



An adventure holiday is when you do exciting activities on a holiday to get your adrenaline pumping.





scuba-diving

sku:bə-daivin





bungee-jumping

bndʒi-dʒnmpɪŋ



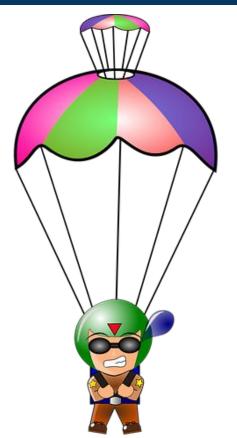


rock climbing

rpk **klai**miŋ



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parachuting

pærəsuitin

Also called SKYDIVING





canoeing

kə<u>nu:</u>Iŋ





paragliding

pærəglaidin





surfing

sa:fin





horse riding

hois raidin





trekking

trekin

Also called HIKING

