

the art of trapeze fly through the air on koh tao



VISITORS TO THE SCUBA DIVING MECCA

of Koh Tao can now take to the sea as well as the skies. The island, a turquoise-ringed gem just 90 minutes by ferry from Koh Samui, is now home to Flying Trapeze Adventures and a full-size rig for budding aerial acrobats.

Thrill seekers should love the exhilarating rush of the trapeze. Taking off from the 10-metre-high pedestal, the initial adrenaline kick is quickly followed by the liberating sensation of

weightlessness. Once you're more confident, the experienced instructors prepare you for level two: the catch. At this point, you will be asked to hang upside down by your legs while a staff member is dispatched to the second trapeze. Then, taking off and swinging together, your aim is to time your oscillations until you meet mid-air. The catcher then grabs you firmly by the wrists before you let go of your own bar to soar through the air, Cirque du Soleil-style.

Just watching it from the ground is breathtaking. The catch is a curious combination of trust, surrender and control that's hard to forget. Expect some sore muscles to go with your memories – it's hard to believe that swinging through the air can turn into such a workout. Priced at 950 baht for a one-hour lesson. Sairee Beach, tel +66 (0)8 0696 9269, www.FlyingTrapezeAdventures.com
–Text and images by Ayesha Cantrell