



X-sail X-perience

If you've booked a course -

Please read the instructions below

Our X-sail events take place on the West Sands beach at St Andrews, when the tide is out. It depends on the wind being strong enough, so you must call to hear our recorded message the evening before your session to check whether it will go ahead.

- We'll cancel if the wind is not strong enough, saving you an unnecessary trip.
- You can then rebook for an alternative date.
- Rain or snow is OK, only the wind is important.

You **MUST** call **08453 702704** – after 19.00 hrs, the day before your booking.

Please **DO NOT** call this number for any other enquiries , as it can't take messages, but instead email us at x-perience@x-sail.com

What to bring

You'll be on an exposed beach in windy conditions, and it might even be raining. Please come prepared with:

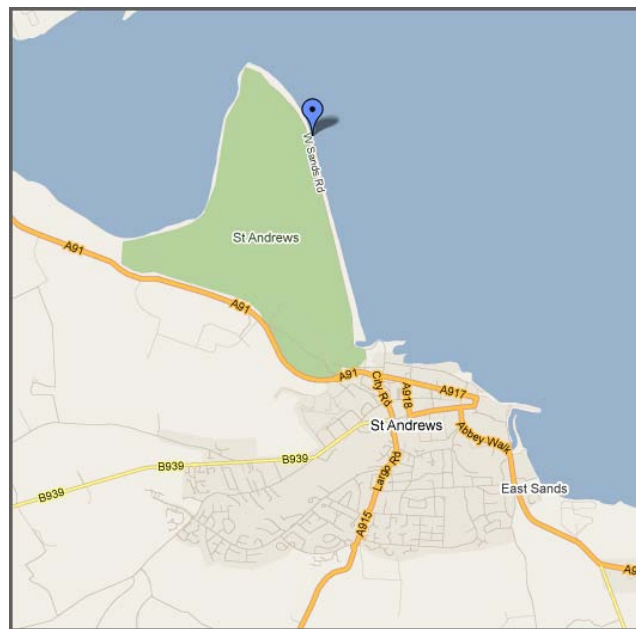
- warm clothes
- waterproof jacket and trousers
- good stout footwear
- Eyewear – sunglasses, old ski goggles or safety specs
- A camera to take pictures and videos for our “Biggest Grin” competition
- Food and drink – but no alcohol please.
- There are no toilets at our part of the beach – use the toilets you'll see in the car-park as you approach along the West Sands Rd

How to get there

Please arrive with plenty of time. The meeting place is in the beachside car-park after traveling along the West Sands Road behind the dunes, at the point where the sea again becomes visible on your right hand side.

- Approx 1 hr 30 mins from Edinburgh,
- Approx 1 hr 45 mins from Glasgow.

- Please check a map and plan your trip.
- If you miss your booking we can't rebook you.
- If you're late we'll start without you



What happens on the day

Our qualified X-sail instructors will give everyone the best time possible, but always with safety in mind. Please listen carefully to their instructions and advice.

- 8 X-sails for each group
- Full briefing on the X-sail and safety equipment
- Instruction and demonstration
- Sail size selected for your weight
- Helmets selected for your head size
- Get the wind in your sail and start grinning.

We reserve the right to finish your session early if you don't follow the instructions, or behave in an irresponsible way.