

Cross Country

In the core, since 1988

MASTERING PARAGLIDING

A new book by Kelly Farina

Mastering Paragliding is a new approach to learning to fly cross country by paragliding guide Kelly Farina.

Kelly approaches pilot progression in a systematic, logical way. From understanding the basics of glider handling to thermalling techniques and high-level cross-country advice, he breaks the sport down into manageable stages with achievable goals.

Mastering Paragliding is not simply another 'How to Fly' book – this is a philosophy and structured approach to flying that can underpin everyone's journey through the sport: from just out-of-school to zen master.

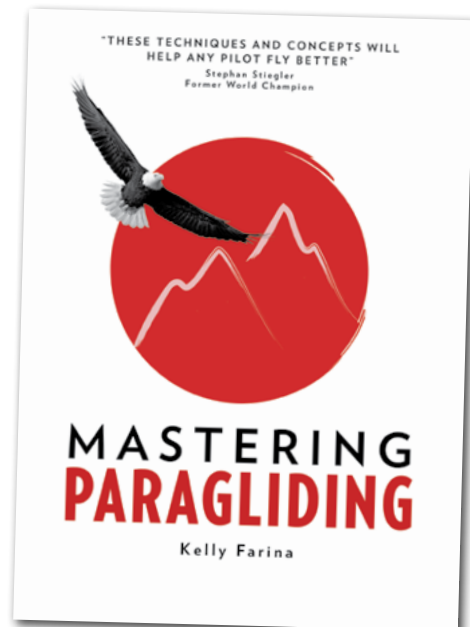
It will open the eyes of many who have worked their way through their flying career for years 'learning by doing' – and it will help many new and intermediate pilots find and stay on the right track.

Learning to fly is a journey, and this book helps pilots see the path they are on.

The book includes many concepts that Kelly has helped to develop himself, and regularly teaches to pilots from around the world on his cross country paragliding courses in the Alps:

- Mastering the basics: learning to fly smoothly, consistently and confidently
- Thermalling well: the 4/90 rule, thermal etiquette and gaggle flying
- Managing height, assessing cloudbase
- How to plan a cross-country route and fly it successfully
- Valley winds explained, including where and where not to fly
- An in-depth exploration of how to fly the mountains
- High level flying: how to fly efficiently and fast
- Meteorology for pilots, including cloud assessment and the Föhn
- Thermal formation, restitution and inversions
- Real-life practical flying case studies in the Alps and Dolomites
- How to structure your learning and progress quickly using the Pyramid of Progression

Mastering Paragliding will be available from 28 July 2016.



Cross Country International Ltd

Tollgate, Beddingham, Lewes, BN8 6JZ, UK

Email: office@xcmag.com Tel: +44 1273 256 090

www.cross-country-int.com www.xcmag.com www.xcshop.com

Cross Country International Ltd is a limited company registered at 5 Atholl Crescent, Edinburgh, EH3 8EJ, UK.

Company number: SC189572. VAT number: 717 2472 38

THE AUTHOR

Kelly Farina has been flying paragliders full time since 1996. He's mainly an Alpine pilot, with more than 3,000 hours to his name. For much of his paragliding career he has been based in the Zillertal, in Austria. From 1999 to 2009 Kelly competed on the international circuit, flying in the PWC, European Championships and many National competitions. In 2005 he was technical director and organiser of the British Open in Mayrhofen.

Kelly has been guiding and coaching pilots since 2002. His motto for many years has been: "The fewer mistakes a pilot makes, the less performance they need." Using simple-to-understand rules and concepts he's tried to quantify and explain the 'black art' of paragliding. With his company Austrian Arena he operates in many different places in Europe, and pilots now visit from all over the world to train with him at his base in Bassano, Italy.

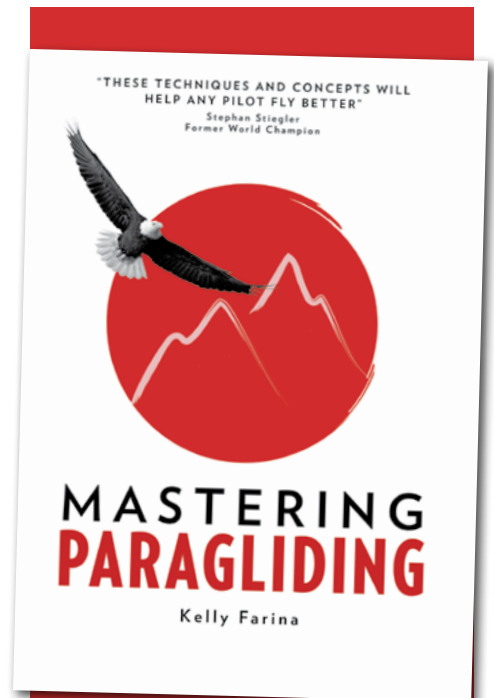
IMAGES AND MORE INFO

Author photo and book cover images here:

www.xcmag.com/masteringparagliding

Embed a digital preview in your site:

www.issuu.com/crosscountryint/docs/mastering-paragliding-preview



- Mastering Paragliding, by Kelly Farina
- Full colour
- 241 pages
- Flexi-cover binding – tough and durable, but lightweight too
- 41 chapters
- Three sections: Techniques / The Environment We Fly / Alpine Case Studies
- Illustrated with photography and illustrations throughout
- Published by Cross Country International
- Price: £24.95
- Available from 28 July 2016
- Buy through free-flight dealers, retailers, www.xcshop.com and Amazon
- Online at: www.xcmag.com/masteringparagliding

