



Dune de Pyla,
Paragliding and Paramotoring Courses
Sept 2014

Hi Guys, Its getting close now, and time to start getting excited about the trip. So here is a sheet with of some of the things you might need to know before you go.

Please arrive on the Thursday 4th/11th, daytime if poss, if you are wanting an airport transfer, please make sure we have your arrival time.

It is possible to arrive before we do, and get a train to Arcachon from Bordeaux (25 mins 9E) and a bus or cab from the station We normally go via a supermarket on the way back from the airport pick up to get provisions. If you are driving; roughly when you will arrive.

The course starts on Friday morning, and you will need a packed lunch ready to go!

You will need a Passport, even though we are connected by a tunnel. Driving license is always a useful thing to have with you.

European health insurance card. (available by applying at the post office)

Medical and Rescue/repatriation insurance. (you must have a copy of the policy with you, and the emergency contact numbers) No training without this, and it must specifically cover your activity e.g. Paragliding, or Paramotoring.

(JS insurance is pretty good and cheap)

BHPA membership (3 month or annual) This can be taken out at the start of the course if you do not have it! (card payments accepted)

Booking form. I must have a copy of our trip

http://www.paraglide.co.uk/booking_trip.pdf returned to me ASAP, if you have not already sent it. (If you have sent it, but not fully completed just e mail missing details, arrivals Insurance etc)

The trip is self catering and we will organise runs to the supermarket for shopping. Plan a few days ahead, we do not go every day. There is a small shop on site which sells the basics, and a small café if you can't be bothered to cook! We will bring our BBQ!

Other items that you may need if in our chalets

Towel

Sheets and pillowcase (singles for singles, doubles for couples) They do provide disposable paper ones if you are ok with them. If not bring yours. If you get cold at night bring a lightweight sleeping bag.

Blankets are provided and are normally enough!

Swimming kit

Travel Tea mug.. (the french have silly little cups)

Mobile phone and charger.

Credit or debit card with pin. (there is a cash point nearby) or some euros.

Warm Fleece, waterproof jacket, (for guaranteed sunshine) (-:

Boots are not really required for Dune flying as they just fill with sand. (teva



type Velcro sandals are usually best) flip flops fall off in the air!

Shorts and Ts (long sleeves or light trousers if you have fair skin) are fine to fly in. Sun Cream factor 30+

Cool Dude Shades

Big Hat/ Cap Torch Camera

Books and Mags. DVDs CDs? Kites toys etc (laptop if you want, you can buy access to wi fi or data sim for mobile.. faster than wi fi, excellent orange 3g on site)

Smile.

You will only need to pack very lightly.. Big suitcases not such a good idea.. and may not fit in the vehicle.. soft bags please.

Final Balances. Please make sure you have paid you balance at least 21 days before departure. We have lots of organising and it adds to the stress if we are chasing you for payments. I hope you understand.

We stay at

Camping de la Dune

Route de Biscarosse

3315 Pyla sur Mer

tel 0033 5 56 22 72 17 (Martine speaks good English)

Please cut and past this code for a better map and directions if you are driving. From Calais it is 585 miles, and should take about 13 hours!

<http://maps.google.co.uk/maps?f=d&hl=en&geocode=&saddr=&daddr=44.583621,-1.213989&mrsp=1&sz=11&mra=mi&sll=44.621265,-1.141891&sspn=0.2038,0.326843&ie=UTF8&ll=44.658885,-1.153564&spn=0.203668,0.326843&z=11&om=1>

The Site has a front that looks like a blue boat, and is the second campsite you get to on the road D218 between the roundabout for the dune (public Car parks) and Biscarosse.

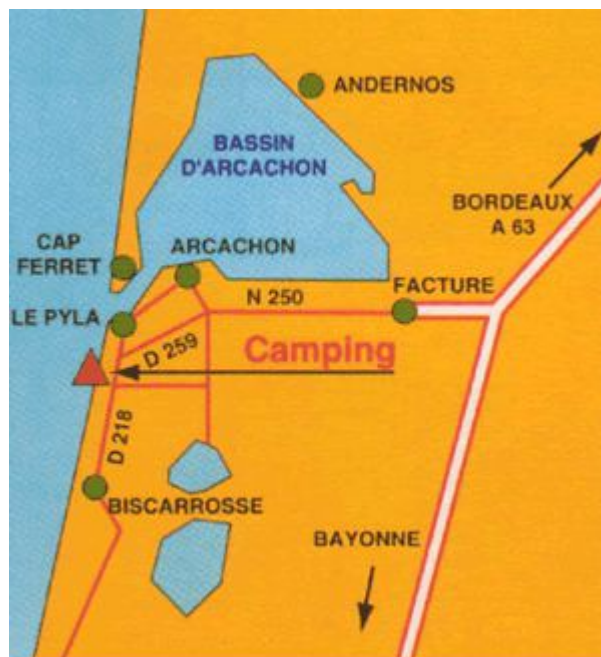
Contact Steve Millson. Axis Mobile: 0(044) 7970 421373

Ade Roberts 00 44 7966 443425

Nearest Hospital A+E Arcachon- le test de buch

Nearest Train Station/ car rental/Taxi Arcachon direct from Bordeaux
Emergency numbers you should know
Medical (Samu) 15
Police (Gendarme) 17
Fire (Pompier) 18
European Emergency Call 112 (this is the number to call from a mobile)

<https://www.google.com/maps/?f=d&hl=en&geocode=&saddr=&daddr=44.583621,-1.213989&mrs=1&sz=11&mra=mi&sl=44.621265,-1.141891&ssp=0.2038,0.326843&ie=UTF8&ll=44.658885,-1.153564&spn=0.203668,0.326843&z=11&om=1>



Copy of the Rules and regulations concerning Dune De Pyla

PARAGLIDING AT PYLA DUNE

Welcome!

HOLIDAYMAKERS, PLEASE RESPECT THE ENVIRONMENT

- Avoid trampling the sand unnecessarily.
- Do not use boards as they damage the dunes.
- Please do not walk in the lime-grass.
- Please respect private take-offs.
 - This natural site must be protected.
 - No Loud Noise or parties on the Dune or in camp site after 11pm

PARAGLIDER PILOTS' SAFETY INSTRUCTIONS

WARNING:

This site can be dangerous.
Beware of collisions, reversing, and sudden descent to the ground...

- Please do not fly when there are too many pilots.
- Personal. Air liability insurance is compulsory.
- **A helmet must be worn.** Sports shoes recommended.
- Pilot's licence is recommended
- Accelerator strongly recommended.
- The technique of inflating the sail when facing it is necessary. (Reverse Launching)
- Before taking off, please make sure there is no pilot in the way.
- Please respect the rights of way.
- Be careful, a hang-glider wing can appear suddenly.
- Do not cut off the wind from another pilot.
- Do not hover, especially in front of the take off zones
- Flying and landing is forbidden on beaches supervised by lifeguards and marked by orange and black striped signposts
- On the ground and in flight, please do not stay in the sector reserved for model planes.
- The 'WAGA' technique is acceptable only if it does not hamper the other pilots.
- Speed riding is forbidden on the Gailouneys site.

MODEL PLANE USERS: for safety reasons please use the best adapted zone situated in the south part of the big dune.

Local Club 'ARCAM' tel: 06 07 91 77 88

Hang Glider PILOTS: You are welcome. Landing is authorised. on Gaillouneys beach.

PARAGLIDING SCHOOLS OR GROUPS: Your activities must not hamper the other pilots. Please contact the schools or clubs on site.

MOTORISED PARAGLIDING: take-off is not allowed on the PYLA site, except for certain private lands where you must get authorisation.

In the interest of all, offences committed are liable to fines.

All activities on this site are at your own risk and under your own responsibility.

Beacon frequency: 143.987.5 MHz This FFVL radio frequency must not, be used for conversation

Beacon tel: 04 56 38 60 80 - Favourable winds: N to W - Weather forecast tel: 08 98 68 08 35

PARAGLIDING INFORMATION

Club La Teste PYLA Vol Libre : www.parapyla.free.fr

Professional schools exist on the site, please contact La Teste de Buch Tourist Office

Tel: 05.56.54.65.14

<http://www.tourisme-latestedebuch.fr>

email : <ot.la.teste.de.buch@wanadoo.fr>

ASSISTANCE:

- from the road, call cell phone number 112
- from the beach, call the Petit Nice beach lifeguards Tel: 05 56 22 11 21
- VHF radio (boat channel 16) frequency 156.800

Do not give the injured person anything to drink.

