

# VI10

## Hiking



### BEGINNER

#### Activity 1 Picture Story

Describe the picture and use the vocabulary in the list

#### Activity 2 Let's talk

to trek	V. to travel by foot over a great distance
a trek	N. a journey over a great distance <i>We often use the word "trek" when a trip lasts several days and is quite challenging.</i>

to hike	V. to go on a walk through nature for pleasure or exercise
a hike	N. a walk through nature for pleasure or exercise

## Hiking



## INTERMEDIATE

A. = Adjective   ADV. = Adverb   IDM. = Idiom   N. = Noun   V. = Verb	
altitude sickness	N. an illness caused from being at high elevations
a canteen	N. a container used for carrying drinking water
dehydration	N. a physical condition caused by not drinking enough water; having the water removed from something

gear	N. equipment used for a particular purpose (camping, sports, fishing, etc.)
to hike	V. to go on a walk through nature for pleasure or exercise
a hike	N. a walk through nature for pleasure or exercise
a permit	N. written permission from a government office or other organization to do something
a porter	N. a person who carries gear and supplies on a trek
a ranger	N. a person who is employed to take care of a state park or a national park
a trail	N. a path (through forest, grass, sand) created when many people or animals walk back and forth over the same area <i>Marked paths in natural parks and reserves are usually called trails.</i>
to trek	V. to travel by foot over a great distance
a trek	N. a journey over a great distance <i>We often use the word "trek" when a trip lasts several days and is quite challenging.</i>

### **Activity 1 Pronunciation**

**Activity 2 Share your greatest Hiking or outdoor experience/s with your family members and friends.**

# Hiking



## ADVANCED

A. = Adjective ADV. = Adverb IDM. = Idiom N. = Noun V. = Verb	
altitude sickness	N. an illness caused from being at high elevations
a canteen	N. a container used for carrying drinking water
dehydration	N. a physical condition caused by not drinking enough water; having the water removed from something
gear	N. equipment used for a particular purpose (camping, sports, fishing, etc.)
to hike	V. to go on a walk through nature for pleasure or exercise

a hike	N. a walk through nature for pleasure or exercise
a permit	N. written permission from a government office or other organization to do something
a porter	N. a person who carries gear and supplies on a trek

**Activity 1 : Pronunciation**

**Activity 2 : Let's Talk about Hiking**