

air experiences

a bird eye's view

Whether you travel by water, sea or air, Costa da Morte offers great opportunities for the enjoyment of its cultural and natural heritage from different perspectives. Travelling by land, sea and river is tempting enough but the possibility of enjoying it from the air adds an extra and lasting impression. Flying has been in people's minds since ancient times as the Greek myths of Icarus and Daedalus show.

This desire has now become a reality. Flying can be free or powered, but in order to live the experience you must take into account a number of safety measures; some knowledge of meteorology as well as how to handle the material is required too.

Independent practice without having taken any lesson with a qualified instructor is not recommended.

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Activities: courses and "try ultralight"
flight

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COSTA DA MORTE
Asociación de Turismo CMAT



**XUNTA
DE GALICIA**

galicia

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**EXPERIENCES
OF ACTIVE AND SPORTS
TOURISM IN
COSTA DA MORTE**



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gliding

Gliding is an air sport whose origin can be found in the first attempts of flying an aircraft. Despite the first studies presented by Leonardo da Vinci and other inventors, it was in the nineteenth century when the first flights took place. The German engineer Otto Lilientha is considered as the father of gliding but the contributions made by people such as George Caley and the Wright brothers were also very important.

Costa da Morte offers several areas for the practice of hang gliding and paragliding. These two varieties of free flight share common origins; first, hang-gliding (triangle) was patented by Francis Rogallo in the 50s. NASA supported its development, focusing later its research on a parachute for spacecraft recovery. This led to the creation of the paragliding but its origins are confused with other aerospace modalities.

In order to practise independent free flight, it is essential some basic knowledge of meteorology as well as a perfect mastery of the air masses (thermal, dynamic and turbulences); likewise, a good knowledge of the airspace and the terrain where take-off and landing will take place.

Costa da Morte receives many enthusiasts of these sports. Hang-gliders and paragliders can be often seen over the beach of Leira, near Caión, on the left side of Razo-Baldaio Beach in Carballo, over the hillside near Soesto Beach in Laxe, over the beach of Carnota and over the Xallas River, enjoying a bird eye's view.



hang gliding

The first hang-glider took place in the United States in the 1970s, while jet-propelled kites were used in Australia. In Galicia, the first championship was held in Mondoñedo in 1979.

The rigid sail evolved, requiring basic technical know-how on take-off and landing. In order to fly, the ascending air currents must be used and for an exciting and safe experience both balance and resistance are key. Unlike paragliding, the presence of wind is not essential but, on the other hand, the transfer of material is more complicated because the wing has to be transported to the flight departure area.

For its practice, the following is required: a rigid sail, harness, helmet, an emergency parachute, a double safety hook and warm clothing.

paragliding

Paragliding was born out of the first square parachutes used by NASA; its name refers to parachuting in a slope, which has been practised by mountaineers in the French Alps since the 80s.

The paraglider is a flexible rectangular wing with flying and manoeuvre capacity that allows for a controlled descent; the wing is deployed from a slope. It can be practised throughout the year, although the best conditions are usually in summer, when the weather is more stable with noon being the most complicated part of the day.

In order to practise paragliding a strategy while flying and above all, a high degree of concentration are required. The sail or paragliding, together with the harness and the chair, the helmet, radio equipment and warm clothes are essential equipment.

It is also advisable having a GPS and a barometer once the induction course has been completed.

Its easy handling and size has meant its popularisation since the 90s despite the fact that, unlike hang gliding, its practice requires wind.



powered flight

The American Wright brothers undertook the first controlled powered flight on December 17, 1903, which used a catapult to take off. Three years later, Brazilian Santos Dumont carried out the first powered take-off with a safe landing, thus inaugurating modern the modern aviation era.

paramotor

The paramotor is a powered paraglider that was developed when the specialists of this sport added a motor of propulsion and a propeller to the chair. This allows the aircraft to take off, gain altitude and land on almost all types of flat terrain (beaches, meadows, fields, etc.).

The first flight was carried out in 1988; it was a heavy aircraft whose handling of take-off was difficult. Then, in the 90s, thanks to lighter materials and engines, its practice became more popular. The driving is the same as in paragliding, with the handling of the gas controller as the only difference.



ultralight

Ultralight aviation is a 1-or-2 seat lightweight and low-consumption sports aircraft. Halfway between a plane and a hang glider, the first aircraft of its kind was conceived in the United States, when a hang glider was powered. The first ultra-light machines were called trikes because in order to control the aircraft the entire wing had to be moved in a swinging motion. The new materials and engines improved the performance of ultralights in the twenty-first century; carbon fibre became the most widespread material. Its lower price meant that recreational aviation became more popular.

Neither a flight plan nor air control is needed to fly, which gives more freedom of practice. However, specialist training is essential for piloting.

