



Les Ailes
DU MONT-BLANC

Cross cycle 3 of the passeport FFVL

Cross-country flying is the essence of free flying but it cannot be improvised. It requires planning and preparation. Using the experience of Sandie Cochepain, world champion 1997 - 2000, the instructors of Les Ailes du Mont-Blanc will accompany you in your learning.

Program cross - Collective course

The pleasure of the discovery

Brown level of your freefly passeport.

You know how to " stay in the air " and how to exploit thermals. Come to learn the techniques of cross-country flying, optimizing thermals and making transitions. Develop your analysis of the topography and the aerology. We shall adapt the choice of the site according to the analysis of the weather forecast. Flights of many routes are possible, with the objective to "push the envelope".

For the first crosses, the barrier is often psychological : the fear of the unknown. That is why a cross can't be improvised but must be the result of preparation and training. The objective is to get to know little by little the valleys and massifs which you then go to connect in flight. Flights around Chamonix, Plaine Joux, Megève, on a triangle of more than 50 km. Optimization of the transitions between Le Brévent and Pormenaz, Varan and the Aiguille des Houches, and so on ...

Progress as far as you can, enjoy the engagement you have made, feel your limits disappearing ! Analyse the safety aspect of your route choice.

If the group is complete, supervision by two instructors : An instructor in the air with you who follows the evolution of the conditions and adapts the route, who helps you in your optimization of the thermal and of the transitions, who judges the feasibility of the route with regard to your skills. The other instructor follows with the vehicle to pick you up where you land. He informs you about the evolution of the ground conditions. He helps you in your tactical choices.

Program for the private instructor course :

Go to the end of your progress

Same program and objectives as the collective course. In private-instructor courses, the instructor is at your disposal ...

The "day" cross courses are not included in the schedule : we shall adapt ourselves to the meteorology and to your availability. We shall contact you by telephone or e-mail a few days before potentially interesting days.

Make us know your availabilities!!

Supervision by one instructor who defines the objectives and organises pick ups.



Other formulae *Initiation into the competition, coaching on regional competition, ...*

Please contact us.

Required level

These training courses are intended for autonomous pilots in all the phases of flight. You know how to land outside an official landing, you have mastered at least one technique of fast descent.

Brown level of the free-flying passport FFVL : compulsory Pilot's licence, level "confirmed pilot". If possible, you have made a "SIV" training course. Good physical condition required.

At the beginning of the training course, you will make some easy flights so that we can validate your experiences.

When you engage yourself on a cross-country flight where you're on your own, in a competition or within a training course, you must be aware that this type of flight implies the notion of responsibility and you accept the risk. The role of the instructor is to assure the global security of the group through the choice of the flight site and the advice given.

In flight, the participants evolve in an autonomous way, without systematic assistance of the instructors.

Rates 2010

- Training course in group (from 4 to 7 persons), from 2 to 5 days → 124 € a day
- Training course with a private instructor (price for 1 or 2 persons) → 300 € a day
- Training course with a private instructor, club formula (price for 1 to 6 persons, the club provides the vehicle & the driver with a radio) → 300 € a day

Dates 2010

- From 09 till 13 January (travelling on the French Riviera) / 20 on March 24th (around the Southern Alps) / 03 on April 5th (Special women) / 10 on May 12th / 31 May on June 4th / 21 on June 27th (Piedrahita, Spain)
- Private instructor formula : all year long on reservation only, at your convenience, book at least two days in advance.



Prices include (for group sessions only)

Shuttles (in minibus) to access to sites and return.

The performance of two instructors for a complete group of 7 persons (one instructor if the group counts only 4 pilots or for the private-instructor sessions).

Theoretical supports in classroom (relief map, DVD, Internet for analysis of the weather forecast, ...).

Catalog of the flying sites of the Mont-Blanc area.

Prices do not include

License insurance (autonomous pilot), the skilift tickets, the flying equipment.

Vehicle and driver with radio for Club-formula courses.

Personal equipment

Your usual glider, that you know, harness with dorsal protection with rescue parachute folded less than six months ago. Radio with separate microphone, mobile phone, map of the region in 1/100 000 e, Alti vario, GPS (optional).

Warm sportswear, gloves, good shoes assuring protection ankles ...

If you do not have some of the equipment, please contact us.



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Information sheet for the cross country courses, to be joined to the registration form
Join copy of you Aerial Third-party insurance (Necessary)

- How long have you flown ?
- How many hours of flight do you have ?
- Autonomous since :
- Pilot's licence since :
- Confirmed Pilot's licence since :
- Control of the take off when facing the glider : yes / no
- Control of the techniques of fast descent : yes / no
- Have you done a piloting training course ? yes / no When?
- Capacity to land on a non-official ground (no windsock) and not seen in advance : yes / no
- Glider used :
- How many hours of flight with this glider?
- How long do you usually fly on the same flight ?
- What distance do you regularly fly ?
- What is your best distance done, and where was it ?
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- What are your usual sites of practice?
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- In flight, what are your qualities / faults ?
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- What are your objectives for this training course?
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- Do you have : a rescue parachute : yes / no a radio: yes / not
a vario : yes / no a GPS : yes / no
- Person to contact in case of emergency :

I have been informed of the potential lack of emergency medical facilities in the area and release " Les Ailes du Mont Blanc " from any responsibility in case of medical care or of repatriation.
This considers place of valid discharge also for my legal successors and any member of my family.

Made the / / 2009.

Signature :

speed riding