

# EXTREME SPORTS

Lots of people play sports in their free time, but these people do extreme sports!

A



## A CLIFF DIVING

Cliff diving is a very exciting extreme sport. Cyrille Oumedjane is an expert cliff diver. In this photo, he is in Kragerø, Norway, at the cliff diving world series. He can jump between twenty and thirty meters into the water feet first. Normal divers jump from ten meters or less, and they jump into the water head first. He can jump from any high place. "I cliff dive because I don't like soccer. I like the adrenaline,"<sup>1</sup> he says.

B



## B HIGHLINING

You can highline in lots of different places, but mountains are popular. You put a line between two high places and walk across. In this photo, American Andy Lewis is walking above a canyon in Utah, USA. It's early evening, so he can't see very well. Also, the wind is strong, so Andy can't walk fast. Highlining is a great adventure.

C



## C MOUNTAIN BIKING

Perhaps you often go cycling, but can you ride across the top of a 1,000-meter mountain? Professional mountain biker Kenny Belaey rides across South Africa's Table Mountain in this photo. "The landscape is perfect," he says.

D



## D PARAGLIDING

In this photo, Justin Ferrar is flying above Fronalpstock in the mountains of Switzerland. The weather is perfect for paragliding. But paragliding isn't normally relaxing! Extreme paragliders can fly over 3,000 meters high and for very long distances (over 300 kilometers).

<sup>1</sup>adrenaline (n) /ə'drenalɪn/ a chemical in your body. Humans produce it when they are excited (often in sports).