**Hiking**

**Safety precautions**

**overheating, abrasion , marked, familiarize, overloaded, repellent , protection**

* Wearing comfortable shoes to avoid ……abrasion……………………/blisters
* Do not carry …overloaded…………………….backpack
* You need to bear in mind to follow …marked…………………..trail
* …Familiarize……………………..yourself with potential hazards
* Equip yourself with …repellent………………………….which will deter unwanted and annoying insects
* Dress comfortably to avoid …overheating………………………..
* Proper insulation to provide …protection………………………..against thorns and insects

**Indispensable equipment**

Trekking shoes, stout knife, lightwood, compass, map, multi-tool, ultra-lightweight backpack

**enjoyable , encounter, hazardous¸treacherous ,**

1. Our trip to the mountains occurred to be …hazardous…………………………………..as one of the members of our group tripped over and fell on the rocks . Fortunately nothing wrong happened
2. Our excursion was pretty…enjoyable……………………………We didn’t …encounter…………………………………any risky situations . Everybody felt great and content
3. Before the trip we thought that mountains are quite effortless but during our journey turned out to be …treacherous……………………………….full of obstacles

**Trail :**

**mark, gravel , even , bumpy, winding, branches**

1. The route was ………………………………….without any rocks or stones
2. It was one of the most demanding trails in my life ……bumpy………………………and ……winding……………………………………….. covered with …gravel………………………..and tree……branches…………………………………..
3. Whenever we hike in unknown terrains we always ……mark………………………our position on the map to avoid being lost

**Visibility , weather**

**stuffy, poor , humidity , fog , pouring**

Because of thick …………………….visibility was quite ………………………………and limited

Due to………………………………..weather we were unable to breath.

As it was ………………………………we reached the summit all sweat and worn-out

Because of low ……………………………………..sweat evaporates from your body quickly and you may become dehydrated

When we were walking through narrow valley it began ……………………….down . I was trying to hide but regrettably there was no shelter and I got soaked to the skin.

**Parts of the mountain:**

**Precipice , valley , pass , summit , bottom , altitude , secluded , off the beaten track**

While taking selfie he slipped on the stone and fell into ………………………………

The journey through ……………………………………….was strenuous and time-consuming

We went ……………………………………….what resulted in getting lost

We hiked to the …………………………………of 2500m above the ground

We avoid …………………………….parts of the mountain , we always stick to the main trails

The …………………………………of the mountain was quite steep what hindered our journey

We reached ………………………………in 1 h and 20 minutes

**Activities:**

**ailments , muscle sore, descend , ascend , cramp, trudge**

Due to swampy terrains we had to ……………………………through mud

I suffered from stomach ……………………………………..as a result of eating poisonous plants

It’s extremely tough to …………………………….when the gradient of the mountain is steep

While …………………………………………..I tripped over and fell on the rock

Hiking was intensive that I got ………………………………..during the walk and at the end of the day I felt ………………………………………

Next day I suffered from various …………………………….ranging from back pain to strains and bruises

**Behavior**

**Cautious , reasonable , reckless , thoughtless , ingenious**

Although we didn’t have basic gear our …………………………..guide was able to spark bonfire from brushwood

…………………………….people always think about safety precautions before going to the mountains

It is …………………………………to walk in the mountains during changeable weather and in unadjusted shoes

………………………………………people never split always stay in a group to reach destination together

**Suffixes: ous , ful , fire , able**

Treacher………………………………….terrains

Lack of precautions may back…………………………………

Indispens……………………….equipment

Resource……………………..traveller

Innumer………………………….threats

Strenu………………………………walk

Prefixes :

, im, un, in, un, mis, un

………………………………passable

……………………………restrained freedom

…………………………………inhibited area

……………………………..surmountable obstacles

………………………suspecting traveler

Risk of ………………………..step