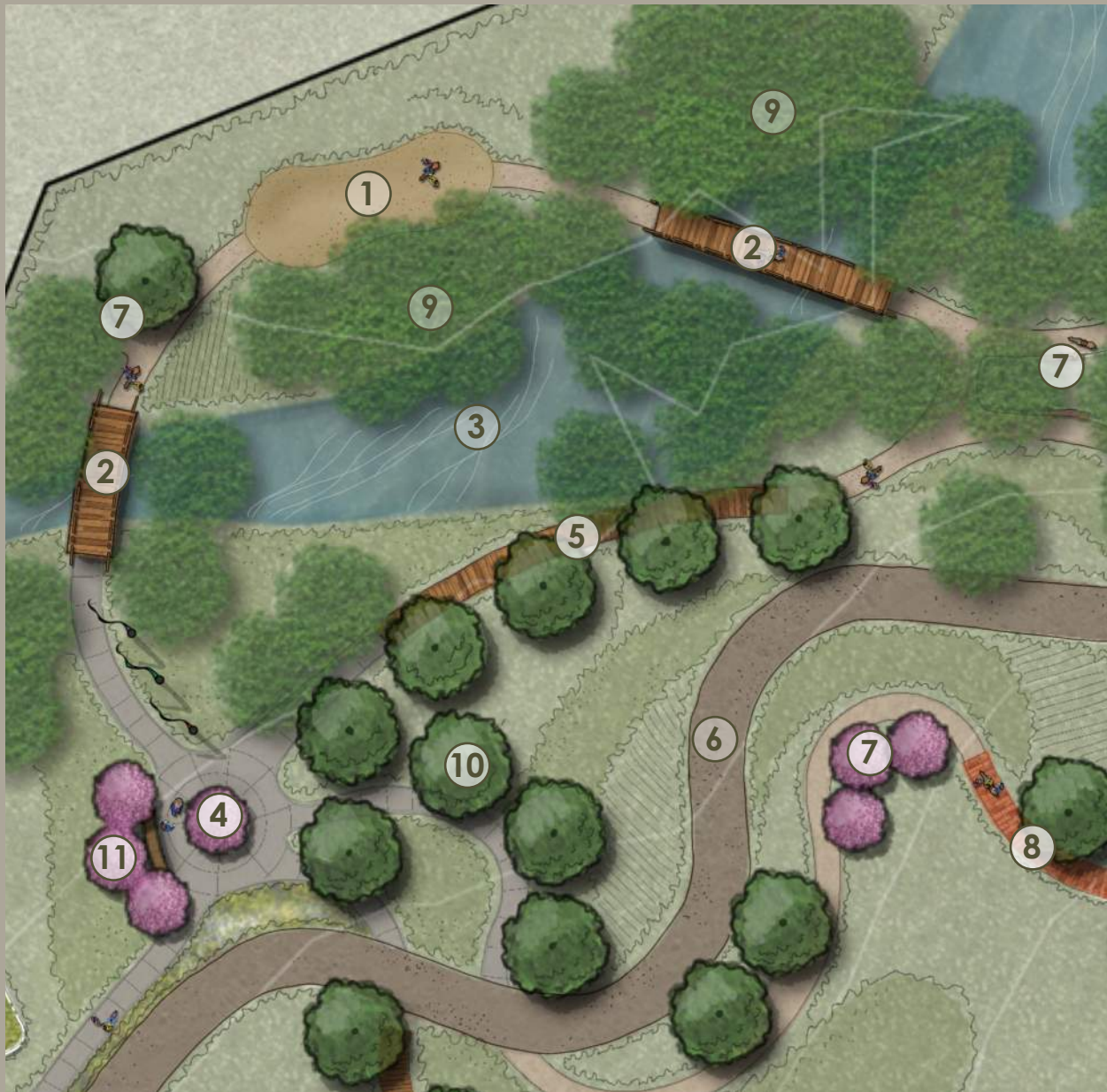


Wheelchair alcove in 'smell' garden with butterfly garden, 'touch panels', and flags in the distance

inspiration // sensory garden

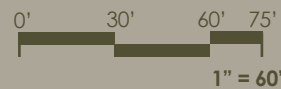


enlargement// sensory riding trails



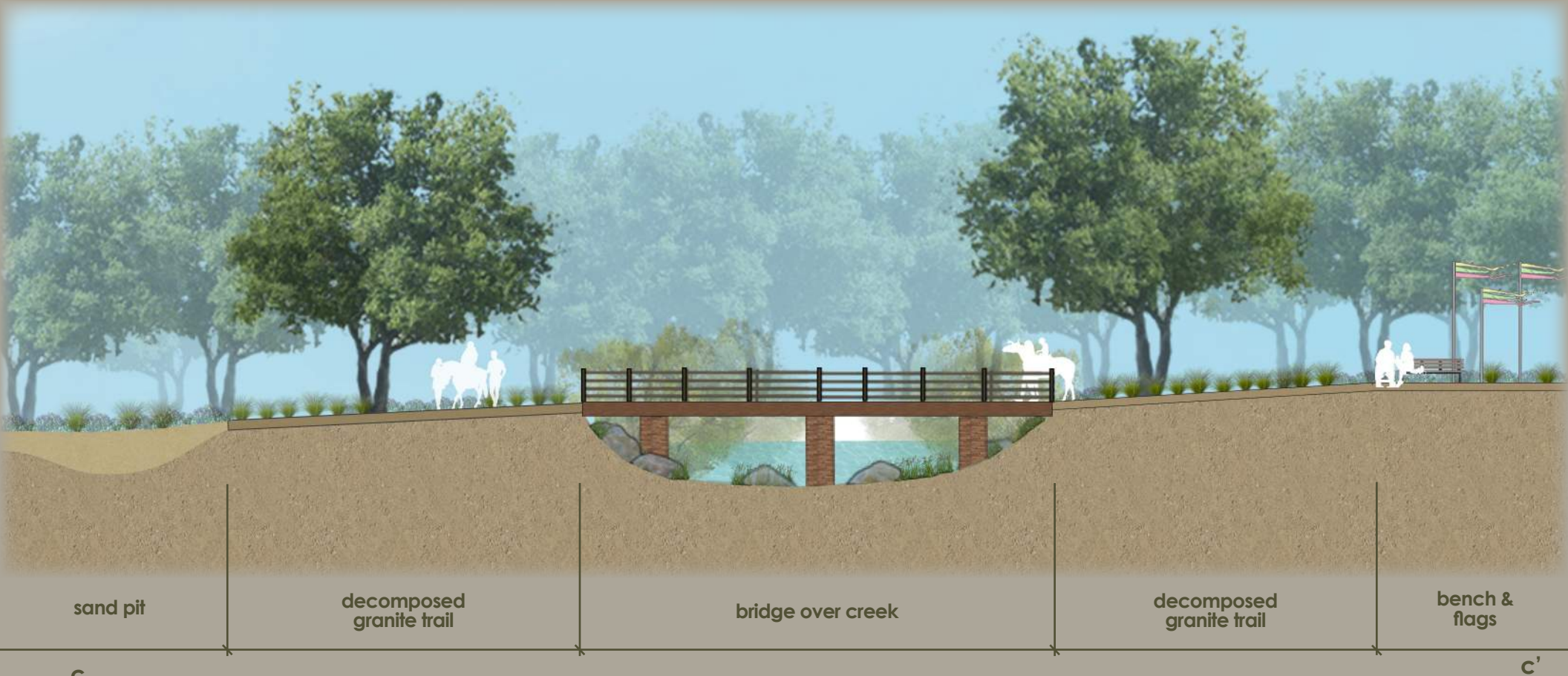
legend

- ① sand pit
- ② bridge over creek
- ③ existing creek
- ④ trail head/outdoor classroom
- ⑤ wood walkway
- ⑥ dirt service road
- ⑦ shaded bench rest area
- ⑧ rubber brick
- ⑨ existing oak trees
- ⑩ new shade trees
- ⑪ new flowering trees



key map

section// sensory riding trails



sand pit

decomposed granite trail

bridge over creek

decomposed granite trail

bench & flags

c

c'

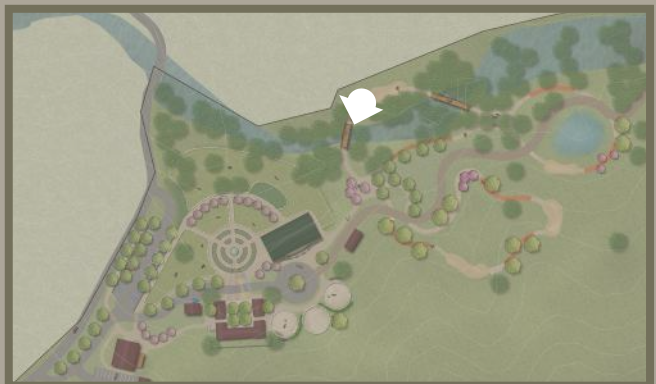


key map

perspective// sensory riding trails



View of west horse bridge on sensory riding trail



key map

inspiration// riding trail





Create a **safe and accessible** facility for people of all abilities



Connect individuals to the natural environment & the healing power of horses



Restore native plant & animal habitat while also improving stormwater management



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