

## Paragliding

lying allows man to feel truly free.

Has long ceased to serve as a parachute, the longest flights today already exceed 300 kilometers. To try your hand at this sport it is best to subscribe to one of the existing clubs existing in our country. There we go, we can start the course and glide. So the first step. L or "pre-flight" is aimed at the domestication candidate with the equipment and preparing for self-fly. There are no special skills required or the medical examination, should simply be in decent shape. Paragliding is a sport, the idea arose in the late forties in the U.S., but was only completed in the early eighties in European countries. At once there was a very dynamic development of this discipline, given that it is the cheapest and most readily available air sports and almost anyone can achieve in this way his dream of flying.