

READING COMPREHENSION: TASK 1

Read this text carefully and answer the questions according to the text.

TREKKING IN THE HIMALAYAS



In 1953, when Sir Edmund Hillary climbed Everest for the first time and trekking tourism didn't exist, walking in the Himalayas was only for experienced trekkers. Since then, the Himalayas have become far more accessible to walkers. For the last 10 years, the number of trekkers visiting the Everest region has more than doubled to 35,000 a year.

However, trekking in the Himalayas still sounds like a very unusual holiday. The altitude, the problems of travelling in one of the least developed regions of Asia and fears about hygiene put some people off*. If you're used to walking and you are cautious about gaining altitude then you're unlikely** to have any problems.

So, if you are interested in trekking in the Himalayan region, here are some tips that you must remember:

Tip 1: You must be in good physical and mental condition. Being positive is as important as your physical preparation.

Tip 2: Take your time and enjoy the moment. Go slowly; it is not a race. When ascending, your trekking mantra should be 'short steps, deep breaths'.

Tip 3: Indispensable companions: your water, a good pair of trekking-boots, a dry pair of socks, a sun hat and windproof jackets are indispensable companions for trekking in the Himalayas. Remember to bring good sunglasses because the sun is very strong in the mountains.

Tip 4: Recently, trekking in the Himalayas has become a clear example of how people's desire for the unusual can damage the environment. So remember to protect the natural environment. Don't trek in restricted areas, never make open fires or pollute water sources —you might be thousands of miles from home, but the smallest careless*** actions can be disastrous for local ecosystems and people. Don't leave your garbage behind and make sure the campsite is cleaner than you found it.

Tip 5: Respect the local traditions and protect the local cultures. Say 'Salam' or 'Namaste' when you meet local people on the trail. Respect their holy places and follow the traditions of the place. To communicate with the locals, carry a few photographs of your family or friends to show them. That will help to break down the cultural barriers. Respect privacy and wait for permission before taking photos of local people. Photography in some remote regions can cause offence.

In conclusion, you must let the Himalayas change you, but do not change them!

Text adapted from <https://www.lonelyplanet.in/articles/3977/expert-tips-for-your-first-trek-to-the-indian-himalaya>

GLOSSARY:

* **put someone off:** to discourage someone from doing something. En català vol dir 'desanimar'.

** **unlikely:** not probable. En català vol dir 'poc probable'.

*** **careless:** negligent, inattentive. En català vol dir 'negligent, descuidat'.

READING COMPREHENSION: TASK 1

16 Mount Everest was first climbed _____ 1953.

- a. before
- b. in
- c. after

17 In the 1950s, trekking in the Himalayas was...

- a. impossible.
- b. quite accessible.
- c. for experienced trekkers.

18 Nowadays, the Himalayas are _____ holiday destination.

- a. an uncommon
- b. an ordinary
- c. a typical

19 When you ascend a mountain in the Himalayas, it's important to...

- a. sing mantras.
- b. breathe fast.
- c. walk slowly.

20 When you trek in the Himalayas, it's essential to...

- a. wear good trekking-boots.
- b. drink a lot of water.
- c. walk with friends.

21 The actions trekkers do _____ on local ecosystems.

- a. have no consequences
- b. can have negative consequences
- c. have only positive consequences

22 What should you do with the rubbish at the campsite?

- a. Take it with you.
- b. Make a fire and burn it.
- c. Tell the local people to take it away.

READING COMPREHENSION: TASK 1

23 When trekkers visit a local temple, they should...

- a.** learn local prayers.
- b.** respect the traditions of the place.
- c.** act according to their own religious beliefs.

24 You can take photos of local people...

- a.** without permission.
- b.** if they don't see you.
- c.** only if they give you permission.

25 You can find information about the type of clothes to wear in the Himalayas in...

- a.** Tip 2.
- b.** Tip 3.
- c.** Tip 5.

26 Tip 4 tells the reader how to...

- a.** protect the environment.
- b.** make a fire.
- c.** get water.

27 In this text, you can find _____ the Himalayas.

- a.** news about
- b.** the history of
- c.** advice for trekking in

28 The text you have read is from a...

- a.** sports magazine.
- b.** travel website.
- c.** history book.