

Hiking/ Trekking



Vocabulary

altitude sickness	-	an illness caused from being at high elevations
a canteen	-	a container used for carrying drinking water
dehydration	-	a physical condition caused by not drinking enough water; having the water removed from something
gear	-	equipment used for a particular purpose (camping, sports, fishing, etc.)
to hike	-	to go on a walk through nature for pleasure or exercise
a hike	-	a walk through nature for pleasure or exercise
a permit	-	written permission from a government office or other organization to do something
a porter	-	a person who carries gear and supplies on a trek
a ranger	-	a person who is employed to take care of a state park or a national park
a trail	-	a path (through forest, grass, sand) created when many people or animals walk back and forth over the same area
to trek	-	to travel by foot over a great distance
a trek	-	a journey over a great distance (We often use the word "trek" when a trip lasts several days and is quite challenging.)
backpack	-	a large bag that you carry on your back, especially when you are going climbing or walking



Warm-up

I love mountains. I much prefer them to every other kind of natural feature. They are much better than the sea, beaches, deserts, etc. Mountains are so cool. They rise up so high into the sky. I can't stop looking at mountains, wherever I am in the world. I also love being in the mountains. The landscape is just spectacular. You really feel part of God's wonderful creation when you are surrounded by mountains. There are so many things you can do in the mountains. Some people like climbing them or jumping off them with a parachute. This is not for me. I just like going for a walk and having a picnic. There's nothing better than sitting down and admiring the mountain view and feeling the cool mountain breeze. This is paradise.

True or false:

1. The author likes the sea more than mountains.
2. The author likes looking at mountains, but not being there.
3. The landscape is impressive.
4. There are many activities that can be done in the mountains.
5. The author would like to try climbing.



Exercise 1:

Listen to the recording and complete the text.

Nahrávka: [Nahrávka 1 - Hiking-Trekking](#)

Some people love hiking _____ people hate it. Personally, I don't really like it. I don't _____ of walking for miles and miles up and down mountains. You _____ and out of breath. The worst thing is that the next day all your _____. Of course it'll rain, so you'll get soaking wet. If it's sunny, you'll _____. To make things really bad, you might _____ twist your ankle or get stung by a bee. I have terrible memories of hiking _____ a child. My parents always wanted to get _____ of the mountain, and then the next mountain top, and _____. No matter how much we complained, they always said: "It's not far." _____ anyone who says that, especially someone who loves hiking.



Exercise 2

Listen to the recording and complete the text.

Nahrávka: [Nahrávka 2 - Hiking-Trekking](#)

One of my favorite hobbies is backcountry _____ - through areas that people seldom visit. However, before I go hiking, I make sure to have all of the proper _____ for the adventure. First of all, I wear proper clothing and hiking shoes for the current _____ conditions. This might include taking water shoes if I have plans for hiking through streams and rivers or a _____ jacket to keep you warm. Next, I let my family and friends know where I will be going and when I will _____. Also, I carry a compass and GPS unit to _____ and locate my position. I carry a topographical _____ with me as well. In addition to these items, I take plenty of food and water, and I also pack a water _____ to purify any water I find in streams or lakes. Finally, I always pack _____ supplies including a lighter, emergency blanket, a signaling device like a mirror, and cellphone. You never know when you will need these things.

Answers

Warm-up

1. F, 2. F, 3. T, 4. T, 5. F

Exercise 1

Some people love hiking **and some** people hate it. Personally, I don't really like it. I don't **see the point** of walking for miles and miles up and down mountains. You **get all sweaty** and out of breath. The worst thing is that the next day all your **muscles ache**. Of course it'll rain, so you'll get soaking wet. If it's sunny, you'll **get sunburn**. To make things really bad, you might **fall over and** twist your ankle or get stung by a bee. I have terrible memories of hiking **when I was a child**. My parents always wanted to get **to the top** of the mountain, and then the next mountain top, and **then the next**. No matter how much we complained, they always said: "It's not far." **Never believe** anyone who says that, especially someone who loves hiking.

Exercise 2

One of my favorite hobbies is backcountry **hiking** - through areas that people seldom visit. However, before I go hiking, I make sure to have all of the proper **gear** for the adventure. First of all, I wear proper clothing and hiking shoes for the current **weather** conditions. This might include taking water shoes if I have plans for hiking through streams and rivers or a **reliable** jacket to keep you warm. Next, I let my family and friends know where I will be going and when I will **return**. Also, I carry a compass and GPS unit to **navigate** and locate my position. I carry a topographical **map** with me as well. In addition to these items, I take plenty of food and water, and I also pack a water **filter** to purify any water I find in streams or lakes. Finally, I always pack **emergency** supplies including a lighter, emergency blanket, a signaling device like a mirror, and cellphone. You never know when you will need these things.