3 Unfamiliar places

Reading

1 Read the article from a travel magazine. Complete the sentence beginnings (1–4) with the correct ending (a–h).

1 Alastair Humphreys decided to change his adventure lifestyle …

2 He realized that his first microadventure felt …

3 For Humphreys' first microadventure challenges …

4 The idea behind this type of activity is …

a … very different to his previous experiences.

b … he asked other people to give him ideas.

c … to focus on activities that would appeal to more people.

d … not to move far from home.

e … after failing to complete a personal challenge.

f … to get out of the house and do something.

g … as satisfying as cycling around the world.

h … he tried out different activities himself.

Adventures on your doorstep

As a full-time adventurer, Alastair Humphreys cycled 46,000 miles around the world, crossed Iceland and completed a 150-mile run across the Sahara Desert, to mention just three of his achievements. But in 2011, he gave himself a different kind of challenge: to break down the elitism in adventure and inspire people to find ways of having everyday adventures. He thought about the kind of activities that everyone could join in and came up with the idea of microadventures.

Humphreys spent a year trying out small, local trips that began and ended at his doorstep. He made short videos of his experiences and posted them on social media, challenging everyone to try out their own microadventures. Humphreys began his new project by going on a hike along the main motorway that goes around London. It was January, cold and snowy: the walk was physically challenging. However, he saw beautiful places and met interesting people. He concluded that the hike ticked all of the boxes that his four-year bike trip around the world ticked. It had been a genuine adventure.

The first challenge he set for other people was to enter a race, for example, a five-mile race. The second challenge was to break the routine by going away for a spontaneous weekend – meet some friends and go to climb a hill, for example. The idea was that it was possible to have an adventure anywhere because it's really just a state of mind. He wanted people to reverse the idea of the nine-to-five life, the office life, and instead to think about the other sixteen hours of the day – what can you do in your five-to-nine? You could, for example, take a train, sleep on top of a hill, wake up, jump in a lake then jump on the train and be back home by nine o'clock. That's what Humphreys did on his first five-to-nine microadventure.

Since those early trips, Humphreys' list of challenges to others has grown every year. Some of them, such as finding a river to go swimming in, sound more like the traditional idea of adventure. He himself spent two days swimming down the River Thames, sleeping on the river bank. But the list also includes things you can do close to home. You could sleep in your garden for a night (with or without a tent) or forage for edible plants in your neighbourhood. You could pick a random point on a map of your area and go and visit it. Perhaps you have climbed a hill or been to a new place near to where you live – now do it again but in the dark.

Humphreys thinks that in many ways it is totally pointless to climb Mount Everest, risking your life, just to turn back around again at the top. It's not really about what you do, just that you do something. All adventure is a means for getting to the more important things in life.

Grammar

Narrative tenses

1 Choose the correct option to complete the paragraph about a summer in Finland.

A couple of years ago, after I [1]*finished / was finishing* school, I [2]*spent / had spent* the summer on a farm in Finland. I [3]*looked / had been looking* for a cheap way to get there ever since I [4]*found out / was finding out* you can see the Aurora Borealis (the lights in the sky over the Arctic circle) from there. I [5]*ended up / was ending up* working on an organic farm in exchange for free accommodation. While there, I [6]*made / had been making* friends with people who [7]*went / had been* to all sorts of places with the same scheme. After I [8]*was working / had been working* for a month, I [9]*took / had been taking* a few days off and [10]*travelled / was travelling* to the north to see the Aurora Borealis. I [11]*was hoping / had hoped* for good weather and clear nights – you can't see the lights in the rain – and I was lucky. The Aurora was spectacular – the month's work [12]*was being / had been* worth it.

2 Read the sentences and the endings. Which option (a–c) is not correct?

1 While I was cycling along the path, …
   a … my tyre got a puncture.
   b … I had fallen off my bike.
   c … mosquitoes were flying all around me.

2 Five minutes after leaving home, we realized …
   a … we didn't lock the door.
   b … we'd left our bags behind.
   c … we had been driving in the wrong direction.

3 When I looked through my holiday photos, I thought about the …
   a … new friends I made.
   b … places I was visiting.
   c … things I had seen.

4 We'd been following the path for hours …
   a … and we were getting tired.
   b … when suddenly it had disappeared.
   c … because we'd lost the phone signal.

5 The station was really busy because …
   a … people were going home from work.
   b … it was the New Year break.
   c … the summer holidays just began.

6 We arrived at the beach as …
   a … the sun was going down.
   b … it started raining.
   c … everyone there had left.

LIVEWORKSHEETS

4 **Complete the story about a picnic with the correct form of the verb in brackets. Sometimes more than one form is possible.**

This happened when I [1]_____ (work) in Azerbaijan a few years ago. I [2]_____ (be) in the capital, Baku, for a couple of months when I had the opportunity to get out of the city on a day trip. Four of us [3]_____ (set off) one beautiful spring morning in a colleague's car. We [4]_____ (go) to Lahic, a village in the mountains to the north. We [5]_____ (drive) along for about an hour when suddenly, the car broke down. Luckily, Tural, the driver [6]_____(manage to) fix the problem. But by the time we made it to Lahic, we [7]_____ (stop) a half a dozen times. By then it was lunchtime and we were feeling hungry. We saw a small table in a grassy area and thought, 'Aha, a café.' We sat down, and almost immediately a young boy [8]_____ (bring) us plates of salad and snacks. As we were eating, we [9]_____ (notice) several other tables near us. Small groups of men [10]_____ (smile and wave) at us while they had their lunch. When we'd finished, we tried to pay, but one of the men came over to explain that they [11]_____ (be) telephone workers on an excursion and no payment was necessary – they [12]_____ (share) their picnic with us!

5 **Match the past forms (1–4) with the explanations (a–e) and the example sentences (A–E).**

1 past simple _____ _____
2 past continuous _____ _____
3 past perfect simple _____ _____
4 past perfect continuous _____ _____

a events that happened before the main event
b main events
c events in progress before the main event; use to emphasize continuation
d events in progress at a point in the past

A We were working on a farm before we left for Buenos Aires.
B It had been raining and the air was fresh and the earth smelled good.
C Suddenly the door slammed shut.
D The man had stopped walking and seemed to be thinking.

3 3.2 **Listen again. Which five statements are true?**

1 Doba did intensive physical preparation before his expeditions.
2 Doba was in his 60s when he first kayaked across the Atlantic Ocean.
3 After the first trip, he was looking forward to repeating the experience.
4 The second voyage was more challenging than the first one.
5 Doba often caught fish to eat on the second crossing.
6 On the second crossing, he wasn't sure that he would reach his destination.
7 He had no intention of making a third crossing when he landed in Florida.
8 He celebrated a birthday just before he landed in France.

LIVEWORKSHEETS

Vocabulary

Travel verbs

1 **Choose the correct verb to complete the sentences about travelling.**

1 I'd love to *go on / reach* a really long journey across Asia.

2 Don't *make it / set off* on a hike without telling someone.

3 If the waves get any bigger, we should *end up / turn back*.

4 If you're hungry, we can *head for / steer* a café somewhere.

5 On long trips we usually *go on / stop over* at a budget hotel.

6 We almost didn't *make it / reach* to the top of the mountain.

7 It's quite easy to *head for / steer* a small boat.

8 When my friend drives, I never know where we'll *end up / set off*.

9 Give me a call when you *reach / stop over* the end of the trail.

2 **Complete the blog post about a cycling trip with the correct form of these verbs.**

end up	go on	head for	make it
set off	stop over	turn back	

When our cycling club [1]_____ our weekly bike ride last weekend, we didn't expect it to be an unusual day. When we [2]_____, the weather was fine. But by lunchtime, it was pouring with rain. We decided to [3]_____ in a café and get dry. But the weather got worse and we didn't think we would [4]_____ there. Then, when the thunder and lightning started, we knew we had to [5]_____. With the thunder crashing all around us, we [6]_____ home. We [7]_____ cycling for four hours in the worst storm for ten years!

Focus on

Travel collocations with *go on*

1 **Match the expressions with *go on* (1–8) with the definitions (a–h).**

1 go on a bike ride

2 go on a bus tour

3 go on a city break

4 go on a field trip

5 go on a journey

6 go on a package holiday

7 go on an exchange trip

8 go on holiday

a take a trip where everything is organized for you

b have an educational visit to another country

c do scientific work for a short time, usually outdoors

d explore new places on a bus

e spend time away from home, not working or studying

f take a short trip on a bicycle

g travel from A to B

h spend two or three days in a different city

LIVEWORKSHEETS

2 Complete the sentences with the expressions from Exercise 1. Change the verb *go* in each expression to the correct tense.

1 Last year the students _____ to Hamburg as part of their language degree.

2 Look at this great weather! Let's get some exercise and _____ in the country.

3 This is my first visit into the rainforest, so it feels like I _____ into unknown lands.

4 We _____ our first _____ to Prague next week, just for two nights.

5 If this is your first visit to Lima, the best way to see the city is to _____.

6 _____ you ever _____ with one of the big travel companies?

7 As part of my geography course, we _____ every Tuesday to nearby places.

8 I haven't seen you for a couple of weeks. Have you _____?

Writing

1 Match the beginnings of the sentences (1–8) with the endings (a–h) to make recommendations and give advice about visiting a national park in Namibia.

1 A highlight of the trip for me …

2 Don't forget …

3 Etosha National Park …

4 I'd highly recommend …

5 It's important not to …

6 Namibia's national parks …

7 You really must …

8 You should be aware that …

a … to carry your permit with you at all times.

b … getting there at sunrise.

c … have so much to offer the photographer.

d … is the perfect spot to see lions up close.

e … leave the marked paths.

f … spend a night in a beach cabin.

g … advance bookings are recommended.

h … was the wildlife safari.

2 Read the sentences from a travel blog. Replace the underlined words with these words. There is one extra word.

crammed	fascinating	headed back	incredible
popped into	stunning	truly	

1 I had a(n) <u>interesting</u> day exploring the lovely old town centre.

2 It was getting late, so we <u>returned</u> to the campsite.

3 The buildings in these old towns are <u>very</u> beautiful.

4 It's day six of our trip and we've done 475 kilometres, which is <u>hard to believe</u>!

5 On the way back to the hostel, we <u>visited</u> the local art gallery.

6 When you get to the top of the hill, there are <u>amazing</u> views of the ocean.

LIVEWORKSHEETS