

Đọc điền khuyết (23.06)

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.

Trekking in mountainous regions has become a popular form of adventure tourism. While it offers breathtaking views and a sense of achievement, it also presents significant physical and mental challenges. Trekkers often need to navigate steep trails, unpredictable weather, and limited access to modern facilities. For this reason, planning and preparation are crucial. Inexperienced hikers are strongly advised to hire local guides and porters, (1)_____.

Destinations like the Himalayas or the Andes attract thousands of trekkers annually. Many routes pass through remote villages and fragile ecosystems, which means that (2)_____. Failure to do so can lead to environmental damage or disrupt the lives of local communities.

High-altitude trekking can also pose health risks, particularly from altitude sickness. Trekkers are encouraged to ascend gradually (3)_____. In some cases, hikers need to descend immediately if symptoms worsen.

Despite the risks, mountain trekking remains a fulfilling activity for many. Some say it allows them to disconnect from technology and reconnect with themselves. Many others, (4)_____, find trekking an irresistible escape.

To make the most of the experience, it's important to pack light but wisely. Essentials include layered clothing, navigation tools, and plenty of water. Respect for nature, a core principle for all trekkers, (5)_____, as careless actions can cause lasting damage to the ecosystems.

Question 1.

A. which makes it more difficult for them to complete the trek without getting lost

B. who provide useful information but cannot guarantee total safety on the trail

C. who are equipped with climbing skills and detailed knowledge of the terrain

D. that are typically more familiar with the environment nearby than foreign ones

Question 2.

A. hikers must avoid taking selfies at every scenic spot they find

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B. hikers must follow strict guidelines on responsible tourism

C. hikers must remain quiet so as not to disturb the mountain wildlife

D. hikers must carry a satellite phone for emergency use

Question 3.

A. so their muscles can relax before walking long distances

B. so that their bodies have time to adjust to thinner air

C. since it gives them the chance to enjoy the scenery

D. because taking faster steps improves endurance at altitude

Question 4.

A. despite being attracted by the physical challenge and stunning beauty of untouched landscapes

B. drawn by the physical challenge and inspired by the stunning beauty of untouched landscapes

C. their experiences differ depending on the physical challenge and the landscapes they encounter

D. having conquered the physical challenge as well as admired the landscapes along their way

Question 5.

A. having shown at every step

B. being shown at every step

C. which is shown at every step

D. must be shown at every step

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