



Mountain Biking

My favourite sport

Why do I like this sport?

It is an exciting sport which increases your stamina and is fun and fast action.

I like to ride at Cannock chase and Coed y Brenin. I like the red routes at Cannock and the pump track at Coed y Brenin.

You have to follow a trail or make your own route. There are no rules except you have to let the faster riders come past you.

My Daddy is the one that I admire for this sport as he helps me get my technique right and we go out riding together.



