

WW4: Mountaineering Activities

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Mountaineering Activities

1. Give the advantage and disadvantage of mountaineering activities?

Mountaineering has many advantages to it, but there are also disadvantages that need to be considered during. First of which is being able to train your leg muscles. No doubt it is obvious that mountaineering requires a lot of gear and equipment when climbing a mountain, and all of them will be on your back. Therefore, climbing a mountain with all that weight, your legs are being exercised and developed. The second advantage of mountaineering is self-reflection. When climbing a mountain, you learn to see different aspects of your personality which you may have never learnt about. And thus personally develop yourself as well. Third is widening your perception of life. During mountaineering, you learn about how precious life is.

On the other hand, the disadvantages of mountaineering are the many risks that it brings as well. Firstly, weather is very unpredictable, despite having technology that can give a forecast of the weather, it is still very unpredictable how a sunny hike can turn into a terrible land-'slide'. The second risk is the altitude of the mountain. The higher you are up the mountain, the higher the risk of your life. There are many other risks that aren't determined, but know that mountaineering, just like any adventure, has its threats and dangers. So take precautions and care during your hike.

2. From the Top 10 Highest Mountain in the Philippines, name one you want to visit the most and why? What tools and equipments are you going to prepare for this activity, state your reason.

I want to visit the Mayon Volcano the most, if it is considered to be part of the top 10 highest. I want to visit the volcano just to see how beautiful it is. But if I were to climb one of the top 10 highest mountains in the Philippines, I'd like to climb Mt. Apo, the tallest mountain in the Philippines, because if I was to challenge myself to a hike, I'd challenge myself to the most challenging challenge. Some of the tools and equipments I'm going to prepare food & drinks (for me to survive), a first aid kit (for if any injuries may occur), camping gear & equipments including a mountaineering tent and a sleeping bag (for if the hike will take more than a day). I'd also bring a compass in case my phone battery dies so that I don't get lost.