Part 5

Read a text about the experiences of a pair of hikers while tracing the length of the Grand Canyon. **Six** *sentences have been removed from the text. Choose from the sentences* **A** *to* **G** *the one which fits each gap* (**21** *to* **26**). *There is* **one extra** *sentence which you* **do not** *need to use.*

1 Be careful what you wish for, especially when you set out to walk America's deepest wilderness. On 28 September 2015, writer Kevin Fedarko and photographer Pete McBride set out to thru-hike the Grand Canyon. They wanted to raise public awareness about the numerous threats the iconic national park is currently facing.

2 The pair planned to make the trip of roughly 1300 kilometres in sections, documenting the canyon in its different moods during all four seasons of the year. They knew the hike was going to be arduous. **21**……. And just one-third of those had completed the hike as a non-stop push.

3 At the start, the fact that so few people had ever pulled off a Grand Canyon thru-hike did not dishearten Fedarko and McBride. 22…… They had ventured to the wildest reaches of the planet for various magazines. Hiking the Grand Canyon, they thought, was going to be tough, but they were not particularly worried about the physical aspects of it.

4 The two wanted the trip to be about far more than ticking off an objective, however, Fedarko and McBride are convinced that the Grand Canyon is the most significant unit in the entire National Park System, which celebrated its 100th year while they hiked.

5 Fedarko says that it is not the most important park if you use conventional metrics for superlatives. The park is not the first, most the largest, not the most visited, but it is in a unique category of its own. 23…… It is the most recognised landscape we have.

6 It did not take long for Fedarko and McBride to realise that this was, in fact, the most difficult undertaking of their lives. Hiking the vertical ground of the canyon is a harrowing exercise in focus. 24…… "Knowing that it takes three leisurely weeks to paddle down all 446 kilometres of river was just a remote fact in our minds and we could not imagine the energy and grit needed for the hike."

7 Every step requires some sort of negotiation. "Pretty much every second of it is torture", says Fedarko. A combination of factors makes it so difficult. The searing heat makes everything more difficult. 25……. "We had no idea what we were getting into when we started."

8 McBride agrees: "You can never take your mind off your feet. You can never gaze around. You are constantly poked, prodded, and abusing your body on some physical level. You are always laser-focused." He says that it was the mental effort as much as the physical that made it so much more difficult than other expeditions.

9 Knowing that they would often be too far above the river to reach it, preparing for big gaps between water sources, the pair tried to pack light. 26……. The photographer began to come down with symptoms of hyponatremia, or low sodium levels. His body was racked with pain from a lack of electrolytes.

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10 After travelling only, a third of the distance they had planned to cover on the first leg, they pulled out to lick their wounds. They had gone only 97 kilometres out of a planned estimate of 290. "The canyon respects nobody," McBride says.

(Adapted from *National Geographic*,2016)

A It abuses your body over time.

B There is nothing close to a trail.

C It is the crown jewel of the entire system.

D 72 hours into that first leg, they faced a problem.

E At that time, only about 24 people had ever succeeded.

F Springs and seeps are few and far between down below the rim.

G Both had run the Colorado River through the Grand Canyon many times.

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