

CELEBRATING THE BEST OF THE BRITISH COASTLINE

coast

PUBLISHED BY
COUNTRY LIVING
MAGAZINE

Living by the sea

JULY 2007 £3.99

56 PAGES OF
WATERSIDE HOMES
FROM A LIGHT-FILLED
ECO-HOUSE TO A
RENOVATED TUGBOAT

SAND DUNES & SALTY AIR
EXPLORE NORTHERN IRELAND'S
THRILLING COASTLINE

PROPERTY

HOW TO BUY A
MODERNIST SEASIDE PAD

**THIS WAY
TO THE
BEACH**

IT'S TIME FOR PIERS,
COASTAL WALKS AND
LASHINGS OF SUNSHINE





■ WHERE TO LEARN

You can paraglide year-round from flying sites all over the UK, but Cornwall, Wales and the Isle of Wight are often hailed as the sport's coastal hotspots. Ideal conditions for cliff soaring are light winds (12-16mph). Pilots are attracted to the coast not only for the views, but also for the thermals (air currents), which are generally smoother than those inland. Check out the British Hang Gliding & Paragliding Association (BHPA) website at www.bhpa.co.uk for info and accredited paragliding centres across the British Isles.

fact file: paragliding

■ WHAT IT COSTS

Despite being one of the least expensive 'free-flight' sports, paragliding isn't a cheap hobby. A start-up kit includes a new paraglider (£2,000), a harness (£400-£500), a helmet (£100) and some decent boots (around £120). It's not compulsory to join a club, but it's wise. The nationwide network of BHPA clubs offers a supportive flying environment, a good social scene and access to flying sites. BHPA membership costs £77 per year (including third-party insurance and a subscription to its magazine). Training to the level that you can fly your own canopy in a club environment (Elementary Pilot and Club Pilot qualifications) costs around £1,000 and takes about 10 days. From there, regular airtime and a further

exam in navigation, air laws and meteorology will take you to the next level – that of a fully qualified pilot ready to master stunts and undertake cross-country flights.

■ WHERE TO STAY

Hanas An Mor B&B, Droskyn Point, Perranporth, Cornwall (01872 573158, www.perranbb.co.uk). This gem of a B&B has 'in your face' views over Perranporth Beach. There are two chintz-free double rooms – the jewel being the St Piran room with its private deck. You'll feel like part of the family as you fuel up on one of Sally's hearty cooked breakfasts, made with Cornish produce, fresh bread and homemade preserves. And, after the exertions of paragliding, you'll be glad to return to the fluffy robes and sauna that await you. Rooms from £70 per night (families welcome).

WATCH THE PROS

CURRENTLY RANKED BRITAIN'S NUMBER-ONE FEMALE PARAGLIDER, BRITISH TEAM MEMBER **NICKY MOSS**, 38, EXPLAINS WHY SHE LOVES THE SPORT SO MUCH



"About eight years ago I took up paragliding after I'd seen people flying in the mountains where I skied and climbed. What I love about the sport is the freedom and escape – sitting under a cloud and drifting with the wind, or flying above a cove, playing with the birds and watching dolphins in the surf below. I love to fly with friends by the coast, then land on the beach and jump in the sea to cool down. My most memorable win was in the Himalayan Open in 2004, flying with vultures and then landing as the sun set in the Tibetan villages. I get to see some amazing landscapes that no one else has seen from that perspective."