

**Complete the text with ONE word that fits into each gap.**

Over the years, mountain biking (1) \_\_\_\_\_ become an increasingly popular sport, as people become more and more interested (2) \_\_\_\_\_ keeping fit and doing activities (3) \_\_\_\_\_ take them out of their homes.

It is not only an enjoyable way of improving (4) \_\_\_\_\_ fitness, but (5) \_\_\_\_\_ one of the most satisfying ways to explore the countryside. However, it is important to follow a (6) \_\_\_\_\_ simple rules, otherwise you could endanger the environment and spoil other people's enjoyment.

Other than motorways, cyclists (7) \_\_\_\_\_ not restricted to certain roads, but they must (8) \_\_\_\_\_ attention to the type of path they are on. Some paths are only designed for people who are (9) \_\_\_\_\_ foot, so if you are cycling on these, be careful (10) \_\_\_\_\_ to endanger pedestrians. On any other path, you should still respect walkers and be careful when you are passing horse riders.

Other things which you are asked to do are to close gates behind you, (11) \_\_\_\_\_ that farm animals cannot escape, and to take your rubbish home with you. Always (12) \_\_\_\_\_ someone know where you are going and carry the right equipment and clothing for unexpected weather conditions.