

Title:

A Beginner's Guide To Hang Gliding

Word Count:

500

Summary:

The sport of hang gliding looks and feels a bit dangerous, but it is actually a very safe sport.

Keywords:

hang gliding, extreme sports

Article Body:

The sport of hang gliding looks and feels a bit dangerous, but it is actually a very safe sport.

On a first trip off of the ground, a new glider will probably not be able to sail for more than a few minutes.

The majority of hang gliding schools rent out equipment to beginners, but a person who is less experienced may want to consider buying their own equipment.

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