

READING

8.4

Long distance walks • adverbs
and adjectives • the natural world
• word families

A Hiking in Finland

I've just come back from Finland. My friends from university invited me to join them on an eight-day hike. The walk is called the Bear Trail and it is in the Oulanka National Park in north-eastern Finland. It's a beautiful walk through forests and across rivers and lakes. We stayed at campsites and carried clothes, food and tents on our backs. I'm not the fittest person in the world but I was able to finish. I loved the *incredibly clear* air, the beautiful views and the sounds of nature. In my opinion, it is perfect for anyone who wants to start long distance walking as it is almost *completely flat* and well-signposted. Just try not to fill your backpack up with things which you won't need.



C THE GR20, Corsica

Corsica is a magnificent island with some wonderfully picturesque walks along the coast and inland. But for walkers, it is famous for the GR20, Europe's most difficult long distance walk. It goes from north to south and up and down from two hundred metres to over 2,200 metres above sea level. The frighteningly steep and rocky paths are beautiful but very demanding. Our guides will help you to complete the whole 180 km in fifteen days. The price includes transport, accommodation in tents and food. You should be in good health with experience of mountain walking and a good head for heights. No climbing experience is necessary.

GLOSSARY

flat (adj) – not going up or down

well-signposted (adj) – there are plenty of signposts and the information they give you is clear and easy to follow

steep (adj) – a road, hill, etc. that is steep slopes at a high angle

have a good head for heights –
not afraid of being high above the ground

1 Read the three sentences from the texts and match the places to the photos.

- A The Bear Trail: It's a beautiful walk through forests and over rivers and lakes.
- B Camino di Santiago: But in Spain, the walk often followed roads.
- C GR20 Corsica: It goes ... from two hundred metres to over 2,200 metres above sea-level.



Camino di Santiago

It was the walk of a lifetime. Eight hundred kilometres from the south of France, over the Pyrenees mountains and across northern Spain to Santiago de Compostela. It all started so well. The path up to the Pyrenees was magical and it was good to meet other people doing the same walk. Everyone was enthusiastic about the walk ahead. But in Spain, the route often followed roads. It was noisy and monotonous, with unchanging views for hours and hours. More and more people joined the walk. They were *generally friendly* but it wasn't the experience I expected. I'd like to go back to the Pyrenees and hike there again but I'll stop there next time.



coast (n) – the area where the land meets the sea

inland (adj) – away from the coast

2 Read the texts and choose the correct answers A–D.

- 1 The text about Finland
 - A gives practical information about the hike.
 - B expresses the writer's opinion about the hike.
 - C is a warning to people who want to go on the walk.
 - D recommends places to see during the hike.
- 2 The writer of the first text
 - A says he did the hike to get fit.
 - B asked his friends to go on the hike with him.
 - C slept in a tent.
 - D mentions an animal he saw during the hike.
- 3 The writer of the second text
 - A was disappointed by the experience.
 - B would like to repeat the walk.
 - C didn't like the behaviour of other people on the walk.
 - D thought the walk was too long.
- 4 The third text
 - A advertises an organised walk.
 - B makes suggestions for different walks in Corsica.
 - C invites someone to visit the area.
 - D focuses on the natural beauty of Corsica.
- 5 The text about Corsica
 - A tells us that the walk is suitable for anyone.
 - B includes the total cost of the walk.
 - C mentions the highest point in the north.
 - D states the distance and the time needed to do the walk.

3 Choose the correct meaning A or B for the underlined adjectives in the text.

- 1 magical
 - A amazing, wonderful
 - B strange, frightening
- 2 enthusiastic
 - A extremely tired
 - B very interested in something or excited by it
- 3 monotonous
 - A dangerous
 - B boring
- 4 magnificent
 - A beautiful, wonderful
 - B very big
- 5 demanding
 - A unattractive and boring
 - B difficult to do

REMEMBER THIS

To add more information about adjectives, we can use adverbs before them. This will show your attitude towards what is described and can also make your writing more interesting for the reader. Look at the examples from the texts on page 100.

incredibly clear
generally friendly
frighteningly steep

completely flat
wonderfully picturesque

ISLES OF SCILLY

4 Choose the correct option.

The Isles of Scilly are a ¹magical / demanding / enthusiastic place with the clear, blue sea and the golden beaches. It is the perfect place to relax. Teenagers who are looking for an exciting nightlife may find a holiday here quite ²demanding / magnificent / monotonous as there isn't a lot to do. Most people love the islands and some people decide to move here after a holiday. My parents did this before I was born. I'm glad. I go to a school with ten other children. Our teacher is very ³enthusiastic / magnificent / monotonous and always tries to make our lessons interesting. She also gives us a lot of ⁴enthusiastic / demanding / magnificent tests so we have to work hard.

My favourite island here is Tresco. It has a ⁵magnificent / monotonous / demanding tropical garden with beautiful flowers from all over the world. You should come here. You'll love it.

VOCABULARY PRACTICE | The natural world

5 Look at the vocabulary in lesson 8.4 in the Students' Book. Complete the sentences with one word in each gap. The first letters are given.

I saw a creature in the forest – I thought it was a bear!

- 1 'What do you f_____ your dog?' 'Dog food!'
- 2 If you don't close the gate in the field, the sheep will e_____.
- 3 After the long climb to 2,500 metres above sea level, his l_____ hurt and he couldn't breathe easily.
- 4 Their cottage is in beautiful s_____ – there's a forest and a river nearby.
- 5 It's good for your b_____ to do puzzles and other activities that make you think.
- 6 Koalas have thick grey or brown f_____ which keeps them warm in winter.

WORD STORE 8E | Word families

6 Complete the sentences with the correct form of the words in capitals.

The environment is important for all of us.

Why don't people care more about it? **IMPORTANCE**

- 1 Most of the world's _____ snakes and spiders are in Australia. **POISON**
- 2 The _____ of a species depends on its environment. **EVOLVE**
- 3 It's _____ to swim in the sea when the waves are very big. **DANGER**
- 4 The police caught the _____ and he finally went to prison. **ATTACK**
- 5 Bees are actually much more _____ than you think. **INTELLIGENCE**