




Site Guide: Cook Terrace (Paragliders) <small>Otherwise known as Robert Dunn Reserve</small>		
Ideal Wind Direction	East. Site will accommodate ENE to ESE for PG2. PG4 rated pilots may fly NE ridge in NE wind direction.	<p style="text-align: center;">Looking North</p> 
Height	25m /82' AMSL	
Type	Coastal Cliff	
Rating	PG4 with the following exceptions, <ul style="list-style-type: none"> • PG2/PG3 but only after approval from an SPHGC Safety Officer or SPHGC Duty Pilot before each launch. • PG2 need direct on-ground supervision from a an SPHGC Safety Officer or SPHGC Duty Pilot during the period of their operations. 	
Coordinate	33.68745:S, 151.30904:E	
Comments	This is a great fun site that is very popular due to the large grass park and non-metered parking right next to the site. During busy days a Duty pilot will manage flying activities, launching, ground handling and duration of each pilot's flight. Pilots are asked to share the air. Due to site sensitivity, please maintain 25m separation from houses and remember this is a popular public shared space. Best behavior please.	
Location		Near the intersection of Narrabeen Park Parade and Cook Terrace, fifty minutes drive from the city centre. Traveling north on Pittwater Rd, turn right at the hospital into Coronation St, then follow the road out to the beach and turn right again up the hill. Parking in the car park along Narrabeen Park Parade.
Description	A large grassy park atop a sandstone cliff which faces almost due East but has a turn towards the North West at the northern end.	
Takeoff	This has been a popular low airtime pilot site until the recent installation of a 900mm high fence near the cliff edge. This has made the site more hazardous. You should not launch unless you have the skills and the wind conditions will allow you to clear the fence. When launching, do not step on or launch from the fence. There is a danger that doing so may unweight the wing and result in a collapse. Be aware that at the northern end of the cliff, the circuit direction may vary based on conditions. Speak to a duty pilots for advice. Be aware of this possibility.	
Landing	The beaches to either the north or south of the headland. The park at the northern end in front of the hospital helipad is an excellent landing area when the wind is E, ENE or NE. Due to the slope exercise caution when the wind is ESE and do not land in the park when the wind is SE. Top landing is suitable for experienced pilots. Always remain east of the road. Non-experienced pilots should seek advice. Take care to look out for spectators as this is a very popular park. Once you've landed, please drop your wing to make it easy for others to also launch or land. Be wary of the fence on top landing approach.	
Restrictions	Lower Level of controlled airspace is at 2500'	

Hazards	<p>There are often many spectators that must be avoided. There is rotor behind the bush on top of the cliff near the northern end.</p> <p>There is a 900mm high fence along the cliff edge. Do not underestimate this hazard especially on launch. When conditions are light a good decision would be not to launch.</p>  <p>Keep an eye on the wind direction. When the wind is to the South of East don't fly the North East facing part of the ridge.</p> <p>If landing on Warriewood beach, land on north end of the beach, to avoid rotor off Turimetta Headland. There are power lines running from the toilet block on Warriewood beach.</p> <p>Top landing - It's an unleashed dog park.</p> <p>When the wind turns NE flying is restricted to PG4 pilots.</p> <p>A common incident is a pilot getting too south, too low and not being able to penetrate the venturi for a safe landing on Mona Vale beach. Rocks and water below the ridge make an unsafe landing. If too low and too south don't turn back to the north, instead continue downwind to Warriewood beach.</p>
Alt Sites	Long Reef NE (PG2), Turimetta ESE – SE (PG4), Warriewood NE (PG4).