

LES ALPES DE HAUTE PROVENCE, FRANCE

**About us**

Adventure Extreme, one of the UK's longest established BHPA schools has, during the past nineteen 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 here 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

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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, 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:

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.



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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 Courses

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

Course Costs

All levels - EP/CP/Thermalling/XC

If you **do not** have your own equipment the following prices apply:

06 days course	£495.00 including equipment hire
13 days course	£755.00 including equipment hire (Paraglider, harness, helmet & radio. You are responsible for repair/replacement costs if you damage equipment)

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

06 days course	£385.00 equipment not included
13 days course	£560.00 equipment not included

Individual Equipment Rental Prices

Paraglider, Harness & Helmet	€100.00 (Euros) six day period €150.00 (Euros) thirteen day period €45.00 (Euros) per day (You are responsible for repair/replacement costs if you damage equipment)
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Radio	€60.00 (Euros) per week (6 day course) €25.00 (Euros) per day (You are responsible for repair/replacement costs if you damage equipment)
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Day Clinics

For pilots wishing to brush up thermalling/XC techniques or on a tight time schedule	€120.00 (Euros) day
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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.	
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	Includes evening meal (with wine) & breakfast. Special meals/vegetarians – welcome. Available from 1600 hrs onwards on arrival day (Saturday) prior to course start until 0900 hrs approximately on departure day (Saturday) after course finish.	
	Shared room	€45.00 person/night
	Single room	€60.00 person/night
	Single with private bathroom	€70.00 person/night
	Double with private bathroom	€90.00 /night
Self-Catering Apartment	Single or double occupancy Plus returnable deposit against damage	€430.00 per week €100.00
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 one year, 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 – hire available, 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.	

****Plus current advantageous exchange rates makes France a real bargain!****

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 Nimes or Grenoble which can be inexpensive, but you would need to rent a car from there.
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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, 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 direct service between the airport to Sisteron. 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 1100 hrs.

Nice Airport served by EasyJet, Ryan Air, Fly Globespan, British European etc. from regional airports like Aberdeen, Edinburgh, Bristol, Liverpool, Manchester etc or via Luton, Stanstead, Heathrow or Gatwick. Take the bus, which departs at 1440 hrs from the Nice Airport Terminal 1 direct to Sisteron arriving 1800 hrs (Nice-Gap). For later arrivals you would have to hire a car.

Return direct coach Sisteron to Nice Airport (Terminal 1) at 0900 hrs arriving at approximately 1230 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.



Booking Form

Enclosed.

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GENERAL

- Equipment** 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.
- BHPA Membership/ Insurance/IPPI Card** You will need valid BHPA Annual 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. You will also be asked to sign an "understanding of risks" statement on arrival before any training takes place.
- Travel Insurance** Cover for Paragliding & Medical Repatriation is compulsory. You can click our link to Worldwide Travel Insurance or Sports Cover Direct from our website downloads page - they are both very experienced in the adventure sport field. You should organize cover as soon as possible in case unforeseen circumstances result in you having to cancel. European Health Insurance Card is also advised (does not cover repatriation), and is available free via Post Offices or NHS website.
- Payment** Course payments should be made by cheque. Accommodation/rentals are payable on arrival. Please note the nearest banking services are at Sisteron. We do not accept credit cards or travellers cheques.
- Booking** Simply fill in the enclosed Application Form and send it with 25% deposit, or the full cost of the course if you book within 6 weeks of departure, payable to Adventure Extreme, please mark envelope **exactly** as follows:
- Mrs. G McAllister
PARAGLIDING PRIORITY BOOKING
Victoria Cottage
Tomintoul
Banffshire
AB37 9ET
UK**
- Confirmation** On receipt of your booking we will email you confirmation & receipt/invoice together with joining instructions.

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Booking Conditions

Your contract is with Adventure Extreme. Adventure Extreme is a wholly owned subsidiary of Adventure Travel International Ltd (ATI Ltd.) registered in Belize No. 22391. Registered Office 60 Market Square, Belize City, Belize. 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 price 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 (ATI Ltd.).

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 (ATI Ltd.), 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 (ATI Ltd.) 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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Please make sure you complete all the sections - print clearly - and sign the form

Full Name: _____

Address: _____

Postcode: _____ e-mail address: _____

Home phone: _____ Work/Mobile phone: _____

Nationality: _____ Date of Birth: _____

Next of Kin Name & Tel No: _____ Travel Arrangements: Car/ Flight/
Train/ Bus

Arrival Date/ Time/ Place: Saturday: / /
Time: _____ Sisteron: Train/Bus
Place: _____ Pick Up Request: _____

Departure Date: Saturday / / TIME: _____

Course Selected: **Beginner-EP / EP Club Pilot** No. of Course Days: 6 days / 13 days
Completion/ Thermalling to XC/ Start 0900 hrs Sunday
Advanced XC / Day Clinic Accommodation: Finish Friday afternoon

BHPA/IPPI Membership No. Expiry Date: _____
(New/Lapsed members can join on arrival; payable with UK cheque):

Club Name & No: _____ Chief Flying Instructor: _____ Your Pilot Rating: _____ Total No. of Flights: _____

Your Canopy: _____ Your Harness: _____ Your Reserve: _____ Your Radio: _____

£495.00 6 days/£755.00 13 days including equipment hire **Course Deposit/** 25% deposit, or the full cost of the course if you
£385.00 6 days/£560.00 13 days excluding equipment hire **Course Full Payment** book within 6 weeks of departure.
Canopy required: **£ (enclosed)** Please make cheque payable to Adventure
€100.00 06 days **Yes / No** (please delete as applicable). Extreme and post to address below.
€150.00 13 days If required please state weight: **Kgs.**
Radio required: (You are responsible for repair/replacement costs to equipment hired)
€60.00 06 days **Yes / No** (please delete as applicable)
€120.00 13 days (You are responsible for repair/replacement costs to equipment hired)

Accommodation	Includes evening meal (with wine) & breakfast. Special meals/vegetarian. Available from 1600 hrs onwards on arrival day (Saturday) prior to course start until 0900 hrs approximately on departure day (Saturday) after course finish.	
	Shared room	€45.00 person/night
	Single	€60.00 person/night
	Single with private bathroom	€70.00 person/night
	Double with private bathroom	€90.00 /night
	Vegetarian:	YES / NO
	Anything you don't eat:	-----
Self-Catering	Single or double occupancy	€430.00 per week
Apartment	Plus refundable deposit against damage	€100.00

Alternatively, where will you be staying? Camping: _____ Self-catering: _____ Hotel: _____ B&B: _____
Note that all deposits and balances for the above accommodation types are direct with contractor.

I have read and accept the conditions as specified in the Booking Conditions
SIGNED & DATED: _____

MARK ENVELOPE EXACTLY AS FOLLOWS:

Mrs. G McAllister, PARAGLIDING PRIORITY BOOKING, Victoria Cottage, Tomintoul, Banffshire, AB37 9ET, UK

Deposit Received:	£	Date:	Balance Due:	£	Date:
Confirmation Sent:		PDF POST	Balance Received:	£	Date:
Time credit days if applicable		Days until 2009	Shared/Single Single or Double Private Self Catering Apartment: Single/Double + €100 dep	€	
Time credit uplift €40.00	€		Radio:	YES:	€
Car/ Sisteron: Train/Bus	Arrival Time:		Canopy:	YES: Kgs	€
Request to Purchase Equipment:			Equipment Paid:		
Travel Insurance Company Name: Policy No:			Travel Insurance Company 24 Hour Emergency Contact Tel No:		
STAN: / /	BHPA Check	Log Book Check	Repat. Ins. Check	EHIC Check	