

## Paragliding/Parapente

### FREQUENTLY ASKED QUESTIONS

#### Flight durations?

Depends upon weather conditions, they aim to fly 20 minutes per flight (Planpraz), sometimes it's more, sometimes it's less! They find that this is an ideal duration, particularly for a first flight and most passengers are so bombarded by sensations that time becomes irrelevant!

The overall activity for the Planpraz flight takes around one hour: from meeting, riding the lift, walking to the launch area, briefing, flying, packing up, returning to the bottom of the lift.

#### I suffer from vertigo, is it for me?

Surprisingly, even people who feel the need to hold on tightly in the gondola feel comfortable once in the air. Like looking out of the window w of a plane, one feels quite removed from the void below.

#### Is it scary?

Passengers usually feel quite apprehensive at the launch area and then surprised at just how easy it was to launch once airborne. The launch is a gentle run down a slight slope - not at all a plunge off a cliff! In flight you really feel supported by the wing and comfortably seated in the harness.

The flight can be smooth and relaxing or livened up with some aerobatics depending on passenger's desires. The pilot and passenger can converse easily during the flight, allowing the pilot to reassure and keep informed any nervous passengers.

#### What to wear?

##### Summer

Long trousers and long sleeved top, sunglasses, camera, walking boots or grippy training shoes. You need to run along slightly uneven ground so it is recommended you wear boots that offer some ankle support. By prior arrangement they may be able to lend you boots in certain sizes.

##### Winter

Basically you'll be flying at the speed of a good skier and so ski gear is perfect and you do not feel the cold more than a skier! Feel free to bring a camera - the views are stunning, it's best to have a restraining strap for the camera.

For selected flights it is possible to launch on skis. Whilst you may see some passengers wearing ski boots it is advised against because it adversely hampers the launch and landing as you cannot flex properly and thus cannot run effectively. Certain ski shops may rent walking boots, and with prior arrangement the parapente company may be able to lend you boots in certain sizes.

#### Age limits?

No limits!

Children as young as four years frequently fly but our pilots will only accept such young children who clearly demonstrate a wish to fly. Children generally fly in the early morning when the winds are light.

The current age record for tandem paragliding is held by a spritely 104 year old French lady!

Basically if you can manage a gentle run for around 20 metres, you are well suited to paragliding.

For the less agile or heavier passengers we arrange your flight when the wind can help us a little, usually later in the morning.

#### Can I take a camera?

Yes, it's almost a shame not to! If the camera has a short wrist strap, it can be fastened to the harness.

It is preferable to take more compact cameras than larger bulky ones. The parapenting company accepts no responsibility for your camera. By prior arrangement and for a supplementary charge, the pilot can take wide angle HD photos and videos of your flight.

### **Meeting Points?**

Please see the flight details for this.

### **If the weather is adverse?**

You will be contacted by the parapente company by text message if it is not possible to fly because of bad weather.

In this event the flight will be postponed or cancelled and you will be refunded immediately if you cannot postpone.

If you do not receive any text message, please go to the prearranged meeting point at the planned time. They will be there! We cannot refund any lift tickets that may have been used.

### **Flying at the same time as friends?**

With a little notice we can arrange for numerous instructors so you may fly together. It's usually possible to fly in close formation allowing for great close up in-flight photos.

Conversely two friends flying separately allows one passenger to film the other taking off and first part of the flight, and then for the first passenger to film the second persons flight and landing.

### **Instructor Qualifications?**

All the instructors are French Governments qualified and have a minimum of twelve years flying in the Chamonix valley. They speak English and look forward to sharing their passion of paragliding.

All understand your stress of a first flight, and will do their best to put you at ease and prepare you for an experience you will remember for years to come!

### **Insurance?**

In accordance with French law, all instructors hold full air sports professional liability cover (FFVL instructors: 5,000,000€ - 2013, some instructors have lower liability cover).

All mountain guides are UIAGM guides with appropriate professional liability insurance cover. Most instructors have a basic additional passenger medical cover.

### **When do I pay?**

You pay Mountain Lifestyle a 10€ per person deposit. The remainder you should be ready to pay in cash or French cheque immediately after the flight.

As the pilot may have other flights after yours he cannot accompany you to an ATM, so please be prepared. Do not forget to allow for the cost of your lift ticket.

### **When should I book?**

At least one day in advance, and avoid leaving to the last day of your holiday as adverse weather would mean that we could not postpone.

### **What time should I fly?**

This depends upon the site and yourself. In the summer it's Planpraz in the morning. Children fly early when the winds are light, heavier adults or those with difficulty running will fly later when the sun has created morewind. From lunchtime onwards it is too often windy to fly in Planpraz.

### **What if I have to cancel?**

Providing you forewarn them 24 hours in advance you will not need to pay anything. It is your responsibility to contact them directly to cancel your booking. Please understand that they will have refused other clients to accommodate your time slot, so we do count on you respecting your booking commitment.