LEXSEPTA / SEPAC

Adaptive horseback riding

For Lexington-area children, teens and young adults through age 22 with disabilities. Six programs, including a farther option in Sherborn; age limits vary. Drive times are rough estimates from Lexington Center, not live routing; traffic may push farther locations beyond 45 minutes.

Lovelane

Lincoln | About 15-25 minutes

Ages 2-20. Private, 30-minute therapeutic riding lessons tailored to individual goals. Prospective riders join a waitlist. Lovelane does not provide clinical therapy or hippotherapy.

Program information | 781-259-1177, option 2

BINA Farm Center

Sudbury | About 30-40 minutes | Also adaptive riding in Wellesley

Individual or small-group, 45-minute adaptive lessons include riding and horse care. Separate OT/PT services use equine movement. Main center: 30 Field Road, Sudbury; Dana Hall in Wellesley offers adaptive riding only.

Program information | Locations & contact

Ironstone Farm / Challenge Unlimited

Andover | About 25-40 minutes

Year-round therapeutic riding for ages 6+. Separate Ironstone Therapy provides OT/PT, including for children as young as 2. Ask about scholarships and the appropriate program.

Program information | All programs

More riding options

Tewksbury, North Andover and Sherborn | Check the drive at your actual lesson time.

Strongwater Farm

Tewksbury | About 25-35 minutes

Equine-assisted services for people with physical, cognitive, behavioral and mental-health challenges. Private/group lessons and programs for schools and organizations.

Program information

Windrush Farm

North Andover | About 35-45 minutes; allow extra time

Therapeutic riding and unmounted horse activities for children and adults with physical, cognitive and emotional challenges. PATH International Premier Accredited Center.

Program information

Horse SenseAbility at Wildstar Farm

Sherborn | Farther option; may exceed 45 minutes

Therapeutic riding and unmounted horsemanship for children and young adults, including autistic participants and people with physical disabilities. Separate occupational therapy on horseback is offered. Wildstar Wranglers teaches vocational skills to autistic young adults. Ask about program-specific eligibility and supports.

Program information | 508-744-6774

Before enrolling

Ask about intake, waitlists, rider age/size limits, communication supports, mounting assistance, sensory needs, supervision and fees. Adaptive riding is distinct from clinical OT/PT using horses; confirm which service you are requesting.

Provider links above are the sources for this guide. Listings are starting points, not endorsements or guarantees of eligibility or availability. Confirm details directly.