

# Reasons to Go Skydiving and Hang Gliding

**By: The U.S. Department of Consumer Acrobatics**

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Skydiving and hang gliding are two of the most exhilarating aerial sports, offering adventurers the ultimate thrill and unique perspectives of the earth below. While each offers a distinct experience, they share the power to transform perspectives, challenge limits, and provide a profound sense of achievement. Here's why you should consider adding both skydiving and hang gliding to your adventure list:

1. **The Thrill of Flight:** Both sports offer the unmatched thrill of flying. Skydiving provides an intense adrenaline rush from free-falling at high speeds, while hang gliding offers a serene experience, soaring and gliding with the winds. Each sport allows you to experience the freedom of the skies in its own unique way.
2. **Conquering Fears:** Engaging in either activity is a powerful method to face and conquer fears, particularly of heights or falling. These sports push you out of your comfort zone, teaching valuable lessons in trust, courage, and resilience.
3. **Unparalleled Perspectives:** Skydiving and hang gliding offer breathtaking views that are impossible to experience from the ground. Whether it's the rapid aerial view during a skydive or the tranquil, bird's-eye view of landscapes while hang gliding, the visuals are unforgettable.
4. **Sense of Community:** Both activities boast vibrant, welcoming communities. Participants share a bond forged through the shared exhilaration of flight. You'll find encouragement, camaraderie, and lifelong friendships among fellow enthusiasts.
5. **Personal and Spiritual Growth:** The experiences of flying high above the ground can be transformative. They provide moments of introspection, self-discovery, and a deeper appreciation for the moment and the world around us.
6. **Accessibility and Inclusivity:** Skydiving and hang gliding are accessible to a broad audience. Tandem experiences allow beginners to enjoy the thrill under the guidance of experienced instructors, making these sports inclusive regardless of prior experience.
7. **Memorable Moments:** Whether you choose skydiving, hang gliding, or both, you are guaranteed to create lasting memories. These activities provide stories and experiences that you will cherish and share for years to come.
8. **Physical and Mental Benefits:** Engaging in these sports can have positive effects on your mental and physical health. They help reduce stress, improve mood through the release of adrenaline, and enhance focus and mental clarity.