

AS WE HAVE CLIENTS ARRIVING AT DIFFERENT TIMES THROUGHOUT THE DAY WE CAN ONLY OFFER **ONE** PICK UP TIME AT SISTERON, THIS IS NORMALLY TIMED FOR LATE AFTERNOON/EARLY EVENING. WE WILL ADVISE YOU TWO DAYS BEFORE YOUR ARRIVAL EXACT TIME.

WE TRY TO ACCOMMODATE EVERYONE'S NEEDS, SO IT IS IMPORTANT TO TRY TO ARRANGE FLIGHT/TRAIN/BUS ARRIVALS ACCORDINGLY.

IF YOU ARE UNABLE TO MAKE THE PICK UP TIME THERE IS A TAXI (Taxi Jourdan 0492683839) BETWEEN SISTERON AND LA MOTTE DU CAIRE, AS WELL AS OTHER LOCAL TAXI FIRMS APPROX 40 EUROS.

Note all times believed to be correct at time of publication. You should however confirm direct with the website of the transport company concerned as Alpine Paragliding are not responsible for delays, missed connections or any costs incurred due to altered or incorrect schedules.

Also please make sure you change your watch to French time!

Alpine Paragliding Centre

joining instructions

MARSEILLE PROVENCE AIRPORT AND AIX TGV SNCF TRAIN ARRIVALS

<http://www.marseille-airport.com/access-car-parks/access/by-train-or-by-bus>

Also please make sure you change your watch to French time!

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IF YOU EXPERIENCE TRAVEL DELAYS PLEASE PHONE US ON +33(0)492348851 AS SOON AS YOU CAN.

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ONE PICK UP TIME AT SISTERON, THIS IS NORMALLY TIMED FOR LATE AFTERNOON/EARLY EVENING.

LATE ARRIVALS IN SISTERON WILL HAVE TO GET A TAXI TO LA MOTTE DU CAIRE, WHICH YOU WILL NEED TO BOOK IN ADVANCE (Taxi Jourdan 0492683839).

We will advise you two days before arrival of the exact time.

You must pre-book your pickup from Sisteron directly with us at least five days prior to arrival, otherwise we will assume you are making your own transfer arrangements by hire car, bus or taxi (Taxi Jourdan 0492683839). Please note that any non-flying persons will be charged for transfers Euros 20.00 per person each way. Time credit uplift from Sisteron is chargeable at Euros 20.00 each way per person. Again, book in advance.

Joining Instructions from Marseille Provence Airport and Aix TGV SNCF

Please arrange your flight or train arrival and departure times into and from Marseille Provence Airport or Aix TGV station at the latest mid afternoon to allow time for transfers to and from Sisteron.

Marseille Provence Airport – via Aix TGV station - to Sisteron SNCF by bus – you can pay directly to the driver and by card

Duration : **02h25**
09h20 Marseille Provence Airport (*platform 4*)
Bus (Bus LER29) Price : **20,60 €**
11h45 Sisteron ([Gare SNCF](#))

[Book online](#)

Duration : **02h25**
12h55 Marseille Provence Airport (*platform 4*)
Bus (Bus LER29) Price : **20,60 €**
15h20 Sisteron ([Gare SNCF](#))

[Book online](#)

Duration : **02h25**
15h35 Marseille Provence Airport (*platform 4*)
Bus (Bus LER29) Price : **20,60 €**
18h00 Sisteron ([Gare SNCF](#))

[Book online](#)

Return coach leaves Sisteron via Aix TGV then direct to airport – our drop off time is either for 0750 or 1055 departure. (for 05.05 departure taxi required)

Duration : **02h15**
07h50 Sisteron ([Gare SNCF](#))
Bus (Bus LER29) Price : **20,60 €**
10h05 Marseille Provence Airport

[Book online](#)

Duration : **02h15**
10h55 Sisteron ([Gare SNCF](#))
Bus (Bus LER29) Price : **20,60 €**
13h10 Marseille Provence Airport

[Book online](#)

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e-mail: info@altitude8000.com

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IF YOU EXPERIENCE TRAVEL DELAYS PLEASE PHONE US ON +33(0)492348851 AS SOON AS YOU CAN.

<http://en.nice.aeroport.fr/>

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Joining Instructions Nice Airport

Please arrange your flight arrival and departure times for mid afternoon into and from Nice Airport to allow time for transfers.

The earliest coach from Sisteron to Nice Airport Terminal 1 is 0850 hrs arriving 1300 hrs.

We will pick you up at Sisteron **if required** - please advise us of your arrival time at Sisteron

Coach Terminal 1 Nice Airport – stops at Sisteron en route for Gap (from Euros 27.90 single) with LER (Lignes Express Regionales)

Web Site, <http://www.scal-amv-voyages.com>

Daily (except Sundays & 1st May)

1425 hrs from the Nice Airport Terminal 1 (LER31) direct to Sisteron arriving 1832 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 – stops at Sisteron en route for Gap/Grenoble

Daily (except 1st May)

Depart Nice Gare Routiere/Arrive Sisteron

0720/1125

Please follow these instructions. If you rely purely on your satnav we can assure you you'll end up on the wrong road and take up to two hours longer to get here!!!

SAT NAV DOES NOT ALWAYS GIVE THE BEST RESULT

IF YOU HAVE ANY DELAYS PLEASE PHONE US ON +33(0)492348851 AS SOON AS YOU CAN.

By Road from UK

Arrival in France or Belgium ferry ports follow route to Lyon. Please make sure you enter **via Sisteron** on your satnav. Do **NOT** take the road to Gap as it definitely takes longer.

Approximately 3 hours from Lyon.

From Lyon take A43 then A48 to Grenoble. From Grenoble follow N75 heading towards Sisteron (2 hours). On the outskirts of Sisteron you will come to a large roundabout with an Ibis Hotel to your left and Autoroute access towards Marseille, you will see the sign for La Motte du Caire – third exit from the roundabout. Take that road towards Gap and at the next roundabout with a large Super-U supermarket to your left, take the second exit marked La Motte du Caire. Follow that road until you reach the village.

On arrival in village park in the square, and walk up the lane to the left of the Bar/Pizzeria and go straight up to top of hill (100 metres), past Rue St Catherine to 110 Traverse du Haut Balavour (house beside fountain with blue shutters), La Motte du Caire.

By Road from Marseille Provence Airport

Approximately 1½ hours on Autoroute which you pay for.

From Marseille Airport follow signs for Aix-en-Provence, Sisteron/Gap leave motorway for La Motte du Caire exit 23, and at the next roundabout with a large Super-U supermarket to your left, take the second exit marked La Motte du Caire. Follow that road until you reach the village. It takes about 20 minutes after leaving the motorway.

By Road from Nice Côte d'Azur Airport

Approximately 3 hours on Route National.

Nice Airport follow signs for Digne-les-Bains via St André-les-Alps, Sisteron, and then La Motte du Caire. From Sisteron D951 follow road to La Motte du Caire - 22 kms. It takes about 20 minutes from Sisteron.