

We are proud to offer our riding lessons through the talented expertise of Triona Watson to children ages 4+ at Creative Frontiers! (on-site, summer only)

Awarded Sacramento Area's Best

Epona Farms Equestrian Program

Proud Members of



About Epona Farms:

Epona Academy displays the green & blue colors all year round. We offer Equestrian programs for adults, pre-school and school age children throughout the greater Sacramento area. We also offer skill training for advanced riders in Equestrian Triathlon, and each of its component sports: Dressage, Stadium Jumps and Cross Country Riding.

Throughout the summer, and during off-track school sessions, Epona offers LESSONS AT Creative Frontiers for boys and girls 4-13. All camps run weekdays for four weeks in a row. The lessons cover all aspects of riding and horse care and include horse safety, grooming, medical problems, feeding and riding techniques with an emphasis on team work and leadership skills.

The Epona Equestrian Centre can be located at the main barn on Twelve (15) acres bordering the National Rails to Trails Conservancy and 1/4 mile away from the proposed site of the Elk Grove Recreation Park in Wilton. Two of the land areas under our supervision, are directly connected to the abandoned Roseville Traction Company tracks, giving us miles of converted track side easement and trestles to explore. Visitors with their own trailers can now ride from Lodi to Roseville along the old tracks, a distance of more than 50 scenic miles! You can use our place as a stopover by arrangement.

We also have Furriers (Horeshoers traditionally known as Blacksmiths) on site twice a month and kids at camp can observe the Ferrier school sessions. To add to the educational experience, we often have veterinarians dropping in to treat all sorts of horse ailments. They may also work with rabbits and chickens; cats and dogs. For more information visit the Rails to Trails web site. www.railtrails.org Stabling is available for 36 horses with pens, turnouts and irrigated pastures as well as indoor facilities and an exercise ring.

Epona follows the highest standards of training and instruction to both English and Western riders. We offer two main arenas, one lighted, to facilitate evening classes, and a warm up ring. Our riders also enjoy a wide variety of jumps and western trail obstacles, and a dressage course in good weather.

 Learn how to handle all sorts of trail obstacles.

🐾 We attend a variety of shows from local schooling shows to sanctioned events and Horse Trials.

🐾 Learn English and Western riding—including "hands-on" horse care—with safe, horses and ponies.

🐾 We respect all animals.

Catriona (Triona) Watson, B.H.S.A.I.

Curriculum Vitae: Background & Major Achievements

- Born in Scotland, Triona is a certified British Horse Society (B.H.S.A.I.) and Pony Club Instructor who trained in Great Britain, Ireland and Germany. She has worked with Olympic Equestrian team members in 3-Day-Eventing, and has trained riders and horses from beginner through advanced level.

A former pupil represented Ireland in the 1992 Olympic Games at Barcelona. Her current students are consistent winners at all levels. During ten years in Ireland, Miss Watson managed a 50 horse training facility in County Kildare, adjacent to the Irish National Stud, and a 400 acre thoroughbred breeding farm.

Triona moved from Ireland to the United States in 1980 and soon established a successful training centre in Los Altos Hills and Woodside near Stanford University.

Triona is a past 3 term President of the Los Altos Hills Horsemen's Association.

- In 1996, the entire operation expanded to the Sacramento region.

Presently, she owns and operates the Equestrian Centre at Epona Farms and trains and campaigns hunters, jumpers, event and dressage horses. She also manages day camps and recreational programs for at risk and disadvantaged kids, and Pee-Wee pony riders. Her work is highly respected and her classes are usually on a waiting list.

Triona's unique approach to horse training and riding instruction has earned her worldwide acclaim, and she has developed several programs for English and Western riding for local organizations. She has also developed a popular camp program for school-age children. She also works successfully with disadvantaged children, with behavior problems, handicapped children and adults and has helped hundreds of nervous riders overcome their fears with her Equetherapy Training System (ETS). Triona specializes in rescuing and rehabilitating horses and ponies from abuse situations. While some older, infirm horses are retired to the stable annex, many become favorite riding buddies at the Centre.

Triona's Personal Mission Statement

To enrich the lives of children and adults by introducing them to horses and riding.

To teach teamwork and leadership with compassion.

To intervene on and empower disadvantaged kids by exposing them to the responsibility of large and small animal care and rural life.

To encourage all riders to realize their full potential.

To rescue and rehabilitate unwanted and abused equine animals as well as dogs and cats, bunnies, goats and chickens. while trying to avoid turning it into a Petting Zoo.