

LES ALPES DE HAUTE PROVENCE, FRANCE



Who

Adventure Extreme has, during the past fourteen years probably become the UK's most experienced overseas paragliding course and expedition organiser, having operated trips and courses in Spain, France and Norway, Morocco, Mexico, Ecuador, Argentina, Nepal & Tibet. As well as involvement in our travel based operations we are also, as you would expect a BHPA Registered Paragliding School (Reference C144).

Our business is all about people, and we understand how difficult and costly it can be to progress through the Pilot Rating System 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 paragliding.

We recognise the importance of rapid contact.

UK Telephone No: +44(0)7092-283020 or +44(0)1807 580723 (24 hours)
France Mobile No: +33(0)6-86-35-22-32 (March-October)
Direct Worldphone: 00 871 761 293 085 (evenings March-October)
E-Mail: trips@adventure-x.com

What

One comment we hear time and time again from our clients, is how easy it is to progress and get lots of airtime when the flying conditions are good. Here in Provence, thermalling and XC flying conditions are the norm, and the skills learned and confidence gained here are easily adapted once the pilot returns home. We offer you an ideal location in the heart of the Alpes de Haute Provence. The very highest standard of paragliding instruction from resident BHPA Senior Instructors with years of experience of Alpine flying. We provide personal 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, 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 know we have the answer.

Where

We are based in the village of La Motte du Caire close to the towns of Sisteron, Gap and Laragne, Europe's premier flying area, where many of the record breaking para and hang gliding flights have been achieved. Various types of local accommodation is available, from camping facilities approximately 8.00 Euros per day, through to gîte/pension/hotel from approximately 35.00 Euros per room per day. We, ourselves, can offer shared accommodation Dinner (including wine), Bed & Breakfast at 35.00 Euros (approx. £22.00) per night per person, - vegetarians catered for! Or we can request other accommodation on your behalf. There is a swimming pool, tennis court, running track, lakes etc. in the area. There's always lots of fêtes, boules, open air concerts, bars for evening entertainment.

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

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

Flying sites in the immediate area include Laragne - Chabre, Aspres, St Vincent les Forts, Digne, St André les Alpes, Barcelonette, Dormillouse, Tranion, St Genis and Sederon to name but a few. Virtually every wind direction/weather permutation can be catered for allowing you the maximum airtime possible during your time with us.

Guarantee Nobody can totally guarantee the weather, but the area has a Mediterranean climate with statistically over 300 sunny days a year, most of which are flyable. If you are unlucky enough to lose flying days due to bad weather, we will time credit those lost days for one year, together with equipment rental where applicable. A day during which any flying takes place on sites visited is deemed to be a flyable day for weather guarantee purposes. This unique guarantee ensures that you get full value for your course. Even in winter the climate is most frequently warm and sunny with light winds. The problems of extreme turbulence and unreliable weather which can effect northern Alpine areas such as Chamonix and Morzine for much of the year do not exist in the Alpes de Haute Provence. No other region in Europe can offer such great x-country potential. Pilots have flown over 100 km whilst on courses with us, several Club Pilots (Novice) have flown 25 km or more as their first ever XC. You can too, it's easy when conditions are right. There is lots to do should the odd bad day crop up. Mountain Biking, Via Ferrata Climbing, 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, together with more artistic pursuits.

Courses Your Paragliding Course includes transportation to launch point and retrieves after your flights where applicable, with all the personal instruction/supervision, and general assistance you require to help you make the most of your time. Under direct instruction you will achieve thermalling and XC flights and develop your flying techniques and skill. Each course is largely geared to **your** own individual needs, but as an outline we cover the following:

Club Pilot (Novice) Completion Skills development
 Airtime
 Thermal soaring flights
 Top landings
 Theory - including air law, alpine flying etc.
 Examination

Intermediate 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


Advanced Equipment and preparation for XC
 Advanced thermalling technique
 Speed flying technique
 Strategy for long distance flying
 Competition techniques
 Navigation
 Further instability exercises

Day Clinics Available for those wishing to brush up their thermalling and XC technique.

When Any time! Whenever **you** want.



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

Cost	06 days course 13 days course Day Clinics	£335.00 Any additional days on a pro rata basis £440.00 Any additional days on a pro rata basis 90.00 Euros/day
Accommodation	We have shared accommodation available with dinner (including wine) and breakfast at 35.00 Euros (approx. £22.00) per night per person. Special meals/vegetarians - no problem! No lunches.	
Groups	Discounts for group bookings are available for five or more people. We will be pleased to quote for "customised" trips, our experience is at your disposal.	
Partners	Non flyers welcome. However if they require transportation to the flying sites we will have to make a charge of 16.00 Euros (approx £10.00) per day. Transfers from pickup points will be charged at the same rate each way. Bookable in advance.	
Video	We make extensive use of video to enable more effective debriefings. You can even take a copy of your mistakes (if you make any!) and your successes home with you to impress your friends.	
Getting There	<p>It couldn't be simpler - by car we're an easy 8-9 hours drive from the channel ports. However most people fly to either Marseille or Nice, connecting to Sisteron or Digne from where we can provide a pickup up service for course clients. New to Marseille is, Done Deals with Buzz (KLM) from Stanstead Airport. Marseille is the nearest airport and is well served by inexpensive and frequent flights from your regional airport with British Airways via Gatwick, KLM, or Air France. Marseille arrivals take the rapid 1½ hour bus or train service to Sisteron via Aix en Provence. Direct sales companies like EasyJet, Ryan Air or Virgin Express via Brussels provide a very cheap and frequent service to Nice airport from regional airports via Luton, Heathrow or Gatwick where you take the scenic railway to Digne where we can collect you.</p> <p>You need to arrive at either airport by mid afternoon as the last connections to Sisteron or Digne respectively leave around at 1700 hours. Similarly your return flight should leave France at the earliest mid afternoon/early evening in order to get bus transfer from Sisteron which leaves around 9.00 a.m. to either airport. Please note that Sunday returns from Nice should leave early evening to ensure bus connection from Sisteron around lunch time. You should contact us directly in France prior to booking flights to ensure you can get a connection to either pickup point (see contact details page 1). Possibly you may even wish to hire a car from Marseille or Nice to give you a chance to look around the area outside flying time, normally best pre booked in UK with companies like Holiday Autos, Hertz, Europcar, EasyCar etc. By train to Gap is possible using Eurostar via Paris. Contact their International Departures 0990-848848 for information. We do not normally offer a pickup service from Gap. Full transfer details provided with booking confirmation.</p>	
Equipment	Want new gear or got kit to sell? We can offer very good prices on equipment. Paragliders, helmets, harnesses, radios, varios, outdoor gear, climbing equipment, Satellite Telephones, etc. E-mail us for details. FREE - If you purchase a new paraglider from us we will discount the cost of a six day course.	
Booking Form	Enclosed.	

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

GENERAL

- Equipment** It is compulsory you should have 2 metre radio, and strongly recommended to have a reserve and alti-vario. We have a range of radios for sale at very competitive prices should you wish to purchase one. Alternatively you can rent from us - see below. Maps are available locally. Normal flying clothing needed - gloves, jacket, long trousers/flying suit, ankle support boots, water bottle/camelbak.
- Canopy Rental** We have rental canopies available should you not own one yourself. 92.00 Euros (approx. £60.00) for one week or part thereof and 138.00 Euros (approx £90.00) for two weeks or part thereof payable in euros cash on arrival - Plus £150.00 Refundable Cheque Deposit to be held against loss or damage of hired equipment.
- Radio Rental** 55.00 Euros (approx £36.00) per week or part thereof payable in euros cash on arrival - Plus £75.00 Refundable Cheque Deposit to be held against loss or damage of hired equipment. .
- Insurance** You will need to have valid BHPA Annual Membership or equivalent - Card and Log Book to be taken with you (compulsory). Also Task Book if you need registration for exams. Membership & Training Packs can be arranged through ourselves.
- Travel Insurance** Travel Insurance with cover for Paragliding & Medical Repatriation is compulsory. There are several companies who offer such cover, but you can contact Jane Griffiths at Harrison-Beaumont on 01993 700200 or e-mail her on info@hbinsurance.co.uk, make sure you quote our reference "Adventure Extreme". From around £26.00 for BHPA members, add 10% for non members. Form E111 EEC countries medical coverage worthwhile too (does not cover repatriation), available at Post Office.
- Payment** Regrettably we do not accept credit cards. Course payments should be made by cheque. Accommodation and radio/equipment rentals in Euros cash only on arrival.
- 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 4 weeks of departure, payable to Adventure Extreme, please mark envelope **exactly** as follows:
- FAO: Mrs G McAllister
Adventure Extreme
PRIORITY BOOKING
Victoria Cottage
Tomintoul
Banffshire
AB37 9ET
UK**
- Confirmation** On receipt of your booking we will send you a written confirmation & invoice together with joining instructions.

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

Booking Conditions

Your contract is with Adventure Extreme. Adventure Extreme is a wholly owned subsidiary of Adventure Travel International Ltd (ATI Ltd) who are 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 booking form. The balance of the course price is due for payment 4 weeks before the departure date. If you book less than 4 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 groups will not exceed 7 persons per instructor.

3) If you wish to make any changes to your booking once confirmation has been issued, notification must be received at least 4 weeks before the departure date and be accompanied by a payment of £30.00 to cover administration costs. This extra cost will still apply if we are unable to make the changes you have requested. Changes made within 4 weeks of departure 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 4 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 4

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. Once a booking for equipment rental and accommodation has been made, you will be required to make payment on arrival - any changes will be treated as a cancellation and chargeable at the full rate

Please note that if the reason for cancellation falls within the terms of your insurance policy, then any such charges will normally be refunded to you by the insurance company. 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 4 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 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. The 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. A day during which any flying takes place on sites visited is deemed to be a flyable day for weather guarantee purposes.

Time credits uplift from Digne/Sisteron is chargeable at 16.00 Euros 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 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 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 you need to be covered by travel insurance to cover paragliding, which must include the cost of repatriation if you become too ill to continue.

11) Any requests made for other accommodation are to be dealt directly with that supplier for deposit and payment of bills. No financial dealings will be entered into between ourselves and any other accommodation supplier on your behalf. Contact details will be passed to you in Confirmation/Invoice details.

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

Full Name: _____
 Address: _____

Postcode: _____ e-mail address: _____

Home phone: _____ Work phone: _____

Nationality: _____ Date of Birth: _____
 Travel Insurance Company and Policy No: _____ Travel Insurance Emergency Contact No: _____

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

Course Selected: **Club Pilot (Novice) Completion / Intermediate / Advanced / Day Clinic** Number of Course Days: _____
 Number of Nights Accom: _____

Arrival Date/ Time/ Place: _____ Pick Up Request: _____
 YES / NO TIME: Sisteron / Digne

Departure Date: _____
 You must book your pickup from Sisteron or Digne 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). Full transfer details provided with booking confirmation.

BHPA Membership No: _____ Expiry Date: _____

Club Name & No: _____ Chief Flying Instructor: _____

Pilot Rating: _____ Total No of Flights: _____

Your Canopy: _____ Your Harness: _____

Your Radio: _____ Your Reserve: _____
Deposit / Full Payment 25% deposit, or the full cost of the course if you book within 4 weeks of departure. Please make cheque payable to Adventure Extreme.
£ (enclosed)

Canopy Rental if required: **Yes / No** (please delete as applicable). If required please state weight: **Kgs.**
 92.00 Euros 1 wk / 138 Euros 2 wks (or part thereof) Payable in **euros cash on arrival day**, we do not accept credit cards - Plus £150.00 Refundable Cheque Deposit to be held against loss or damage of hired equipment.

Radio Rental if required: **Yes / No** (please delete as applicable)
 55.00 Euros per week (or part thereof) Payable in **euros cash on arrival day**, we do not accept credit cards - Plus £75.00 Refundable Cheque Deposit to be held against loss or damage of hired equipment.

Accommodation Required: **Chez Nous: YES / NO** (please delete as applicable) Vegetarian: **YES / NO** (please delete as applicable)
 Do You Eat: Chicken /Fish /Eggs

Shared Accommodation with Dinner (including wine) & Breakfast @ 35.00 Euros per night per person payable in **euros cash locally on arrival day**, we do not accept credit cards. Vegetarians catered for! Please state if vegetarian or there's food you don't eat or any special meals requirement.

Alternatively - Please Request The Following:
 Camping: _____ Self-catering: _____ Other (please specify): _____
 Note that all deposits and balances for the following accommodation types are payable direct with contractor. We will send name & address and amount details with your confirmation, and then you can contact them directly. For your information normally Eurocheque/Travellers Cheque/Bank Transfer are acceptable to most of these suppliers.

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

MARK ENVELOPE EXACTLY AS FOLLOWS:

Mrs G McAllister, Adventure Extreme, PRIORITY BOOKING, Victoria Cottage, Tomintoul, Banffshire, AB37 9ET, UK
 Office Use Only

Deposit Received:	£	Date:	
Balance Due:	£	Date:	
Confirmation Sent:		Balance Received:	£
ETA: Car/Airport/Station		Accommodation:	Euros
Equipment Rental Paid:	Euros	Rental Deposit	£
Time credit days if applicable	Validity:	Equipment Rental:	Radio / Canopy -Kgs:
Time credit uplift 32.00 Euros	Euros	Digne / Sisteron	Time: