

## **Extreme sports**

Some people would rather live dangerously, and they keep on finding new and exciting ways to do it. Let's take a look at just a few of the latest extreme sports crazes that are popular around the world! You'd better not try any of them yourself though without proper training and appropriate equipment!

### **Snowbiking**

Can't wait to hit the ski slopes this winter? Then how about trying snowbiking, the newest thrill-seeking experience that is becoming very popular all over the world? Snowbiking involves riding a bicycle that has ski instead of wheels over the snow. It's a challenge that expert skiers and mountain bikers will love! It started in North America and its popularity just keeps on growing. Some fans are even to get it accepted as an Olympic event!

### **Parkour**

For people who like running, climbing and jumping, parkour, also called free running, may be the best sport! Runners must get from point A to point B in the fastest way possible, going over obstacles such as walls, trees, benches and even buildings rather than going around them. It started in France and is now taking London and other cities by storm.

### **Kitesurfing**

What do you get if you combine kiting and surfing? Kitesurfing, of course, the new craze that has taken over the beaches of Hawaii and is now spreading fast around the world! Kitesurfing involves flying through the air at top speed with a parachute above you and a board attached to your feet. It's difficult to learn but very exciting once you do!

### **Questions:**

1. Have you ever heard of these extreme sports before?
2. Would you try one of these sports? Why/ Why not?