6 Ready, Steady, Go!

Reading

You and your family are interested in taking up a new activity and you have found four to choose from. Read the advertisements and choose the answer (a, b, c or d) which fits best according to the text.

1

Tom's Trekking

Walk along mountain and forest paths with professional guides. The ideal pastime for nature lovers.

- Walk throughout the year, depending on the location.
- You must be in good physical condition.
- Ages: 10-65; children must be accompanied by an adult.

Equipment & Cost

1-day trek: a pair of trekking shoes, comfortable clothes, a waterproof jacket, a hat, sunglasses, a backpack and a drinking flask; €25 for adults, €15 for participants aged 16 and under.



3-day trek: the same equipment as above, as well as a sleeping bag, a torch, a tent and camping equipment; €60 for adults, €40 for those aged 16 and under.

2

River Rafting Adventures

Travel down fast-flowing rivers in inflatable boats with professional river guides.



- Usually October to May, though on some rivers you can enjoy rafting throughout the year.
- Start on easy rivers before attempting more challenging ones.
- You must be able to swim and be in good physical condition.
- Ages: 18+
- You will need a swimsuit, a windproof jacket, a T-shirt and towel. A neoprene suit, helmet, life jacket and paddle will be provided.

Contact us at river_rafting.com for price details.

3

Rod's Rock Climbing Tours

Taught by professional climbing guides.



- Climbing is possible throughout the year.
- You should be in good physical condition and not suffer from a fear of heights.
- You should be between 18-60 years old.
- You'll need comfortable clothes, a fleece jacket, a small backpack and a flask of water. We provide climbing shoes, helmets, ropes and harnesses.
- Just €50 for a weekend; discounts for groups of 4 or more.

4

JUST MOUNTAIN BIKING

Tour mountain trails with bikes, accompanied by professional guides.



- Available throughout the year.
- If you know how to cycle and are in good physical condition, you can participate in this activity.
- For 10-65 year olds; children under 18 ride in their own group, accompanied by parents and a guide.

What to take with you: Warm clothes (during winter), a small backpack, a flask of water, a windproof jacket, gloves and a hat.

Don't forget! You must have your own mountain bike and helmet.

Cost: Call Mike on (020) 8510 1123, Mon-Fri 9-5, for more information.

1 Your mother is interested in plants. Which activity is best for her?
a 1 c 3
b 2 d 4

2 For which activity must you not be afraid of high places?
a 1 c 3
b 2 d 4

3 Your father can't swim. Which activity can't he do?
a 1 c 3
b 2 d 4

4 Your 12-year-old brother wants to start doing a new activity. Which activities can't he do?
a 1 and 2 c 2 and 3
b 1 and 3 d 2 and 4

5 For which activity do families participate in a separate group?
a 1 c 3
b 2 d 4

6 Which activity sometimes includes camping?
a 1 c 3
b 2 d 4

7 Which activity lasts for two days?
a 1 c 3
b 2 d 4

8 Which advertisements do not include cost information?
a 1 and 2 c 2 and 3
b 1 and 3 d 2 and 4

LIVEWORKSHEETS