

I: When did you start _1_____ climbing?

M: I went walking with my _2_____ when I was eight, just in low mountains - hills really. Then I went off with a friend and climbed the same 3_____ when we were _____. I'm surprised our parents let us go, but we got back OK. And we had a great time, so we did it again... and again, and again!

I: What about 4_____ mountaineering? When did you do that?

M: That was in 1974. We _5_____ a small **expedition(thám hiểm)**. In the end there were two of us. We went to Norway, to the Troll Wall.

I: Ah. Do you use a tour 6_____ when you organize an expedition, or do you do it yourself?

M: For trips in Europe we do it ourselves, and we often do it ourselves in bigger mountains, in fact. I've been to Kenya, Bolivia, Pakistan, Peru - all without _6_____. I've been to Central Asia, too - once to Kyrgyzstan and once to Tajikistan. But both times we used a tour company.

I: Why was that?

M: Well, it's still quite hard to organize 7_____ and **permits(giấy phép)** in these places.

I: Hmm. How did you find a suitable company?

M: Through the 8_____

I: The Internet? So, what do you look for in a tour company? I imagine there's more than one!

M: Good question. Well, obviously 9_____ is important. That rules out most UK or European companies. Local companies are always cheaper. Then there's the _10_____. You want them to provide the services you need, but without obliging you to take on all the services they offer. We're _11_____ **mountaineers(người leo núi)**. We don't need a guide from start to _12_____. Basically, we're looking for a company that will organize local transport up to base camp, base camp

food and lodging, permits, and not much else really. So, price, range of services, choice of services, and some indication that they are **specialists(chuyên gia)** in _13_____. Do they use guides who've climbed in the Himalayas? That sort of thing.

I: Uh-huh. What's the highest mountain you've climbed?

M: One in Tajikistan - a rather **pathetic(không thỏa đáng)** _14_____ metres high. I've been on higher mountains, for example Pic Communism at _15_____ metres high, but I didn't get to the top. But I've climbed quite a few **summits(đỉnh, chóp)** around the _16_____ -metre mark. In fact the last one was last month.

I: Have you ever been **frightened(sợ)**?

M: Who hasn't?! Yeah, of course. There isn't a _17_____ who hasn't been **scared(sợ)** at **some time(1 lúc nào đó)**. If someone says they've never been frightened, they're lying.

I: Have you ever thought of giving up?

M: Well, I've given up on 18 _____ summits - Pic Communism, one in Bolivia, too, and I've had accidents, though I've never had a bad _19_____. And I've lost friends who've been killed in accidents. That was the worst moment. That hurts for a long time. But I'd never _20_____ mountaineering. I couldn't. Some of my _21_____ have been on big mountains, _22_____ with friends, or back at base camp enjoying what you did. Fantastic!