

## VOCABULARY

TO GO HIKING - MEANS TO TALK A LONG WALK THROUGH MEADOWS, WOODLANDS AND ALONG MOUNTAIN TRAILS FOR A DAY.

TO GO TREKKING - MEANS MORE OR LESS THE SAME THING EXCEPT FOR THE FACT THAT IT IS MORE THAN ONE DAY - IT USUALLY INVOLVES SLEEPING IN TENTS OR MOUNTAIN HUTS/LODGES.



#### EQUIPMENT

HIKING BOOTS - SO YOUR FEET DON'T HURT A CHANGE OF CLOTHES - IN CASE OF EMERGENCY MAP + COMPASS - SO YOU DON'T GET LOST HEADLAMP / TORCH - IN CASE IT GETS DARK FIRST AID KIT - FOR ANY LITTLE INJURIES MULTITOOL + LIGHTER - JUST IN CASE! A BACKPACK - TO CARRY YOUR SUPPLIES A TENT - SOMEWHERE TO SLEEP

### EXPRESSIONS

TAKE A HIKE!- THIS IS AN INFORMAL WAY TO TELL SOMEONE TO GO AWAY. TO HIKE (SOMETHING) UP - TO RAISE SOMETHING, FOR EXAMPLE, PRICES, INTEREST RATES, TROUSER LEGS, SKIRT TO GET OFF TRACK - TO LOSE FOCUS TO GET (BACK) ON TRACK - TO REGAIN FOCUS. TO HIT THE ROAD / TRAIL - TO START A

# USEFUL VERBS

TO WALK TO WANDER - TO WALK WITHOUT DESTINATION TO MARCH - TO WALK WITH PURPOSE TO STROLL - TO WALK IN A RELAXED MANNER TO CLIMB - TO WALK UPHILL TO DESCEND - TO WALK DOWNHILL

#### NATURAL SURROUNDINGS

THE COUNTRYSIDE	E
THE MOUNTAINS	
THE HILLS	
A CAVE	
A FIELD	
A FOREST	
The woods	
A LAKE	

A RIVER A STREAM A VALLEY ENVIRONMENT THE WILD EARTH / GROUND MUD / MUDDY

A MEADOW

TREES BUSHES / SHRUBS BRANCHES FLOWERS GRASS MOSS PATH / TRACK POND WILDLIFE WATERFALL ROCKS SAND SOIL PLANTS FUNGUS / MUSHROOMS INSECTS

