

Narrative Essay (Story): A Hobby I Enjoy / My Favourite Hobby / My Favourite Free Time Activity / My Favourite Activity / My Favourite Sport/ An activity I enjoy doing/ My favourite adventure activity/ An interesting hobby of mine/ My new hobby/ My favourite activity on the weekends

In your class, you have been talking about hobbies. In about **100 words**, write an **essay** about a hobby you enjoy. You **must** use the notes below to help you.

A hobby you enjoy / My favourite hobby / My favourite free time activity / My free time activity / My favourite sport/ An activity I enjoy doing/ My favourite adventure activity/ An interesting hobby of mine/ My new hobby/ My favourite activity on the weekends

- ***What is it*** 它是什么
- ***When is the best time to do it?*** 什么时候是做这件事的最佳时间？
- ***Where you do and why / Where you go and why*** 你在哪里做什么以及为什么 / 你去哪里以及为什么
- ***What you use or need*** 您使用或需要什么
- ***Why you like it / why you enjoy it/ How does it make you feel?*** 你为什么喜欢它/为什么享受它/它让你感觉如何？

My favourite hobby is hiking. I 1. _____ at least three times a month with my family and 2. _____. Usually we do it in the mornings as it is 3. _____ or late in the afternoon as the hike is more 4. _____ and reduces the risk of heat exhaustion.

我最大的爱好是徒步旅行。我每个月至少和家人朋友一起徒步旅行三次。通常我们会在早上徒步旅行，因为天气比较冷；或者在傍晚徒步旅行，因为这样更舒适，也更容易中暑。

We go to the 5. _____ or forest to hike. Local parks provide easy 6. _____ tough hiking trails which I can try both whereas forest trails provide a peaceful hike by enjoying 7. _____.

我们去当地的公园或森林徒步旅行。当地公园提供简单和艰难的徒步路线，我可以尝试这两种路线，而森林小径则提供享受大自然的宁静徒步。

I need to prepare myself with good hiking shoes so my feet don't 8. _____ when going hiking. I will also carry a comfortable 9. _____ that has some water to stay hydrated and snacks as an 10. _____ booster. Applying 11. _____ is another thing that I would never forget before leaving the house to protect my skin from the 12. _____ sunlight.

我需要准备一双舒适的登山鞋，这样徒步时脚才不会疼。我还会带一个舒适的背包，里面装着一些水来补充水分，以及一些零食来补充能量。出门前我绝对不会忘记涂防晒霜，保护我的皮肤免受阳光的伤害。

The thing that I enjoy the most about hiking is the sense of adventure. Each 13. _____ is different, and I never know exactly what I'll find along the way. Sometimes I discover a hidden waterfall, spot a unique animal, or reach a viewpoint with an amazing 14. _____ of mountains, forests, or valleys. These surprises make every hike 15. _____ and memorable.

我最享受徒步旅行的一点就是那种充满冒险的感觉。每条路线都独一无二，我永远不知道沿途会遇到什么。有时我会发现一处隐秘的瀑布，发现一只独特的动物，或者到达一个可以欣赏到山脉、森林或山谷壮丽景色的观景点。这些惊喜让每一次徒步旅行都充满刺激，令人难忘。

Complete the essay above with the given answers below. 根据下面给出的答案完成上面的文章。

cold	hike	backpack	nature
energy	local parks	sunscreen	friends
and	exciting	comfortable	hurt
hiking trail	rising	view	