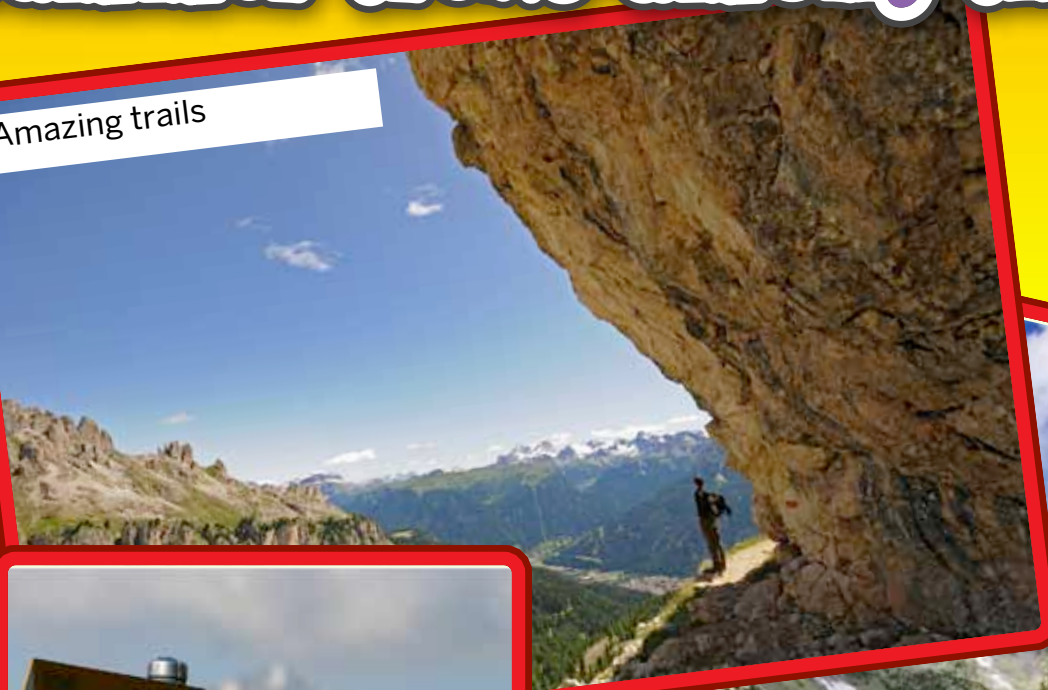


Trekking

Summer treks among the peaks

Amazing trails



Trail markers

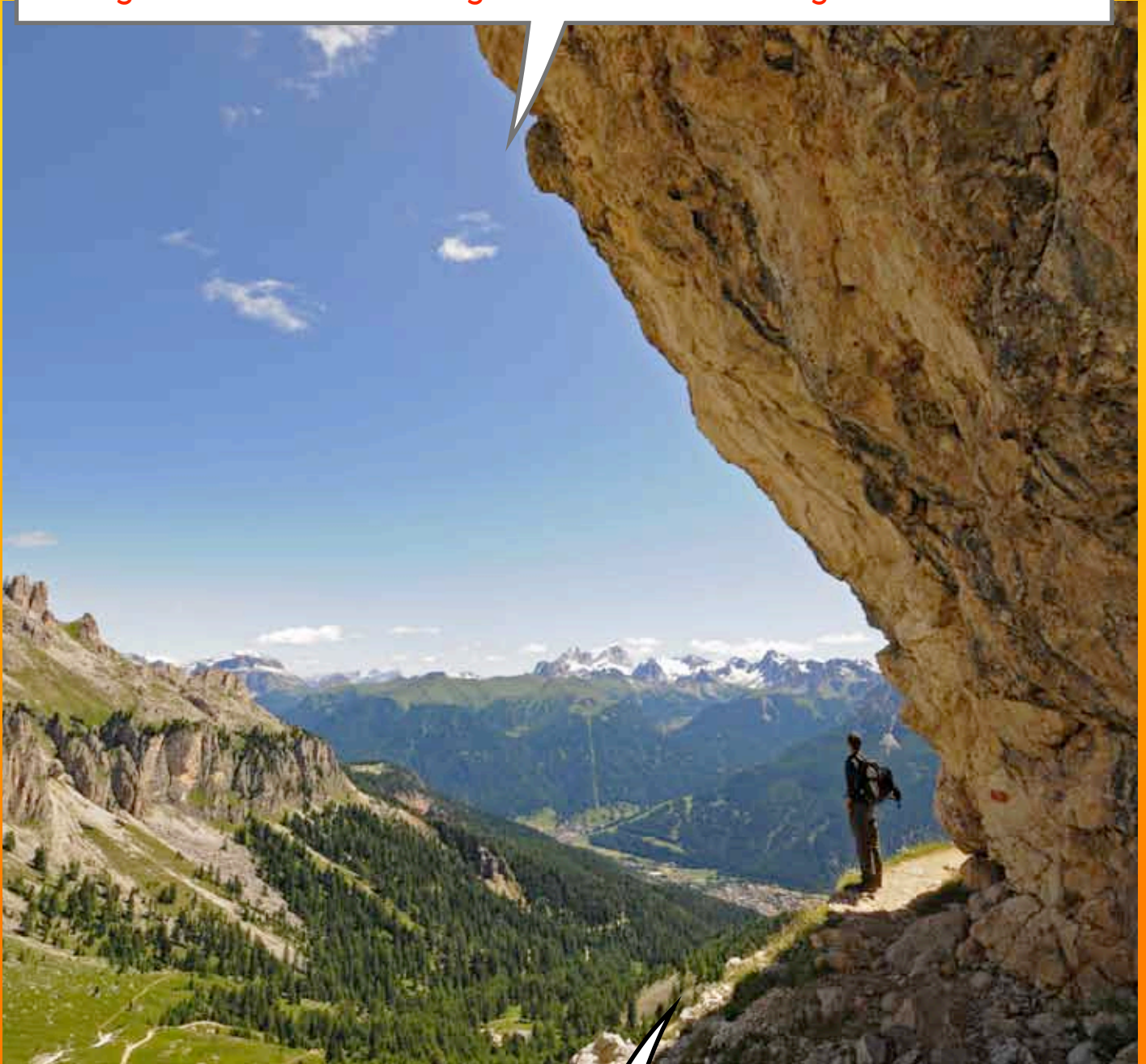
Alpine views



Find out about the meaning of stories and articles

Trekking

People visiting the mountains in summer often go trekking. Trekking is an overland walk that is a bit more challenging than hiking, but it is still walking, rather than climbing.



The rewards are to gaze over spectacular scenery, see amazing plants, and sometimes even get a glimpse of rare animals.

Most mountain ranges in the world now have trekking trails. Some are very famous, such as the Tour de Mont Blanc in France, which goes around the highest peak in the Alps. In Britain you can trek up Snowdon, the highest mountain in Wales, or every one of the 283 peaks in the Munros in Scotland (peaks over 3000ft) or many other challenges. Trekking to the top of each of the Munros is called Munro-bagging! In the Rockies you walk the whole spine of the mountains as you follow the trail along the Continental Divide.

Many people stay in special huts along the trails, while others stay as guests in farmhouses and villages. This all helps bring in some money to people living in the mountains. Otherwise they might have to leave their villages and go to towns and cities elsewhere.

The problems with so many people visiting is that they can damage the environment. Plants grow very slowly near mountaintops and the time they can grow for is very short anyway. The trekking trails make it easy for people to get about, but they also keep everyone in the same parts of the mountains and so areas away from the mountains can stay as wilderness.





Understanding words

Before we can understand a story we have to know what all of the words mean. Let's try one...

a Write the sentence in which you found the word '**environment**'.

b From that sentence, suggest what '**environment**' means.

c Write a new sentence using the word '**environment**'.

d Use a dictionary to find words with a similar meaning (synonyms) to '**environment**'.

e Draw a small picture showing what you think '**environment**' means.



Finding key words

Next, we need to find the key words that tell us what the story is about...

Read the story and underline the key words. Write the most important of these key words in a list like the one below. Write next to it a word that means a similar thing (a synonym). You don't have to use all the spaces, but you should not use more.

Key word	Synonym (similar word)
Example: trail	footpath

3

Summarising

(the gist of the story)

To summarise means to rewrite the story in a shorter version using as many of our key words from Task 2 as needed.

1 Write a heading for your summary.

2 Now write the main idea in one sentence.
e.g. "This story tells us..."

3 Now add some detail to the main idea by writing more sentences after it.

**Finally,
can you rewrite your
summary to make it better?**

- 1. Look out for errors such as using the same word too often – use alternatives.**
- 2. Make sure you have summarised the author's purpose in your OWN words.**
- 3. Make sure your summary is in a logical order.**
- 4. Is your summary informative AND interesting to others?**

**There is
nothing wrong
with rewriting; even
the best authors
rewrite their
work.**



Sequencing

Sequencing means getting the events in the right order. Write these sentences in the correct order, so they make sense.

Plants grow very slowly in the mountains and so even small numbers of walkers may kill them.

Some people aim to trek from mountaintop to mountaintop.

When many people go trekking it can damage the environment.

There are some very famous treks, such as the Tour de Mont Blanc.

In Scotland, trekking to the top of peaks over 3000ft is called Munro-bagging.

By using trails, we keep the damage to a minimum.

There are even trails along whole mountain chains, such as the Rockies.



Get to the facts

Answer these questions to see how much you know about the facts of the story.



1 What is trekking?

2 What is the name of the trek around Mont Blanc?

3 How high are the Scottish Munro peaks?

4 What is name of the highest mountain in Wales?

5 What is the general name of a path used by trekkers?



Whys and wherefores

Answer these questions to see how much you know about the meanings in the story and how it was written.



1 Why might you want to go trekking?

2 What is the difference between hiking and trekking?

3 Why do large numbers of trekkers have a bad effect on the environment?

4 Most of the pictures in this workbook except one show trekking in sunny weather. Is that a fair way to show mountain environments?



Opinions matter

Answer these questions to give your views and to develop the story.

- 1 Why should someone want to go 'Munro-bagging'?
- 2 What is good about trekking? Give your reasons.
- 3 What might be bad about trekking?
- 4 Overall, do you think trekking is more of a benefit than a problem?
- 5 Would you rather trek up a popular route like Snowdon, or a quiet route of one of the Munros. Explain why?

View from hiking trail, Aletsch Glacier, Switzerland.





Talking it through

It often helps if a group of people get together and discuss a problem.



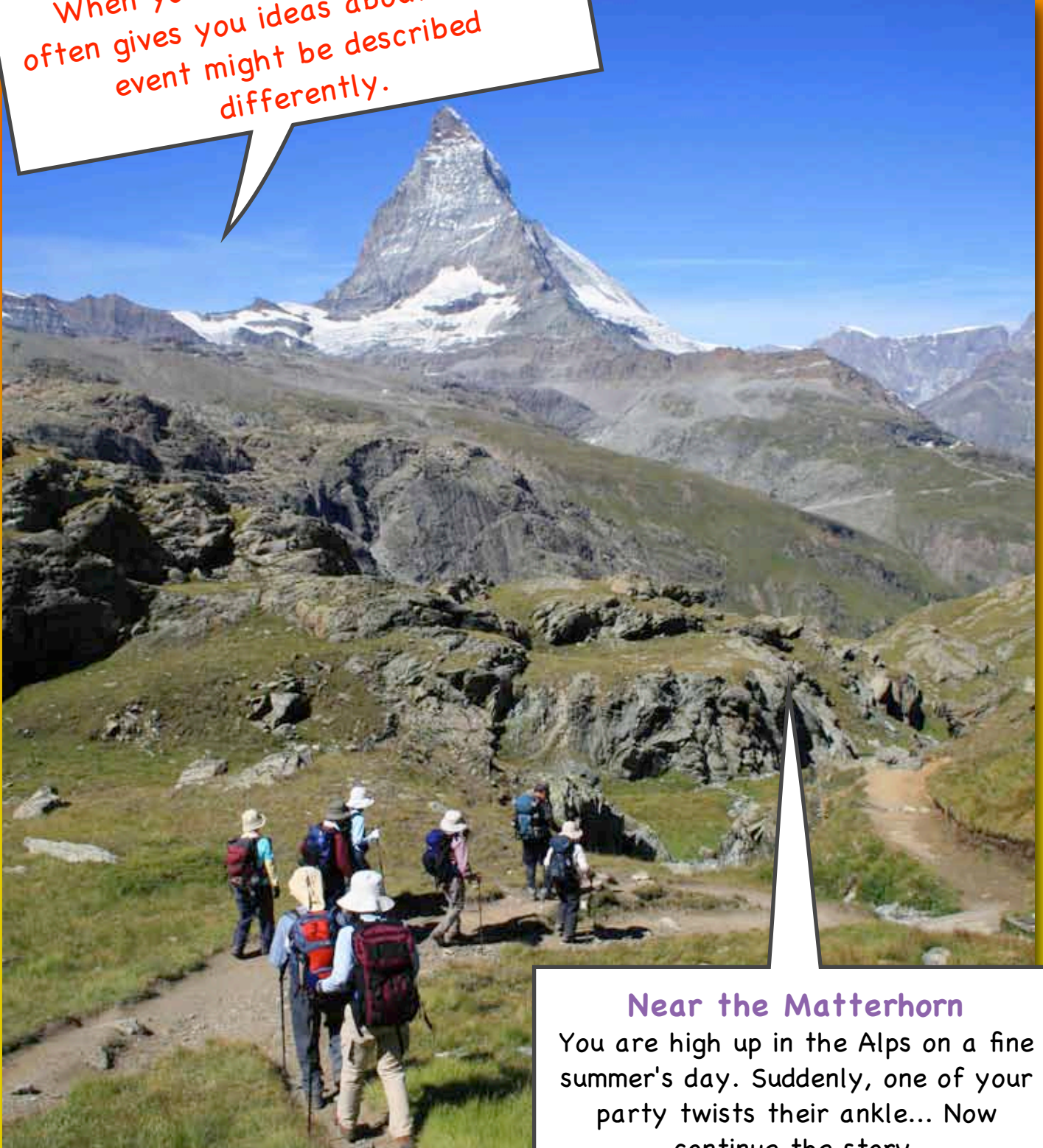
Discussion topic: Pressure on the land

About 26 million people visit the Alps each year. Many visit in the winter for skiing, but many also visit in the summer. As they walk along the trekking trails, visitors see lots of alpine flowers. But alpine flowers are tender. How do you think you could help to preserve the plants for future generations?



Make a story...

When you read a description it often gives you ideas about how the event might be described differently.



Near the Matterhorn

You are high up in the Alps on a fine summer's day. Suddenly, one of your party twists their ankle... Now continue the story.

Mountain treks

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