

Tree-climbing

Many people will look back on tree-climbing (1) a simple childhood pleasure and a natural test of human strength, stamina and agility. But these days, it has turned (2) a more serious activity and is (3) of the fastest-growing adventure sports in the country.

(4) 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 (5) part in an organized tree-climbing activity, you (6) to wear a helmet and attach yourself to ropes in (7) 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. (8) that, it's about using your legs, (9) 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.