















Cost (2005))	
Ridge Check Flight	~ \$	120 US
• 2000' Tow	\$	32 US
 Bunkhouse/night 	\$	20 US
 Trailer tie down/month (trailer in hangar) 	\$	30 US
Hangar/month (rigged)	~\$	60 US
 Winter storage/month 	\$	30 US
Canadian Advanced Soa	*	















Av	Nationa iation	Weath	er Serv her C	Cente	r			(2)41 (2)47) (2)47 (2)47)	188014 181 6 8688 10 050	ed from ED ON D4 10002	PBC831 # 18003 PCA USE	NBC 0419	14) 02. TEMP	9 NEO AB	y 24000		
Site Map	2.1	New			Orga	nitation	-	17	3000	4000	9000	12000	18000	24000	30000	34000	2900
	AWC Hume > V	Vods/Temps /	Alat > 14. F	2 West				827	2020	2221+10	2417+05	2616-01	2816-18	2032-20	205343	284551	24785
	HOF							10.05	2112	2110-10	2512+05	2014+00	2620-17	2045-27	204540	278549	27965
	NCE	winds	AIOIT	Foreca	STS - N	EUS	1 TLA	162.0	2114	2211+12	2713+07	2922+02	2423-14	2849-25	277038	278948	27945
					for state			2224	1827	2131+13	2420+07	2520+01	2622-17	2510-27	252542	264350	26555
	18.35 070	a Lur Phi Lut	19.25 010	Ŵ	UP LOS Pri	112.141 (2)	H.M. 24	1.75	1924	2326+11	2228+09	2528+05	2641-13	2754-25	245138	279047	77005
1.0								HTT	1915	2117+12	2215+08	2630+03	2633-12	2746-25	278238	279448	27955
(Esta	acted from	880831 K	100 2415	543				21/7	1935	2227+13	2621+07	2425+02	2637-16	3647-27	265940	266348	24785
PDIUS		*****						323	1924	2326+10	2332+06	2424+02	2644-14	2750-26	276141	267430	21625
VALID	0100003	FOR URE (0000-040	DI. TEMP	5 NHO AN	7 24000	e 1	040		2029+17	3324+10	2527+02	2426-15	2422-24	253242	253952	26475
							100	711	1834	2132+14	2222+09	2416+01	2413-16	2205-24	221143	253051	26435
FT 2	000 6000	2 9000	12009	19200	24000	30000	3400	ENA	2023	2224+11	2321+04	2417-01	2022-19	2833-30	303444	294192	29535
BDL 3	128 3121-0	5 3124-08	3134-12	3149-22	3358-34	315749	29435	107.14	1924	2141+03	2237+05	2325+02	2724-17	2422-28	273042	275251	27645
Call 1	\$19 2212-D	2412-11	2215-16	2211-24	2012-10	161543	1827	TRI		2821+03	3024+02	3128-05	3132-18	3134-31	314846	304853	30555
FARE 3	020 3116-04	3015-11	3118-15	3126-26	3028-37	292044	2727	1110	241.7	2421*10	2010-03	3118-93	0049-10	2743-74	304940	290104	27440
EMI 3	526 3249+01	3251-01	3254-04	3153-21	3153-33	315549	31587	201		2120	2220+10	2420104	2132-14	2712-21	242741	244047	214010
ACR. 3	023 2910-03	\$ 2524-09	2930-13	2937-23	2950-35	285245	26414	880	1755	\$900+19	2313+14	2327+08	2641-00	2615-21	247134	277945	27845
808.3	025 3017-0	\$ \$522-10	3025-14	3040-24	3041-16	304545	28384									*10747	76035
BML 2	824 3326-0					-										19345	77045
ALL 3	108 322T-0	h	40	• //	014	u o	41	-	-		~ ~	4h	~ *	~		5443	24745
BUF 2	129 3237-0				аν			U		W	88		ег	_U	ΟV	19048	78205
E MYL	132 3241-01				~ •			-			~~		•		-	19247	77126
F18 2	929 3118-0							1107		2420+13	2323+10	2728402	2131-13	2544-25	234942	258250	25915
818 3	135 3238-04	1 3245-08	3248-10	3340-21	3261-34	325850	32671	188		2114+20	2216+11	2317+02	2428-15	2430-25	255243	234551	25735
CMR 2	106 2922+0	3023+02	3028-04	3237-20	3241-32	224948	3341	100	1517	2410+17	2622+11	2527+06	2643-10	2684-23	268036	263444	24995
CV5 2	112 2520+0	2118+03	2919-04	3126-19	3129-31	332444	34463	10.7	10.00	2211+13	2520410	2225414	2646-12	2220-24	249137	265144	19015
A90.3	019 3133+01	3139+00	3147-07	3259-21	3246-33	326448	32611	242	1423	2010-14	2522+11	2425+04	2431-11	2661-22	248037	269545	76115
ATP 3	111 1212 0	3248-05	3252-08	3260-20	2257-34	315350	31455	123	1020	2222+17	2426+10	2522+01	2418-15	2732-26	276841	275250	26465
100	3249+0	3352-02	3258-01	3259-22	1256-14	375549	31591	101	1723	2229+13	2229+11	2427+06	2438-11	2763-24	268937	279446	77035
210 5	122 3130+0	3235+01	3243-05	3140-20	3154-32	315548	30401	704	1718	1921+13	2118+10	2425+04	2731-11	2755-24	278636	279046	77005
BOA 3	017 3038+0	3133+02	3235-04	3240-19	3142-31	314448	31495	4.73	1708	2309+12	2308+04	2912+02	2428-12	2943-23	277034	200245	28905
CRW 2	900 I937+0	3027+02	3129-04	3237-20	3142-31	324448	32515	851	1735	1927+13	2312+12	2423+07	2636-08	2660-22	277436	278245	21905
273	3126+0	3338+01	3244-06	3251-19	3154-32	325648	31513	852	1414	1512+14	9900+10	3106+06	2823-09	2956-20	276134	276444	27725
					Ca	nadi	an /	٨d	van	ced	Soari	ng		0	*	P	





All Sorts of Lift - Wave

- · Plateau is the trigger
- Helps crossing gaps before convection kicks in
- Comfortable cruising at 8
 12,000 ft
- Can stretch for hundreds of kms
- Entry points: Ridge
 Soaring, Tyrone,
 Cumberland, Keyser
- · Over the valley

Canadian Advanced Soaring





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Canadian Advanced Soaring





































How to Prepare for Long Flights

- Practice long flights to build up stamina
- Comfortable seating
- Enough water and food
- Battery capacity
- Logger capacity
- · Lots of rest beforehand
- Light breakfast no coffee















