

CAMPING

HARD UP? THEN GO CAMPING

(By Jane Swinnerton)

Is it too early to begin talking about holidays? I don't think so - and I'm thinking particularly of those thousands of people with families and not much money, who often feel they can't afford a holiday at all, so what's the good of talking?

There are thousands who do not even think in terms of family holidays, for they have precious little money to save, if any, and cannot see further than a day at South end.

I was one of those last year, till I hit upon the idea of camping. To many people this seems to conjure up visions of colds, aches and pains and bites. Nothing could be further from the truth.

For me it was unparalleled delight - delight in the happiness of my two youngsters, aged five and seven, and in discovering the countryside of Dorset, with its wheat fields, and glorious, uncrowned coast.

What trout fishing, eel fishing, chasing geese, and camp fires we had, all getting browner and browner and healthier and healthier!

Our program was simple: up at 8 a.m., breakfast outside on upturned boxes or cushions with eggs (fresh) or mackerel (fresh caught).

Wash up, walk to the village for shopping, stopping on the way for the kids to paddle in the stream.

Chat in the village shop, return to field, chat with landlady while children disappear till lunch.

Lunch, sometimes a rabbit caught and given me by the "locals", or just fruit and bread if it was too hot. The main thing was that meals were not a tie.

Then after lunch a gathering of spades and pails and off to the shore, the screaming gulls in the cliffs, the sands, the rocks hot to the touch and the sea sparkling.

There we would stay for hours till we felt like going home for tea. And, tired and happy, the kids snuggled down on their mattress to sleep without waking for 11 or 12 hours.

A holiday should be a complete change. What if it is unorthodox to have your meals when you feel like 'em, and often no boiled potatoes or cabbage with them?

Isn't it good to let the kids run wild for a bit, with not much clothing, so that the sun and air develop them almost while you watch?

Camping is the cheapest, most "free" sort of holiday, you can enjoy with children.

In my opinion it is better than a holiday camp as it is much cheaper.

Now, how to prepare for such a trip? I bought a large tent, 25 s. deposit and three shillings per week hire purchase and borrowed a primus stove.

I sent two mattresses by goods train to sleep on, and packed all clothes, blankets, a couple of pillows and some food.

If you can't borrow, you'll have to buy, but remember the things will last for years; they are a good buy, and you can add to your stock every year, as I am doing.

If you have a little money to spare you can buy sleeping bags which are much better than blankets.

You must decide for yourself what you want or can afford, but there will be something to suit your pockets whoever you are. And you can hire tents too if you don't want to buy.

Of course you don't want to set off into the blue, loaded with children and luggage as you will certainly be.

Well, if you don't know of some good place recommended by a friend, there are organizations that publish lists of camping sites, from which you can choose some lovely-looking farm, and write to ask if they can have you.

And once you've been camping I'll bet your children won't hear of any other kind.

Where are you from?

I am from the United States. I grew up in the city of Kalamazoo, in the state of Michigan.

Where have you traveled?

In Russia I have been to Moscow, St. Petersburg, Yekaterinburg, Severobaikalsk, and, of course, Tomsk. I've also been to Germany, at and near Frankfurt. In Canada I've visited Toronto and Niagara Falls. Once, I crossed the Texas to visit Reynosa, Mexico. In America I've traveled through at least 27 of the 50 states, plus the District of Columbia.

By what means do you prefer to travel?

In the U.S., I have traveled primarily by car. I've driven from my home state of Michigan all the way to the Pacific coast. That's well over 3800 KM. Traveling by car is great because you can see so much and you can choose to go wherever you wish, and stay as long as you like, if you have the time. If I am traveling through the mountains, I can bring my bikes if it's summer, or my skis if it's winter. I've also enjoyed traveling my train in Russia. It's completely new for me, because we don't have as many options to travel by train in America. I wish that we did.

Where have you hiked or camped?

I've hiked and camped different places in Michigan. Some of the best places are along Lake Michigan because there are such beautiful shorelines and beaches. The most interested place that I've hiked and camped in Michigan is Isle Royale. It is a national park that is an island in Lake Superior. It is the largest island on the largest fresh water lake in the world. You have to take a four to six hour ferry ride from the northern most point in Michigan to get to the island. I spent a week there, hiking and camping in the wilderness. I've also hiked and camped in Colorado, Utah, Idaho, Washington, Oregon, and northern California.

What is the longest time that you've camped or hiked?

On Isle Royale, I hike and camped, or "backpacked", for 7 days. I've been backpacking in Washington for as long as 5 days at a time. However, I once spent 2 weeks camping in southern Utah.

What is the best season for hiking and camping?

In northern regions it's easiest to hike and camp in the summertime, of course. However, in many southern regions it can be extremely hot during the summer.

Really, any season can be great for hiking and camping if you're prepared—even in the snow during wintertime. One of my favorite times to camp in Michigan is autumn. It can be incredibly beautiful when the leaves on the trees begin to change color, turning to bright yellow, orange, and red. Also, popular places to camp are empty since most people only go camping during the summer and not during the fall.

What is the furthest distance you've hiked?

I probably hiked around 50 miles on Isle Royale—that's about 80 kilometers. Also, something close to that distance in Washington state.

What do you take with you when you go hiking/backpacking?

There are several basic and essential things that I would bring backpacking. First, a good and comfortable backpack—since you're probably going to be carrying it for many miles; a tent for protection from the elements and sometimes insects; a sleeping bag,—usually filled with goose down—one that will keep you warm at the coldest possible nighttime temperature in the particular climate and season that you're going to be camping in; it's also nice to have a sleeping pad, and there are some modern ones which are quite comfortable but roll up to be rather small and light; a water filter which will remove harmful microorganisms from stream, lake or river water; a small stove which burns gasoline or other fuel—some places it can be difficult to find wood for a campfire, or it might be prohibited because of the risk of starting a forest fire. Also, a camp stove will work in the rain; a pot to boil water and cook food in; Naturally, you need food—probably a little more than you think you might need, because you'll be expending a lot of energy; a headlamp—a small light which attaches to your head so that you can have both hands free in case you have to set up your tent or cook your supper in the dark; raingear to keep you dry in case it rains. There are several other things that I might bring but whatever you bring, you will want to have two important qualities: you want it to be small and lightweight.

What do you eat while camping and backpacking?

For breakfast, usually cereal with instant powdered milk and instant coffee. During the day I snack on trail mix or GORP; it's a mix of nuts, dried fruits, and usually pieces of chocolate like M&M's. For dinner, usually something simple to prepare like pasta or fast cooking rice. Sometimes I use prepackaged dehydrated meals for backpackers. You simply add boiling water and have a hot and tasty meal. Chocolate makes a good and simple desert, and some tea or hot cocoa can help to warm you on a cold evening before you go to bed. Whatever kind of food you bring, it has to be something which won't spoil, since you can't carry a refrigerator. Canned foods are not good because the can is heavy, and you still have to carry the can after you eat the food. Remember, you have to carry any garbage with you. You cannot leave anything behind—pack it in, pack it out!

What kind of wildlife have you seen?

I've seen moose, fox, deer, and porcupine. I saw a bear once. Marmot—which are animals that live high in the mountains, the bald eagle, which is one of America's national symbols...a once got to see a very large owl, at very close range, and once nearly stepped on a pygmy rattlesnake—which is a small but very poisonous snake.

What is the worst weather for hiking or camping?

Almost certainly, rain. However, in some cases snow; especially on mountain trails which can run along steep slopes that may be very dangerous if they become slippery.

Where would you like to go hiking?

Almost anywhere, I suppose. But, I have a dream to hike the entire Pacific Crest Trail. This is a continuous trail that runs from the Mexican border, through California, Oregon, and Washington. It crosses the U.S.-Canadian border and ends in Canada. The trail is about 2600 miles or nearly 4200 kilometers long, and takes as long as three months to finish.

What do you like most about hiking?

Mainly, I enjoy the amazing natural beauty. There are so many amazing places to see and just when think that you may have discovered the most beautiful place possible, you go on discover another. I also enjoy the physical challenges that can be part of hiking—especially with long distance hikes through wilderness.

What do you like least about camping and hiking?

Having to return to civilization.

нусь дома и почитаю. 8. Джон помог жене снять пальто и усадил ее в кресло у камина. 9. Разве вы не знаете, что контрольную работу не пишут карандашом? 10. Мы сошли с поезда и отправились на поиски гостиницы. 11. Говорите шепотом. Анна, кажется, заснула. 12. Джордж отрезал кусок хлеба, намазал его маслом и принялся за еду. 13. Этот студент уверен в своих знаниях и немного рисуется. 14. Краска не отходит от пальто, я не могу ее соскоблить. 15. Вы не знаете, как у него дела с книгой, которую он пишет? — Я его давно не видел, мы не ладим с ним. — Но почему? По-моему, вы придираетесь к нему. При всех своих недостатках он очень порядочный человек.

15. a) Give Russian equivalents for the following English proverbs and sayings (or translate them into Russian). b) Explain in English the meaning of each proverb. c) Make up a dialogue to illustrate one of the proverbs:

1. Gossiping and lying go hand in hand. 2. He who would eat the nut must first crack the shell. 3. Oil and water will never mix. 4. Who has never tasted bitter, knows not what is sweet.

16. Write a narrative essay on one of the topics:

1. A river trip that went wrong.
2. How Father did his best to cook dinner on the 8th of March.
3. The dream of a holiday-maker on a rainy night.
4. A trying experience of a holiday-maker during a river trip.

CONVERSATION AND DISCUSSION

CHANGING PATTERNS OF LEISURE

Topical Vocabulary

1. **Choosing a route. Packing:** hike, to go on a hike, to go hiking, hiker; picnic; walking tour, walker; to travel (to go) on foot; to wander; to roam; route, to choose a route; to discuss plans, to plan a trip; guide-book; light (hand) luggage, heavy luggage; rucksack; knapsack; hamper, basket; to pack clothes (supplies, cooking utensils, etc.) into a rucksack, to pack a rucksack; damp-proof; sleeping-bag, the spirit of the journey; to be open to all impressions; an inveterate anti-picnicker.

2. **Nature. Weather:** landscape, scenery; countryside, hilly or level countryside; picturesque; vegetation; grove; slope; steep hill;

meditative silence of the morning; to wind, winding; the weather forecast (to forecast the weather); constant (steady) rain (wind); dull, wet, damp, cloudy, foggy, windy weather (day); it is pouring; to drizzle, it is beginning to drizzle; fog, thick fog, mist; to be (to get) wet through; the things are damp, soaked; the wind rises, drives the clouds away, brings rain, drops; it's a hot, stuffy day; the heat is stifling, unbearable; there is hardly a breath of air; not a leaf is stirring; it's 30 (degrees) above (zero) in the shade; a day to tempt anyone out.

3. **Meals:** meals in the open air; cooking utensils; frying-pan; saucepan; pot; kettle, tea-pot, to get a kettle to boil; tin, tinned food, tin-opener; pocket knife; gas-burner; water-container; eggs and bacon, scrambled eggs; plain, nourishing breakfast; to peel, to scrape potatoes; to stir, to mix; to crack, to squash, to smash; to clean, to scrape out a frying-pan; to spill; odds and ends; flavour; good stuff; like nothing else on earth; to make a fire, to put out the fire; to light a gas-stove; to settle oneself for a meal; to squat down to supper; burnt and unappetising-looking mess; to give smb. a good appetite; to wash up.

4. **Sleep:** to camp out, to sleep out; a picnic site; to fix (to pitch) a tent, to strike a tent; sleeping-bag; to be fast asleep, not to sleep a wink; torch.

5. **Bathing and boating:** to look down at the river and shiver; to throw water over oneself, a tremendous splash; to dive; to swim, to have a swim; to run one's boat into a quiet nook; to hire a boat; to get upset; to row up (down) the river (stream); to steer; bow, stern; canoe, rowing-boat, motor-boat, yacht; to land, to get out; to scull, tow, to punt; raft, to raft; strong current; a refreshing bathe.

1. Read the following passage, comment on it and then answer the questions which follow it.

A Walking Tour

To be properly enjoyed, a walking tour should be gone upon alone. If you go in a company, or even in pairs, it is no longer a walking tour in anything but name; it is something else and more in the nature of a picnic. A walking tour should be gone upon alone because you should be able to stop and go on, and follow this way and that, as the whim takes you; and because you must have your own pace, and neither trot alongside a champion walker, nor

mince in time with a girl. And you must be open to all impressions and let your thoughts take colour from what you see. You should be as a pipe for any wind to play upon. There should be no cackle of voices at your elbow, to jar on the meditative silence of the morning. And so long as a man is reasoning he cannot surrender himself to that fine intoxication that comes of much motion in the open air, that begins in a sort of dazzle and sluggishness of the brain, and ends in a peace that passes comprehension.

During the first day or so of any tour there are moments of bitterness, when the traveller feels more than coldly towards his knapsack, when he is half in a mind to throw it bodily over the hedge. Yet it soon acquires a property of easiness. It becomes magnetic; the spirit of the journey enters into it again. And no sooner have you passed the straps over your shoulder again than the less of sleep are cleared from you, you pull yourself together with a shake and fall at once into your stride. And surely, of all possible moods, this, in which a man takes the road, is the best.

1. Comment on the writer's use of the expression "in anything but name". 2. What in the opinion of the writer are the main disadvantages of having company on a walking tour? 3. "You should be as a pipe for any wind to play on." What is the significance of this statement? 4. How, according to the writer, is man affected by prolonged walking in the open air? 5. What impression do we receive from the use of the word "bodily"? 6. The writer describes the knapsack as becoming magnetic. In what way is this an accurate description? 7. Taking the theme as a whole, what do you think is "the spirit of the journey" referred to?

2. Give a summary of the text.

3. Use the Topical Vocabulary in answering the questions:

1. What are the advantages and the disadvantages of a hiking tour? 2. What must you take with you if you are going on a week's walking tour? 3. What's your daily routine when on a hike? 4. How would you plan your day in hot stuffy weather? 5. What would you do in cold and rainy weather? 6. Do you take the weather forecast into account when going hiking? 7. What do you like for breakfast, dinner and supper when on a hike? 8. What must you do to make a fire, to cook scrambled eggs, to cook fish soup, to cook porridge? 9. Do you like sleeping out? 10. Which would you prefer: sleeping

out or being put up at the village? Give reasons for your choice. 11. Do you make a point of having a swim every day no matter what the weather is? 12. Which would you rather choose: a hiking trip or a river trip? Why? 13. Have you or your friends ever gone fishing? What is characteristic of an experienced angler? 14. What do you do of an evening during a hiking tour?

4. Read the poem, comment on it and answer the questions.

Leisure

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this is if, full of care,
We have no time to stand and stare.

W.H.Davis (1871—1940)

1. What do you consider to be the author's message of the poem? 2. What is the author's attitude towards the life full of care? 3. Show how the reader is constantly reminded of the poor life he lives. 4. In view of the contents of the poem, what is hinted at in the title "Leisure"? 5. Observe whether irony enters into the author's treatment of the subject. 6. Choose two words or phrases which you find particularly vivid. Comment on each of them so as to convey the reasons why you find them effective. 7. The poet treats his subject in a very lovely and interesting manner. One way in which he sustains interest is by using expressions which suggest that there is something "human" about nature. Find in the poem what is

often used with reference to human beings. 8. What do the images of the poem suggest are the poet's feelings about nature? 9. Bring out the effectiveness of the repetition in the poem. 10. Would you recommend the poem to a friend? Give your brief reasons. 11. Suppose that you had some reasons to get up an hour before dawn. Describe the signs and stages by which the rest of the world "wakes up". 12. As a teacher you propose to introduce this poem to your pupils. Prepare your introductory talk.

5. Work in pairs or in small groups. Use the phrase list of the Topical Vocabulary:

1. You've been chatting to a friendly fellow-hiker on your way to the meeting place about your last year experience on a hiking tour.

2. You have been invited to join your friend's family on a hiking tour. You've never been before and you want to know much about the new experience.

3. A friend is saying good-bye to you as you are about to go off on a short hiking tour. You are not convinced you are going to enjoy yourself.

4. You have arranged with your friend, Mike, to go out for a picnic. But it is pouring with rain.

5. At your English Department you have planned an end-of-term walking tour. You speak to your teacher about the arrangements.

6. You and some friends are planning a hiking tour, but you want to do something unusual.

7. You are going on a hiking tour and have discovered that you have no rucksack. You remember your friend Jane has an old rucksack that she probably isn't using. You telephone her.

8. Your friend Bob has agreed to come with you and two other friends on a hiking tour. Suddenly he changes his mind and says he wants to go to the seaside. You try to persuade him to stay with you.

9. You and your sister are on a walking tour. Your sister has decided that you need to slim and has placed two raw eggs in a glass in front of you as your dinner.

10. Give two descriptions of hiking tours. In one of them describe the tour from the point of view of an ardent hiker, in the other describe the tour from the point of view of a tour-hater.

11. Imagine that you are a newly employed teacher and you are anxious to impress on your Headmistress the importance of hiking tours.

6. Telling a Story.

We often want to tell people stories in the form of long narratives. It may be the story of a film, or a book, or a true story of events that have happened to us — or even a joke or a funny story.

To keep the narrative going you need various "narrative techniques" to give variety and interest to the story.

So instead of saying: "He fell into the sea," you can say: "What happened to him was that he fell into the sea," and instead of saying: "He opened the letter," you can say: "What he did was open the letter," or even: "What happened was that he opened the letter."

Another narrative technique is to involve the listener in the story by asking him or her to guess what happened next, or how someone in the story felt:

You can guess how he felt.

What do you think he did?

And then do you know what he did?

Imagine my surprise when he ...

You'll never guess what happened next.

Narrative techniques like these will help make a story more dramatic.

7. Read the text and retell it. Use the narrative techniques of Ex. 6.

Picnic

My elderly cousin came to stay with us just before our youngest daughter's birthday. We were a little apprehensive whether we ought to arrange the usual picnic celebration because my cousin loathes meals in the open air. However she was determined not to spoil our plans and said she did not mind being left at home. On the day itself, seized by some sudden impulse, she elected to come with us, much to our surprise. It was certainly a day to tempt anyone out, even the most inveterate anti-picnicker: a clear blue sky, glorious sunshine and a gentle breeze.

We duly arrived at our favourite picnic site, a field beside a river, and everybody, except my cousin, had a lovely and most refreshing bathe before we settled ourselves for our meal under the willow trees. While we were eating, a herd of cows from the adjoining field began to amble through the open gateway, unnoticed by my cousin. We like cows but guessed that they would be as little to her fancy as picnics and so hoped that they would go quietly back, satisfied that we were harmless. But one by one they gradually advanced nearer and nearer. When my cousin chanced to look up, their eyes confronted hers. With one shriek of horror she leapt into the air and ran, not to the car, where she might have taken refuge, but towards a gap in the hedge, so small that she could not possibly have crawled through it. The cows, full of curiosity, gave chase. We were convulsed with laughter but my husband managed to pull himself together, rounded up the cows, drove them back through the gateway and shut the gate. We thought that disaster had been averted but our shaken guest, walking unsteadily back to us through a marshy bit of the field that the cows had trampled into mud, lost her balance and fell on her face. A hot cup of coffee did nothing to restore her composure, so we had no alternative but to pack up and go home. Never again, my cousin vowed bitterly, would she be so foolish as to go out on a picnic.

8. a) Tell the story of "Picnic" as the cousin might have told to her boy-friend. b) Work in pairs. You will tell each other the story in your own words. Keep interrupting with questions. c) Imagine that you are an elderly cousin. Describe in your own words what happened to you on the day after the picnic. d) Suppose you had been present at this event. Describe what you would have seen when the cows came into sight. Use your own words as far as possible and do not include anything that is not in the passage. e) Imagine that you are the cousin. Describe what you saw and did.

9. In a narrative you can choose whether to report exactly what was said or report the main points of what was said.

Here are some ways of reporting the main points of what was said:

He wanted to know ...

He wondered ...

He tried to find out ...

He mentioned something about ...

He hinted that ...

I found out that ...

10. Read the following dialogue. Report the main points of what was said. Use the opening phrases of Ex. 9.

Newsagent's shop. Sunday morning. A young married couple, Anne and Jim, meet Ronald Marcer, a middle-aged librarian, while buying the Sunday newspapers.

Ronald: "Sunday Telegraph", please. Thank you.

Jim: We would like all the Sunday papers. Why ... hullo, Mr. Marcer.

Ronald: Hullo.

Jim: You know my wife, Anne, don't you?

Ronald: Yes. We've met once or ... How are you?

Anne: Yes, of course. How are you, Mr. Marcer?

Ronald: Buying up the whole of the paper shop this morning?

Jim: Well ... We want to plan our summer holiday you see. And it's about this time of year especially that ... that all the holiday adverts appear in the ...

Anne: So we thought we'd have a good look at about everything that's going.

Ronald: I see ... Yes ... You have to book up early these days. Are you thinking of going somewhere?

Jim: Yes ... we are. The trouble is ... the money.

Ronald: Ah yes. Now there's the rub. Now why don't you try the same holiday as my wife and I had last year? Does a package holiday attract you?

Jim: Well that sounds OK. What do you think, Anne?

Anne: A package holiday ... But ... well you know these organized holidays ... you know what they are like. Everybody doing everything together, ... all at the same time. You sometimes need to lose the others for a bit.

Ronald: That does surprise me. You wanting to escape from the madding crowd. As I remember, you were always the life and soul of ...

Jim: If that's how you'd care to put it. But getting away from the others at times ... you know ... never harmed anyone.

Ronald: Look ... How about a walking tour?

Anne: But how do we go about arranging it?

Ronald: Let's walk, shall we? We're going the same way I think. Let's cross here, shall we?

Anne: Watch out. You will get run over.

Jim: Whew. Narrow escape. We nearly didn't have any holiday ...

11. Decide how you can make your narrative of the story "Picnic" as interesting as possible. Add detail and dialogue. Imagine what happened before the first scene and after the last scene.

12. Dramatize the story "Picnic". Bring necessary accessories.

13. Work in pairs. Put the story "Picnic" into a dialogue form.

14. Controlling a narrative.

You can signal the beginning of a spoken personal narrative like this:

Did I ever tell you about the time I ...

That reminds me of the time I ...

Funny you should mention this, because something similar happened to me once ...

A story often has changes of direction and digression. You can signal the end of digression like this:

Anyway ...

As I was saying ...

To get back to the story ...

And we can speed up the end of the story by cutting out irrelevant detail and saying:

To cut a long story short ...

Anyway, what happened in the end was ...

15. Read this simple story and try to memorize the main points. When you are ready tell your partner the story and be prepared for interruption. Tell the story from memory. Use narrative technique. When you have told this story, listen to your partner's story and keep interrupting with questions.

A Traveller's Tale

In the autumn of 1935, when I was a young man, I was travelling in the north-west of India. One evening, after hunting in the forest all day, I was returning alone to the place where I had put up my tent. It was getting dark, and I was walking along a narrow path. On my right was a wide river; on my left, a thick, dark forest. Suddenly I saw two green eyes looking at me from among the trees. A man-eating tiger was getting ready to jump on me.

What could I do? Should I jump into the river and hope to save my life by swimming? I looked to the right. In the river there was an immense crocodile waiting to welcome me with its mouth wide open.

I was so frightened that I shut my eyes. I heard branches moving as the tiger jumped. I opened my eyes. What do you think had happened? The tiger had jumped right over me and was now in the jaws of the crocodile. That's a true story, believe it or not.

1. Do you believe this story? 2. Try to describe a very improbable experience like the traveller in "A Traveller's Tale", making your account sound as truthful as possible. 3. Do you know of any stories (legends, popular beliefs) that might or might not be true? Give all the details you can and express your attitude to them.

16. Work in pairs or small groups. Help each other to remember your hiking tours:

1. An unforgettable evening.
2. An embarrassing situation.
3. A frightening experience.
4. An experience which made you laugh.

Listen to each other's narrative but don't interrupt except to find out more details.

17. Sit in a circle. Every alternative person is A and the person on his or her right is B. If you are A, tell the person on your right a story, an experience, a joke or a funny story about a walking tour. If you are B, listen to the story from the person on your left and tell it to the person on your right. And so on round the class until the story comes back to the person who told it first. Was the story you told recognizable on its return? Tell the others how it had changed. Then it's B's turn to tell a story to the person on his or her right. And so on round the circle.

18. Role-Playing.

Characters:

1. *Mrs. Alla Gordon* — a discussion leader. A writer, aged 40, has been a member of various hiking tours, knows their advantages and disadvantages.

2. *Mrs. Jane Wilson* — a scientific research worker. A lot of time in the library, laboratories. An experienced hiker. Hiking is her hobby.

3. *Mrs. Margaret Drew* — a teacher, rather advanced in years. Used to be a devoted hiker in her youth.

4. *Mrs. Pauline Jenkins* — a librarian, aged 25, a bit shy. Wishes to have a lot of friends. Is a bit tired of her everyday routine. Feels rather lonely.

5. *Miss Ann Thompson* — a very experienced psychologist. Theoretically believes that hiking can be of some help to her patients but thinks that it can hardly be regarded as an ideal way of spending a holiday.

6. *Miss Helen Green* — a romantic girl of 20. Loves nature. Tries and sees beauty everywhere. Writes poems about nature, sunsets, seasons of the year, birds, flowers, etc. Is not in good health. Thinks hiking can help.

7. *Mrs. Katherine Morrow* — a housewife. Has a large family. Is knee-deep in children having four of them. Very busy at home. A bit tired of cooking and the rest of housework.

8. *Miss Diana Hubble* — a student, goes on a hike every other weekend. Has been to various places. Is fond of independence and freedom of choice.

9. *Mrs. Morris Cardew* — a journalist, travels much by air, by train, by car, by sea. Always pressed for time. Very seldom has a possibility to walk. Doesn't think it necessary.

1. *Mrs. Alla Gordon* (opening)

When the people of the future will turn their attention to the twentieth century, they will surely choose the label "legless people" describing us, people of the 20th century. Don't you think hiking is certainly a way out of this dangerous situation and thus a splendid way to have a holiday. People of the 20th century are always in a hurry; they are short of time, travel at high speeds. Very often we are deprived of the use of our eyes. In our hurry we fail to see anything on our way. Hiking seems to be the ideal way to see everything with our own eyes, to touch everything. Certain inconveniences. Lack of great comfort. Dependence on weather and other things. But a lot of advantages. So, the pleasure one gets from hiking is worth the trouble taken.

2. *Mrs. Jane Wilson*

1) 20th century people forget how to use their legs. Men, women, children move in cars, buses, etc. from a very early age. In houses — lifts, escalators to prevent people from walking. Hiking — a superb thing in this respect. (Ask for Mrs. Margaret Drew's opinion.)

2) Inconveniences are not great, though they exist. Modern camping sites are well equipped with hot and cold running water, shops, even dance floors. Tents — comfortable. Portable furniture is light. Gas stoves — excellent coffee and tender steaks. (Ask for Pauline Jenkins's opinion.)

3. *Mrs. Margaret Drew*

1) Hiking — an ideal thing but only for the young. A lot of inconveniences, significant for those not already young. Mosquitoes, packing and re-erecting a tent, many heavy things to carry. No real comfort. Is it a kind of a holiday of relaxation to overcome lots of difficulties and inconveniences?

2) Agrees that hiking is cheap. But you get what you pay for. When hiking you don't pay much and you don't get much.

4. *Mrs. Pauline Jenkins*

1) Hotels provide more comfort, greater variety of food. But remote strained atmosphere of hotels, cold and unfriendly formal greetings between the residents. Hiking — enormous opportunity to meet different people, share your pleasures, make friends.

2) Hiking provides you with a real change from everyday living. You get up earlier, go to bed earlier, develop a hearty appetite. (Ask for Mrs. Katherine Morrow's opinion.)

5. *Miss Ann Thompson*

1) Ideal way of spending a holiday is getting relaxed and away from other people. Camping sites are crowded. Many people go on a hike. You must meet a lot of people, get acquainted with them. Making friends is not an easy task for everybody. Even if a place is beautiful, all the beauty is gone because of the number of people. (Ask Helen Green's opinion.)

2) A person on a hike is quite helpless. Something goes wrong, help is required. Where to go? What to do? (Ask Diana Hubble or the hostess of the discussion.)

6. *Miss Helen Green*

1) Nothing can spoil the beauty of nature. Walking is the best way to enjoy nature. Can explore beautiful distant places which cannot be done in a car, or sitting in front of the "one-eyed" monster — TV set.

2) Being in the open air is an advantage in itself. You improve your health, you train your body, you develop your senses.

7. Mrs. Katherine Morrow

1) Hiking is not a real holiday for the family. No real rest. Wife has to cook, to do washing up under primitive conditions. No change for her. You sit in front of TV, you see beautiful places, you read a book, you live wonderful lives and you have a real holiday. Hotels also provide rest and freedom for everyone in the family.

2) Much depends upon the weather. Rain, drizzle, dull weather, erecting a wet tent are not enjoyment in themselves.

8. Miss Diana Hubble

1) Hiking is an ideal way of spending a holiday. You are free to choose. You don't like the place or it is too crowded, you can simply get up and go or stay as long as you like. You're the boss, have tremendous mobility.

2) A person seldom goes on a hike alone, in isolation. Telephone booths, people eager to cooperate. Hiking has other advantages. The cheapest way of spending a holiday. Don't think much about the clothes. Any clothes will do.

9. Mrs. Morris Cardew

1) Hiking seems to be ideal, though hardly is. The 20th century is the time of great emotional stress. Trying to escape from crowds, from everyday routine people put themselves into the circumstances they are not used to. Strain in itself.

2) In the 20th century a lot of information is required. Even on a holiday you must see many things, must move fast, be able to get to many places. Hiking, walking can hardly be of any help.

Unit Two

SPEECH PATTERNS

1. **If I were asked to cite a single reason, for your pre-eminence, I would point to your creation of a special world.**

If you could have shot this in colour, would you have?
I would certainly give you the number of my room if I had one.
I wouldn't have gone, if I hadn't made up my mind.

2. **When I was a child, I suffered from an almost complete lack of words.**

The headmaster showed a considerable lack of cooperation with the governing body.

The plants died for lack of water.

His lack of wit was quite evident.

3. **Was it only the accident of the puppet theatre that sent you the way of theatre rather than of books?**

It was a foolish rather than a malicious remark.

He relied on his wit rather than his knowledge.

She is ignorant rather than stupid.

4. **Do you direct it in your head? — In a way.**

Did the play impress you? — In a way.

The work was well done in a way.

He is clever in a way.

5. **What I need is to come in contact with others.**

What the child needs is punishment.

What the fellow needs is self-respect.

What I need is advice.

6. **My impulse has nothing to do with intellect or symbolism.**

It has nothing to do with the original plan.

My decision has nothing to do with your explanation.

The answer has nothing to do with the question.



UNIT 11 DESCRIBING A JOURNEY

1 Read three extracts from a travel diary and answer the questions.

- Which countries did the writer visit?
- How did he travel? Where did he sleep?
- In which extracts does he ...
 - get on with the local people?
 - experience bad weather?
 - comment on the changing scenery?
 - feel anxious about his journey?

A After picking up the Honda in Buenos Aires, I carefully packed my camping equipment and left the city. I was soon making my way south along the storm-tossed Atlantic coast, passing glorious, golden beaches and small bustling resorts. I decided to stop off at Bahia Blanca and enjoy the hospitality of the friendly locals, before heading out west. A few days later I set off inland, and was soon riding through bleak wasteland. The days were getting shorter now and the night temperatures were definitely cooler. It was exciting, but also a little troubling to see the next stage of my journey loom ahead – the barren, snow-clad Andes.

B Chile's lush green vegetation was a welcome change after the desolate landscape of the Andes. But then it started raining. Unfortunately, this was no ordinary shower – it was a real downpour and it went on for days, which was pretty depressing. I passed several rain-drenched, dreary towns, which were about as welcoming as the gloomy-looking people. In fact the rain continued until I reached the capital, Santiago.

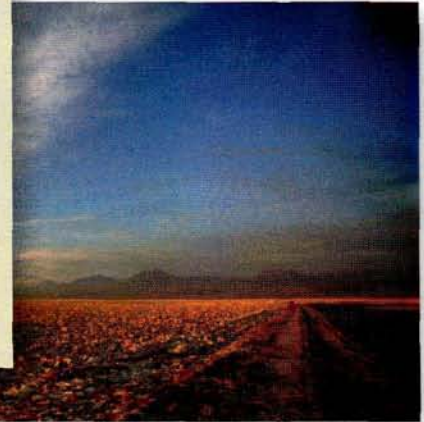
C After Santiago, the weather picked up. It was great riding along the wild Pacific coast in the bright sunshine. But as I approached the Atacama desert, the scenery started to change again. Instead of grassland, there was cactus, then sand. Soon I found myself on the edge of the driest desert in the world, where temperatures ranged from a sizzling 40°C in the day to a freezing -5°C at night.

Adding interest

2 Read another extract by the same writer. Add adjectives from the box to make it more interesting.

windswept desolate spectacular derelict shimmering blazing

In the Atacama desert, the road ahead was my only link with civilization. The sun beat down on the sand dunes and ghost towns which lined the route. In the distance I could see volcanoes which marked the edge of the desert and the border with Bolivia.



3 Find adjectives in extracts A–C which describe ...

- beaches • towns and cities • the coastline • people • the mountains

4 Match these sentence halves describing different journeys.

- It was a beautiful sunny day when we headed
- They crossed the swamp, then slowly made
- After travelling for several hours on the motorway we stopped
- The road was flooded so we had to turn
- If you follow this road for 15 kilometres, you'll find
- It was hard work hiking through the snow, but we soldiered
- The express train sped
- We were crossing a bridge when the bus broke
 - off at a service station for lunch.
 - their way to the crocodile farm.
 - out towards the mountains.
 - through the countryside without stopping. / towards the gloomy city.
 - on until we got to the cabin.
 - back and look for an alternative route.
 - yourself on the coast.
 - down and blocked the road.

5 Write a 250-word description of a memorable journey you have taken. Use the paragraph plan and the questions to help you.

Paragraph 1: Describe the beginning of your journey. Where were you going? Who were you travelling with? How did you get there?

Paragraph 2–3: Describe what happened during the journey. What was the weather like? What were your impressions of people and places? How did you feel? Did anything unusual happen?

Paragraph 4: Describe the end of your journey. What was your final destination? When did you arrive? How did you feel about the journey? Was it a good or a bad experience?



Does Mike Have to Cook Dinner?

STUDENT A

Mike, Jeff, Paula and Tina are going camping.
Each person has to do two jobs.

- 1** Ask Student B questions to find out who has to do what. Tick (✓) the correct boxes.

Student A: Does Mike have to put up the tent?

Student B: No, he doesn't.

Student A: Does Mike have to build a fire?

Student B: Yes, he does.

	Mike	Jeff	Paula	Tina
put up the tent			✓	✓
find wood	✓			
build a fire				
get water		✓		
cook dinner				

- 2** Complete the sentences.

Example: Paula and Tina **have to put up** the tent, but **Mike** and **Jeff** don't have to.

1 Mike and Jeff _____ a fire, but

Paula and Tina _____

2 Mike _____ wood, but Jeff

doesn't have to.

3 Paula _____ water, but Tina

4 Tina _____ dinner, but her friends

- 3** Who has to do these things?

1 'I have to put up the tent *and* get the water!'

2 'Well, I have to put up the tent *and* cook dinner!'

3 'I have to find wood *and* build a fire!'

4 'Well, I have to build a fire, too!'

STUDENT B

Mike, Jeff, Paula and Tina are going camping.
Each person has to do two jobs.

- 1** Ask Student A questions to find out who has to do what. Tick (✓) the correct boxes.

Student B: Does Jeff have to cook dinner?

Student B: No, he doesn't.

Student A: Does Paula have to put up the tent?

Student B: Yes, she does.

	Mike	Jeff	Paula	Tina
put up the tent				
find wood				
build a fire	✓	✓		
get water			✓	
cook dinner				✓

- 2** Complete the sentences.

Example: Paula and Tina **have to put up** the tent, but **Mike** and **Jeff** don't have to.

1 Mike and Jeff _____ a fire, but

Paula and Tina _____

2 Mike _____ wood, but Jeff

doesn't have to.

3 Paula _____ water, but Tina

4 Tina _____ dinner, but her friends

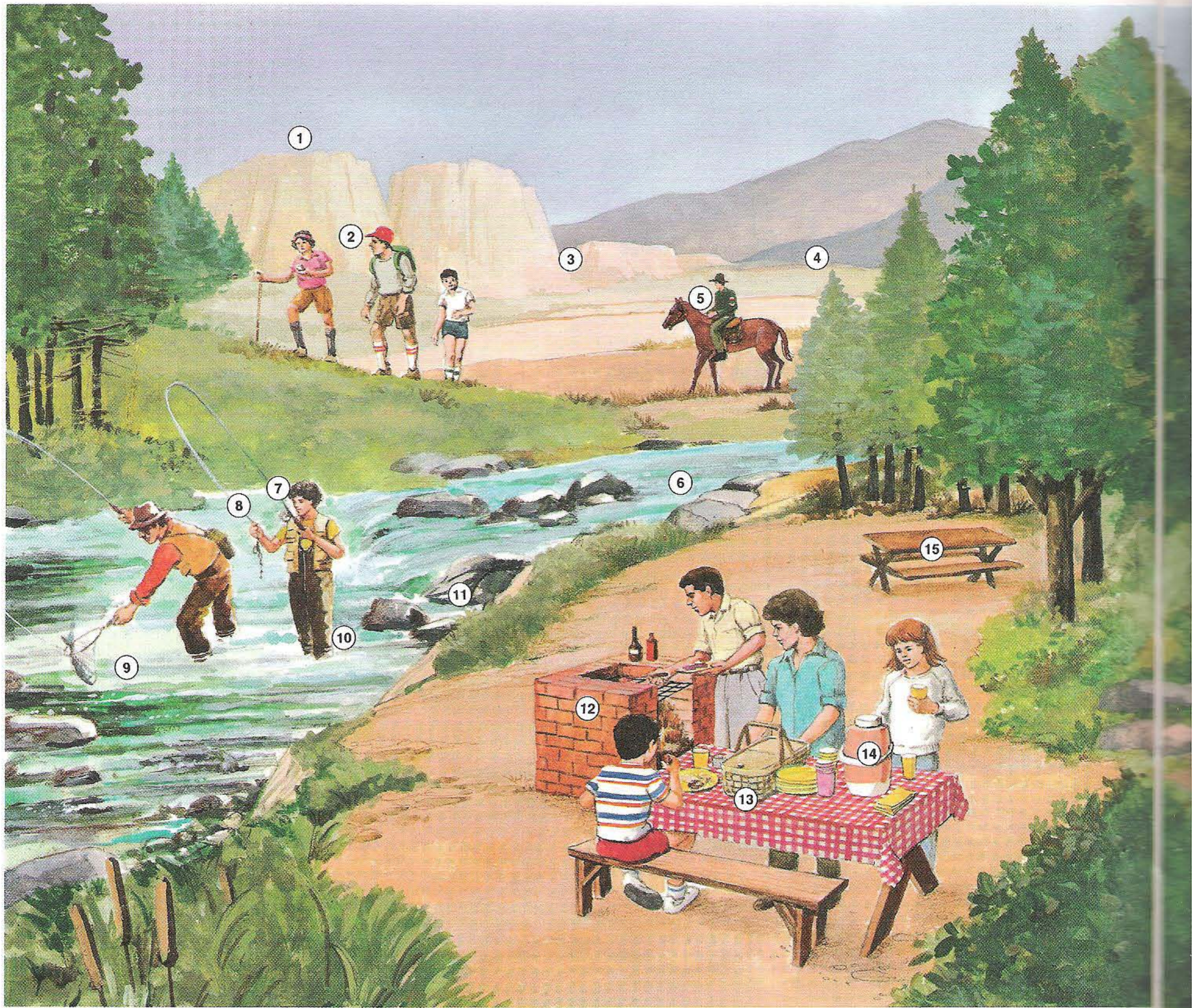
- 3** Who has to do these things?

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2 'Well, I have to put up the tent *and* cook dinner!'

3 'I have to find wood *and* build a fire!'

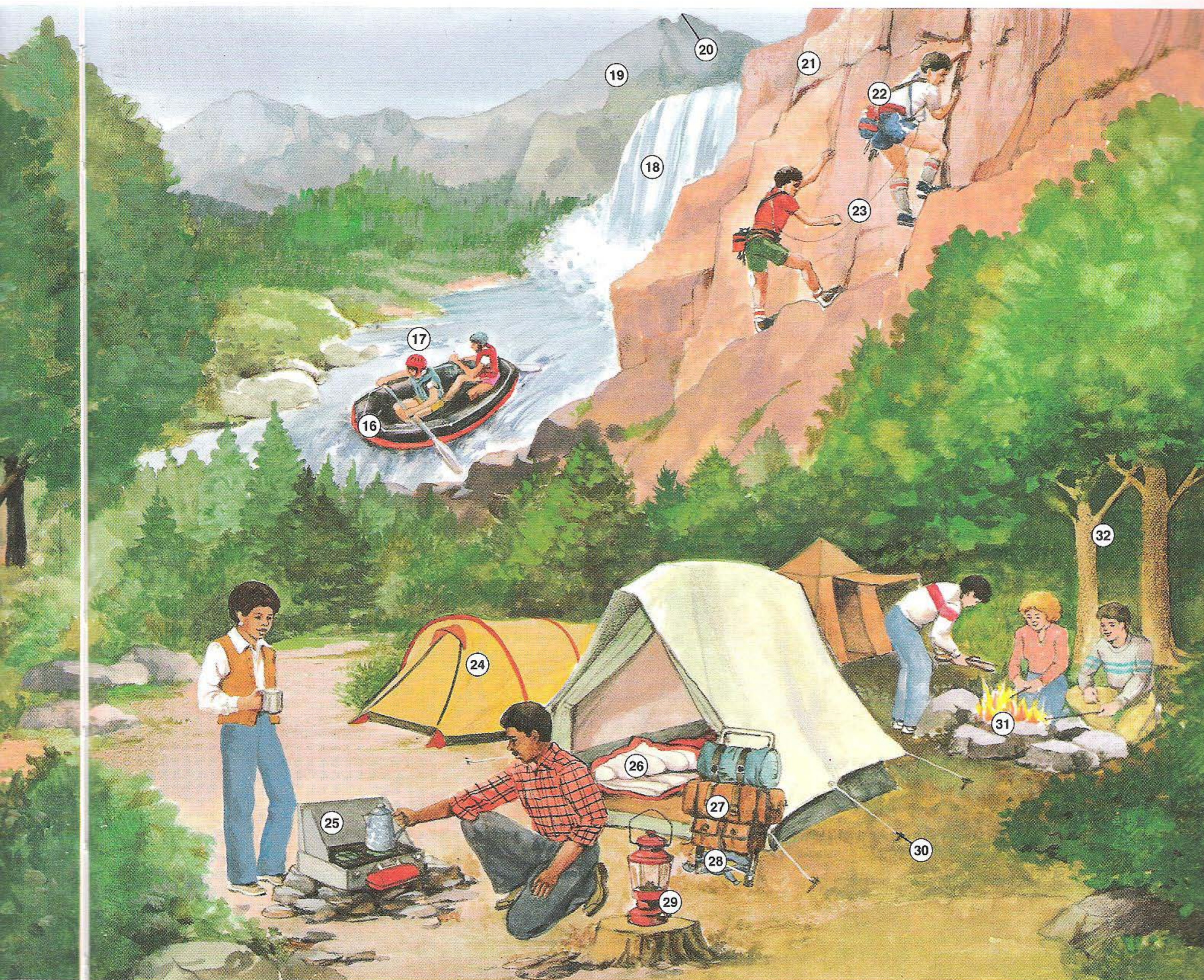
4 'Well, I have to build a fire, too!'



1. plateau
2. hikers
3. canyon
4. hill
5. park ranger

- Fishing**
6. stream
 7. fishing rod
 8. fishing line
 9. fishing net
 10. waders
 11. rocks

- Picnic Area**
12. grill
 13. picnic basket
 14. thermos
 15. picnic table

**Rafting**

- 16. raft
- 17. rapids
- 18. waterfall

Mountain Climbing

- 19. mountain
- 20. peak
- 21. cliff
- 22. harness
- 23. rope

Camping

- 24. tent
- 25. camp stove
- 26. sleeping bag
- 27. gear
- 28. frame backpack
- 29. lantern
- 30. stake
- 31. campfire
- 32. woods

Camping

Varsity Scouts of the Boy Scouts of America shown here tent camping.

Camping is an outdoor recreational activity. The participants, known as campers, leave urban areas, their home region, or civilization and enjoy nature while spending one or several nights, usually at a campsite, which may have cabins. Camping may involve the use of a tent, a primitive structure, or no shelter at all.



Camping as a recreational activity became popular in the early 20th century. Campers frequent national parks, other publicly owned natural areas, and privately owned campgrounds.

Camping is also used as a cheap form of accommodation for people attending large open air events such as sporting meetings and music festivals. Organizers will provide a field and basic amenities.

Definition

"Car camping" is camping in a tent, but near the car.



Camping describes a range of activities. Survivalist campers set off with little more than their boots, whereas recreational vehicle travelers arrive equipped with their own electricity, heat, and patio furniture. Camping is often enjoyed in conjunction with activities, such as: hiking, hill walking, climbing, canoeing, mountain biking, motorcycling, swimming, and fishing. Camping may be combined with hiking either as backpacking or as a series of day hikes from a central location.

Some people vacation in permanent camps with cabins and other facilities (such as hunting camps or children's summer camps), but a stay at such a camp is usually not considered 'camping'. The term *camping* (or *camping out*) may also be applied to those who live outdoors, out of necessity (as in the case of the homeless), or for people waiting overnight in queues. It does not, however, apply to cultures whose technology does not

include sophisticated dwellings. Camping may be referred to colloquially as *roughing it*.

Range of amenities

Tent trailer camping provides comfort in a towable package.



Campers span a broad range of age, ability and ruggedness, and campsites are designed in many ways as well. Many campgrounds have sites with facilities such as fire rings, barbecue grills, utilities, shared bathrooms and laundry, as well as close access to recreational facilities, but not all campsites have similar levels of development. Campsites can range from a patch of dirt, to a level, paved pad with sewer and electricity. For more information on facilities, see the campsite and RV park articles.

Today's campers have a range of comforts available to them, whether their shelter is a tent or a recreational vehicle. Today, backcountry campers can pack-in comfortable mattresses, compact chairs, and solar powered satellite phones. Those choosing to camp closer to their car ("car camping") with a tent have access to portable hot water, tent interior lighting, and technological changes to camping gear. For those camping in recreational vehicles (RVs), options include air

conditioning, bathrooms, kitchens, showers, and home theatre systems. In the United States, Canada and Europe, some campgrounds offer hookups where recreational vehicles are supplied with electricity, water, and sewer services.

Other vehicles used for camping include motorcycles, touring bicycles, boats, canoes, using pack animals, and even bush planes; although backpacking is a popular alternative.

Tent camping sites often cost less than campsites with full amenities, and most allow direct access by car. Some "walk-in" sites lie a short walk away from the nearest road, but do not require full backpacking equipment. Those who seek a rugged experience in the outdoors prefer to camp with only tents, or with no shelter at all ("under the stars").

Mobile camping



Campers with backpacks hiking through Bear Mountain State Park, New York, USA.



The pilot camping beside his Luscombe aircraft at an air rally (the Great Vintage Flying Weekend 2008) held at Kemble Airport, Gloucestershire, England.

Backpacking is a mobile variety of tent camping. Backpackers use lightweight equipment that can be carried long distances on foot. They hike across the land, camp at remote locations, and often select campsites at will if resource protection rules allow.

Backpacking equipment typically costs more than that for car camping, but still far less than a trailer or motor home, and backpacking campsites are generally cheap.

Canoe camping is similar to backpacking, but uses canoes for transportation; much more weight and bulk can be carried in a canoe or kayak than in a backpack. Canoe camping is common in North America.

One form of bicycle touring combines camping with cycling. The bicycle is used to carry the gear and as the primary means of transportation, allowing greater distances to be covered than backpacking.

Motorcycle camping is more comparable to bicycle camping than car camping due to the limited storage capacity of the motorbike. Motorcycle camping riders, as well as bicycle touring riders, often use some of the same equipment as backpackers because of the lighter weights and compact dimensions associated with backpacking equipment.

Specialized camping

Survivalist campers learn the skills needed to survive in any out-door situation. This activity may require skills in obtaining food from the wild, emergency medical treatments, orienteering, and pioneering.

"Winter camping" refers to the experience of camping outside during the winter - often when there is snow on the ground. Campers and outdoorspeople have adapted their forms of camping and survival to suit extremely cold nights and limited mobility or evacuation. Methods of survival when winter camping includes: building snow shelters such as quinzhees, igloos, or snow caves, dressing in "layers," staying dry, using low-temperature sleeping bags, and fueling the body with appropriate food.

Workcamping allows campers to trade their labor for a free campsite, and sometimes even for utilities and additional pay.

Adventure camping is a form of camping by people who race (possibly adventure racing or mountain biking) during the day, and camp in a minimalist way at night. They might use the basic items of camping equipment such as a micro-camping stove, sleeping bag, and Bivouac bag.

Camping is a key part of the program of many youth organizations around the world, such as Scouting. It is used to teach self-reliance and team work.

Boutique Camping is found at music festivals in the UK. Also called glamping, posh camping or comfy camping. It allows people to escape the hassles of finding camp space, carrying their tents, and erecting and taking down nylon tents. Companies deliver accommodation units to the festival, as well as build and breakdown the units for their guests. Various companies with various products exist. These products include: tents, bell tents, podpads, yurts, and tipis.

Sail Camping is a form of camping while sailing or boating. Sailers will visit islands and campgrounds along the shorelines, dock their boats, and set up camp. This form of sail camping gives a variety activities to the boater they may want a break from being on the water.

Camping equipment



VW Car camping equipment, Australia, 1969



Dome tent, UK, 2005

Camping equipment includes:

- First aid kit
- Tent, lean-to to act as a shelter.
- Hammer to drive tent stakes into soil.
- Sleeping bag and/or blankets for warmth.
- Sleeping pad or air mattress is placed underneath the sleeping bag for cushioning from stones and twigs as well as for insulation from the ground.
- Lantern or flashlight
- Hatchet, axe or saw for cutting firewood for a campfire.
- Fire starter or other ignition device for starting a campfire.
- Folding chairs for placement around campfire.
- Ropes for stringing clothes line and for securing the shelter.
- Tarp for adding additional layer of storm protection to a tent, and to shelter dining areas.
- Raincoat or poncho
- Hiking boots
- fishing pole
- Chuck box to hold camp kitchen items for food preparation, consumption and cleanup.
- Trash bags particularly one with handles can be tied to a tree limb, or clothesline off the ground. For handling of waste in backcountry see Leave no trace.
- Insect repellent particularly one that has DEET.
- Sunscreen for protecting the skin.
- Personal care products and towel
- Cooler to store perishables and beverages. If electricity is available, a thermoelectric or stirling engine cooler can be used without the need for ice.
- Beverages or portable water filter for areas that have access to rivers or lakes.

- Campers at modern campgrounds will normally bring perishable foods in coolers while backcountry campers will bring non-perishable foods such as [dried fruits](#), [nuts](#), [jerky](#), and [MREs](#).
- A tripod chained grill, [Dutch oven](#), or La Cotta clay pot can be used for [cooking on a campfire](#). A [portable stove](#) can be used where campfires are forbidden or impractical. If using a campground with electricity an electric [frying pan](#) or [slow cooker](#) can be used.

Much of the remaining needed camping equipment is commonly available in the home, including: dishes, pots and pans; however, many people opt not to use their home items, but instead utilize equipment better tailored for camping. These amenities include heavy plastic tableware and salt and pepper shakers with tops that close in order to shelter the shakers from rain. Backpackers use lightweight and portable equipment.^[1]

Social camping

Camping in [Amsterdam](#)



Many campers enjoy socializing with small groups of fellow [campers](#). Such groups will arrange events throughout the year to allow members with similar interests or from similar geographical areas in order to collaborate. This allows [families](#) to form small close knit [societies](#), and children to form lasting [friendships](#). In states such as Connecticut, Iowa, Illinois, and Colorado, children, under the age of 18, do not need adult supervision in order to enjoy nature, as long as the camp is in designated recreational or camp areas. However, in some states such as Arkansas, Rhode Island, and Georgia, many people cannot camp until the age of 21 without a proper camping permit. There are two large organizations in the UK who facilitate this sort of camping: the [Caravan Club](#) and the [Camping and Caravanning Club](#).

In more recent years, those who camp alone have been able to share their experiences with

other campers, through [blogs](#) and [online social networking](#).

- [Campfire](#)
- [Camping coach](#)
- [Campsite](#)
- [Caravan parks](#)
- [List of human habitation forms](#)
- [Scouting](#)
- [Survival skills](#)
- [Wilderness acquired diarrhea](#)

Hiking

Hiking in [Eagle Creek](#), Oregon



Hiking is an [outdoor activity](#) which consists of [walking](#) in natural environments, often on [hiking trails](#). It is such a popular activity that there are numerous [hiking organizations](#) worldwide. The health benefits of different types of hiking have been confirmed in studies.^[1] The word *hiking* is understood in all [English-speaking countries](#), but there are differences in usage.

In the [United States](#) and [United Kingdom](#), *hiking* refers to cross-country walking of a longer duration than a simple walk and usually over terrain where hiking boots are required.^[2] A *day hike* refers to a hike that can be completed in a single day, often applied to mountain hikes to a lake or summit, but not requiring an overnight camp, in which case the term [backpacking](#) is used. *Bushwhacking* specifically refers to difficult walking through dense forest, undergrowth, or bushes, where forward progress requires pushing vegetation aside. In extreme cases of bushwhacking where the vegetation is so dense that human passage is impeded, a [machete](#) is used to clear a pathway. [Australians](#) use the term *bushwalking* for both on- and off-trail hiking. [New Zealanders](#) use [tramping](#) (particularly for overnight and longer trips), *walking* or *bushwalking*. Multi-day hiking in the mountainous regions of [India](#), [Nepal](#), [North America](#), [South America](#), and in the highlands of [East Africa](#) is also called [trekking](#).



End-to-Enders: Origins of thru-hiking in the US

Hikers in the [Balkan Mountains](#), [Bulgaria](#)

Hiking a [long-distance trail](#)^[3] from end-to-end is also referred to as trekking and as *thru-hiking* in some places, for example on the [Appalachian Trail](#) (AT) or [Long Trail](#) (LT) in Vermont. The Long Trail is the oldest long-distance hiking trail in the United States.

Comparison with other forms of touring

Hiking is one of the fundamental [outdoor activities](#) on which many others are based. Many beautiful places can only be reached overland by hiking, and enthusiasts regard hiking as the best way to see nature. Hikers see it as better than a tour in a [vehicle](#) of any kind (or on an animal; see [horseback riding](#)) because the hiker's senses are not intruded upon by distractions such as [windows](#), [engine](#) noise, airborne [dust](#) and fellow passengers. Hiking over long distances or over difficult terrain requires both the physical ability to do

the hike and the knowledge of the route and its pitfalls.

Environmental impact

Hiking group in the Dunnieh mountains, Lebanon



Hikers often seek beautiful [natural environments](#) in which to hike. These environments are often fragile: hikers may accidentally destroy the environment that they enjoy. While the action of an individual may not strongly affect the environment, the mass effect of a large number of hikers can degrade the environment. For example, gathering wood in an [alpine](#) area to start a fire may be harmless if done once (except for [wildfire](#) risk). Years of gathering wood, however, can strip an alpine area of valuable nutrients.^[4] Generally, protected areas such as parks have regulations in place to protect the environment. If hikers follow such regulations, their impact can be minimized.^[4] Such regulations include forbidding wood fires, restricting [camping](#) to established camp sites, disposing or packing out [faecal matter](#), imposing a quota on the number of hikers per mile.

Many hikers espouse the philosophy of [Leave No Trace](#): hiking in a way such that future hikers cannot detect the presence of previous hikers. Practitioners of this

philosophy obey its strictures, even in the absence of area regulations. Followers of this practice follow strict practices on dealing with food waste, food packaging, and alterations to the surrounding environment.

Path from [Benaoján](#) to [Cortes](#) ([Grazalema Natural Park](#), [Spain](#))



Human waste is often a major source of environmental impact from hiking.^[4] These wastes can contaminate the watershed and make other hikers ill. [Bacterial](#) contamination can be avoided by digging '[catholes](#)' 10 to 25 cm (4 to 10 inches) deep, depending on local soil composition and covering after use. If these catholes are dug at least 60 m (200 feet) away from water sources and trails, the risk of contamination is minimized. Many hikers warn other hikers about the location of their catholes by marking them with sticks stuck into the ground.^[citation needed]

Sometimes hikers enjoy viewing rare or endangered species. However, some species (such as [martens](#) or [bighorn sheep](#)) are very sensitive to the presence of humans, especially around mating season. To prevent adverse impact, hikers should learn the habits and habitats of endangered species.

There is one situation where an individual hiker can make a large impact on an ecosystem: inadvertently starting a wildfire. For example, in 2005, a [Czech](#) backpacker burned 7% of [Torres del Paine National Park](#) in [Chile](#) by

knocking over an illegal gas [portable stove](#).^[5] Obeying area regulations and setting up cooking devices on designated areas (or if necessary on bare ground) will reduce the risk of wildfire.

Hazards

Main article: [Hazards of outdoor activities](#)

An American hiking trail marker



Hiking may produce threats to personal safety. These threats can be dangerous circumstances while hiking and/or specific accidents or ailments. Diarrhea has been found to be the most common illness afflicting long-distance hikers in the United States^[6]. (See [Wilderness acquired diarrhea](#).)

Symbols used in [trail blazing](#)

Dangerous hiking circumstances include losing the way, inclement weather, hazardous terrain, or exacerbation of

pre-existing medical conditions. Specific accidents include metabolic imbalances (such as [dehydration](#) or [hypothermia](#)), topical injuries (such as [frostbite](#) or [sunburn](#)), attacks by animals, or internal injuries (such as [ankle sprain](#)).

Hikers often propose a set of behavioral prescriptions to minimize these threats. A well-known example of such a set of prescription is the [Ten Essentials](#).

Attacks by humans are also a reality. There are organizations that promote prevention, self defense and escape. The cell phone and GPS devices are used in some organizations.

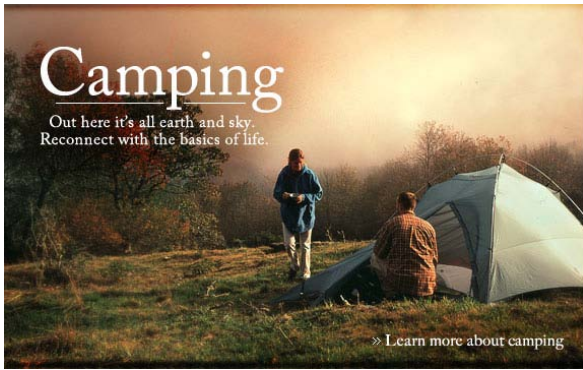
In various countries, borders may be poorly marked. It is good practice to know where international borders are. Many nations, such as Finland, have specific rules governing hiking across borders.^[7]

- [Backpacking](#) – also known as trekking, a multi-day, often arduous hike especially in mountainous regions

- [Dog hiking](#) – hiking with dogs

- [Freehiking](#) - hiking while unclothed, also hiking off-trail
- [Hillwalking](#) - a British term for hiking in hills or mountains
- [Llama hiking](#)
- [Scrambling](#) - "non-technical" rock climbing or mountaineering OR "technical" hiking
- [Thru-hiking](#) – hiking a trail from end to end in one continuous hike (people may end to end a trail, but in section hikes)
- [Ultralight backpacking](#)
- [Heli Hiking](#)- Using helicopters to access remote areas otherwise inaccessible
- Bushwhacking- A North American term for hikers and cross-country skiers who make their own trails.

Camping



Discussion:

- Have you ever gone camping before?
- What would you bring camping?
- What are some good places to go camping in China?
- What do you do when you go camping?
- What do you like about camping?
- What do you not like about camping?
- Do you know how to build a camp fire?
- What kind of weather do you like when you go camping?

- What are some activities that you can do when you are out camping?
- Do you think camping is a good way to feel and explore true nature?
- What is mobile camping?
-

Camping Equipment:

- First aid kit
- Tent, lean-to to act as a shelter.
- Hammer to drive tent stakes into soil.
- Sleeping bag and/or blankets for warmth.
- Sleeping pad or air mattress is placed underneath the sleeping bag for cushioning from stones and twigs as well as for insulation from the ground.
- Lantern or flashlight
- Hatchet, axe or saw for cutting firewood for a campfire.
- Fire starter or other ignition device for starting a campfire.
- Folding chairs for placement around campfire.
- Ropes for stringing clothes line and for securing the shelter.
- Tarp for adding additional layer of storm protection to a tent, and to shelter dining areas.
- Raincoat
- Hiking boot
- Chuck box to hold camp kitchen items for food preparation, consumption and cleanup.
- Trash bag particularly one with handles can be tied to a tree limb, or clothesline off the ground. For handling of waste in backcountry see Leave no trace.
- Insect repellent particularly one that has DEET.
- Sunscreen for protecting the skin.
- Personal care products and towel
- Cooler to store perishables and beverages. If electricity is available, a thermoelectricity or sterling engine heat transfer cooler can be used without the need for ice.
- Beverages or portable water filter for areas that have access to rivers or lakes.
- Campers at modern campgrounds will normally bring perishable foods in coolers while backcountry campers will bring non-perishable foods such dried fruits, nuts, jerky, and MREs.
- A tripod chained grill, Dutch oven, or La Cotta clay pot can be used for cooking on a campfire. A portable stove can be used where campfires are forbidden or impractical. If using a campground with electricity an electric an frying pan or slow cooker can be used.

What You Need To Know About - Camping Vacations

Camping is a delightful and adventurous way to spend your vacations. Camping basically means living in tents that are pitched on specific grounds. The biggest advantage of camping is the cost saving. You can have a good vacation within your budget. For you will have to spend least on accommodation. While if you go for stay in hotels, a large chunk of your money is gone in paying for per day rent of your room. On the top of it camping is not associated with troubles like what type and class of room to take, how much will be too much for this etc. Camping also takes you away from all such hurly-burly of the big hotels and lends you the opportunity to follow your style.

If you are willing to go for camping then don't think twice. For the fares to camp on grounds are as low as around ten to twenty five dollars per night. All you have to do is select the place or ground you want to camp. There can be several parameters to decide which camping ground you want to go for. These can be the activities involved like some might prefer fishing grounds to rafting, horse riding, boating, hiking or even a serene and romantic ground. Others may give preference to the amenities. For instance the ground that provides the best facilities in terms of water, toilets, parking etc. might be their top priority. A class of people might also just look at the costs involved. So at the end of the day it is entirely at you and your family's discretion where to pitch the tent. The moment you decide the grounds, make a list of the things that you need to pack. This should be cross checked with the services that will be provided to you at the camp site. For instance, if the camp site facilitates you with hygienic drinking water all round the clock then you need not carry too many water bottles with you. However, there are certain things that are too important to be ignored by you. Some of which are sleeping bag for every member of your family, toiletries, cookware, plates, silverware, towels, trash bags to keep yourself clean, pair of sneakers and last but not the least a warm pullover or gown for it is often chilly at night. Though the packing is a little cumbersome but it cannot undermine the benefits. You get to save ample of many that you can invest in many ways like either in eating at a five star or shopping for yourself and the like. Moreover camping teaches you and makes you self-dependent. Even those men who do not do any household work at all are seen cleaning plates while camping.

Some of the well known camping grounds in America are-Yellowstone National Park, Isle Royal National Park (known for its aura of tranquility), Great Basin National Park (Beautiful caves and fishing), Dry Tortugas National Park (snorkeling, scuba diving, Tropical fish and wildlife), Point Reyes National Park (horse riding, kayaking, biking), Greta Canyon National Park, Joshua Tree National Park (mystifying mountain ranges), Denali National Park (skiing and snow shoeing) and so forth.

Winter Camping

Winter camping is camping which takes place in winter weather; most people are talking specifically about snow camping when they mention winter camping, although it can also refer more generally to camping in cooler conditions. There are a number of reasons to go winter camping, and many people find it quite enjoyable, especially if they are already experienced hikers, backpackers, or campers. However, the colder weather can also make a camping trip more dangerous, and it is important to fully prepare before going out on a winter camping trip.

Just like summer camping, winter camping offers a number of activities in addition to the camping itself. In areas with snow, campers can go skiing, climbing, snowshoeing, or ice skating, and some people enjoy constructing insulating structures from snow, or just horsing around in the snow. A camping trip is often accompanied by hiking, although campers generally travel less far than they do in the summer, since conditions like the amount of daylight available and the weather can cut down on travel distances. For people who enjoy camping without distractions, popular recreation areas are much less crowded in the winter, and often winter campers find themselves alone. Views are also unobstructed by leaves and plants in areas with deciduous vegetation, and some people find winter weather itself enjoyable and fun to be out in. Winter campers also do not contend with insect visitors. Colder weather means more preparation. Winter campers should be sure that they have layers of material which will wick body moisture away while keeping them warm; cotton is a poor choice for winter camping, since it absorbs moisture. Winter campers also need sleeping bags which are rated for extremely cold weather, along with well insulated tents and ample food supplies. Other basic camping tools like cookstoves, lanterns, and so forth are also necessary.

While winter backpacking and camping can be quite enjoyable, unpredictable weather conditions are also very dangerous. Winter hikers and campers should always check on weather reports before they leave, and a small weather radio is an excellent tool to bring along. If possible, campers should also register their plans with a ranger and leave an itinerary behind with friends, in case something happens. Some people find a guided winter camping trip more enjoyable for their first expedition, so that they can get tips from an experienced guide before adventuring on their own.

Going camping

Imagine you are going camping with some friends but you can't take many things with you. Connect the pictures with their names and decide which 4 items are really necessary for your group. Choose one item as a "free extra item" and one item that you wouldn't take with you at all. After discussing in the group, write sentences describing why you chose the items and why the last item is not important.



- | | | | | |
|----------------|----------------------|-------------------|----------------|---------------------------|
| () perfume | () cooking pot | () money | () tent | () scissors |
| () camera | () paper and pencil | () first aid kit | () backpack | () repellent |
| () ice chest | () bottled water | () canned food | () sunglasses | () shampoo |
| () flashlight | () chewing gum | () mp3 player | () matches | () fork, knife and spoon |
| () cell phone | () army knife | () beach ball | () | |

Examples: *We are going to use the tent for protection at night. (for + noun)*

We are going to use the tent to sleep more comfortably. (to + verb)

We are going to use the tent for sleeping more comfortably. (for + verb + ing)

1.
2.
3.
4.
5.
6.

We are going camping!

What things are you going to take with you?

Label the following pictures, then circle the number of the things you need when camping.



- | | |
|-------------------|------------------|
| 1. Hawaiian shirt | 2. beach sandals |
| 3. compass | 4. backpack |
| 5. camp hat | 6. schoolbag |
| 7. hiking boots | 8. lantern |
| 9. sleeping bag | 10. computer |
| 11. sand pail | 12. notebooks |
| 13. jump rope | 14. glasses |
| 15. coffee maker | |

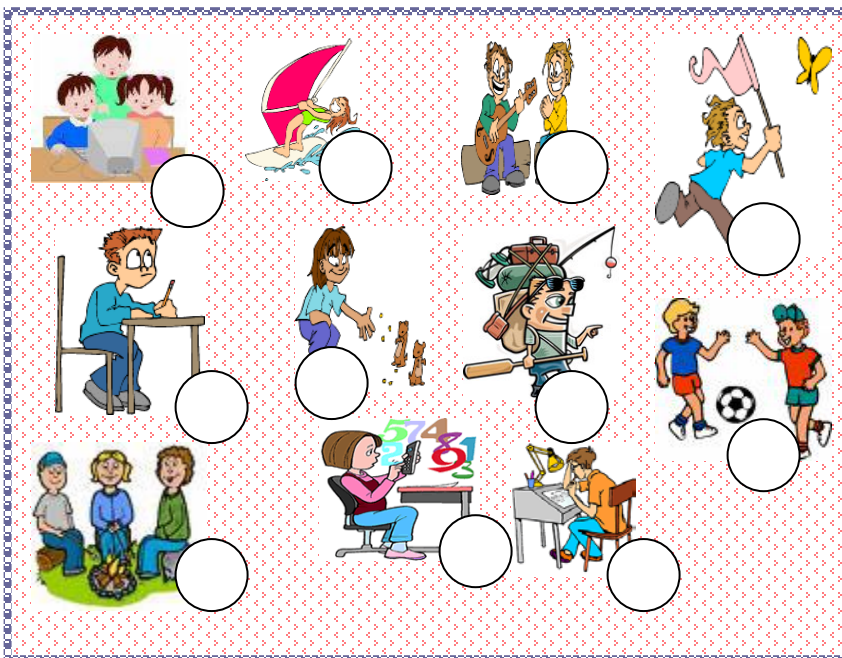
What clothes are you going to wear?

Mark the correct one:



What are you going to do ?

Label the following pictures, then choose the number of the activities you are going to do:



- to surf
- to play the guitar
- to catch butterflies
- to do the homework
- to play on the computer
- to feed the squirrels
- to go on a fishing trip
- to sit by the fire
- to play football
- to solve exercises
- to work on an English project

Outdoors

If you work from Monday through Friday, it's a good idea to spend the weekend outdoors. You have lots of things to choose from, but I recommend you go with your family to a campsite. Make sure to have a list of things you may need to avoid surprises: (1)_____ (2)_____ (3)_____ or a (4)_____ if the weather is cold. Fill the (5)_____ with some (6)_____, a (7)_____ if you have children, some (8)_____ and (9)_____ to roast by the (10)_____ at night.

If you're going by car, make sure the (11)_____ and the (12)_____ are in the trunk, just in case you get a (13)_____ during your trip. And don't forget to check your (14)_____ because you may need your (15)_____ to take (16)_____ off, for example.

You won't have the comfort of your (17)_____ or even a (18)_____, but you can go fishing if there's a (19)_____ by the campsite! So take the (20)_____: the (21)_____, the (22)_____ and some (23)_____, of course. And if you go camping in the mountains, don't forget to include a good pair of (24)_____ to your list: it'll be good to go (25)_____ in the morning, listening to the birds and enjoying the beauty of nature.

When we spend a weekend outdoors we return to our routine relaxed and full of energy. Maybe you'll miss all the (26)_____ you have at home, but sleeping in a (27)_____ will make you feel better even after returning to work on Monday.

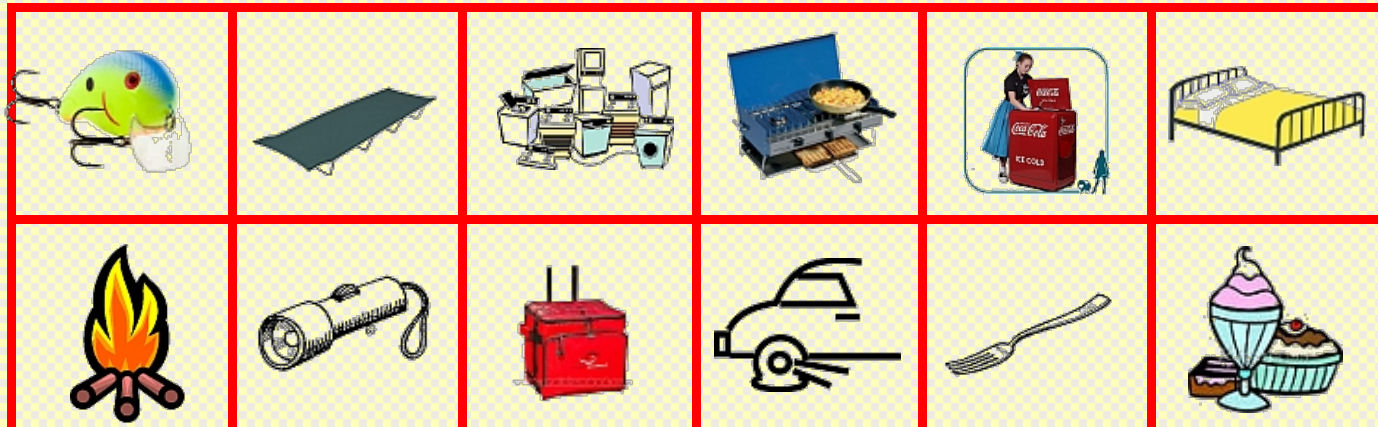
And don't forget to take (28)_____: (29)_____, (30)_____ and (31)_____. You will be there to relax and get some rest, not to travel in a time tunnel.

Missing words (in alphabetical order):

appliances baits camp beds camp stove case of Coke cooler double bed fire flashlight flat tire forks goodies hiking hiking boots jack knives marshmallows nuts reel rod rollaway silverware sleeping bag soft drinks spare tire spoons stream tackle tent toolbox tools

Number the pictures according to their meanings:

1) appliances 2) bait 3) camp bed 4) camp stove 5) case of Coke 6) cooler 7) double bed
8) fire 9) flashlight 10) flat tire 11) fork 12) goodies 13) hiking 14) hiking boots 15) jack
16) knife 17) nut 16) reel 19) rod 20) rollaway 21) silverware 22) sleeping bag 23) soft drink
24) spare tire 25) spoons 26) stream 27) tackle 28) tent 29) toolbox 30) tools





Reading comprehension

According to the text:

- 1) If you work from Monday through Saturday, it's a good idea to:
 - a) stay home
 - b) get some videos to watch
 - c) have contact with nature
- 2) The author's recommendation is:
 - a) spend the weekend outdoors
 - b) get a campsite
 - c) go to work
- 3) If the weather is cold you may take:
 - a) a pair of hiking boots
 - b) a camp stove
 - c) sleeping bags
- 4) At the tent you won't have:
 - a) dishes to wash
 - b) the comfort of your bed
 - c) great surprises
- 5) If you have kids, it's a good idea to take to the campsite:
 - a) some goods and marshmallows
 - b) a camp bed
 - c) a spare tire
- 6) If you have a flat tire, you'll need to use:
 - a) the jack
 - b) a rollaway
 - c) hiking boots
- 7) The activities mentioned to practice outdoors are:
 - a) sky diving and fishing
 - b) fishing and swimming
 - c) fishing and hiking
- 8) You can define "tackle" as:
 - a) forks, knives and spoons
 - b) rod, reel and bait
 - c) goodies and soft drinks
- 9) What do you have to make sure to have in the trunk to avoid surprises?
 - a) a cooler
 - b) a jack, a toolbox and a spare
 - c) a case of Coke
- 10) What should you do outdoors if there's a stream by the campsite?
 - a) go swimming
 - b) go hiking
 - c) go fishing
- 11) When does the author suggest you go hiking?
 - a) in the morning
 - b) in the afternoon
 - c) in the evening
- 12) How will you return to work on Monday after a weekend outdoors?
 - a) full of energy and relaxed
 - b) tired
 - c) relaxed and worried
- 13) What does the author mean by "to travel in a time tunnel?"
 - a) to travel through a tunnel
 - b) to return to your childhood
 - c) to act as in the past