

You will hear an outdoor activities trainer called Eric Duncan giving a talk about trekking in the Himalayas. For questions 7–14, complete the sentences.

Trekking in the Himalayas

Eric says that you need neither experience nor an especially

7 nature to go on these treks.

Eric recommends the months of and 8 for trekking in the region.

Eric reminds us that we shouldn't regard the trek as a 9

Trekking in Nepal can sometimes feel like walking through

10, as a result of altitude.

Eric says that many people buy a 11 that is not good enough.

Eric says that organising an independent trek can be

12 as well as saving money.

Eric points out that a guide will often also work as a 13 if needed.

Eric recommends finding a guide through a local 14

Tip Strip

- The questions follow the order of the text.
- Before you listen, read the rubric. Who will you hear? What is the topic? Now read the set of sentences. Think about the type of information which is missing from each one.
- Most answers are concrete pieces of information, e.g. names, numbers and proper nouns.
- The words you need to write are on the recording, but you will not hear them

in the actual sentences you read on the page. This is not a dictation.

- Write 1–3 words or a number in each space. Don't repeat the words or information already included in the sentence. Check the words after the gap, as well as those before it.
- Check that what you write fits grammatically (e.g. singular or plural, etc) and makes sense in the complete sentence. Make sure you read any words after the gap, as they are also part of the sentence.
- Check your spelling.

Question 8: Be careful. Six months are mentioned, but only two of them fit here.

Question 11: Various pieces of equipment are mentioned, but which does he say is the commonest problem?

Question 12: You are listening for an adjective here. Can you think of possible words that might fit here?

Question 13: What other role might a guide perform? Listen to check your predictions.