

# PROGRAM HIGH MOUNTAIN FLIGHTS

**Objectives :** Understand, adapt and manage the specificities of high mountains and high altitude flight.



## Program of the week : 5 full days

**Day 1:** General presentation of the structure and the week. Morning of assessment of learning on a training slope and on a labeled site. Flight exercises. Daily theoretical reminders (meteorology, regulations, etc.) and weather points for the week and more precisely for the next day.



**Day 2 to 5 :** High mountain flight and flight exercises. Example of flights: Gds Montets (3200m), Aig du Midi (3600m), Mt Blanc du Tacul (4100m), Col du Géant (3300m) etc...

The instructor can modify this program in case of bad weather and cancel or postpone days.



## Logistics :

Each course is supervised by two state-certified paragliding instructors, one of whom is a mountain guide. A shuttle is available for trips to the flight and landing sites.

## Materials to provide : (Rental possible)

- Sail, harness, rescue and helmet approved for paragliding
- Lightweight harness
- High mountain shoes
- Crampons
- Light ice axe 50cm
- Telescopic or foldable sticks
- Clothes suitable for walking
- Gloves and warm clothing for flights
- Sunglasses.



If necessary, we can provide you with the radio and certain technical equipment (crampons, ice axes and harnesses). You will need to have a medical certificate authorizing the practice of paragliding.

### Price (4 pers. max) :

The day of training is charged 160 €. 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 240 € to validate your registration.

### Registration Form :

LAST NAME			
FIRST NAME			
ADDRESS			
PHONE NUMBER			
E-MAIL			
FFVL LICENCE NUMBER		LICENSE	
PARAGLIDING EXPERIENCE			
EQUIPMENT	<i>(glider – harness – rescue)</i>		

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

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#### PAYMENT

Cost of the course (5 days)=	800€
Down payment=	240€
Balance payment=	560€

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#### IF YOU HAVE QUESTIONS :

Do not hesitate to contact us by email [info@kailashadventure.com](mailto:info@kailashadventure.com) or telephone +33(0)6 76 49 34 20