

## LES ALPES DE HAUTE PROVENCE, FRANCE

### About us

Alpine Paragliding Centre is one of the UK's longest established operators and have, during the past thirty years probably become Europe's most experienced overseas paragliding trip and expedition organiser, having operated in France, Spain and Norway, Morocco, Mexico, Ecuador, Argentina, South Africa, Nepal & Tibet.



Based in France since 1994, 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, with the combination of difficult weather and limited time available, can slow the whole development 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)605529409 (January-October)  
**E-Mail:** [info@altitude8000.com](mailto:info@altitude8000.com)

### We offer

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 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. We have years of experience flying in an Alpine environment. Groups are kept small, so your airtime is maximized. We provide personalized guiding, briefings & debriefings, hill transportation and retrieves after your flights.

We are there to help you get the most from your trip, 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.

### Trips

Your paragliding trip 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 mentoring/guiding, and general assistance you require to help you make the most of your time with us. Using direct radio contact you will 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 but 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.

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## Development/Progression

Thermalling & XC Introduction Skills & Confidence Building  
 Under direct radio contact you will achieve thermalling and XC flights and develop skills and techniques enabling you to fly cross-country competently & confidently.  
 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

## Trip Prices

### Thermalling/XC

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

06 days trip **£525.00**  
 13 days trip\*\* **£845.00**

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

06 days trip **£460.00**  
 13 trip\*\* **£725.00**

## 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 **€6.00**

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

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

## 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.

Briefing for qualified paraglider pilots who want to improve any and all aspects of your paragliding.

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 trip members self catering 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. Wifi.

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# Alpine Paragliding Centre

come fly with us

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

## Accommodation Own (Euros)

Alternatively, if you prefer to have your own place, the following is available. Bed linen and towels supplied. Wifi. 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)). 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	€140.00 per week
2-person occupancy	€230.00 per week

**When** Trips run March to October, contact us by email or telephone to confirm latest availability.

**Group Discounts** 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.

**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. Marseille is the nearest airport, then take the shuttle coach connecting via Aix TGV to Sisteron, from where we can provide one free pickup service, usually around 5 – 6 p.m.

EasyJet, British Airways, Jet2, KLM, 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.

There are several bus connections daily, but our pick up is around 5 – 6 p.m. Arrivals outside our normal pick up time need to get taxi to La Motte du Caire.

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## Bus Times

**Depart 09h20** Marseille Provence Airport via Aix TGV 0950  
**Arrive 11h45 Sisteron** ( [SNCF Station](#) )

**Depart 12h55** Marseille Provence Airport via Aix TGV 1320  
**Arrive 15h20 Sisteron** ( [SNCF Station](#) )

**Depart 15h35** Marseille Provence Airport via Aix TGV 1410  
**Arrive 18h00 Sisteron** ( [SNCF Station](#) )

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 07h50 Sisteron** ( [SNCF Station](#) ) Aix TGV 0955  
**Arrive 10h10** 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



Nice Côte d'Azur Airport arrivals take the bus, which departs at 1425 hrs from the Nice Airport Terminal 1 direct to Sisteron arriving 1822 hrs (Nice-Gap). For later arrivals you would have to hire a car.

Return direct coach leaves Sisteron to Nice Airport (Terminal 1) at 0910 hrs arriving at approximately 1305 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 sell all the major manufacturers equipment and will give advice as to the best kit for your level of flying; Advance, Gin, Skywalk, Gradient, Nova, Ozone, Swing, Windtech etc. Also we offer complete packages including paraglider, harness, reserve, helmet. We also do trade-ins to upgrade existing equipment - paragliders, helmets, harnesses, radios, varios, etc. at discount prices.

## Clothing/Equipment

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. Maps are available locally.

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 should cover your ankle completely (not trainers), and water bottle/camelbak. Sunglasses, sunhat & suntan cream too.

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**Paragliding Insurance/IPPI Card**

You will need to have valid membership from your country, which gives you 3rd Party Liability Cover for Paragliding, and your personal Log Book. You will also be asked to sign an "understanding of risks" statement on arrival before any paragliding takes place.

**Travel Insurance**

Your personal travel insurance must cover Paragliding & Medical Repatriation. 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 application form, which you will find on our downloads page. Once we have received your form we will give you the bank details for either your 25% deposit, or the full cost of the trip if you book within 6 weeks of departure.

**Payment**

Internet banking or bank transfer.

Accommodation/rentals are payable in euros on arrival. Please note there is an ATM in La Motte du Caire.

**Confirmation**

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

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## Booking Conditions

Your contract is with Alpine Paragliding. (Including any equipment rental and/or pre booked accommodation) 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 trip 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 trip and apply the cancellation charges outlined below.

2) Our trips are designed to give you personal attention and for safety reasons groups will not exceed 6 persons

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 trip, 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 trip price. If after starting the trip you decide to leave early then no refunds for any part thereof

5) We reserve the right, in any circumstance to cancel your trip. If we do cancel your trip, an alternative trip 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 trip of this kind to be flexible. Day to day agenda and ultimate goal of the trip is taken as an aim and not as a contractual obligation, and as such the trip is dependent on weather conditions at the time.

7) On a trip 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 trip, 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 trips 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 trip.

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 trips 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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