

LES ALPES DE HAUTE PROVENCE, FRANCE

About us

Alpine Paragliding Centre, is operated by one of the UK's longest established BHPA schools, Adventure Parapente Extrem. They have, during the past twenty nine 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, South Africa, 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.



Running courses in France since 1989 and we know the area and the locals very well – it is all 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: info@altitude8000.com

We offer

Courses for all levels, Beginners, CP Completion, post CP towards Pilot (Pilot Development Structure), 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.

Fitness

During the beginner's course you will be walking up the small training hill carrying your equipment, you don't have to be an athlete, but a reasonable amount of fitness is required. Once you have achieved EP then you will driven to the take offs! Having good co-ordination also helps.

You must be medically fit and reasonably active. If in doubt, consult your GP.

You should let us know of any pre-existing medical conditions, which may affect your activity, but ultimately, it is up to you to decide on your own capabilities.

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EP, CP, XC come fly with us

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Registered
School C144

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 and theory in the Pilot Rating System, gain airtime and develop your flying techniques and skill.

Our day starts at 9.00 am when we make our way to site. We fly for as long as possible each day, cover the necessary theory as part of your course but clients must accept that safety is our priority and unfortunately like all other schools/instructors, we cannot control the weather, so if at any time during the day it becomes too windy or conditions become unsuitable/unsafe to continue then we have no alternative but to stop. 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 (minimum 12 flights required)

- BHPA Membership & Pilot Rating System
- Introduction to theory of flight
- Safety and Emergency procedures
- Introduction to equipment
- Pre flight checks
- Ground handling exercises
- First low-level flights/canopy control
- Flights continuing up to approximately 100ft AGL
- Forward launches, left & right hand turns, landings
- Meteorology
- Rules of the air and air law
- EP Exam

EP to Club Pilot (Novice) Completion when you can leave school and join a Club (another 20 flights post EP)

- Further theory/weather/aerodynamics/air law
- 180 ° Turns
- Planned approaches
- Soaring techniques
- Flying with others, theory and practice
- Exploring speed range
- Accelerator systems
- Forward & Reverse launches
- Ground handling skills
- Weight shift & pitch-roll co-ordination in turns
- Top/Slope landings (optional, but needed for Pilot rating)
- Active flying
- Basic instability, theory and practice to include “Big Ears”, and asymmetric tucks
- Ground handling
- Meteorology
- Principles of flight
- Rules of the air and air law
- General airmanship, Recreational Clubs, PRS to Pilot level & Alpine/overseas flying
- Assessment of conditions on arrival on site
- Decision making
- CP Exam



Post CP Flying

Progression towards Pilot Rating (+50 flights & 25 hrs post CP)

(Pilot Development Structure)
Thermalling & XC Introduction Skills & Confidence Building

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Under direct radio instruction you will achieve thermalling and XC flights and develop skills and techniques towards BHPA Pilot level enabling you to fly cross-country competently & confidently.

Post CP development
 Flying skills
 Top/Slope Landings
 Advanced techniques

Pilot/Advanced Pilot If you are ready to take your Pilot/Advanced Pilot Exam you will need to take your signed up Pilot/Advanced Pilot Task Book with you and give us about three weeks notice in order to get your paper from the BHPA office as they require two weeks prior notice to prepare and issue your paper.

Tasks for BHPA Pilot level:
 Top/slope 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
 Introduction to XC flying
 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

Essential Pre Course Reading

Try our [quiz](#) on Multimedia Downloads page from our website.
 More importantly (paying particular attention to Pre-Flight Checks page 8):
<http://www.bhpa.co.uk/pdf/BHPAEPTrainingGuide.pdf>
 You can also purchase BHPA Pilot Handbook from their website at GBP14.99. There are lots of publications available but the exams are set from the handbook.

Course Prices

Elementary Pilot and/or Club Pilot (Novice), Post CP Flying, 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** **£795.00**

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

06 days course **£430.00**

13 days course** **£675.00**

Individual Equipment Rental Prices (Euros) Paraglider, Harness & Helmet

06 days **€100.00**

13 days** **€150.00**

Day rate **€45.00**

Radio

Per 6 days **€36.00**

Day rate **€06.00**

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

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

Post CP Day Clinics These sessions are suitable for all levels, from low-airtime pilots to pilots wishing to brush up thermalling/XC techniques or on a tight time schedule.
Coaching for qualified paraglider pilots who want to improve any and all aspects of your paragliding towards Pilot Rating and beyond.
Post CP development
Top/slope Landings
Advanced techniques
Day Rate (own equipment) **€120.00**
If equipment hire required see daily rates above

Where To Stay Various types of local accommodation is available, from camping facilities (open from May – October) at about €10.00 per night, through to self-catering, pension, hotel from approximately €60.00 per room per night.

Accommodation Shared (Euros) Pay in euros cash on arrival. Available Saturday to Saturday from 1600 hrs onwards on arrival day until 0900 hrs approximately on departure day.
Sharing with other course members. Self catered accommodation with starter food hamper with some wine to get you going, for seven or fourteen nights. We try as far as possible to meet everyone's requests, but rooms with private facilities are limited. Kitchen with cooking facilities, fridge/freezer. Bed linen and towels supplied.

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

Self-Catering (Euros) Own Alternatively, if you prefer to have your own place, the following is available. Bed linen and towels supplied. You will need to leave accommodation clean on departure. Available Saturday to Saturday from 1600 hrs onwards on arrival day until 0900 hrs approximately on departure day. Pay in euros cash on arrival.

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)

Campsite open May – October; the most budget conscious option would be the camping deal. We supply a large 4 person tent, with camp chairs, table etc. Gas cooker with a gas canister to get you started, sleeping mat, pan set, cups and cutlery, basin and dish cloth. (We do provide a sleeping mat but you must bring your own sleeping bag (2-3 Season recommended), also you will need a torch). All equipment is ready and pitched on our local campsite waiting your arrival. Wifi is available. Please note that there are extra charges for electricity supply and vehicle parking, if needed. Pay in euros cash on arrival.

Gas cylinders for cookers are available if you need to buy more supplies.

1-person occupancy	€120.00 per week
2-person occupancy	€180.00 per week

When Courses run February to October, contact us by email or telephone to confirm latest availability.

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- 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 up to the end of the season, together with equipment rental where applicable against another six or thirteen** day course. (See terms and conditions). Theory and preparation for exams are part of your training and time used to do this is not credited. Any day a site is visited is regarded as a flying day. 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 it's an easy 8-9 hours drive on motorways mostly, from the channel ports. Marseille is the nearest airport; then take the shuttle coach connecting via Aix TGV to Sisteron, from where we provide a free pickup service, usually around 5–6 p.m. EasyJet, British Airways, Jet2, Air France/KLM, Flybe, Ryan Air, Lufthansa all offer services to Marseille Provence Airport and Nice Côte d'Azur Airport from various national and regional airports.
- Marseille Airport or Aix TGV arrivals take the rapid bus service to Sisteron. Current fare is €20.60 single.
There are several bus connections daily, but our pick up is usually around 5 – 6 p.m.
Arrivals outside our normal pick up time need to get taxi to La Motte du Caire.

Bus Times Marseille Provence Airport – via Aix TGV station - to Sisteron SNCF
(Service 39 Airport Marseille Provence/Aix TGV/Sisteron/Gap) - LER Coach Service (except 1 May)

Depart 09h20 Marseille Provence Airport via Aix TGV 0950
Arrive 11h45 Sisteron (SNCF Station)
Depart 12h55 Marseille Provence Airport via Aix TGV 1315
Arrive 15h20 Sisteron (SNCF Station)
Depart 15h30 Marseille Provence Airport via Aix TGV 1550
Arrive 17h50 Sisteron (SNCF Station)
Depart 18h20 Marseille Provence Airport via Aix TGV 1850
Arrive 20h45 Sisteron (SNCF Station) taxi required
Depart 20h35 Marseille Provence Airport via Aix TGV 2100
Arrive 22h40 Sisteron (SNCF Station) taxi required

Return coach leaves Sisteron via Aix TGV then direct to airport – our drop off time is either for 0750 or 1105 departure. (for 05.05 departure taxi required)

Depart 05h05 Sisteron (SNCF Station) Aix TGV 0700
Arrive 07h15 Marseille Provence Airport
Depart 07h45 Sisteron (SNCF Station) Aix TGV 0955
Arrive 10h05 Marseille Provence Airport
Depart 11h05 Sisteron (SNCF Station) Aix TGV 1315
Arrive 13h30 Marseille Provence Airport
Depart 13h45 Sisteron (SNCF Station) Aix TGV 1545
Arrive 16h00 Marseille Provence Airport
Depart 16h55 Sisteron (SNCF Station) Aix TGV 1900
Arrive 19h15 Marseille Provence Airport

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Nice Côte d'Azur Airport arrivals take the bus

Daily (except Sundays & 1st May)

1425 hrs from the Nice Airport Terminal 1 (LER31) direct to Sisteron arriving 1822 hrs (Nice-Grenoble).

Current fare is €27.90 single. For later arrivals you would have to hire a car.

Return direct coach leaves Sisteron to Nice Airport (Terminal 1) at 0900 hrs arriving at approximately 1250 hrs. (It takes approximately five minutes for the bus transfer between Terminal 2 and Terminal 1)

Depart Nice Gare Routiere 0720 – stops at Sisteron 1125 en route for Gap/Grenoble

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 sell all the major manufacturers equipment and will give advice as to the best kit for your level of flying; Advance, Gin, Gradient, Nova, Ozone, Swing, Windtech etc. Also we offer complete packages including paraglider, harness, reserve, helmet and Course. We also do trade-ins to upgrade existing equipment - paragliders, helmets, harnesses, radios, varios, etc. at discount prices. [Click here](#) for latest details.

Equipment/Clothing

It is compulsory you have 2-metre radio, and strongly recommended having a reserve and alti-vario. We offer equipment for sale or hire at very competitive prices.

Normal flying clothing needed; you will not be able to wear t-shirts or shorts for flying, so please make sure you have long trousers, jacket, gloves and good strong ankle support boots – these **MUST** cover your ankle completely (not trainers), and water bottle/camelbak. Sunglasses, sunhat & suntan cream too.

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 strongly advised (does not cover repatriation), and is available free via NHS website – you just need your National Insurance Number.

Booking

Please download and complete the electronic application form, which you will also find on the down loads 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/Confirmation

Internet banking or bank transfer should preferably be made for Course payments. On receipt of your booking we will email your confirmation & receipt/invoice together with joining instructions. Accommodation/rentals are payable in euros on arrival.

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Booking Conditions

Your contract is with Alpine Paragliding. 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. 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 up to the end of the season, for weather guarantee purposes. (We reserve the right to waive this condition should space be available for shorter periods). Theory & preparation for exams is part of the course. 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 Alpine Paragliding. 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. Alpine Paragliding, 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) Alpine Paragliding 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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