

Cross-Country (XC) Clinic

Skill-Building Programme

Distance, strategy and real-world airmanship

ParaglidingBawas · Bir Billing, Himachal Pradesh · October

www.paraglidingbawas.com · +91 98209 11994

PREREQUISITE Thermalling Clinic + P3	DURATION 7 days	LOCATION Bir Billing, HP	SEASON October	LEADS TOWARD P4/P5 exam skills
---	---------------------------	------------------------------------	--------------------------	---

ABOUT THIS CLINIC

From lift to distance

Once you can thermal reliably, this clinic teaches you what to do with that altitude. You will learn to choose and fly a cross-country line, read the valley ahead, manage retrieves, and make the real-time decisions that define XC flying. This clinic must be preceded by the Thermalling Clinic — thermalling is the foundation that XC flying is built on. No rating is awarded here; the clinic develops the skills and logged hours you will need when you sit your P4 and P5 exams.

CURRICULUM

What you will practise and learn

01 XC Strategy & Theory

Daily briefings · Evening classroom sessions

- XC flying strategy — choosing and committing to a line
- Headwind vs tailwind management in flight
- Finding lift between thermals — ridges, convergences, blue thermals
- Ground speed vs air speed — knowing when to push on
- Cloud-flying regulations and cloud-base awareness
- Flying in teams — communication and group XC protocols
- Airspace rules, air law, and radio communications

02 Practical XC Flying

Daily supervised XC flights · GPS track debriefs

- Supervised XC flights up to 10+ km per day (conditions permitting)
- Live weather reading and real-time decision making during flight
- Post-flight GPS track analysis and debrief
- Reserve deployment procedure and emergency drills
- Navigation — GPS waypoints, map reading, valley orientation
- Things to carry and prepare for an XC flight
- Basic survival skills and first aid for remote landings

03 Out-Landings & Retrieve Skills

Real-world field scenarios every day

- Out-landing field selection and approach in unknown terrain
- Crosswind, tailwind, and confined-area landing techniques
- Top landings in thermic and turbulent conditions

- Retrieve logistics — communication, pick-up points, timing
- Overnight packing for multi-day XC expeditions
- Tree-landing awareness and emergency procedure
- Packing and care of equipment after an out-landing

WHAT COMES NEXT

Your path from here

When ready →	P4 Exam	Sit the P4 examination separately once you have 60 hours and the skills developed across both clinics.
Then →	P5 Exam	Continue building XC hours and experience toward the Advanced P5 exam with ParaglidingBawas.
Always →	Students for Life	Trust yourself to fly independently — you have the skills. We are here if you ever want to return.

ParaglidingBawas · www.paraglidingbawas.com · +91 98209 11994 Bir Billing, Himachal Pradesh · PAI aligned · FAI/IPPI compatible