

Read the text and answer the questions that follow.

Choose **no more than five words and/or a number** from the text for each answer.

Benefits of Hiking

Hiking is one of the most fulfilling things we can experience. It provides a new fervour and zest for life, and wards off dullness and boredom.

Hiking is an excellent way to appreciate the great outdoors and get some exercise. Hiking trails on a regular basis can help decrease blood pressure, prevent diabetes and reduce the risk of heart disease.



Hiking also provides the opportunity to disconnect from technology and connect with nature. We are always told to go tech-free for some time each day but sometimes this can be challenging with our daily schedules. Going on hikes is not only a form of exercise, but is an invitation to unplug and be one with nature as well. Being without distraction amongst nature is an excellent way to escape the hustle and bustle of reality for a while and return to it refreshed.

Hiking offers tons of mental health benefits. Being in nature can boost our mood and improve mental health. Spending quality time in the great outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression. Hiking is an additional form of therapy that can help those suffering from depression feel more uplifted. Wandering around in nature allows people to connect with themselves and brings about a sense of improved well-being.

A hike through a beautiful wooded area can calm our nerves and lift our spirits. Take a scenic hike to relieve stress and forget your worries for a while. Hiking with a group provides an excellent opportunity to socialise and exchange ideas with others. A long hike is a fantastic chance to spend more quality time together.

Another merit of hiking is that we can enjoy stunning views, fresh air and the sounds of nature. We can see nature in various forms. We can see the gurgling water of rivers, hear the music of waterfalls and see lush green pastures and meadows. Hiking helps to revitalise our bodies and minds.

The beauty of trails and trekking is being able to detach ourselves from the everyday grind of life. Unplug and enjoy hiking. Appreciate what we experience along the journey and being in the moment is great.



25. Hiking gives a new _____ in our life.
26. Regular hiking keeps you _____.
27. When you disconnect from technology and connect with nature, you return to the busyness of life feeling _____.
28. Hiking is an additional form of _____ to reduce stress and bring out a sense of improved well-being.
29. What is the benefit of hiking in a group?

30. Go for _____ if you want to spend more quality time together.
31. Enjoying sight seeing nature helps us to revitalize _____.
32. Going tech-free gives us a chance to _____ and enjoy hiking.

Questions 33 and 34

Complete the table below with a word from the text.

For each question, write your answer in the space provided on your answer sheet.

Meaning	Word
33. something that takes attention away	
34. intense, passionate feeling	