

## 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.