Complete the text with ONE word that fits into each gap.

Over the years, mountain biking (1) _______________ become an increasingly popular sport, as people become more and more interested (2) _______________ keeping fit and doing activities (3) _______________ take them out of their homes.

It is not only an enjoyable way of improving (4) _______________ fitness, but (5) _______________ one of the most satisfying ways to explore the countryside. However, it is important to follow a (6) _______________ simple rules, otherwise you could endanger the environment and spoil other people's enjoyment.

Other than motorways, cyclists (7) _______________ not restricted to certain roads, but they must (8) _______________ attention to the type of path they are on. Some paths are only designed for people who are (9) _______________ foot, so if you are cycling on these, be careful (10) _______________ to endanger pedestrians. On any other path, you should still respect walkers and be careful when you are passing horse riders.

Other things which you are asked to do are to close gates behind you, (11) _______________ that farm animals cannot escape, and to take your rubbish home with you. Always (12) _______________ someone know where you are going and carry the right equipment and clothing for unexpected weather conditions.
KEY

Over the years, mountain biking (1) has become an increasingly popular sport, as people become more and more interested (2) in keeping fit and doing activities (3) that/which take them out of their homes.

It is not only an enjoyable way of improving (4) your fitness, but (5) also one of the most satisfying ways to explore the countryside. However, it is important to follow a (6) few simple rules, otherwise you could endanger the environment and spoil other people's enjoyment.

Other than motorways, cyclists (7) are not restricted to certain roads, but they must (8) pay attention to the type of path they are on. Some paths are only designed for people who are (9) on foot, so if you are cycling on these, be careful (10) not to endanger pedestrians. On any other path, you should still respect walkers and be careful when you are passing horse riders.

Other things which you are asked to do are to close gates behind you, (11) so that farm animals cannot escape, and to take your rubbish home with you. Always (12) let/have someone know where you are going and carry the right equipment and clothing for unexpected weather conditions.