Reading

Hiking the Inca Trail

Sitting high in the Andes Mountains in Peru, the ancient ruins of Machu Picchu have captured the imaginations of travelers[1] ever since they were rediscovered by archeologist Hiram Bingham in 1911. The name Machu Picchu means "old peak" in the native Incan language, and the site had probably been considered a sacred place since long before the ancient Incas arrived there. The Incas built a ceremonial city on the site that included palaces, temples, storage rooms, baths, and houses, all constructed from heavy blocks of granite fitted precisely together. Although little is known about the activities that took place in the ancient city, it appears that one of its functions was as an astronomical observatory. The so-called Intihuatana stone, located at the site, was used to mark the autumn and spring equinoxes as well as other astronomical events.

The spectacular natural setting, the wonders of architectural and engineering skills embodied in the well-preserved buildings, and the mysteries of the ancient culture draw thousands of tourists from around the world every year. The nearest city is Cuzco, about thirty miles away. From there, tourists can take trains and buses to the ruins. A popular route for the more adventurous is to hike along the Inca Trail. The ancient Inca created a network of trails throughout the mountains, some of which are still in existence. The Inca Trail to Machu Picchu, used by hikers today, was likely considered a sacred route in its time, used by travelers making pilgrimages to that ceremonial site.

Although the Inca Trail leads to the wonders of Machu Picchu, it offers many marvels of its own. Hikers are treated to magnificent views of glacier-covered peaks above and tropical valleys below in their journey over high mountain passes. Many species of orchids can be seen, as well as all kinds of birds, from tiny hummingbirds to the splendid Andean condor. The Inca Trail also passes by ruins of other ceremonial sites on the way to the grand destination of Machu Picchu.

Tourists have been hiking the Inca Trail since the early part of the twentieth century, and for much of that time there were no regulations. Hikers could travel when they pleased and camp wherever they chose. However, the trip has become so popular that in 2005, the Peruvian government instituted a set of restrictions on the use of the trail. To protect the natural environment and preserve the ruins, no more than 500 people a day are allowed to enter the trail. Because each group that sets out includes guides and porters, the number of tourists entering the trail

[1]BrE: travellers

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each day is probably closer to 200. In addition, both tour companies and individual guides must be licensed. There are also legal requirements that pertain to the minimum wage that porters must be paid as well as the maximum weight load they can be required to carry. Fees for trail use help pay for upkeep of the trail and the ruins. All these regulations and fees combine for a more expensive trip, and this has made it a luxury accessible to fewer people. The upside is that the environment and the workers are protected.

Answer the questions about **Hiking the Inca Trail**.

Questions 1–9

Complete the summary below.
Choose ***NO MORE THAN ONE WORD*** *from the text for each answer.*

Machu Picchu is an ancient **1**..... city in the Andes Mountains of Peru. It was rediscovered by an **2**..... in 1911. It is not precisely clear how the ancient Inca used the site, but experts believe that at least some of its **3**..... pertained to astronomy. The wonders of Machu Picchu **4**..... visitors from all around the world. Many visitors like to reach the site by hiking the Inca Trail, part of a **5**..... of trails originally made by the ancient Inca. This is a trip for **6**..... people. Along the way, hikers can enjoy many **7**..... such as spectacular views and interesting flowers and birds. Because such large numbers of people use the Inca Trail, the Peruvian government has had to take steps to **8**..... the ruins and the environment. It has instituted a number of restrictions as well as fees. Because of this, hiking the trail has become an expensive **9**..... that many people cannot afford.

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My Words

Write the words that are new to you. Look them up in the dictionary and write their definitions.

Words	Definitions

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Word Families

noun	access	The Inca Trail provides one way to gain access to Machu Picchu.
noun	accessibility	The train from Cuzco increases accessibility to Machu Picchu.
verb	access	Fewer people can access the site because the trip has become so expensive.
adjective	accessible	Machu Picchu is accessible by plane, train, or hiking.
adjective	inaccessible	Machu Picchu is inaccessible except by plane, train, or hiking.

noun	adventure	Our trip to Machu Picchu was a great adventure.
noun	adventurer	We felt like modern-day adventurers.
verb	adventure	We adventured into places where few people visit.
adjective	adventurous	Adventurous people enjoy hiking in the Andes Mountains.
adverb	adventurously	We hiked adventurously over tall peaks and steep cliffs.

noun	archeologist	An archeologist is interested in ancient cultures.
noun	archeology	The field of archeology has taught us a great deal about the ancient world.
adjective	archeological	Machu Picchu is one of the most visited archeological sites in the world.

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noun	luxury	Hiring porters to carry your equipment on a hiking trip is quite a luxury.
verb	luxuriate	After returning from a week of hiking in the mountains, we luxuriated in the comfort of our beds.
adjective	luxurious	A simple bed felt luxurious after a weeklong hiking trip.
adverb	luxuriously	We dined luxuriously on champagne and chocolate.

noun	restriction	Restrictions are necessary to preserve the environment.
verb	restrict	The government restricts large numbers of people from entering the area.
adjective	restrictive	The rules may seem restrictive, but they are meant to protect the area.

noun	precision	The blocks were fitted together with great precision.
adjective	precise	Archeologists have many theories but few precise ideas about the ceremonial functions of Machu Picchu.
adverb	precisely	We arrived at the site at precisely five o'clock.

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Word Family Practice

Choose the correct word family member from the list below to complete each blank.

Hiking the Inca trail is a popular way to **1**..... Machu Picchu. However, the Peruvian government has **2**..... use of the trail, so not everyone is able to make the trip. The upside is that hiking is not the only way to get there, and because it is not a particularly **3**..... way to travel, other methods might be preferable. You can get to the **4**..... site by train and bus, and they will get you there much faster than hiking. When you arrive in Cuzco, you can check the schedules. You may not be able to leave at **5**..... the time you wish, but you should be able to work out a schedule that is convenient. Whatever method you choose to get there, a trip to Machu Picchu is always a great **6**..... .

1. access	accesses	accessible
2. restrictions	restricted	restrictive
3. luxury	luxurious	luxuriously
4. archeology	archeologist	archeological
5. precision	precise	precisely
6. adventure	adventured	adventurous

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Dictionary Skill

Different Meanings
Many words have more than one meaning.

Read the definitions below. Then read the sentences and write the letter of the correct definition for each sentence.

QUESTIONS 1–2

in-sti-tute [IN-sti-toot]
A *verb.* to start, put in place
B *noun.* a type of organization

_____ 1. The government founded an *institute* of archeology to promote the study of ancient cultures.

_____ 2. The school plans to *institute* a summer program for students who are interested in archeology.

QUESTIONS 3–4

draw [DRAW]
A *verb.* to attract, pull
B *verb.* to make a picture using pencils or crayons

_____ 3. People like to *draw* the beautiful mountain scenery around Machu Picchu.

_____ 4. The interesting birds and flowers *draw* many people to the mountains around Machu Picchu.

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Listening

CD 1 Track 17

Listen to the talk.
Complete the information about the archeological site.
*Write **NO MORE THAN ONE WORD** for each answer.*

Information for Visitors

Restrictions:
Stay on the 1..... of paths.
2..... the buildings between 10:00 A.M. and 4:00 P.M. only.
Enter the 3..... area only with a guide.

Entry Fees:
Adults: $15
Children: $10

4..... crafts are available for sale in the gift shop.

Writing

Large numbers of visitors endanger sensitive archeological sites such as Machu Picchu. In your opinion, is it more important to try to preserve such sites or to allow public access to them?

Support your opinion with reasons and examples from your own knowledge or experience.

Write at least 250 words.

Speaking

Talk about the following topics.

What kinds of adventures are attractive to you?

What kinds of luxuries do you enjoy?

Is it important to you to have luxuries?

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