



AGENCY SPORTS TOURISM **HORIZON**

www.horizon-millau.com

Since 1996





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TANDEM FLIGHT



Paragliding Tandem Flight in Millau The baptism flight allows to discover paragliding. Walking distance to take off, then sitting comfortably in front of your monitor, go over to Millau and the regional park of Grands Causses. Accessible at any age and in any season, come and discover the magic of free flight for unforgettable memories.

EN ENGLISH



Tandem Paragliding Flight Our team of qualified instructors of State offers 4 types of tandem flights. These flights take place on one of the four sites of Millau and its surroundings. the place of take-off is chosen depending on the direction and strength of the wind.

Discovery Flight This tandem flight is offered in the morning, when the aerological conditions are particularly quiet. This discovered flight is pretty short, this formula is particularly suitable to children and to those who apprehend the activity.

Pleasure Flight This tandem flight is offered in the afternoon and late afternoon, where aerological conditions are more generous. These thermal or dynamic conditions allowing your monitor to fly for 15 to 20 minutes

Horizon Flight This tandem flight is also available in the afternoon and late afternoon, where the aerological conditions are higher. Thermal or dynamic conditions allowing your monitor to take a longer flight and gain altitude. It is most commonly asked. (flight package 30 min')

Duration Flight The thermal conditions of the afternoon allow your monitor to take you for a flight's duration. Take flight along the reliefs of Millau, altitude and enjoy a longer flight (30-45 minute flight): for those who want more.

Handicap Option Our instructors are trained and qualified to accommodate people with reduced mobility to perform a baptism in tandem with a specific chair for flight. Please contact us (depending on the aerological conditions and the flying site).



INFORMATION

- all public from 4 to 77 years
- handicap mobility flight possibility
- on booking from March to end of October
- every day depending on the weather
- contact us to know ours availabilities
- Horizon millau phone number +33 5 65 59 78 60
- included monitor insurance during the flight
- facultative: optional individual insurance

DAY FLIGHT

- sport or hiking shoes
- warm clothes (trousers, sweat, jacket)
- contact the store to know the meeting place
- meeting place list on our web site
- shuttle from landing to take-off

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ENGLISH

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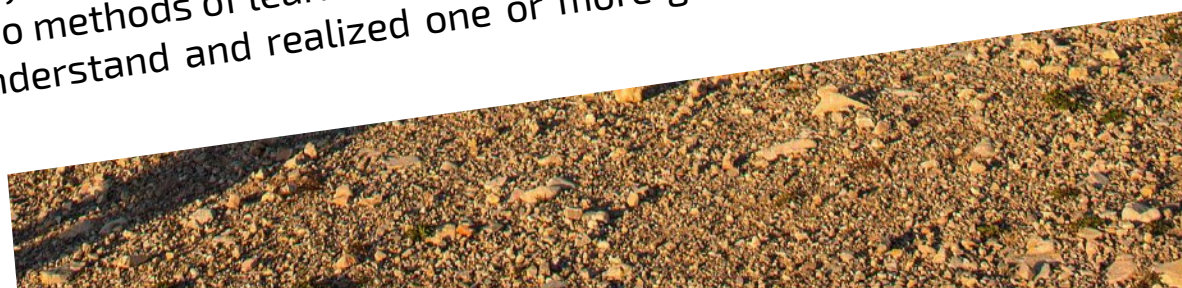


www.horizon-millau.com INITIATION



EN ENGLISH

Initiation Training Period Millau is one of the main sites of free flight in France. The proximity and abundance of sights make it a privileged place for learning paragliding. Two methods of learning with practical sessions, course theoretical to discover, understand and realized one or more great first flight solo, in calm conditions.





Paragliding Initiation labelled French flight school, state's certified instructors, adapted equipment and renewed each season. Innovative pedagogy - friendly reception.

Discovery Method Paragliding has become an open activity to the largest number. The morning begins with a meeting in slope school, presentation of the wing of its benchmarks, floor work, place and inflations of the wing in a first time and small jumps of slope, late morning... Followed by a pedagogical tandem flying to the side of your instructor, with possibility for the student of pilotage in double commands

Classic Course On all the courses, this is perhaps the most unforgettable... you are going to live this unique moment: flying solo. But before: learning from the manipulation of the wing on the ground sloping school the first 3 mornings. The last two mornings of courses are devoted to the great solo flights with radio guide.

Tandem Teaching The tandem flight is an effective way to learn the basics of steering and progression, whatever your practice level. Being nearby your monitor in private lesson, controlling the wing, technical and self-confidence development.



INFORMATION

- starting from 14 years old with parental permission
- on booking from March to end of October
- every week, depending of the weather
- contact us to know our availabilities
- Horizon Millau phone number +33 5 65 59 78 60
- monitor insurance included
- compulsory air insurance individual RC
- compulsory medical certificate from your GP

DAY OF TRAINING

- sports or hiking shoes
- warm clothes (trousers, sweat, jacket)
- meeting place at the Horizon's school (see site contact)
- free shuttle for long flights

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DEVELOPMENT



Green to blue Level A stage of development level 1 and 5 teaching sessions or free choice according to your level of practice and your availability. Theoretical inputs are provided throughout the training classroom courses or on the ground.

EN ENGLISH



Development Paragliding

French labelled free flight school, paten-
ted state instructor, material adapted and renewed each season. Innovative
pedagogy - friendly home.

Perfection Course To acquire autonomy in calm conditions on known sites and get initial pilot licence. After a "resumed" meeting in slope school, duration flights occur on the major sites of Millau. Exercises in flights, work on take-offs, catches field landing, discovery of the pitch, roll, "ears"... and of course the solo flights pleasure in calm conditions.

Free Choice Sessions Free choice session, in half or full day to perfect, depending on your level of practice or for a resumption of activity paragliding.

Package Pilot To become an independent and responsible pilot. The package pilot is a complete formula with its 20 teaching sessions to obtain the pilot certificate. This schedule included:

- ✓ 5 sessions in slope school
- ✓ 7 flights on morning sessions
- ✓ 6 sessions on evening flights
- ✓ 2 educational tandem flights



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CAVING

Causses Caving an half-day initiation, to discover an horizontal cavity or a whole day sporting or technical, let your guided by our qualified and experienced instructors team.

EN ENGLISH





Causses Speleology Millau and the Grands Causses have many cavities of all levels. Speleology remain an open activity open to all audiences.

Discovery Caving Approximately two hours of exploration in an horizontal cavity section without verticality. Only fews kilometers from Millau for this first approach of caving. A first exploration of the Causse underground world , equipped with a technical suit and a lighting leds helmet .

Sport Caving An half day exploration in a horizontal profile cavity without verticality, with technicals crossings :abseiling, climbing, scale ascent. Some nice caves to explore, due to the underground rivers which shaped galleries and mineral formations from another world.

High Vertical Object :-100 metres depth... exploration of the abyss with technical notions of abseiling up and down. Guaranteed atmosphere! Ferns, daylight, magic echo.



INFORMATION

- group rate from 5 persons
- from 8 years old
- all year, depending on the weather
- on booking only
- contact us to know our availabilities
- Horizon phone number 00 33 5 65 59 78 60
- equipment income
- monitor insurance included
- shuttle is not included
-

DAY OF ACTIVITY

- sports or hiking shoes
- warms clothes (preferably used)
- meeting place depending on location
- water and energy bars

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CANYONING



EN ENGLISH

Cévennes Canyoning Canyoning consists in following a river bed located in a mineral environment with, according to the canyon, jumping, sliding, swimming or abseiling...Choice a discovery canyon or a sportier canyon.





Canyoning From 10-12 years old, depending of the kind of canyon. Canyons are open from May to September, according to the current legislation...

Haute Dourbie - Tayrac Aquatic hike is one of the first approach to whitewater. A canyon (River of the Tayrac or Mourier, 40 kms from Millau) without technical rope, with naturals slides and jumps. Equipped of a wetsuit and a helmet, let you slide on aquatic toboggan, link up small jumps... up to 8 meters for the more adventurous! (optionals jumps).

Gorges of the Bramabiau A canyon in two steps: first part in hiking on the water, followed by a rank of vertical crossings. Equipment income with a harness, lanyards and descender. You cross the waterfalls, abseiling, tobogganing or jumping... the activity begin with an introduction on the banks and safety instruction reminder.

Gorges of the Tapoul Abseil Cevennes waterfalls, in the Gorges of the Tapoul. During the day, we invite you to taste the pleasures of the whitewater... Jumping, swimming, water sliding... 3 hours of slope in a course at an hour's drive of Millau.



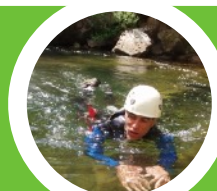
INFORMATION

- group rate from 5 persons
- from 10-12 years old
- from may to the end of september accord to water level
- on booking
- contact us to know ours availabilities
- Horizon phone number 00 33 5 65 59 78 60
- monitor insurance included
- shuttle is not included

DAY OF ACTIVITY

- sports or hiking shoes
- swimsuit
- meeting place at the canyon's car park
- water and energy bars

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VIA FERRATA



EN ENGLISH

Via Ferrata Born in the Dolomites in Italy, many via ferrata's routes were created in Europe. Right now, Millau has two of them, one in the Dourbie Gorges and the second one is at the entrance of the Gorges du Tarn. Progress on a cliff-side in sport and play activity course. The via ferrata activity is between climbing and hiking.





Via Ferrata Progress on a cliffside in sporting and play activity course. The via ferrata activity is between climbing and hiking. Discover the two via ferrata of our region with a guide or alone.

Via Boffi Two circuits for this via ferrata located 15 mn from Millau, on the Causse Noir: a yellow and red course. Activity begin with a hike (walking) from the Causse to dive quickly on the cliffs of the Dourbie Gorge. Very pretty via, quite upright with outlook over Millau and its work of art, the Millau Viaduct. From 2 to 3 hrs of activity, according to the participant level.

Via Liaucous Located 15-20 minutes. Millau, on the road to Le Rozier, at the gateway of the Gorges of the Tarn and Jonte. The activity begin with a hike on the side of the Causse. 2 courses possibles: blue and red (the Red remains more physical, overflow ways !). On the top of the course a beautiful tyrolean ispassable... Wonderful spot in a beautiful chaos of limestone (ruiniform laps). From 3 to 4 hrs, according to the participant level.

Rent Equipement We offer the rental of equipment for people of + 40kg who do not want a formula accompanied by one of our monitors. Equipment: harness with lanyards loins and pulley.



INFORMATION

- group rate from 5 persons
- from 12 years old
- year-round reservation
- via of boffi closed from march 15 to May 21
- (nature protecting law)
- contact us to know ours availabilities
- Horizon phone number 00 33 5 65 59 78 60
- monitor insurance included
- shuttle is not included

DAY OF ACTIVITY

- sports or hiking shoes
- seasons clothes, depending on the weather
- meeting place at the via ferrata car park
- water and energy bars

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CLIMBING



EN ENGLISH

Climbing in the Gorge Discover the most beautiful climbing routes of the area on major sites. For a first approach of the activity to develop techniques of climbing.



Climbing Exceptional routes on the famous Gorges du Tarn, Gorges de la Jonte or Gorges de la Dourbie.



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Climbing Discovery A formula for a first approach climbing blocks and boulders on a half day... From 10 years old. Group only.

High course For experienced people, we offer escort with a State monitor to discover the Jonte, Tarn and Dourbie Gorges. From 3 to 4 lengths, depending on the chosen route, many possibilities of path up, depending of your level of climbing.

INFORMATION

- from 10 years old
- all year-round on booking
- contact us to know our availabilities
- Horizon millau phone number 00 33 5 65 59 78 60
- monitor insurance included
- suttle is not included

DAY OF ACTIVITY

- sports or hiking shoes
- communicate us shoes size for slippers
- seasonal clothing weather
- meeting place at climbing car park or on the way to
- water and energy bars

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SHOP HORIZON

Horizon Millau Shop Our instructor's office and shop are located at Foch square, just few steps from the tourism office and the museum of Millau.

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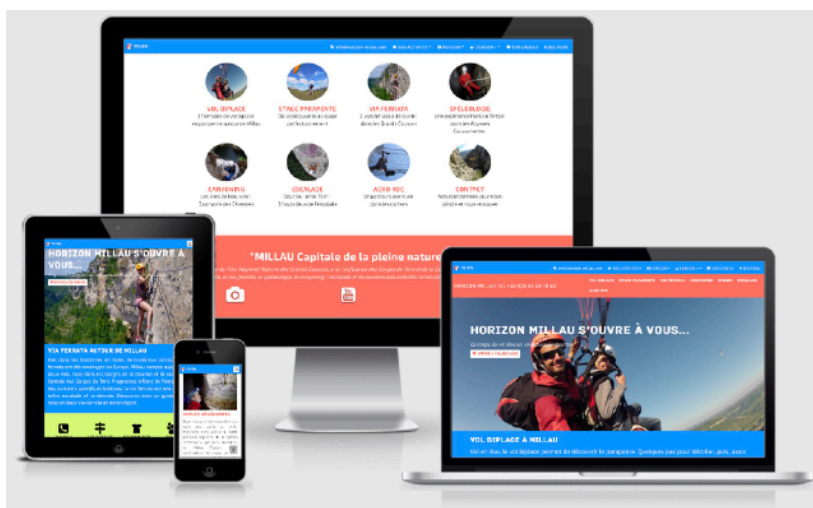


Horizon Millau Since 1996 our office instructor follow our customers to discover sports leisure activities in Millau, in the Parc Régional des Grands Causses and the Cévennes National Park. Specializing in the sale of sports equipment, we will advise you for the choice of your equipment.

SMARTPHONES, TABLETS, COMPUTERS :

Our website is adapted to all screens. Online Shop, photos, videos, activity descriptions ...

WWW.HORIZON-MILLAU.COM



HORIZON MILLAU

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NOS LABELS

- french school of free flight
- brand quality style millau
- regional park label of grands causses
- establishing youth and sports

RECOMMENDED BY

- le «Guide of Routard»
- le «Petit Futé»
- Lonely Planet



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