



PARAGLIDING: AN ADVENTUROUS WAY OF FLYING IN THE SKY

CASE STUDY/INSIGHT

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Flying is every man's fantasy and desire. Paragliding is a different kind of experience that allows a man to fly and enjoy the flight just like a bird. Paragliding is a recreational adventure sport of flying parachutes or paragliders, which is lightweight, free-flying, foot-launched glider aircraft with no rigid primary structure. Though Paragliders are not fitted with engines, they can fly for many hours in the sky and travel hundreds of kilometre, and also gain impressive altitudes.

Safety of paragliding can be assured with good preparation, good launch, reaching the landing zone with sufficient altitude for an approach and good landing. Paragliding is influenced by several atmospheric factors. Wind direction and wind speed near the ground and altitude are some of the most important parameters. The cloudy weather and precipitation and its forecast also influence paragliding. Hence, the paraglider needs to study the atmospheric conditions and then fly.

Paragliding requires a strong desire and passion to fly. It requires a high level of confidence, courage, boldness, fitness, fearless and adventurous mind. Before flying paragliding, he/she should undergo training and also learn in detail about the various atmospheric factors and be aware of safety precautions. When we watch paragliding, we could see birds flying with paragliding person assuming them as birds. This is the beauty of paragliding.



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When tourists visit important tourist spots like Pokhara in Nepal, spots near Himalayan Mountain, peaks in Phuket Island in Thailand; they could see sites exclusively for paragliding. If you are a traveller and you get to visit tourist spots, try visiting paragliding sites to watch the adventurous flying sport. If you get a chance to meet the people who paraglide, try interacting with them about their experiences of flying, practising methods, passion, the benefits and the risks they experienced.

Paragliding is said to have positive effects on the body and mind. Paragliding reduces stress and enables them to focus only on the present moment. It also improves concentration. It burns calories, boosts adrenaline secretion which creates energy and excitement. Paragliding gives exposure to fresh air, sunlight and nature. Flying in high altitudes air will give a feeling of great achievement and boost confidence. Nothing could be equated to the pleasure of seeing our world's beauty from a great altitude. Paragliding is an adventurous air sport that gives joy and enjoyment to both the person who paraglide and the audience.

