

For questions **1-8**, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning **(0)**.

## Tree-climbing

Many people will look back on tree-climbing **(0)** *as* a simple childhood pleasure and a natural test of human strength, stamina and agility. But these days, it has turned **(1)** ..... a more serious activity and is **(2)** ..... of the fastest-growing adventure sports in the country.

**(3)** ..... the invention of expensive gyms with indoor climbing walls, tree-climbing was a cheap and simple way to get a similar type of exercise. These days, if you want to **(4)** ..... part in an organised tree-climbing activity, you **(5)** ..... to wear a helmet and attach yourself to ropes in **(6)** ..... you should lose your footing. But otherwise, tree-climbing is a very eco-friendly sport, involving minimum damage to trees or the environment.

Getting off the ground is perhaps the most challenging part of a climb. **(7)** ..... that, it's about using your legs, **(8)** ..... are much stronger than your arms, to drive yourself up the tree. Reaching the top and then abseiling down again is a source of great satisfaction.