

# sportingbet apostas ao vivo

Extreme or so-called action sports include a variety of activities with high levels of adrenaline that appeal to adventure lovers.

We've brought together all the necessary and practical information for you to discover the details of your favorite type of extreme sport.

You can also find out about the best spots to engage in your preferred extreme sport in T&#252;rkiye as well as all around the world.

## What is an Extreme Sport?

Extreme sports is a broad term to describe any action or adventure sports that include a high dosage of risk, height, speed, natural challenges, and physical struggle.

Most extreme sports are considered as an alternative to mainstream sports with their adrenaline-rushing thrills.

Extreme sports are popularized in the 1990s with lots of TV coverage and they keep on increasing their popularity every year.

## Most Popular Extreme Sports

### Bungee Jumping

Bungee Jumping is a simple yet thrilling recreational activity that involves head-first jumping from a tall structure with an elastic cord.

Bungee jump as we know it was first practiced in 1979 but it's different forms used to be a tribal coming-of-age ritual in many cultures.

Now, bungee jumping is one of the most popular and available extreme sports in the world.

### Paragliding

Paragliding is an aerial extreme sport that involves gliding through the air with a parachute that is attached into your body.

Participants descend from high altitudes such as a mountain, cliff or an aircraft.

Modern paragliding is being practiced since the late 18th century.

### Windsurfing

Windsurfing is essentially a water sport that combines the main aspects of sailing and surfing into one worldly-appreciated sport.

Windsurfing is a one-person sport and is practiced with a special piece of equipment called sailboard.

The windsurfing has been around since the mid-20th century.

### Skateboarding

Skateboarding is an action-filled recreational activity and a professional sport that involves performing tricks on a skateboard.

Skateboarding is invented in California during the 1940s as an alternative to surfing and gradually evolved into a widely popular recreational activity, especially among youth.

Skateboarding is also created its own subculture from its cl