



Travelnotes Italy - Ahornach

Dear pilot,

We are thrilled that you decided to go with us to Italy! In these notes you will find all the necessary information about the paragliding course. It is important that you read this information well in advance. If you still have questions after reading, then feel free to e-mail us at info@paragliding.nl.

Course dates and meeting point

For the course dates we refer to the program overview on our website. On the first day of the course we meet at 09.00 hrs at the hotel where the Paragliding Holland instruction team resides (usually "Gasthof Toblhof". The first day of the course is the first date as stated on the website.

Example: code 18 Ahornach Sunday 18th up to and including Friday 23rd of July. The course starts on Sunday, July 18th.

The PaHo team will remain available until at least 17:00 hrs on the last day of the course.

Travel directions by car

You can get to Ahornach by car in a day. Pass Innsbruck, cross the Brenner pass and then go left towards the Pustertal valley / Val Pusteria. Then drive all the way down the SS49 until you reach Bruneck. Here you have to drive a short distance back to the north into the Gaistal valley.

Air travel

The nearest airport is Innsbruck. However, Innsbruck is still a 1.5-hour drive from Bruneck.

Carpoolen and PaHo bus

Travelling on the PaHo bus is unfortunately not possible on this trip.

If you want to travel with another participant or if you are willing to bring other participants with you, you can go to our Pilotzone, under "My courses" you will find the e-mail addresses of other participants if they have voluntarily shared it.

Transport in Ahornach

Transport up the mountain is done with local cable cars, public transport and your own transport, the costs of which you will have to pay on the spot.

Accommodation - addresses en phone numbers

You have to arrange your overnight stays during the course yourself!

Hotel: The instruction team stays at Gasthof Toblhofs, see: <http://www.toblhof.it> This hotel is located in the valley, on the way up towards the takeoff of Ahornach and is priced very competitively. It is most convenient if we all stay in the same place.

Camping: There are several campsites around Bruneck, for example this one: Camping Wildberg, see: <http://www.campingwildberg.com>. The campsite is located right next to Bruneck and about 30 minutes from Ahornach. In the morning we gather every day at Gasthof Toblhof where the instruction team stays at.

Insurance and disclaimer

To participate in our course, you are required to have travel insurance that does not exclude air sports. You can book such insurance (costs apply) while booking your course through us if you wish. Please note that we can only take out this insurance for you if you have a dutch, german or belgian address. Otherwise you will have to take out your insurance elsewhere.

On the first day of the course you will be requested to hand over your signed 'Insurance and disclaimer form' to the instruction team. Please download this form in advance from our website at the [Terms & conditions page](#). **Please note that you cannot participate in the course if you are not able to hand over this signed form!**

If you have signed up for travel insurance with us you can check the appropriate box stating that the policy is provided by PaHo. We do not need any further information in this case. In the unlikely event that an incident occurs, it is crucial that the instruction team has been provided with the correct and complete insurance details and contact details!

We advise everyone to request a European Health Insurance Card (EHIC) in advance, this is possible free of charge via <http://www.ehic.nl/>. With this card you are entitled to necessary medical assistance without any problems abroad.

Every participant is also insured against liability (the "w.a. verzekering") via PaHo. This is mandatory, costs are included in the course fee.

Invoice

Everyone receives a separate invoice. We request you to transfer the money at least 6 weeks before the start of the course. You can make a bank transfer to IBAN NL29INGB0001598737, in the name of Paragliding Holland in Wijk bij Duurstede mentioning of the invoice number. Participation in the course is only possible when the entire invoice has been paid.

Radio communication

During the course we use the legal PMR radios WITH LPD channels. Because this area is often flooded with radio traffic on the PMR channels, we regularly use LPD channels. If you use your own radio: You must make sure you have a radio that also has LPD channels! In this case we assume that you are familiar with the operation of your radio (read your instructions carefully). Of course we will gladly help with setting up your radio, but we are not familiar with every type of radio on the market.

Every student is required to fly with a so-called earpiece during the course so that you can clearly hear the instructions our team provides. If you do not have your own PMR/LPD radio earpiece, you must purchase this earpiece from us. The costs of the earpiece (approx. 9 euros) will be settled at the end of the course together with the bus money. Other types of earpieces (eg iphone headphones) will NOT be accepted for safety reasons and compatibility with the radios. We do NOT provide ear pieces for rent.

Food, drinks and ATM

In Sand im Taufers there is a supermarket and you can also easily use your debit card. During the course you will have to bring a packed lunch and drinks yourself.

Packing list

It is mandatory to wear high mountain / hiking shoes and gloves (work gloves are allowed too) when paragliding! Furthermore, it is advisable to take along: smooth long pants (this facilitates easy entering of your seat after takeoff; for instance with jeans this is sometimes difficult), warm clothes and a windbreaker. Your clothes can get dirty and your shoes can get wet when the grass is damp.

Flying with your own gear

If you have your own glider and your own harness with emergency parachute, you are obliged to make sure that your material meets the KNVvL requirements. In other words, make sure that your glider is within the inspection expiry date and the emergency chute was folded no more than half a year ago. If you do not have a license yet we only allow you to fly on EN A and EN B gliders (or DHV 1 or DHV 1-2).

Flight helmet

During all Paragliding Holland courses, it is compulsory for all participants to wear an approved flying helmet. The helmet must bear the EN-966 certification, snowboard helmets are usually not certified to this norm! It is also mandatory for pilots without a license level 2 to wear a helmet with chin guard. We strongly recommend pilots above license level 2 to use a helmet with chin guard as well. If you do not have your own helmet, you can rent it from us.

Miscellaneous

- During the course, the instruction team can always advise you on gliders, harnesses, varios, radios and the like. Take a look at our website under Shop for all the products we have in store and feel free to drop by to try it out. If you would like to try out a specific glider during the course let us know well in advance by e-mail, so we can make sure they are on site.
- On our website (http://www.paragliding.nl/theorieboeken/knvvl_theorieboek.php) you can download a practical theory book: we strongly recommend to go through this beforehand. It is only in Dutch though...Please note this is not official study material for the national exams, but it provides a very good overview of the sport.

** If you find errors in these travel notes, you can email them to info@paragliding.nl

See you in the sky!

Paragliding Holland
Paragliding Belgium