

A COWARD'S ADVENTURE



You are going to read a magazine article about a white-water rafting adventure. Seven sentences have been removed from the article. Choose from the sentences A-H the one which fits each gap. There is one extra sentence which you do not need to use.

Even though I'm a write for *Outdoor Adventures Magazine*, everyone at my office knows in actual fact I'm a bit wary of anything remotely resembling an "outdoor adventure". That's why my boss likes to give me these projects. He thinks I'm the perfect candidate because, like most people, I'm often afraid to try something new. However, upon my return from an assignment I have usually not only conquered any fears I originally had, but also become quite an enthusiast of the activity as well!

This month's hair-raising adventure - white-water-rafting - was no expectation. The minute my boss told me about it, I felt very nervous. (1) But now that I've completed the assignment, I'm happy to report that I found it extremely enjoyable.

In order to get some information about white-water rafting, I called Nigel Odessett, who runs Scotland's foremost white-water rafting center in Perth. The first thing he told me was that not all rafting trips are the same. (2) It's important for the public to be aware of this before booking a trip. In order to determine how hard or easy a rafting course should be. The goal is to spend more time in the raft than in the water, so it's best to take it easy the first time out.

Upon my arrival at Nigel's Extreme Raft World Center, I saw that there were several dozen people there for the day's rafting activities (3) We were

then given a safety briefing about some of the dangers to watch out for, such as boulders, fallen trees, sharp underwater rocks, waves and anything else that could block a raft's forward movement.

We were put into groups of six, plus a guide, based on skill and level of experience. (4) I put on my wetsuit, life jacket and crash helmet and climbed aboard, hoping he was right. With the first few strokes of the paddle, I could feel excitement begin to replace my fear. The river caught us in a gentle flowing motion, rocking and pulling us smoothly toward the first rapid.

Suddenly our guide shouted "Forward paddle!" and everyone started paddling excitedly. We steered around boulders as huge waves crashed over us, soaking the entire boat. (5) It was remarkable how much team spirit had sprung up immediately between the members of my boat.

We eventually stopped for lunch at a lovely spot on the river under a huge oak tree. (6) It was satisfying to see that such an exciting and fun sport could be enjoyed by such a wide variety of people.

My trip was much better than I had expected, and the scenery, the accommodation. The rushing river and the thrill of the ride were all amazing. (7) I recommend it for anyone, from the fit to the couch potato, the young to the old, and even for cowards like yours truly!

A Nigel began by explaining the differences in the difficulty levels and asked up to be honest about our paddling experience.

B Without a doubt, white-water rafting is one of the most exciting outdoor adventures.

C Although we were drenched, everyone was laughing and yelling as we worked together to drive the raft forward.

D The thought of battling raging river rapids in a flimsy rubber boat was almost enough to make me call in sick.

E Chatting as we relaxed, I found that everyone's background was different, including a stockbroker and a housewife.

F It all depends on what each individual feels like doing on that particular day.

G I was in a medium difficulty group, and our guide assured us that the ride would be lots of fun without being too dangerous.

H He said that rapids are broken down into different classification - anything from very calm to dangerous.