



# 8

# The only way is up

## READING | Multiple matching

→ Student's Book, pages 80–81

**1 Find these sentences in the text opposite and read the sentences around them. For each one, choose the option that best describes what is implied.**

1 *Then, knowing it was in some of the toughest, most remote mountainous terrain in the state, she decided to try to hike to safety.*

Rescuers **were likely to find / had very little chance of finding** the plane wreck.

2 *Although Autumn was traumatised by her experience, rescuers said she had been extremely lucky.*

Autumn **has always been a lucky person. / People don't usually survive this kind of incident.**

3 *It took him three and a half days, with no food and little water, to travel the eight kilometres.*

It **was an extremely difficult journey. / He wasted a lot of time making the journey.**

4 *After a long recovery, he got a prosthetic arm and still climbs today.*

His injuries **haven't changed his lifestyle / have seriously affected every aspect of his life.**

5 *When she heard a loud pop, she knew she was in trouble.*

The sound told her that **an avalanche had started / nothing important was happening.**

**2 Read the text again. For each question, choose from the people A–D. The people may be chosen more than once.**

**Which person**

1 was the most seriously injured?

2 took immediate action to increase his/her chances of surviving?

3 survived more than one accident in succession?

4 first realised he/she was in danger because of a sound?

5 had to walk for two days before being found by someone?

6 has found that their personality changed as a result of surviving?

7 fell over a steep drop on the mountain?

8 had the quickest rescue?

**3 Find the words or phrases in the text and choose the correct meaning, a or b.**

(paragraph A)

1 trail                      a) a country path

b) a busy road

2 traumatised            a) severely shocked or frightened

b) unaffected

(paragraph B)

3 lower                    a) use ropes to move something

b) move something down from a higher position

4 crevasse                a) a very deep crack in ice on a mountain

b) a type of cave

5 crawled                a) moved quickly

b) moved with difficulty on hands and knees

(paragraph C)

6 trapped                a) touched

b) caught

7 rappelling down      a) going down a steep slope using a rope

b) walking down a mountain

(paragraph D)

8 swept                    a) carried quickly

b) moved slowly



Mountains are wonderful places to visit, but they can be dangerous too. Today, we hear about four amazing survival stories.

A

### Autumn Veatch

In 2015, 16-year-old Autumn Veatch survived a plane crash in the mountains in Washington State, USA. Autumn waited a day in the hope that rescuers would find the plane. Then, knowing it was in some of the toughest, most remote mountainous terrain in the state, she decided to try to hike to safety. She eventually found and followed a trail for two days before reaching Highway 20. There, a motorist picked her up and drove her nearly 50 km to the nearest small town to alert the emergency services. Autumn was then taken to hospital for treatment for minor injuries. Although Autumn was traumatised by her experience, rescuers said she had been extremely lucky.

B

### Joe Simpson

In 1985, Joe Simpson and his climbing partner Simon Yates successfully reached the peak of Siula Grande in the Peruvian Andes, but on the way down Simpson broke his leg during a storm. Despite the dark and terrible conditions, Yates managed to lower Simpson most of the way down the mountain on a rope. Then disaster struck. Simpson went over a crevasse edge and Yates had to cut the rope to save himself. Simpson fell 45 metres, but did not die. He managed to climb out of the crevasse and then crawled over the snow and rocks to base camp. It took him three and a half days, with no food and little water, to travel the eight kilometres. He then faced a long operation in hospital. Three years later, he wrote a book about his experience called *Touching the Void*, which was made into a docudrama film in 2003.

C

### Aron Ralston

A keen climber, in 2003, Aron set off to climb and hike in the Canyonlands National Park, USA, without telling anyone his route. While he was climbing down a canyon, a huge boulder fell and trapped his right arm. Aron had very little food and water with him. After five days he managed to amputate his arm to free himself. Aron then had to make his way to safety, including rappelling down a 20-metre cliff. A rescue helicopter then took him to hospital, where he very nearly died. After a long recovery, he got a prosthetic arm and still climbs today. He says his accident made him a better, more humble person. His book, *Between a Rock and a Hard Place*, was made into the film *127 hours* in 2010.

D

### Emily Anderson

Emily Anderson was skiing with friends on Crystal Mountain near Seattle, USA, when she noticed the snow under her moving strangely. When she heard a loud *pop*, she knew she was in trouble. Seconds later, an avalanche swept her into a tree and she was buried under more than a metre of snow. The 20-year-old could only move her left hand slightly, but her quick-thinking in scooping the snow away from her face saved her. A friend had seen the accident and immediately alerted the ski patrol, who arrived within minutes. When they found Emily, she had been buried for 15 minutes but she was alive and unhurt. Her experience didn't stop her skiing – in fact, she wanted to get a job with the ski patrol!



**1 Complete the dialogues with the words in the box.**

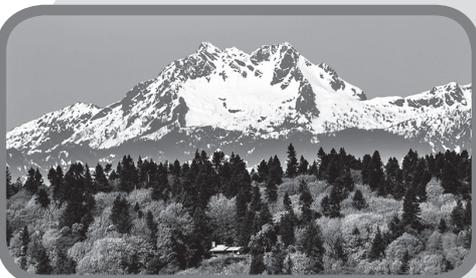
as | in | of | with

- 1 **A:** Did you know that Mount Everest is located in Nepal, Tibet and China?  
**B:** I did. Did you know that it's known in Tibet \_\_\_\_\_ Chomolungma?
- 2 **A:** These photos of the rock formations are incredible. Did you use a professional camera?  
**B:** Actually, they were taken \_\_\_\_\_ my mobile phone.
- 3 **A:** Are you sure the pegs to keep the tent in place are strong enough?  
**B:** Absolutely. They're made \_\_\_\_\_ metal and are very tough.
- 4 **A:** I've just read that parts of Everest are covered \_\_\_\_\_ rubbish!  
**B:** I've heard that too. Apparently, it's what climbers leave behind.

**2 Complete each second sentence, using the passive, so that it means the same as the first sentence.**

- 1 They're preparing the equipment now.  
 The equipment \_\_\_\_\_.
- 2 They used to take the sheep to the mountains.  
 The sheep \_\_\_\_\_.
- 3 No-one had stolen anything from the base camp.  
 Nothing \_\_\_\_\_.
- 4 You shouldn't use these old ropes for climbing.  
 These \_\_\_\_\_ for climbing.
- 5 A mule was carrying the supplies up the mountain.  
 The supplies \_\_\_\_\_ a mule.
- 6 Have they found the climber yet?  
 Has \_\_\_\_\_ yet?
- 7 I hated it when the leader told me what to do.  
 I hated \_\_\_\_\_ the leader.

**3 Put the verbs into the passive to complete the text.**



Mighty Mount Olympus rises majestically from the surrounding Greek countryside. For most of the year, its peaks (1) \_\_\_\_\_ (cover) in snow. It is a popular place for nature lovers and it (2) \_\_\_\_\_ (estimate) that there are over 1,700 plant species there. It (3) \_\_\_\_\_ (climb) by many over the years. Reaching the top-most peak, however, is something that (4) \_\_\_\_\_ (should not / attempt) by inexperienced climbers. Despite its beauty, Olympus (5) \_\_\_\_\_ (know) mainly as the home of the 12 Olympian gods of ancient Greece. It was from here that terrifying thunderbolts (6) \_\_\_\_\_ (throw) by Zeus. Olympus is where the gods gathered when punishments (7) \_\_\_\_\_ (have to / hand out) to the humans below. Understandably, the ancient Greeks feared the mountain and the idea that it (8) \_\_\_\_\_ (can / conquer) by humans was not one they considered.

**1 Complete the words in the sentences. The first letter is there to help you.**

- 1 In the summer, there isn't much water in the s \_\_\_\_\_ that runs past our house.
- 2 All along the south c \_\_\_\_\_ there are lots of c \_\_\_\_\_ that rise over 100 metres above the sea.
- 3 In winter lots of people ski down the s \_\_\_\_\_ on this m \_\_\_\_\_ r \_\_\_\_\_.
- 4 Walkers can follow the p \_\_\_\_\_ up the mountain. The views from the s \_\_\_\_\_ are spectacular.
- 5 It's very dangerous to swim near the w \_\_\_\_\_ in the river.
- 6 Between the two mountains there is a beautiful v \_\_\_\_\_ with a river flowing through it.
- 7 You can sometimes see steam and smoke coming out of the top of the v \_\_\_\_\_.

## 2 Complete the dialogues with the noun form of the words given.

1 conclude | vary

A: There is considerable \_\_\_\_\_ in the ability of the climbers.

B: I came to the same \_\_\_\_\_ myself; it's not an ideal situation.

2 arrive | depart

A: Our \_\_\_\_\_ in Kathmandu was delayed by bad weather.

B: Oh, dear. Was your \_\_\_\_\_ from Nepal similarly affected?

3 behave | describe

A: The \_\_\_\_\_ of the local guides is said to be quite extraordinary.

B: Yes, there's an amusing \_\_\_\_\_ of it in the explorer's autobiography.

4 choose | solve

A: Did they come up with a \_\_\_\_\_ to the problem of supplies?

B: Actually, they had no \_\_\_\_\_ but to abandon the expedition.

5 decide | vary

A: To reach the top, we have a \_\_\_\_\_ of routes to choose from.

B: Well, we'd better make a \_\_\_\_\_ before we start climbing.

## 3 Choose the correct words.

- 1 Fortunately, the leader of the expedition wasn't lacking **from** / **in** experience.
- 2 There was something wrong **about** / **with** the poles, so I couldn't put up the tent.
- 3 The climbers had to seek shelter **from** / **in** the sudden snowstorm in a cave.
- 4 Warned **about** / **to** falling rocks on the mountain, I decided to wear a helmet.
- 5 While abseiling, I lost my balance and crashed **into** / **on** another climber.
- 6 For me, the purpose **to** / **of** mountaineering is to accomplish a difficult task.
- 7 We booked our holiday with a company that specialises **in** / **for** adventure travel.
- 8 To be honest, I wasn't very optimistic **about** / **with** getting to the top of the mountain.

# 8

## GRAMMAR 2 | Review: countable/uncountable nouns, articles, quantifiers

→ Student's Book, page 85 → Grammar reference, Unit 8, Student's Book, page 156

### 1 Choose the correct words.

- 1 I said I would go rock climbing, but the truth **is** / **are**, I'm actually too scared to do it.
- 2 The wood that we collected in the forest **wasn't** / **weren't** dry enough to make a fire.
- 3 You shouldn't wear **this** / **these** new jeans to go abseiling; you might rip them.
- 4 I must say, the advice he gave us about climbing **have** / **has** been very useful.
- 5 While the sheep **was** / **were** being led up the mountain, one fell and hurt its leg.
- 6 Because the air on high mountains **is** / **are** thin, many climbers experience problems.
- 7 The accommodation I found online **don't** / **doesn't** seem too expensive.
- 8 Many pieces of equipment **was** / **were** damaged during the snowstorm.

### 2 Complete the sentences with an article or quantifier. Write one word in each gap. If no word is needed, put a dash (-).

- 1 How \_\_\_\_\_ local knowledge did they use in order to reach the top of \_\_\_\_\_ the mountain?
- 2 \_\_\_\_\_ Swiss Alps, which are wonderful for hiking, are located east of \_\_\_\_\_ Lake Geneva.
- 3 On our way up the mountain we got a \_\_\_\_\_ tips from \_\_\_\_\_ climber we didn't know.
- 4 Some mountains are actually volcanoes and \_\_\_\_\_ example of this is Aconcagua in \_\_\_\_\_ Argentina.
- 5 It takes a \_\_\_\_\_ practice, but it's quite easy to work out the time by the position of \_\_\_\_\_ sun.
- 6 There weren't \_\_\_\_\_ routes to the summit, but we had to make \_\_\_\_\_ choice and stick to it.
- 7 Tenzing Norgay was first employed as \_\_\_\_\_ porter for earlier expeditions in \_\_\_\_\_ 1930s.
- 8 A \_\_\_\_\_ of the climbers were missing after the snowstorm and \_\_\_\_\_ army was called in to help.

**1 Choose the correct words.**

- I **come** / **tend** to think that people who climb mountains are a bit reckless.
- Equipment should be light but strong, which **makes** / **is** perfectly good sense to me.
- Climbing without protective headgear **appears** / **seems** like a foolish thing to do.
- Geology is an important subject and, to my **mind** / **view**, it should be taught at school.
- In person** / **Personally**, I agree that governments should sponsor expeditions.
- My **mind** / **view** is that we should respect natural environments such as mountains.
- Many people enjoy extreme sports, but **if** / **when** you ask me, I think they're crazy.
- Lots of people say that hiking is a lot of fun, and I don't **disagree** / **deny** with that.

**2**  **13 Listen to the speakers and decide if they present a fact or express an opinion. Choose the correct option.**

- |                  |                  |                  |
|------------------|------------------|------------------|
| 1 fact / opinion | 3 fact / opinion | 5 fact / opinion |
| 2 fact / opinion | 4 fact / opinion | 6 fact / opinion |

**3**  **14 Listen to a student named Nina talking about mountains and mythology. Complete the sentences with a word or short phrase.**

Nina says it's (1) \_\_\_\_\_ to find connections between mountains and mythology.

Nina says in her talk that mountains don't disappear, but people, cities and entire (2) \_\_\_\_\_ do.

Nina understands why mountains were regarded as (3) \_\_\_\_\_ of mystery for ancient people.

It's Nina's opinion that one of the Olympus myths was actually a way to explain why (4) \_\_\_\_\_ couldn't be seen.

The Yeti is said by some to look like (5) \_\_\_\_\_ that is taller than a human being.

Nina agrees that people want to believe in something that is (6) \_\_\_\_\_.

The Aztec warrior Popocatepetl returned after fighting (7) \_\_\_\_\_.

According to legend, a Mexican volcano was created from (8) \_\_\_\_\_ one on top of the other.

**1 Match to make sentences justifying opinions.**

- |   |  |
|---|--|
| 1 Skiing is the most exciting activity because _____      | a) the fact you use every part of your body. |
| 2 Rock climbing is the most tiring activity due to _____  | b) of the sharpness of the rocks.            |
| 3 Scrambling is the most dangerous activity because _____ | c) it's the one I would probably do.         |
| 4 Abseiling uses harnesses and ropes so _____             | d) you can go quite fast.                    |

**2 Complete the sentences with the words in the box.**

agree | ask | far | opinion (× 2) | personally | sense

- I don't \_\_\_\_\_ with the idea that mountain climbing is safe!
- In my \_\_\_\_\_, skiing is only a sport for the rich.
- As \_\_\_\_\_ as I'm concerned, mountain climbing's too risky to try.
- Actually, my \_\_\_\_\_ is the exact opposite! I love climbing!
- Rock climbing is dangerous? Yes, that makes \_\_\_\_\_ to me.
- If you \_\_\_\_\_ me, abseiling is the most dangerous activity.
- \_\_\_\_\_, I don't agree with you. I think mountains are quite dangerous.

### 3 Rewrite the sentences in Exercise 2 with your own ideas. Use opinion phrases.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

## 8

## USE OF ENGLISH | Word formation

→ Student's Book, page 87

### 1 Look at the gaps in the sentences and decide if they need a verb (V), an adjective (ADJ) or a noun (N).

- 1 It was a \_\_\_\_\_ climb to the summit and the mountaineers were both thrilled and exhausted when they reached it. \_\_\_\_\_
- 2 When we stopped to rest on a rock, the \_\_\_\_\_ of the sun's rays made us feel very sleepy. \_\_\_\_\_
- 3 Zak wasn't chosen for the expedition because of his \_\_\_\_\_, which could have put others at risk. \_\_\_\_\_
- 4 Several unique plants are known to \_\_\_\_\_ in this region and we might be able to see some on the mountain. \_\_\_\_\_
- 5 The view from the summit was absolute \_\_\_\_\_ and better than I could have possibly imagined. \_\_\_\_\_
- 6 Unless the skiers who are trapped on the southern slope are rescued soon, they will surely \_\_\_\_\_. \_\_\_\_\_
- 7 Remember, guys: our greatest \_\_\_\_\_ is our ability to work together as a team. Now, let's conquer that mountain! \_\_\_\_\_
- 8 As there was only a slight \_\_\_\_\_ of rain that day, we loaded our backpacks and headed for the hills. \_\_\_\_\_
- 9 I'm sure there are age restrictions for abseiling and those who are too \_\_\_\_\_ cannot take part. \_\_\_\_\_
- 10 If the river isn't very \_\_\_\_\_, we will be able to cross it and continue our trek on the other side. \_\_\_\_\_

### 2 Now complete the sentences in Exercise 1 with the words in the box in the correct form.

death | depth | growth | length | mature | perfect | possible | strong | warm | youth

### 3 Write a form of the word in capitals in each gap.

## The Lord of the Rings

Fans of *The Lord of the Rings* all agree that it is the greatest adventure story ever told. And who can disagree with them?

From the moment of Frodo's (1) \_\_\_\_\_ from his home in the Shire to his (2) \_\_\_\_\_ at Mount Doom, where he must destroy the Ring in order to save Middle Earth, the action never stops. Through mountains, snow, darkness and forests, Frodo and his friends face a (3) \_\_\_\_\_ of evil characters who they must fight in order to survive.

At every corner, (4) \_\_\_\_\_ awaits them and they can never be sure who is a friend and who is an enemy. The journey to Mount Doom isn't just a test of physical (5) \_\_\_\_\_. It also tests their character and they develop a sense of (6) \_\_\_\_\_ that pushes them on.

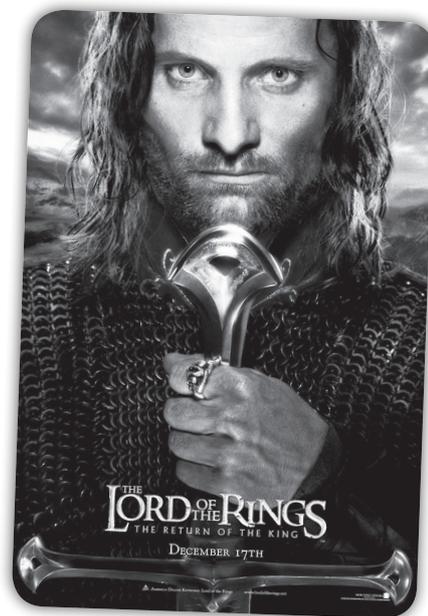
Despite Frodo's (7) \_\_\_\_\_ and, at times, what seems to be the (8) \_\_\_\_\_ of the task, he succeeds. Mount Doom shakes violently as the Ring falls into it and is destroyed, and hope returns to Middle Earth.

DEPART  
ARRIVE

VARY

DIE

STRONG  
RESPONSIBLE  
YOUNG  
POSSIBLE



**1 Read the email and then tick the things the writer has done.**

- |  |  |
|--|--|
| 1 <input type="checkbox"/> used informal language                                | 4 <input type="checkbox"/> given useful information to answer Tom's question |
| 2 <input type="checkbox"/> started and ended the email in the right way          | 5 <input type="checkbox"/> asked Tom to reply                                |
| 3 <input type="checkbox"/> referred to some news from Tom in the first paragraph | 6 <input type="checkbox"/> given news about her life                         |

← →
- □ ×

To:

Subject:

---

Hi Tom,

Thanks for your email. It was great to hear from you! I'm glad your team won the match – scoring a goal must have been exciting!

You asked about a place in my country to visit and activities to do there. I know you love outdoor activities, so I would recommend that you fly to Krakow and then go to Ojcow National Park, 20 kilometres north of the city.

In the park, you can go on hiking and mountain biking trips with guides or you can explore the area by horse. Of course, you can walk round too! You should definitely visit the castle in Pieskow Skala – it's an amazing place, built in the 14<sup>th</sup> century. There are lots of prehistoric caves to visit, and some great places to eat.

After that, you could spend a few days in the city of Krakow. I can meet you there and show you around!

I hope that helps. Let me know how you get on!

Bye for now,

Kasia

**2 Complete these phrases for starting and finishing an email.**

- 1 \_\_\_\_\_ [name],
- 2 \_\_\_\_\_ for your email.  
It was great to \_\_\_\_\_  
from you!
- 3 I hope that \_\_\_\_\_.
- 4 \_\_\_\_\_ me know if I  
can help with anything else.
- 5 \_\_\_\_\_ soon!
- 6 Lots \_\_\_\_\_ love,

**3 Imagine you were writing to Tom about a place in your country and activities to do there. Write notes.**

- 1 Invent some news of Tom's to comment on.

\_\_\_\_\_

\_\_\_\_\_

- 2 Say which place in your country you recommend.

\_\_\_\_\_

\_\_\_\_\_

- 3 Say why you think it's a good choice for Tom.

\_\_\_\_\_

\_\_\_\_\_

- 4 Say what activities you can do there.

\_\_\_\_\_

\_\_\_\_\_

**4 Write the middle paragraphs of your email to Tom, using your notes from Exercise 3.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_