

# VI10

## Hiking



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### 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

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## 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

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**outdoor experience/s with your family  
members  
and friends.**

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### **Activity 1 : Pronunciation**

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

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