



SUMMER 2024 PARAGLIDING TANDEM FLIGHTS

Activity organized & Supervised by « Ecole de Parapente des Arcs »

Arc Aventures organises paragliding as an activity and the flights themselves are done with the École de Parapente des Arcs. The school is accredited EFVL by the Fédération Française de Vol Libre and have provided a consistently high level of teaching for many years with state of the art equipment that is replaced every year. Whether during a tandem flight or a beginners course, the instructors lead by Philippe Goutagny will show you the natural beauty of the Haute-Tarentaise Valley from the skies and help you experience all the thrills of paragliding as a sport.

TANDEM FLIGHTS

Les Arcs offers many possibilities for paragliders with its many high peaks and steep drops up to 2000m and with the network of chair lifts and gondolas stretching all over the resort it is easy to access the perfect sport to take-off!

* How does it work?

On the take-off point, usually a grassy hillside, your instructor unfurls his wing (usually measuring about 40m²) and separates all the cables out. He will explain the part you will play in the take-off during which you'll be strapped to the front of him. You'll start off running slowly into the wind accelerating a little and resisting the urge to sit back into the harness until the wing has been lifted well above you and you're told you can. Once you're sitting comfortably in your harness-seat you'll be surprised at how snug and secure you are after the stress of the take-off. Now you are free to glide weightlessly over the mountains that stretch out beneath you. If the wind is calm, your instructor might even ask if you want to try piloting a bit to see what it's like to be in control. During the flight he will also start preparing you for the landing : as the ground rushes up to meet you he will give a good tug on the cables to slow down and you'll be able to touch down softly.

* The take-off points:

We have main sites that we use depending on the time of day and weight of the participants.

- At the top of the Cachette chair lift in Arc 1600 (in the mornings)
- 3 extra site between Arc 1800 and Vallandry (during the day and in the afternoons)

* Landing sites:

- [At the field between the funicular and the train station in Bourg St Maurice](#)
- [At the llettes field in Hauteville-Gondon](#) just next to the Isère River

You want to see a passenger, take a picture of him: meet at the landing area, we will give you the instructions.

* Time-slots

The time-slots we can offer vary during the day due to the constantly changing wind conditions which are, in general, calmer in the morning (better for lighter passengers and children) and stronger in the afternoon (better for average adult weights). This is why the Performance flight of 40 minutes is only possible in the afternoon and only open to those weighing 50kg minimum.

Small children only being able to fly in the morning means that sometimes people can't fly in the groups they would like (for example parents and children) but we have to put your safety first!

✱ Before and after the flight?

You'll go to the take-off point with the instructor via a lift or our minibus. After the landing you'll be brought back in the same minibus or, for those flying from the top of the Cachette lift in Arc 1600, with the funicular.

✱ What to wear!

A jacket or windbreaker, trousers, sunglasses, suncream and trainers or walking shoes (ideally that provide ankle support). If you wish to bring a camera it should have a secure strap, this also applies to GoPros on selfie-sticks. You can also ask for the photo+video option from your instructor to avoid any accidents.

✱ Booking

Plan ahead for your flight and try to book as early as possible in case we need to reschedule due to weather conditions. You can book at our main office or over the phone and payment in full must be made when booking. You will need to give your exact weight when you book and depending on this we will give you the available time-slots and meeting point. The evening before/ day of your flight please keep your phone to hand in case we need to contact you with a last minute update. The weather can change very quickly, sometimes we can get to the take-off and suddenly it's no longer possible. In these cases we will always try to reschedule for another day but if it's not possible before you leave we will refund you.

■ **Tandem Discovery Flight for adults and children from 5 years+ and 25kg min.**

If it's your first time don't worry, this is the perfect flight for you. Just strap in, start running and you're off! Sitting comfortably in your harness-seat you'll be free to enjoy the view and take photos to remember this wonderful experience. If the conditions are good the instructor might let you take the reins and try your hand at piloting. You'll finish the flight with a nice soft landing in Bourg St Maurice down in the valley.

Time in the air: 20 minutes approx.

Maximum passenger weight limit: 100kg

Price per person : 130€

(includes the instructor, equipment and transport)

Photo+video option on request: extra to be paid in cash before the flight.

■ **Tandem Performance Flight adults and children from 12 years**

We do this flight in the afternoons when the conditions are best and we advise it for those who have already done a discovery flight and are looking for some more intense thrills. In order to stay in the air for 40 minutes the instructor has to ride thermal currents up to a higher altitude which is a very unique sensation and not for the faint of heart. It's only once you're up in the air that the instructor will be able to catch the necessary currents but if it's not possible you will do the usual 20 minute flight and we will refund you the difference.

Time in the air: 40 minutes approx.

Maximum passenger weight limit: 100kg

Price per person : 180€

(includes the instructor, equipment and transport)

Photo+video option on request: extra to be paid in cash before the flight.

ENQUIRIES / BOOKINGS

ARC AVENTURES OUR MAIN OFFICE ARC 1800

Open 7 days a week. At the front of the Tournavelles building in the Villards.

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This activity is not available to book via <http://www.arc-aventures.com> which is why we ask you to contact us directly. If you wish to book online you can do so through the website of the Ecole de Parapente des Arcs <https://ecole-de-parapente-des-arcs.com/>