Do the preparation exercise first. Then read the text and do the exercises to check your understanding.

**Preparation**

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

1. a charity
2. to rescue someone
3. essential
4. preparation
5. a stream
6. a challenge
7. the peak
8. blind

a. getting ready for something
b. an organisation that helps people in need
c. a small river
d. necessary or needed
e. something that is difficult but stimulating to do
f. to save someone from danger
g. unable to see
h. the very top of a mountain

**1. Check your understanding: multiple choice**

Circle the best option to complete these sentences.

1. Modern explorers use [compASSES and maps / satellite phones and GPS / local guides].
2. Ed often didn’t have enough [sleep / food / oxygen].
3. Erik takes groups of blind people [up mountains / along rivers / through deserts].
4. Gerlinde / Erik / Ed used technology to contact local people.
5. Gerlinde supports a charity that helps [blind people / the environment / children].
6. Gerlinde / Erik / Meagan hasn’t done a long-distance bike ride.
7. Gerlinde / Ed / Meagan had to look out for wild animals.
8. Gerlinde / Ed / Meagan had to go slowly because there wasn’t much oxygen.
2. Check your understanding: gap fill
Complete the sentences with a word from the box.

<table>
<thead>
<tr>
<th>eighty</th>
<th>eight thousand</th>
<th>thirteen</th>
<th>forty</th>
</tr>
</thead>
<tbody>
<tr>
<td>twenty-eight</td>
<td>four thousand</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. The oldest person to climb Everest is ________________ years old.
2. Ed Stafford’s journey took ________________ months.
3. Erik Weihenmayer has been blind since he was ________________.
4. Meagan McGrath took ________________ days to ski to the South Pole.
5. There are fourteen mountains with a height over ________________ metres.
6. More than ________________ climbers have climbed Everest.

Discussion
Which of these adventures would you most like to go on?

Vocabulary Box
Write any new words you have learnt in this lesson.