

Reading 1 – Navarre, a land of contrasts

Pictures from ruralkaonroad.com



BAZTAN VALLEY. An evergreen land.

The Baztan valley is an evergreen valley with an Atlantic climate and it is the largest municipality in Navarre, covering 374 square kilometres. There are 15 small villages and lots of *baserris* (farmhouses) that form a beautiful landscape. The commercial and administrative centre of Baztan is Elizondo.

Baztan has some interesting museums, such as the ethnographic museum dedicated to Jorge Oteiza in Elizondo, the Santxotena sculpture museum in Arizkun or the Witches' museum in Zugarramurdi.

There are also some amazing natural attractions, such as the Xorroxin waterfall in Erratzu where the Bidasoa river originates. The caves of Urdazubi are linked by road or walking path to the ones at Zugarramurdi, which have a history and legend associated with witches.

Gastronomy

Baztan is famous for the hazelnut chocolate of Elizondo, its lamb, its steaks, its *txuri ta beltz* (a typical black sausage from Navarre) and its mushrooms and cheese.

Events

The most important celebration is the "*Baztandarren Biltzarra*" or brotherhood-sisterhood fiesta of the valley, which is in July.

LA RIBERA. Bardenas Reales, a desert-like landscape.

La Ribera is in the southern part of Navarre. The natural park of Bardenas Reales is a 425 square kilometre wide, semi-desert landscape with high plains and dunes. You can cross Las Bardenas on foot or horseback and by bicycle or car.

The main city in La Ribera, and the second most important in Navarre, is Tudela.

La Ribera has much more to offer, however: The Vía Verde del Tarazonica is a 'green route' that covers the 22 kilometres between Tudela and Tarazona along an old railway line, and near Arguedas is Senda Viva, a theme park with over 200 species of animals in semi-captivity and attractions and shows for all the family.

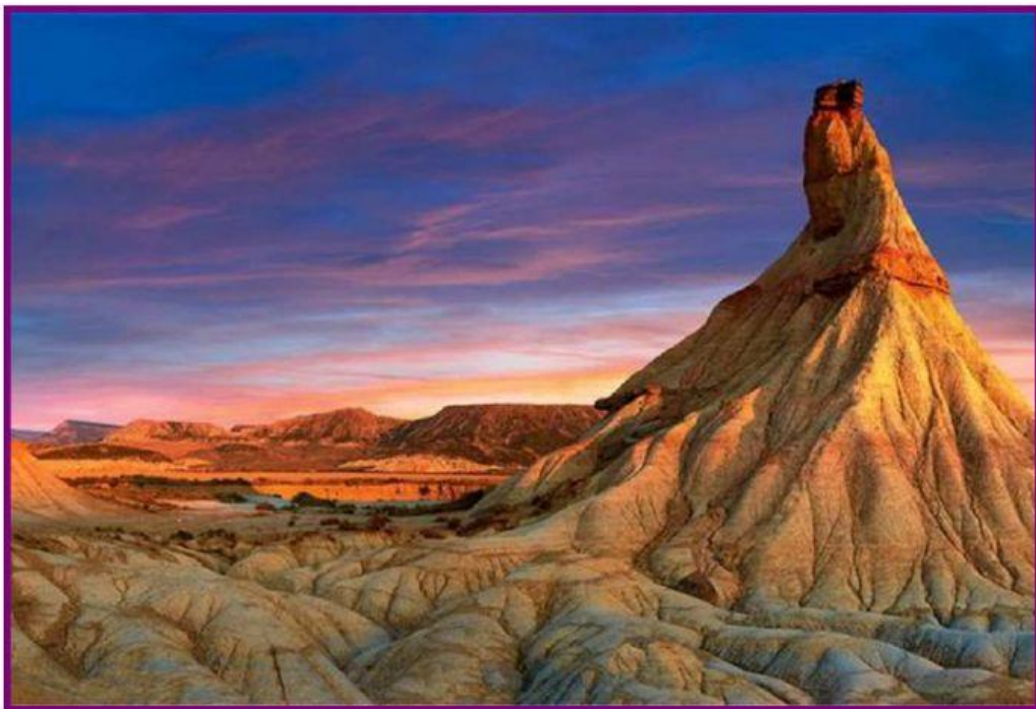
Gastronomy

La Ribera and Tudela are synonymous of excellent cuisine: high-quality vegetables such as artichokes, asparagus, spinach, red peppers etc., which are used in their most typical dish, menestra. La Ribera has also a wide variety of sweets.

Events

Every year in May a week to celebrate fresh vegetables is held in Tudela with lots of events, including gastronomic competitions and tasting sessions.

In July, Tudela celebrates its fiestas with a varied programme of activities, such as the lively Revoltosa dance in the centre of the city's main square.



11. Which is the most important town in Baztan?

- A. Arizkun.
- B. Erratzu.
- C. Elizondo.
- D. Urdazubi.

12. The Baztan Valley is a great place for visiting...

- A. commercial and administrative centres.
- B. interesting museums and natural attractions.
- C. different types of rivers and landscapes.
- D. linked roads and walking paths.

13. You can go from the caves of Urdazubi to the caves of Zugarramurdi...

- A. by train.
- B. by bicycle or bus.
- C. walking or by car.
- D. walking and surfing.

14. The best season to enjoy Baztan is the summer because it's the only time of year when the valley is green.

- A. True.
- B. False.

15. In Baztan, you can eat black _____.

16. The Bardenas Reales Natural Park is smaller than the Baztan valley.

- A. True.
- B. False.

17. The different ways to cross The Bardenas are on horseback, by car, by bike or _____.

18. We can find shows for all the family in...

- A. The Vía Verde del Tarazonica.
- B. Fitero.
- C. Senda Viva.
- D. Tudela.

19. La Ribera is very famous for its...

- A. chocolate.
- B. spa and sweets.
- C. veggies and sweets.
- D. sausages and veggies.

20. The Vegetable Week is celebrated during...

- A. the spring.
- B. the autumn.
- C. the winter.
- D. the summer.

21. La Revoltosa dance is held in Tudela, in _____.

Reading 2 – An interview with Azpeitia

www.trailrun.es



Today we are going to meet a famous mountain race athlete.

Uxue Fraile Azpeitia was born on April 19, 1974 in Donostia. She grew up in a family of athletes and studied Physical Education. She works as a PE teacher in Primary and Secondary schools.

Her first ultra-trail race was in Aneto in 2010. She came second. She also came second (2015) and third (2016) in the Mont Blanc Ultra-trail race.

She won the races in Somiedo (2013, 2014 and 2016), Picos de Europa (2013), Trail Saint Victorie (2014), Tinajo X Race in Lanzarote (2014) and Ultra-trail Mount Fuji in Japan (2015).

In Japan you were the winner. Tell us about the race.

It was very hard. I had many problems, my body was in pain and my family wasn't there to help me. The race was very long, 169 km, and I spent 25 hours, 34 minutes and 2 seconds in the competition, without sleeping.

Can you explain exactly what an ultra-trail is?

An ultra-trail is a long race that takes place in a natural environment, such as a desert, a forest, a mountain or a plain. People think that we never stop during the race, but it's not the case. We have medical checks and quick stops for hydration. Of course, ultra-trail races are extremely hard, and it is true that doing physical activity every day is always healthier than competing like we do.

What do you eat during the races?

I eat mainly energy bars and creams, but I don't feel like eating a lot. My tummy feels closed so I prefer to take liquids. In short races I only eat creams, and in long ones I have rice balls with avocado and raisins, soups and baby food.

Who is the most encouraging person when you are racing?

My mum. When I was a kid I felt embarrassed when she shouted "Come on my little girl!!", but when I grew up I asked her to come. I like feeling that my dad, my brother and my trainer are near me, too. Sometimes they can't come with me, but they follow me on the Internet. They even spend all night in front of the screen watching me!

How many days a week do you train?

I usually train six days and I rest one. I run for 3-5 hours and I go to the gym, too. My trainer, Kiko, prepares my training plan and tells me what I need to do.

Where do you prefer to live?

I was born in Donostia, a city on the coast. Now, I live in a little village in the mountains in Navarre. I think the best place to live is wherever you feel happy.

22. She came second in...

- A. Mount Fuji in Japan.
- B. Lanzarote.
- C. Aneto and Mont Blanc.
- D. all the races.

23. She has taken first place...

- A. once.
- B. less than three times.
- C. never.
- D. more than five times.

24. In ultra-trail races the competitors run all the time.

- A. True.
- B. False.

25. During races she prefers to drink liquids rather than eat solids.

- A. True.
- B. False.

26. What does she eat when she's competing?

- A. Sweets.
- B. She drinks liquids.
- C. Energetic creams only.
- D. Energy bars, rice balls with avocado and others.

27. Her family...

- A. always goes with her.
- B. is a family of cooks.
- C. when they are not with her, they follow the races on the Internet.
- D. is never with her.

28. She trains...

- A. every day.
- B. more than five days a week.
- C. under five days a week.
- D. four days a week.

29. Who prepares her training?

- A. Kiko, her trainer.
- B. Nobody.
- C. She does, she's a PE teacher.
- D. Her family.

30. Where does she prefer to live?

- A. In her hometown.
- B. In a small village by the sea.
- C. Anyplace where she feels good.
- D. In the mountains.