

**"LIFE'S A BEACH"**

Episode 04

First Draft 08/31/17

**SERIES INTRO:**

001

Blazing sun

002

Pristine white sand

003

Clear blue water

004

Words of leisure

005

A world of vacation spots

006

From Barbados

007

To the Barrier Reef

008

Whether you're into roaring waves with your family and friends

009

Or quiet shade by yourself

010

These are the destinations of your dreams

011

The beaches of your life

**EPISODE INTRO**

012

From the gentle lapping of the azure blue waters of the tropical Atlantic

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To paragliders flying high above

014

And the history of beach accessories of all kinds

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This episode will first take a look at the many beaches of Brazil

016

The number one beach country of South America

017

From Rio de Janeiro to the northern coast

018

Before moving onto paragliding and parasailing

019

The history and development of it

020

Along with a detailed look at the equipment and techniques used

021

Then rounding off with a look at all kinds of beach accessories through time and across the globe

022

From parasols to swimming goggles

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But first, let's dive into the waters of South America

**SEGMENT 01:**

024

Brazil

025

The biggest country of South America, it is also the most populous and the biggest destinations for tourists from around the world

026

With one of the longest coastlines in the world at over 4600 miles long, it has more sand beaches than any other country in the world

027

Receiving over 5 million visitors every year from all across the globe

028

The most visited destination being Rio de Janeiro, receiving more than half of all visitors to the country

029

The most visited city in all of South America and former capital of the Portuguese Empire and later on the independent nation of Brazil until 1960

030

It is widely known for its wild parties and carnivals, music scene, film festivals and literature

031

As well as the 50 miles of white sand beaches surrounding the city just below the famous Corcovado and Sugarloaf mountains overlooking the metropolis

032

The most popular beaches being the famous Copacabana Beach

033

Flanked by both mountains and high-rise hotels, it is lined with kiosks and bars all along a mosaic-covered promenade known as Avenida Atlantica

034

It is also the most crowded beach of Rio, with not only swimmers and surfers, but also volleyball and soccer matches as well as dance parties taking place right on the beach at any given time

035

For a more upscale experience, the adjacent Ipanema beach is popular for its proximity to the central high-end hotels and resorts

036

Immortalized in songs and poems, it is considered one of the most beautiful beaches of Brazil

037

Though it is today almost as crowded as its nearby rival

038

The longest beach of the Rio area is the Barra da Tijuca, stretching on for 11 miles of unbroken beachfront with some of the best waves for surfers looking to explore all that Rio has to offer

039

While near the foot of the 1300 foot tall Sugarloaf Mountain, one of Rio's smallest beaches remains popular

040

Praia Vermelha, known for its reddish sands and calm waters, secluded in a cove, making it ideal for families and sunbathers looking for a more relaxing experience

041

If you want a more secluded beach, Prainha beach further along the coast is consistently quiet, flanked on either side by rainforest-covered mountain ranges and bright blue waters

042

With only a handful of visitors and shops

043

While Lopes Mendes beach on the island of Ilha Grande, just a short distance south of Rio, is not only secluded but widely considered the most beautiful beach in the region

044

Two hours further east of Rio, Praia do Forno offers shallow, crystal clear waters and immaculate sands, also with minimal interference by mainstream tourism

045

The nearby resort town of Armacao dos Buzios featuring several other renowned beaches as well with crystal clear blue waters ideal for snorkeling

046

Outside of Rio, Sao Paulo remains not only the financial capital of Brazil, but also the second most visited city by beachgoers

047

Just an hour away from the city, numerous resorts and beaches dot the coastline

048

Including Santos, Praia Grande and Guarujá

049

While further out, Maresias beach 4 hours from the city is considered one of the best high-end beaches open to the public, with many surfers favoring it over the beaches of Rio and elsewhere along the coast

050

But one of the very best beaches of the country isn't on the coastline at all

051

It is on the banks of the Amazon river

052

Alter do Chao, a resort town and formally a district of the city of Santarem located 20 miles west, deep in the northern state of Para

053

It is surrounded on either side by national rainforests reservations

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It is often called Brazil's answer to the Caribbean in the midst of the jungle

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With river boat rentals and diners all along the white sand beaches

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While in the north east, the archipelago of Fernando de Noronha in the middle of the Atlantic offers some of the best ocean view beaches in the country

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A small group of 21 volcanic islands and islets 220 miles offshore from the mainland

058

It is comprised mainly of a national maritime park and designated a UNESCO World Heritage Site

059

Accessible by plane from Sao Paolo, Recife or Natal

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The main island in particular popular among tourists for its many beaches

061

Such as Praia dos Americanos

062

Praia do Sancho, a hidden beach only accessible through a crack in a rock wall

063

Baia dos Porcos, known as one of the few rock beaches popular among tourists, is ideal for swimming and diving

064

With large rock pools dotting the length of the small bay

065

And Atalaia, a natural saltwater pool

066

All with crystal clear warm waters year round and abundant wildlife of turtles, octopuses and fish

067

Among other sights back on the northeastern side of the continent you'll find Jericoacoara, or Jeri, for short

068

Formerly an isolated village amidst sand dunes and lagoons has today become a premier site for yacht owners, wind surfers, kitesurfers and sand boarders from all across the world

069

Similarly, the national park of Lençóis Maranhenses is renowned for its beautiful blue waters, despite being primarily inland

070

As series of lagoons have formed in the sand banks, creating brilliantly clear pools of water among the dunes

071

For romantics and surfers alike, nothing beats the laid-back tranquility of Love Beach near Pipa

072

Its name derived from the sandy curves that from afar form the shape of a heart

073

Further south Carneiros Beach near Tamandare is widely known as one of the finest beaches available for the whole family while still remaining largely untouched by the mainstream tourism industry

074

While in the east, the Marau Peninsula remains largely untouched with multiple natural azure blue lagoons and white sand beaches such as Praia Taipus de Fora

075

Known to be one of the most beautiful snorkeling spots in the country

## **SEGMENT 02**

076

While a relatively new activity among beach goers everywhere

077

Parasailing and paragliding has become a mainstay of beaches everywhere

078

While both may be classed as a competitive sport, they are also commonly used for recreation

079

Parasailing being a person, known as a parascender or pilot, equipped with a specially designed canopy towed by a vehicle to achieve flight, having little control over the direction or altitude

080

While paragliding involves a person suspended under a more complex canopy wing with far more control

081

Taking flight either by towing by a vehicle before disconnecting into free flight

082

Or by launching into the wind, typically from an elevated position such as a cliff or a hillside

083

Either by forward launch, running forward, used only when in low winds so as not to be jerked backward once the sail is inflated

084

Or by reverse launch in higher winds, where the pilot faces the wing to bring it up to flying position and inflating it before turning around and running to complete the launch

085

The flight may then last several hours and cover hundreds of miles through careful adjustment of angle and direction of the canopy against the wind

086

The history of both forms began in the 1950s

087

As parachuting had been extensively practiced during World War II, it continued to be practiced by civilians in the years that followed, sparking a new industry of recreational airborne activities

088

Increasingly advanced parachutes developed allowing for gliding and steering using segmented parachute cloth featuring so-called cells

089

Strategically placed to aid maneuverability

090

Followed in 1961 with the invention of the first ascending-gliding parachute by French engineer Pierre-Marcel Lemoigne

091

Featuring cutouts at the rear and sides to allow it to be towed into the air and steered

092

Initially used as a training tool for parachutists by towing the parachutist to reach a certain height, after which they would detach and practice steering and gliding on their own

093

Leading inadvertently to the invention of parasailing

094

Shortly thereafter, Canadian-American pilot and inventor Domina Jalbert invented the parafoil

095

A so called ram-air double-surfaced fully flexible cloth that proved to profoundly change kiting, parachuting, skydiving, paragliding and parasailing forever

096

Enabling a high degree of lift while still being easily maneuverable

097

Eventually leading to the promotion of slope soaring as a summer activity at ski resorts

098

Where winds impact steep slopes, deflecting the wind upward to generate lift for pilots

099

Who would be launching from the top by simply running downhill with a parasail against the wind

100

Allowing the pilot to soar for great distances

101

Becoming particularly popular during the 1980s, concurrent with a new wave of extreme sports and recreational activities such as skydiving and waterskiing

102

It would eventually evolve into slope soaring and paragliding on beaches and off of cliffs in particular



103

Becoming a mainstay activity of beaches and resorts across the world

104

Taking advantage of the harsh winds of coastal regions and the open ocean

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Soon also involving towing parasenders after boats, generating additional lift through momentum

106

Allowing pilots to stay airborne indefinitely as well as allowing multiple pilots towed by the same vehicle at the same time

107

Other methods of towing include 4 wheel drive vehicles for land-based parasailing

108

Both parasailing and paragliding uses largely the same design of parafoil developed in the 1960s

109

Typically having an area of between 200 to 400 square feet and an average span of 25 to 40 feet

110

Made up of two layers of fabric connected to internal supporting material to form hollow cells

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Open at the leading edge, the incoming air keeps the cells inflated and maintains its curved shape for maximum lift

112

While still being lightweight enough to be easily packed and transported when not inflated, often folded into a stuffsack stowed in a large backpack along with the harness

113

Each cell retaining a teardrop shape in the air as a result

114

Some modern parafoils however feature closed cells as well

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Instead featuring holes in the connective "ribs" between the cells to allow air to flow from the open cells to the closed cells to inflate them

116

Enabling a more consistent shape and further ease maneuverability

117

Most parafoils are made of high-performance lightweight non-porous materials such as nylon or so-called ripstop polyester

118

Weighing at most 15 lbs

119

The pilot is then supported by a network of thin but immensely strong suspension lines, often made of Kevlar or other similarly strong lightweight materials

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Each line measuring between half a millimeter to a centimeter thick

121

These lines are then sown into the bottom of the wing and arranged in multiple rows reducing through so called cascades where they connect together

122

Eventually coming down to only two sets of risers made of short length webbing

123

Which is then attached to the harness worn by the pilot by a pair of carabiners, one on each side

124

For parasailing, the harness is then simply attached to a thicker safety line hooked onto the rear of the towing vehicle

125

The entirety of the wing, harness, helmet and carabiners weighing only between 25 to 50 lbs

126

Allowing a significantly high glide ratio, or the ratio of forward to downward motion

127

The typical glide ratio of recreational paragliding 9:3 meaning the distance travelled forward will be three times the distance fallen in the same motion

128

Competitive wings allowing for a glide ratio of up to 13:3

129

While the speed of parasailing is determined almost entirely by the speed of the towing vehicle

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Paragliding speeds are dependent on wind speed, direction and the pilots steering

131

Typically safely reaching up to 45 miles per hour for experienced pilots

132

Additional equipment used when either parasailing or paragliding include radio to communicate with other pilots and spotters on the ground as well as with towing vehicles

133

GPS for paragliding when flying competitively to find way-points

134

And variometers, helping the pilot notice altitude changes and stay in the core of rising air through audio signals

135

Recreational parasailing and paragliding is typically initiated in designated schools found near popular paragliding and parasailing sites

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While competitive parasailing and paragliding both began during the mid-1980s and continue until today

137

Being particularly popular across Europe and South America

### **SEGMENT 03**

138

Beach accessories

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For every beach, there's a dozen accessories to come with it, if you're interested

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Anything from gadgets to pool floats

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From essentials to conveniences

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There is no shortage of inventions and trinkets to make your beach stay just a little bit more comfortable

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Accessories being as old as beach going itself, their histories inextricably linked

144

Though people had long since been situated near coastlines and various bodies of water

145

And many have historically taken to swimming in the ocean for recreation

146

The first leisure resorts dedicated to beach going and swimming first started appearing only in the early- to mid-18<sup>th</sup> century England

147

Initially a luxury afforded only to the rich and royal, beach going for leisure soon developed into a cottage industry linked to spa towns across the UK

148

By the end of the 19<sup>th</sup> century, the English coastline was littered with resort towns with beaches also open to the new industrial working class

149

Eventually spreading to mainland Europe and the Americas before Asia and Australia

150

Classic accessories may include any variety of beach umbrellas, also known as parasols

151

Stemming from a variety of designs dating back all the way to Ancient Egypt, parasols for use as shade from the sun has been in use from the start

152

Also used as a status symbol among the aristocracy of the subsequent Ancient Greeks

153

With the Zhou dynasty of China first inventing the foldable modern umbrella around 2400 years ago

154

Though they would only become a staple among beach goers in the 20<sup>th</sup> century

155

As for decades, even all-covering beachwear was considered immodest

156

Leading the widespread use of bathing machines, or carts with an open space in the floor to give access to the water once it was pushed in

157

A tradition that still remains in some parts of the world

158

Among the first accessories to be co-opted by early beach culture was thus instead large-scale beach towels

159

Which, though often used for drying off after returning from the water, is still primarily used to provide a surface to lie or sit on

160

As bathing machines were short-term rentals and seldom cleaned, use of beach towels was encouraged to keep the interior clean and dry

161

Today, beach towels are primarily made from what is known as terry cloth, a woven fabric with long loops that can easily absorb large quantities of water

162

Though they may come in all shapes and sizes, most beach towels generally remain significantly large and colorful for easy identification on the beach

163

As the bathing machines would eventually fall into obscurity following the end of the Victorian era and its puritanical values

164

More and more accessories would focus on shielding beach goers from the harsh sunlight

165

Including specialized large-brimmed beach hats, sunglasses and varying forms of sunscreen

166

Used to protect against ultraviolet radiation from the sun, thus reducing risk of sunburn and skin cancer

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Though many sunscreens only block so-called UV-B radiation wavelengths and not UV-A

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Sometimes necessitating the use of broad-spectrum sunscreens protecting against both

169

Historically, olive oil and zinc oxide paste were used for this purpose for centuries

170

The first synthetic sunscreen was invented only in 1928 and only coming into widespread use following World War II

171

With many allied soldiers suffering severe sunburns from marching across the open beaches and islands of the Pacific

172

While sunglasses had existed in one form or another of tinted lenses and smoky quartz to protect from sun glares

173

It would only become widely popular during the 1920s among movie stars

174

In part to avoid recognition by fans, but also to cover the redness of the eyes that resulted from early cinema lighting rigs

175

With the first big boom of beachwear sunglasses occurring in Atlantic City

176

As inventor and industrialist Sam Foster invented the first inexpensive assembly line method of producing thousands of glasses using celluloid film to dim the lenses

177

Less than ten years later, polarized sunglasses first became available

178

Blocking out light of certain wavelengths and angles

179

Sunglasses of today come in all shapes and sizes with varying tints and protective capabilities

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Including common protection against ultraviolet radiation

181

While new developments include blue blocking, or the deliberate reduction of blue light passing through the lens

182

Believed to induce age-related loss of sight

183

Most being manufactured in the city of Xiamen, China, with over 120 million pairs being exported from there each year

184

Other, less common forms of beach accessories include beach tents

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Being specially designed tents, often made of lycra or polyester to remain waterproof

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Often smaller than typical camping tents and only intended for day-use

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While many smaller accessories remain popular

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Such as handheld, battery-powered fans

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Swimfins

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Cooler bags

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Portable speakers

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Waterproof pouches

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Inflatable toys

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Swimming boards and floats

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Swimming boards, also known as kickboards, are floatation devices primarily used to develop a swimmer's kicks

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Held under the torso to remain afloat, the swimmer can focus on their legs and breast strokes for exercise and practice

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Boards are usually made from EVA foam or HDPE

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Retaining light weight and buoyancy while still remaining relatively firm

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Though they may disintegrate over time with heavy use or use in saline water

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Floats, on the other hand, are commonly used with children or first-time swimmers

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As well as for relaxation purposes

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Inflated with air pumped in either manually or with an electric pump, floats take on many shapes and sizes

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Most commonly inflatable rings and armbands to help the swimmer stay afloat without much effort

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Floats are often made from PVC materials and hydrophobic plastics, including air mattresses

205

While some, such as the so called pool noodles and leg floats, are made of hollowed-out polyethylene foam

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So-called pool dumbbells may also be used for strength training, the person using it pushing them down against the buoyancy



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As opposed to conventional dumbbells which focus on upward motions against gravity

**OUTRO:**

208

No matter the accessories

209

Whether you're hitting the Copacabana or the dunes of Jeri

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Or going parasailing high above the waves

211

Beach life has something for everyone

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From tropical Brazil

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To the beaches of Britain

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Or the skies above it all

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A lifetime of new experiences awaits

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A world of both excitement and relaxation

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Life's a Beach if you let it