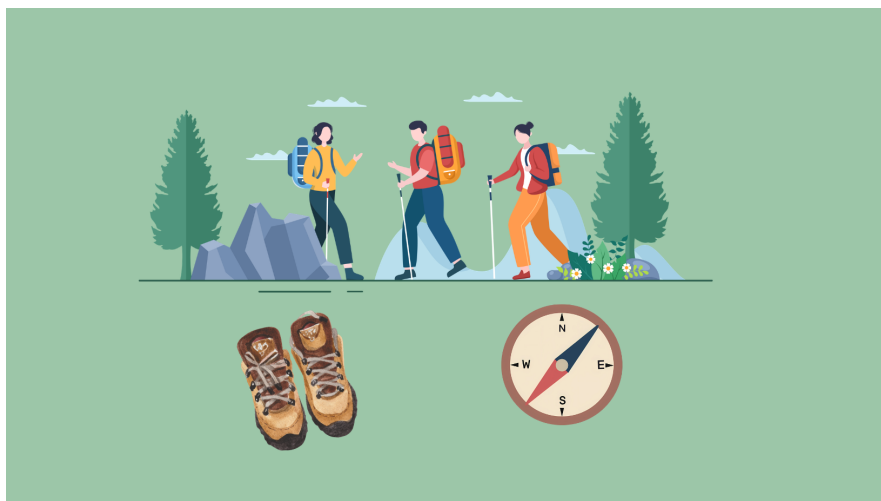


Hiking



PART 1 (time: about 15-20 minutes)

WARM-UP

Have you ever been hiking? Where did you go?

READING

<https://www.bbc.com/travel/article/20260224-the-most-anticipated-new-hiking-trails-of-2026>

Read the text and answer the questions below.

1. Why has hiking become so popular in recent years?
2. Which of the routes described in the article is the longest?

Read the text again and answer the questions.

3. What does Uta Ibrahim say are the benefits of hiking?
4. What role do apps like AllTrails, Trailforks and Komoot play in hiking?
5. Why is the King Charles III England Coast Path considered historic?
6. What makes the East Mallorca GR-226 suitable for less experienced hikers?
7. What is special about the Dongseo Trail in South Korea?

VOCABULARY

Find the following words and phrases in English in the article.

1. spacer "offline" -
2. poszukiwacze przygody -
3. łatwo dostępny -
4. trasa do przejścia na własną rękę -
5. średnio trudna trasa -
6. gęsty las -
7. trudna decyzja -

PART 2 (time: about 10 minutes)

VOCABULARY REVISION

Complete the sentences with the words and phrases from the box.

an unplugged walk • adventure-seekers • easily accessible • self-guided itinerary
• moderate-difficulty route • dense forest • a tough decision

1. After a long week at work, I really need _____ to relax and disconnect from technology.
2. This destination is perfect for _____ looking for new and exciting experiences.
3. The trail is _____, so it's easy to get there and start your hike.
4. We followed a _____ through the mountains using a hiking app.
5. The path goes through a _____ full of tall trees and wildlife.
6. It was _____ - we couldn't decide which beach to choose!
7. This is a _____, so it's not too easy but not too difficult either.

PRONUNCIATION

Listen and repeat. [Pronunciation hiking 1.mp3](#)

PART 3 (time: about 10 minutes)

HIKING VOCABULARY

Match the words and phrases (1-10) with their translations (A-J).

1. route
2. trail
3. off-the-beaten track

4. to set off early
5. to reach the summit
6. steep
7. mountain range
8. to circumnavigate
9. to anticipate
10. foothills

- A. przewidywać, oczekiwać
- B. okrążyć (np. wyspę, wybrzeże)
- C. pasmo górskie
- D. wyruszyć wcześniej
- E. poza utartym szlakiem
- F. ścieżka, szlak
- G. trasa
- H. dotrzeć na szczyt
- I. stromy
- J. podnóża gór

PRONUNCIATION

Listen and repeat. [Pronunciation hiking 2.mp3](#)

PART 4 (time: about 15 minutes + writing)

REVISION

How do you say the following words and expressions in English? Listen to the recording and say the English word or expression. [Pronunciation hiking 3.mp3](#)

SPEAKING Answer the questions. Use the vocabulary from today's lesson.

What are the benefits of hiking?

What are the biggest challenges when hiking?

Would you like to try one of the hiking trails from the article? Which one would you choose and why?

WRITING Write 120-180 words. Use at least 5 words or phrases from the lesson.

Do you think hiking is a good way to spend free time? Why or why not?

ANSWER KEY

PART 1

READING

1 Hiking has become popular because travellers are looking for off-the-beaten-path destinations and more meaningful experiences. It also offers physical, mental and emotional benefits. 2 The King Charles III England Coast Path is the longest route - over 2,700 miles. 3 She says that hiking brings physical, mental and emotional wellness. It allows people to disconnect from technology and experience nature and local culture in a direct and authentic way. 4 They provide hikers with access to a large number of routes and self-guided itineraries, making hiking more accessible and easier to plan. 5 It is considered historic because it will become the longest managed coastal path in the world and it circumnavigates the entire English coast. 6 It is suitable because it is relatively easy, divided into short stages, and has a low elevation gain. It is not very physically demanding. 7 It is South Korea's first coast-to-coast, cross-country trail. It will connect the east and west coasts and take hikers through a wide variety of landscapes - mountains, forests, villages and cultural sites.

VOCABULARY

spacer "offline" - an unplugged walk

poszukiwacze przygody - adventure-seekers

łatwo dostępny - easily accessible

trasa do przejścia na własną rękę - a self-guided itinerary

średnio trudna trasa - a moderate-difficulty route

gęsty las - a dense forest

trudna decyzja - a tough decision

PART 2

VOCAB REVISION

1 an unplugged walk 2 adventure-seekers 3 easily accessible 4 self-guided itinerary 5 dense forest 6 a tough decision

7 moderate-difficulty route

PART 3

HIKING VOCABULARY

1G 2F 3E 4D 5H 6I 7C 8B 9A 10J



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