# PROGRAM FOR THE BEGINNER COURSE

**Objectives:** Discovery of the activity (basic equipment and gestures) and first major paragliding flights. You will learn to take off, fly and land under the guidance of your instructors.



#### Program of the week: 5 full days

Day 1: General presentation of the structure and the week. 1st morning on a training hill to discover the equipment and learn the basics of paragliding with ground work. Theoretical class: flight mechanics and morning debriefing.



Day 3: Educational tandem flight and last ½ day on the school slope to refine the details that will lead you to your first flights on site. Theoretical class: Weather / Aerology



Day 4: First flights and theoretical courses: Air regulations

Day 5: Flights, debriefing of the week at the end of the afternoon and we will discuss the rest of your progress.





We can also offer you an internship adapted to your availability with days spread over the weekends. In initiation, you will do sessions of 2 days minimum in a row.



### **Logistics:**

Each course is supervised by two state-certified paragliding instructors. A shuttle is available for trips to training slopes or flight sites. We will equip you with recent equipment, necessary for paragliding (EN-A paraglider, harness with air bag, rescue, radio and helmet approved for paragliding)



It's up to you to bring a pair of good sports shoes, a fleece or windbreaker, sunglasses and a pair of gloves.

Thanks to produce a medical certificate stating no restrictions to the pratice of paragliding.

The flight sites can be in the Chamonix valley or around Passy. This choice will depend on the opening of the ski lifts and the snow conditions depending on the season during which the course takes place.

## Price (6 pers. max):

The day of training is charged 120 €. This amount does not include insurance or the FFVL license. We will take care of it on the first day of the course before going to the site. If we use the ski lifts, they will also be payable the same day.

We will ask you for a deposit of 180 € to validate your registration.

Registration Form :		
LAST NAME		
FIRST NAME		
ADDRESS		
PHONE NUMBER		
E-MAIL		
WEIGHT	HEIGHT	
Thanks to produce a medical certificate stating no restrictions to the pratice of paragliding.		
PAYMENT		
Cost of the course (5 days) =	600€	
Down payment =	180€	
Balance payment =	420€	

#### **IF YOU HAVE QUESTIONS:**

Do not hesitate to contact us by email <a href="mailto:info@kailashadventure.com">info@kailashadventure.com</a> or telephone +33(0)6 76 49 34 20