

LES ALPES DE HAUTE PROVENCE, FRANCE**About us**

Adventure Extreme, one of the UK's longest established BHPA schools has, during the past twenty two years probably become Europe's most experienced overseas paragliding course and expedition organiser, having operated trips and courses in France, Spain and Norway, Morocco, Mexico, Ecuador, Argentina, Nepal & Tibet. As well as involvement in our overseas expeditions we are also, as you would expect a Registered Paragliding School manned by Senior BHPA Instructors.



We have been running courses in France since 1989 and we know the area and the locals very well - our business is about people and flying. We understand how difficult and costly it can be to progress through the Pilot Rating System into thermal and XC flying at home. The combination of difficult weather and limited time available can slow the whole process to a snails pace.

A visit to us can allow you to achieve a high level of progress, in conditions, which are amongst the best in the world for thermalling and XC.

UK Telephone No: +44(0)7092-283020 (24 hours)
France No: +33(0)492348851 (January-October)
France Mobile No: +33(0)686352232 (January-October)
E-Mail: trips@adventure-x.com

We offer

Courses for all levels, Beginners, CP Completion, Thermalling and XC. We hear time and time again from our clients, how easy it is to progress and get lots of airtime when the flying conditions are this good. For beginners we have two excellent training sites together with some of the finest flying available anywhere in Europe once you have progressed past the basics. For more experienced pilots, here in Provence, thermalling and XC flying conditions are the norm, and the skills and confidence you gain with us are easily adapted once you return home. BHPA Senior Instructors with years of experience training and flying in an Alpine environment will lead you through the Pilot Rating System. Groups are kept small, so your rate of progress is maximized. We provide personalized instruction, briefings & debriefings, hill transportation and retrieves after your flights.

We are there to help you get the most from your course, be it a few days or a few weeks, we know that your time is precious. If you are struggling to get airtime or have not been able to fly when conditions are right for cross-country, we have the answer.

Location

In the heart of the Alpes de Haute Provence close to the towns of Laragne, Sisteron, and Gap, this is Europe's premier flying area, where many record-breaking paragliding flights have been achieved. Better known flying sites in the immediate area include Laragne/Chabre, Aspres, St Vincent les Forts and St Andre to name but a few. Virtually every wind direction/weather permutation can be catered for allowing you the maximum possible airtime during your time with us.

Courses

Your paragliding course for either six or thirteen** days (twelve days flying – Saturday day off/change over day), starts on Sundays finishes on Fridays, includes hill transportation to flying sites and retrieves after your flights when you go XC, together with all the personal instruction/supervision, and general assistance you require to help you make the most of your time with us. Under direct radio instruction you will complete the flying tasks in the Pilot Rating System, gain airtime and develop your flying techniques and skill. The course is largely geared to **your** own individual needs, and weather permitting we fly every day. We progress at **YOUR** pace, but as an outline we cover the following:

reservations: +44 (0)7092-283020 (24 hours)
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web: www.adventure-x.com



Beginner to Elementary Pilot

- BHPA Membership & Pilot Rating System
- Introduction to theory of flight
- Safety and Emergency procedures
- Pre flight checks
- Ground handling exercises
- First low-level flights/canopy control
- Flights continuing up to approx. 100ft AGL
- EP Exam

EP to Club Pilot (Novice) Completion

- Further theory/weather/aerodynamics/air law
- Skills development
- Daily flying tasks
- Higher flights and basic soaring techniques
- Airtime, airtime and more airtime
- Flying with others, theory and practice
- Soaring flights
- Top landings/slope landings
- Basic instability, theory and practice
- More on collision avoidance & Alpine flying
- CP Exam



Thermalling & XC Introduction

Once you have achieved CP the next stage of your paragliding career will progress you through to Pilot level enabling you to acquire the ability, experience and qualification needed to fly cross-country competently & confidently. Under direct radio instruction you will achieve thermalling and XC flights and develop your flying techniques and skills toward BHPA Pilot rating.

- Tasks for BHPA Pilot level
- Additional Top Landings
- Introduction to XC flying
- Using thermals
- Thermal sources/triggers etc
- Finding 1st and 2nd thermals
- Thermalling techniques
- Rapid descent/basic instability techniques
- Flying safety with other pilots
- XC flights 10 - 30k depending on pilots ability



Advanced XC

- Equipment and preparation for XC
- Advanced thermalling technique
- Speed flying technique
- Strategy/planning for long distance flying
- Competition techniques
- Navigation
- Further instability exercises
- XC Flights 25 - 100k depending on pilot's ability

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Course Only

Elementary Pilot and/or Club Pilot (Novice), Thermalling/XC

If you **do not** have your own equipment the following prices apply:
(including use of paraglider, harness, helmet & radio*)

06 days course	£495.00
13 days course**	£785.00

If you **have your own equipment** the following prices apply:

06 days course	£415.00
13 days course**	£595.00

Individual Equipment Rental Prices (Euros)

Paraglider, Harness & Helmet

06 days	€100.00
13 days**	€150.00
Day rate	€45.00

Radio

Per 6 days	€60.00
Day rate	€25.00

Day Clinics

For pilots wishing to brush up thermalling/XC techniques or on a tight time schedule

€120.00

* Students are responsible for loss or damage to equipment caused by carelessness or negligence.

** 12 days flying with Saturday off/change over day

Where To Stay

Various types of local accommodation is available, from camping facilities at about €10.00 per night, through to self-catering, pension, hotel from approximately €50.00 per room per night.

Accommodation (Euros)

Includes evening meal (with wine) & breakfast for seven or fourteen nights. Special meals/vegetarians – welcome. Available Saturday to Saturday from 1600 hrs onwards on arrival day until 0900 hrs approximately on departure day.

Shared room per person	€315.00 per week
Single room	€420.00 per week
Single with private bathroom	€490.00 per week
Double with private bathroom	€665.00 per week

Self-Catering (Euros)

Available Saturday to Saturday from 1600 hrs onwards on arrival day until 0900 hrs approximately on departure day.

Bedsit	Studio: single or double occupancy (1double bed)	€340.00 per week
Apartment	Single, twin or double occupancy (1double bed/twin)	€455.00 per week
Apartment	2 bedrooms (1 x twin; 1 double)	€525.00 per week
Apartment	2 bedrooms (1 x twin; 1 double) swimming pool	€575.00 per week
	Plus returnable deposit against damage	€100.00

Budget Camping Deal (Euros)

Camping available May – October; the most budget conscious option would be our camping deal. We supply tent, small gas cooker, sleeping mat, pan set, cup and cutlery. All ready and pitched on local campsite, camping fee included, extra charge for vehicle.

1-person occupancy	€85.00 per week
2-person occupancy	€120.00 per week

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- When** Courses run January to end October, contact us by email or telephone to confirm latest availability.
- Group Discounts** Club, School or Group booking discounts are available for five or more people. We will be pleased to quote for "customised" trips; our experience is at your disposal.
- Non-flying Partners** Transfers from pickup point at Sisteron will be charged at €20.00 each way for non-flyers, bookable in advance.
- Guarantee** Nobody can totally guarantee the weather, but this area has a Mediterranean climate so most of the year is flyable. If we have to cancel a day by 10.00 am due to un-flyable weather conditions, we will time credit that day for up to the end of the following season, together with equipment rental where applicable against another six or thirteen** day course. (See terms and conditions). This unique guarantee ensures that you get full value for your course.
- Other activities** Mountain Biking, Via Ferrata Climbing, Quad Bikes, Pony Trekking, White Water Rafting, Swimming, Wind Surfing, Canyoning, Rock-Climbing (the Verdon Gorge is only 1 hour away), Gliding and Mountain Walking are all available locally.
- Getting There** It couldn't be simpler. By car we're an easy 8-9 hours drive on motorways mostly, from the channel ports. However, most people fly to Marseille then take the shuttle coach connecting via Aix en Provence to Sisteron from where we can provide a free pickup up service. Also look at flights into Nîmes or Grenoble, which can be inexpensive, but you would need to rent a car from there.
- Marseille Provence is the nearest airport and is well served by EasyJet and British Airways via Gatwick from regional airports like Aberdeen, Edinburgh etc. Direct from Bristol, Liverpool, Manchester etc. with Jet2, BMI, Fly Be, Ryan Air or EasyJet. Marseille Airport arrivals take the rapid 1½-hour bus or train service to Sisteron via Aix en Provence, which is the shortest route. See Joining Instructions. There is a service between the airport leaving at 1500 hrs /Peyruis péage 1630 off one bus and onto another connecting bus to Sisteron arriving at 1700 hrs (Digne coach & change at Peyruis péage). Return leaves Sisteron at 0900 hrs to Aix en Provence then shuttle direct to airport arriving at approximately 1230 hrs, alternatively direct to airport at 1135 hrs arriving 1345 hrs.
- Nice Airport served by EasyJet, Ryan Air, Aer Lingus, Fly Be etc. from regional airports like Aberdeen, Edinburgh, Bristol, Liverpool, Manchester etc or via Luton, Stanstead, Heathrow or Gatwick. Take the bus, which departs at 1520 hrs from the Nice Airport Terminal 1 direct to Sisteron arriving 1845 hrs (Nice-Gap). For later arrivals you would have to hire a car.
- Return direct coach Sisteron to Nice Airport (Terminal 1) at 0910 hrs arriving at approximately 1220 hrs.
- You should contact us prior to booking flights to ensure you can get a connection to pickup point at Sisteron, see Joining Instructions. You may even wish to hire a car to give you flexibility and a chance to look around the area outside flying time.
- Equipment Sales** We offer complete beginners packages including paraglider, harness, reserve, helmet and CP Course. For pilots wishing to upgrade existing equipment we offer paragliders, helmets, harnesses, radios, varios, etc. at discount prices. See our website for latest details.
- Equipment/Clothing** It is compulsory you have 2-metre radio, and strongly recommended having a reserve and alti-vario. We have a range of radios, reserves and varios for sale or hire at very competitive prices. Maps are available locally. Normal flying clothing needed - gloves, jacket, long trousers/flying suit, good ankle support boots (not trainers), and water bottle/camelbak.

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ADVENTURE EXTREME

EP, CP, XC come fly with us

BHPA Membership/ Insurance/IPPI Card

You will need valid BHPA Membership or national equivalent and your personal Log Book. We sell logbooks on site should you not have one. New or lapsed BHPA members can join on arrival but you will need a UK cheque payable to BHPA Ltd. or a valid Credit/Debit Card. You will also be asked to sign an "understanding of risks" statement on arrival before any training takes place.



Travel Insurance

Paragliding & Medical Repatriation cover is compulsory. Click our link to [Worldwide Travel Insurance/Dare Direct/Sports Cover Direct](#) from downloads page. You should organize cover as soon as possible in case unforeseen circumstances result in you having to cancel. EHIC is also advised (does not cover repatriation), and is available free via NHS website.

Booking

Please download and complete the electronic application form which you will also find on the downloads page, or: [Click here](#). Once we have received your form we will give you the bank details for either your 25% deposit, or the full cost of the course if you book within 6 weeks of departure.

Payment

Course payments should preferably be made by internet banking or bank transfer. Accommodation/rentals are payable in euros on arrival. Please note the nearest banking services are at Sisteron.

Confirmation

On receipt of your booking we will email your confirmation & receipt/invoice together with joining instructions.

An advertisement for paragliding courses. The background is a scenic view of a mountain range with a prominent dark rock formation in the foreground. The text is overlaid on the image.

EP & CP Completion Courses in France

BHPA Learn to Fly Courses
EP & CP Completions
Thermalling and XC Courses
Flying Holidays, Transport and
Accommodation for Groups &
Individuals - Paraglider Sales

trips@adventure-x.com
www.adventure-x.com

Adventure Extreme
07092 283020 UK
0033 492348851 France

reservations: +44 (0)7092-283020 (24 hours)

e-mail: trips@adventure-x.com

web: www.adventure-x.com



Registered
School (C144)

Booking Conditions

Your contract is with Adventure Extreme. Below are the details of the terms and conditions of the agreement. Please read them carefully. When you make a booking and we accept it a legally binding contract is made.

1) A non-refundable deposit of 25% for each person must be sent with the signed booking form. The balance of the course is due for payment 6 weeks before the departure date. If you book less than 6 weeks before the departure date, full payment must be received before the booking can be accepted. If the balance is not paid in time we reserve the right to cancel your course and apply the cancellation charges outlined below.

2) Our courses are designed to give you personal attention and for safety reasons groups will not exceed 6 persons per instructor. It should be clearly understood that all BHPA Schools have liability insurance limited to a maximum of £25,000.00 in any one claim.

3) If you wish to make any changes to your booking once confirmation has been issued, notification must be received at least 6 weeks before the departure date and be accompanied by a payment of £30 to cover administration costs. This extra cost will still apply if we are unable to make the changes you have requested. Changes made within 6 weeks of departure or changes of a significant nature within or out with the 6 week period will be treated as a cancellation of the original booking and the cancellation charges outlined below will apply.

4) If you wish to cancel your course, this must be done in writing by the person whose name the course is invoiced to. If we receive notice of the cancellation up to 6 weeks before the departure date you will merely forfeit your deposit. After that date you will be additionally liable for the following cancellation charges.

Less than 6 weeks before the departure date: 100% of the course price. If after starting the course you decide to leave early then no refunds for any part thereof

(including any equipment rental and/or pre booked accommodation) will be given. Nor will our weather guarantee be valid.

Please note that if the reason for cancellation falls within the terms of your insurance policy, then the insurance company will normally refund any such charges to you. The insurance premium is forfeited on cancellation.

5) We reserve the right, in any circumstance to cancel your course. However, in no case will we cancel your course less than 6 weeks before the scheduled departure date. If we do cancel your course, an alternative course of a similar standard will be offered to you. If this is not acceptable any moneys paid will be refunded. We do not accept liability for damages or costs incurred in respect of any cancellation on any account whatsoever.

6) It is in the nature of a course of this kind to be flexible. Day to day agenda and ultimate goal of the course is taken as an aim and not as a contractual obligation, and as such the course is dependent on weather conditions at the time. Only days we believe to be non flyable and which are cancelled by 10.00 am will be Time Credited, together with equipment rental where applicable, against another six or thirteen day course for a period of one year, for weather guarantee purposes. Any day a site is visited is regarded as a flying day. Time credits uplift from Sisteron is chargeable at €20.00 each way per person.

7) On a course of this nature, it is necessary for you to abide by the authority of the leader, who represents Adventure Extreme.

Signing our booking form signifies your agreement to this.

If in the opinion of the leader your behaviour is detrimental to your own, or the safety and welfare of the group as a whole or if, the leader considers your general well being will be put at risk by continuing with the course, you may be asked to leave the course without the right to any refund.

8) Your booking is accepted on the understanding that you realise the potential risks and hazards that can be involved in courses of this kind. Adventure Extreme, along with our guides/leaders and anyone else working in association with us cannot be held responsible for any accident or mishap that may occur in connection with any part of, or services connected with, the course.

9) Medical vaccinations and other preliminary arrangements including all passport, visa procurements are entirely your responsibility and we accept no responsibility in the event that these are not completed in time for departure.

10) To take part in one of our courses it is compulsory to be covered by travel insurance to include paragliding, which must include the cost of repatriation if you become too ill to continue. Check with your supplier that paragliding is definitely covered, as not all companies do this. It should be stipulated on your form/letter from them. (In fact sometimes it is excluded).

It is also necessary to have European Health Insurance Card.

Both Travel Insurance & EHIC documents should be carried with you.

11) Adventure Extreme will not be held responsible for missed connections, costs, or delays caused by any aspect of transfer or travel arrangements.

12) Any requests made for other accommodation are to be dealt directly with that supplier for deposit and payment of bills. It is normal to pay in advance or an arrival in Euros cash. No financial dealings will be entered into on your behalf between you and any other accommodation supplier and us. Contact details will be passed to you on Confirmation/ Invoice.

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Adventure Extreme Paragliding Application Form

Name _____	e-mail address _____
Address _____	Mobile Number _____
_____	Home Phone _____
_____	Nationality _____
Postcode _____	Date of Birth: _____

Next of Kin Name & Teleph _____

COURSE REQUIRED

Select one of the following:

No of Days: 6 / 13**	<input type="radio"/> Beginner – EP (6 days) <input type="radio"/> Beginner – CP (13 days) <input type="radio"/> EP - Club Pilot <input type="radio"/> CP+ Thermalling <input type="radio"/> Advanced XC	Equipment Needed? Yes _____ Have Own _____ Radio Needed? Yes _____ Have Own _____
No of Days: _____	<input type="radio"/> Day Clinic Only	

Arrival Date _____	Departure Date _____	Airport: _____	Time _____	Own Travel _____	Sisteron Arrival _____	Time _____
Saturday ___/___/___	Saturday ___/___/___	Marseille/Nice/Other _____	_____	Car/Bike/Other _____	Train / Bus _____	_____

Please give details if you have own kit: glider, harness, reserve, radio _____

Existing BHPA/IPPI Membership No _____	Club/School Name _____	Chief Flying Instructor _____	Your Pilot Rating: EP/CP/P/AP/Other _____	Total No. of Flights _____
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ONLY FOR ACCOMMODATION BOOKED THROUGH ADVENTURE EXTREME. Select as required: No of Nights Accommodation: 7 / 14

<input type="checkbox"/> Single room	<input type="checkbox"/> Single room with private bathroom	<input type="checkbox"/> Double room with private bathroom	Vegetarian: YES / NO	<input type="checkbox"/> Budget Camping 1/ or 2 person
<input type="checkbox"/> Self-catering - bedsit	<input type="checkbox"/> Self-catering - single	<input type="checkbox"/> Self-catering - double	<input type="checkbox"/> Self-catering - twin	<input type="checkbox"/> Self-catering – 2 bedrooms
<input type="checkbox"/> Self-catering with swimming pool – 2 bedrooms				

Payment by Internet or Bank Transfer (contact Adventure Extreme for account details). 25% deposit, or the full cost of the course if you book within 6 weeks of departure.

PLEASE POST FORM TO ADDRESS BELOW AND MARK ENVELOPE EXACTLY AS FOLLOWS:

Adventure Extreme, Victoria Cottage, Tomintoul, Banffshire, AB37 9ET, UK

Do you have any special requests? _____ I will be making my own accommodation/camping arrangements

I agree to pay Adventure Extreme for the sum of the course and extra services (if requested), and have taken suitable holiday insurance to cover repatriation and paragliding. I understand the risks of paragliding and the dangers associated with the sport. I accept that the final decision rests with me, the pilot, and I am solely responsible for my actions and consider myself competent enough to do the course, and that I am physically fit enough. THIS IS NOT A DISCLAIMER BUT AN ACKNOWLEDGEMENT OF THE RISKS ASSOCIATED WITH PARAGLIDING AVIATION AND ITS TRAINING. At Adventure Extreme we aim to provide the highest standard of training whilst ensuring that risks to your safety are kept as low as reasonable practicable. To achieve this we:

- Regularly maintain and inspect all equipment to ensure safe working order
- Carry out regular risk assessments of all training sites and weather conditions whilst we are using the sites for training
- Follow the British Hang gliding and Paragliding Association's Training syllabus, guidance for instructors and Technical Manual.

Paragliding is a form of aviation with all of the inherent and potential dangers that are involved in aviation. No form of aviation is without risk, and injuries and death do occur in paragliding, even to trained pilots using proper equipment. Whilst Adventure Extreme endeavours to minimise this risk as far as is reasonably practicable, it cannot be eliminated altogether. No one should participate in paragliding who does not recognise and wish to personally assume the associated risks. I acknowledge that by undertaking paragliding training with Adventure Extreme, I may be exposed to risks **beyond the reasonable control of Adventure Extreme** and I willingly and personally assume these risks as part of my training.

***Compulsory Field** Please tick if you agree with the above statement and information

***Compulsory Field** Also that I have read and accept the conditions as specified in the Booking Conditions

Date Deposit Received:	Date Balance Due:	Date Balance Received:
Amount Received: £ _____	Amount Due: £ _____	Amount Received: £ _____
Date Confirmation Sent:	Date Reminder Due:	Date Confirmation Sent:
Time credit days if applicable:		Accommodation € _____
Time credit uplift €40.00 € _____		Self Catering + €100 deposit: € _____
Car/ Sisteron: Train/Bus _____	Arrival Time: _____	Budget Camping / 1 or 2 person € _____
		Radio: YES: € _____
		Canopy: YES: Kgs € _____

Request to Purchase Equipment: _____ Equipment Paid: _____

Travel Insurance Company Name: _____ Travel Insurance Company 24 Hour Emergency Contact Tel No: _____

Policy No: _____

BHPA / IPPI Check _____ Log Book Check _____ Repat. Ins. Check _____ EHIC Check _____