

## Snow-holing

The winter sport of snow-holing developed out (1) ..... a survival technique. If you get lost and have to spend the night outside in a frozen landscape, then digging a snow hole to provide (2) ..... with warmth and shelter is a good idea. The snow-hole works on the same principle (3) ..... the igloos built by Inuit people out of ice.

Snow-holing has now developed (4) ..... an adventure sport. Before you try it, however, you need to do a basic snow-skills course, where you also learn how to use an ice-axe and other necessary equipment. But experience of winter hillwalking is also essential in (5) ..... to be accepted onto a course. You also work in a team, and (6) ..... it in turns to dig out the hole. It is (7) ..... something you can do alone.

(8) ..... to people who have tried it, a snow-hole is surprisingly comfortable. Having constructed your hole, you settle (9) ..... for the night and wake up to absolute silence and the incredible light of the dawn sun on the ice.