

Extreme Sports around the world

What do you need for downhill mountain biking?

People who do downhill mountain biking use special bicycles to race down steep hills. On the way down, they have to jump over rocks and tree roots with their bikes.



How do you do rock climbing?

You climb up and down natural or man-made rock walls.



What is white water rafting?

White water rafting is a sport where people ride in a boat/raft along a river with rapids.



What do people do in BASE jumping?

BASE jumping is an activity where trained people jump from high cliffs or buildings. They use parachutes to land safely.



Famous adventure sports destinations

- El Capitan is a very high mountain in Yosemite, California. Many rock climbers love to go and climb there.
- Whistler Mountain Bike Park is in Canada. It has 70 trails or paths mountain bikers can use.
- The Zambezi River in Zimbabwe has many rapids. People often travel to Zimbabwe to take part in white water rafting.
- Angel Falls, in Venezuela, is the highest waterfall in the world. Many BASE jumpers like jumping from the top of the falls with parachutes.

