

Accommodation

There is a wide range of accommodation in the area, ranging from campsites to good Hotels. The Centre is 2.5 miles from Kirkby

Stephen, which has a Youth Hostel and many pubs and B&B's. An accommodation list will be enclosed with your booking form.

Overseas training

Our courses abroad are extremely popular and it is no wonder as they offer a very attractive and economic way to achieve your qualification. We were the first UK

school to offer ratified beginner courses on a BHPA registered site abroad ~ the stunning Dune de Pyla in South West France. This enormous sand dune offers very reliable teaching conditions, enabling a complete beginner to usually gain their EP rating and get some way into the CP, all in one week!

We also run CP soaring courses in locations such as South Cyprus and Greece. Courses abroad allow fast learning in a holiday environment, with a suntan to-boot!

Our post CP guided flying holidays are a great way to build up airtime under expert guidance in beautiful locations and help to extend the usual UK season. Many of our customers come time and time again ~ a fact that speaks for itself.

We are constantly scouring the earth to find new sites, so please have a look at the website or ring us for the latest dates and venues.

The BHPA

The British Hang-gliding and Paragliding Association (BHPA) is the governing body of the sport in the UK. Its aims are to keep the sport as safe and as unregulated as possible. You must join

the BHPA in order to obtain third party insurance whilst on your course, and at Club Pilot level membership is necessary for you to gain entry into the Pilot Rating Scheme. Membership will be arranged on the first day of your course. Please consult their website for current membership rates and more information ~ www.bhpa.co.uk.



Our Courses

Please see booking form for prices and conditions.

Taster Day

The first day of an EP course. A great day out in the hills with the chance to taste free flight for the first time. All equipment supplied. Please ask for availability.

Introductory

This is a 2 day course (the first 2 days of the EP course - see below) and includes some basic theory. You will learn how to safely check and launch the paraglider. Starting with low level "ground-skimming" flights, you will work your way up to achieve a number of flights with good turns and controlled landings under the direct supervision of your instructor. Highly recommended as an introduction to our sport. All equipment supplied.

Elementary Pilot Course (EP)

Usually 4-5 days, achieving the first qualification in paragliding - the EP. The first two days are as for the introductory, after which we progress to self-launching, higher and longer flights, 180° turns and target landings. Once you have achieved this level you are then qualified to purchase your first paraglider on which you can complete your training if you wish. All equipment supplied.

Club Pilot Course (CP)

5-9 days depending on conditions. Progresses the EP holder onto soaring skills, often with flights of 15-20 minutes or more, and landing back on the top of the hill. Includes theory sessions on meteorology, flight theory, instability, airmanship to prepare for the CP exam. With a CP rating you are qualified to fly without an instructor. Usually done on the students' own equipment, but it can be hired if required.

Courses & Holidays Abroad

We offer complete beginner packages to the Dune de Pyla and CP trips to other destinations as well as guided flying trips to various countries. Please see website or ring for latest details.

To book: Ring with your preferred date then complete and send a booking form with your fee. (Booking form can be downloaded)



For more information & to make a booking please contact our office:

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SunSoar Paragliding



Pure Flying Fun

Welcome to our world...

SunSoar Paragliding

Let us make your **dream** become **reality**

“When once you have tasted flight, you will walk the earth with your eyes turned skywards, for there you have been, and there you will long to return.” - Leonardo Da Vinci

How do I get started?

By booking a beginner's course. It does not matter if you have never seen a paraglider before as we start right at the beginning and progress only as quickly as your confidence and ability allows.

Why SunSoar?

Where you choose to learn can make a tremendous difference. As one of the UK's longest established and most successful schools, SunSoar Paragliding have a lot to offer.

Our UK training is based at our centre in the beautiful Yorkshire Dales, and within easy reach of the Lake District. We have excellent and uncrowded flying sites for every wind direction and most of our training slopes are a short walk from the centre door!

We have an experienced team of seven friendly and skilled instructors, including Ian Brown, Neil Cruickshank, and Ian Curren. Ian is the author of 'Touching Cloudbase' the complete guide to paragliding, and one of the main architects of the UK's Pilot Rating System. Neil is not only a very experienced instructor but is also a former member of the British Team. Ian Brown the Chief instructor, is widely acknowledged as the UK's foremost expert on training abroad. This is undoubtedly the strongest and best-known team in the UK.

Our training equipment consists of a wide range of modern gliders to cater for all weights and abilities coupled with harnesses fitted with back protectors. An effective radio system is often used to help you take your first steps into the sky quickly and safely. A low student to instructor ratio enables us to accurately assess each individual ensuring progress through the course at your own pace. Classes are informal and everyone is encouraged to ask questions, join in discussions and help each other.

Our UK centre is situated in the beautiful Mallerstang valley close to the A66 and M6 on the Yorkshire/Cumbria border. The centre is equipped with video and teaching aids and there is also a shop stocking everything from a tee-shirt to the latest harnesses and paragliders.

We supply all leading brands and offer a wide choice of gliders and accessories. We always have a good selection of used equipment in stock, with each used glider being checked and test flown. Prices for used gliders start from as little as £500.

When the weather is good this is arguably the best place in the world to learn.. when it is not so good we are proud to offer the UK's most comprehensive overseas training programme.

Can anyone do it?

You must be over the age of sixteen and have parental consent if under eighteen. Paragliding is a sport accessible to most people, as it demands coordination and control rather than strength. However, you do need to be in good health, reasonably fit and active with good coordination and an alert reasoning mind. Walking up a steep, rough hillside will draw attention to

numerous muscles that you never knew existed! If you are over the age of 55, or suffering from any medical problems we will need to complete our medical questionnaire and have it signed by your doctor. If you are unsure, please call us and we will be pleased to advise you.

How safe is it?

Paragliding can be a dangerous sport if pilots fly irresponsibly or in unsuitable weather conditions, but in the controlled environment of the school and when practised sensibly, it is among the safest of adventure sports. At SunSoar Paragliding we are very proud of our first class safety record. You will note that we place great emphasis on safety and this sometimes means we may suspend training even when other pilots may be airborne. It is however impossible to completely eradicate all risks and anyone who takes up this type of sport does need to understand and accept this.

The BHPA membership that you will take out during your course is purely 3rd party insurance so we recommend that you consider personal accident insurance.

Who hasn't looked up at a bird soaring and wished that they could fly? Paragliding brings that dream within reach as it is a hugely accessible sport allowing you to soar like a bird in just a few days on a craft that you can carry in a rucksack.

Paragliding is a serious airsport, and safety is a prime concern, but it is a very user friendly activity, and within a few hours (often on your first day) you can be flying solo and experiencing the thrill of piloting your own craft.

It is no wonder that the sport has grown rapidly over the past few years as thousands of people have discovered the freedom, safety and sheer fun of these simplest of flying machines.

The weather

One of the first things that you will learn is that paragliding is weather dependent. It is a fact of life that not every day is flyable. We operate a 'phone-in' system each morning to help minimise the risk of wasted journeys. If the weather deteriorates during the day we will often use the opportunity to do the theory sessions required in the classroom.

When you book a course, encountering poor weather is a risk you are taking, but in the event of days cancelled due to bad weather, we will extend your course or re-book your days at no extra charge.

Alternative activities

If anyone in your party is not flying, or if the weather is unsuitable for flying, the area is equally well suited for other activities including walking, climbing, caving, fishing and mountain biking.

Fun! Fun! Fun!

We are doing this because we enjoy it, and we never forget that our customers are here to enjoy themselves. Safety is paramount, but that doesn't stop us running mini-competitions, or having a splash in the river on hot days, and there are plenty of friendly pubs for an apres-fly beer! Classes are often a mixture of groups and individuals, there is nothing like the shared experience of free flight to get to know each other.

10 REASONS TO CHOOSE SunSoar

One of the longest established schools in the UK (1988).

The biggest range of the best, uncrowded sites in the UK.

The most experienced instructor base in the UK.

High Instructor to Student ratios.

State-of-the-art gliders and harnesses for all levels.

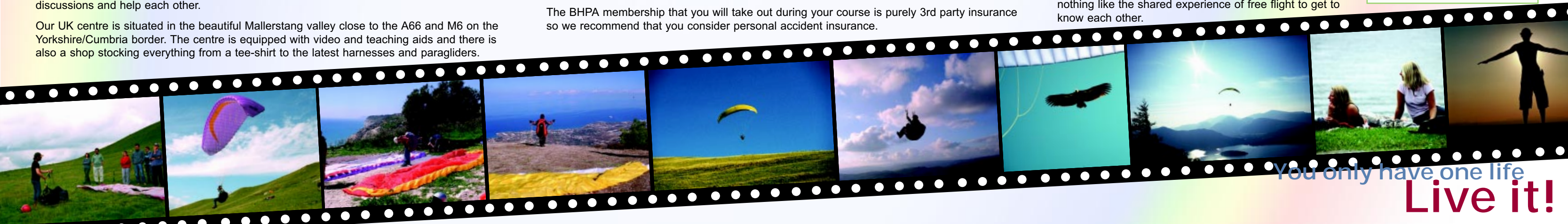
Accessible centre with shop and lecture facilities.

Huge range of new and used equipment.

Stunning countryside.

Overseas training for all levels.

Overseas guided holidays.



You only have one life
Live it!