B2	Mountain Biking	LIU051

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.

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