take long walks in the mountains在山间漫步

breathe fresh air呼吸新鲜空气

hold one's breath屏住呼吸

out of breath气喘吁吁

explore the mountains on a bike骑自行车探索大山

feel healthy and full of energy感到健康和充满了能量

make a promise许下诺言

bring your own bike带上你自己的自行车

do something fun做一些有趣的事

The trainers will share their wonderful fishing skills.教练会分享他们好的钓鱼技巧