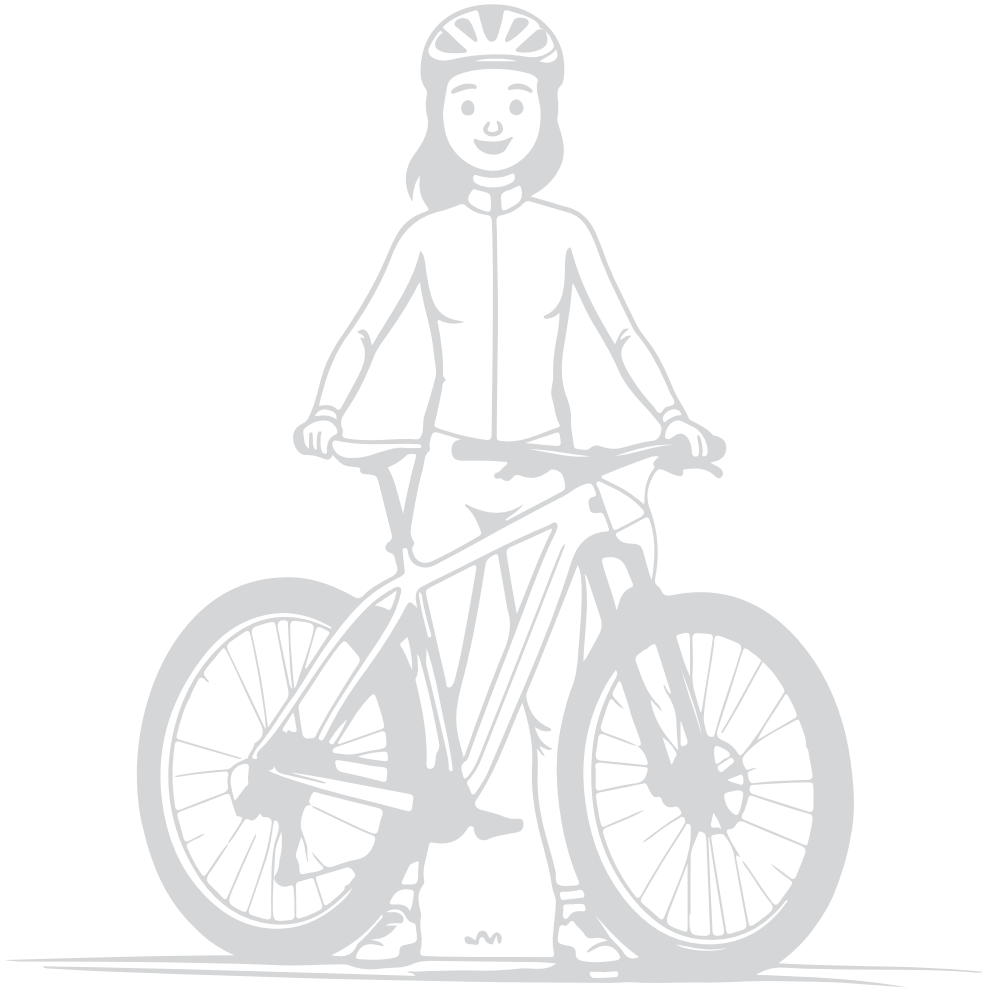




# MOUNTAIN BIKING 12

GAYTHER COLOUR AND LEARN



Mountain biking is an outdoor sport that involves riding bicycles off-road over rough, uneven terrain such as mountain trails, forests, and rocky paths. It requires endurance, technical skill, and agility to navigate challenging landscapes. Popular for recreation and competition, mountain biking includes various disciplines like cross-country, downhill, and trail riding, making it a dynamic and adventurous sport enjoyed worldwide. Modern mountain biking began 1970s in California, when enthusiasts began riding modified bicycles on rugged mountain trails for recreation and adventure. The sport quickly gained popularity, leading to the development of specialised bikes designed for off-road terrain.



## INTERESTING FACT

The Mountain Bike dates back to the 18th century, where it is believed that Buffalo Soldiers used an early version of the bike

