



Hiking

Reading Worksheet — Level C | tahricteaches.com

Hiking is a fun outdoor activity that many people enjoy. It means walking on trails in mountains, forests, or parks. Some hikes are short and easy, while others are long and **challenging**. Hiking lets people enjoy nature, get exercise, and spend time away from busy cities.

Before going hiking, people should prepare carefully. Good **equipment** is important. Hikers need strong shoes, water, snacks, and a map. They should also check the weather **forecast** before leaving. A sunny day can quickly become cold or rainy in the mountains.

Hiking is healthy for the body and mind. It helps build strong muscles and improves **balance**. Walking in nature can also reduce stress and make people feel calm. Many hikers say they feel **refreshed** after spending time outdoors with trees, fresh air, and beautiful views.

Safety is very important on a trail. Hikers should stay on marked paths and never go alone in a dangerous area. They should tell someone their **route** before they leave. If they get lost, they should stay calm and use a phone, whistle, or map to find help.

Hiking also teaches respect for nature. People should not leave trash on the trail. They should protect plants and animals and follow park **rules**. When hikers act responsibly, everyone can enjoy the outdoors. Hiking is a simple activity, but it can create strong memories and a love of nature.

A. Vocabulary

- | | |
|----------------------|---|
| 1. challenging ____ | a. the path or direction you plan to travel |
| 2. equipment ____ | b. in a careful and sensible way |
| 3. forecast ____ | c. a path through the countryside or mountains |
| 4. balance ____ | d. the ability to stay steady and not fall |
| 5. refreshed ____ | e. to get ready for something |
| 6. route ____ | f. difficult in an interesting or exciting way |
| 7. rules ____ | g. the things needed for an activity |
| 8. trail ____ | h. a report about what the weather will be like |
| 9. prepare ____ | i. feeling new energy after resting or relaxing |
| 10. responsibly ____ | j. official instructions about what you must or must not do |

B. True or False

- ___ 1. Hiking means walking on trails outdoors.
- ___ 2. All hikes are long and difficult.
- ___ 3. Hikers should bring water and snacks.
- ___ 4. The weather in mountains never changes quickly.
- ___ 5. Hiking can help reduce stress.
- ___ 6. Hikers should leave trash on the trail.
- ___ 7. It is smart to tell someone your route before hiking.
- ___ 8. Hiking can improve balance.
- ___ 9. People should protect plants and animals while hiking.
- ___ 10. Hiking is only good for the body, not the mind.

C. Fill in the Blanks

Word Bank: equipment, forecast, balance, refreshed, route, rules, trail, prepare

- 1. Good hiking _____ includes shoes, water, and a map.
- 2. People should check the weather _____ before hiking.
- 3. Hiking can improve your _____ and make you stronger.
- 4. Many people feel _____ after spending time in nature.
- 5. It is important to tell someone your _____ before leaving.



D. Comprehension Questions

- 1. Why should hikers check the weather before they leave?
- 2. How can hiking help both the body and the mind?
- 3. Why is it important to follow rules on a trail?

E. Discussion Questions

- 1. Why do you think many people enjoy hiking?
- 2. What should beginners do to stay safe on a hike?

Answer Key

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A. Vocabulary: 1-f, 2-g, 3-h, 4-d, 5-i, 6-a, 7-j, 8-c, 9-e, 10-b

B. True/False: 1-T, 2-F, 3-T, 4-F, 5-T, 6-F, 7-T, 8-T, 9-T, 10-F

C. Fill Blanks: 1-equipment, 2-forecast, 3-balance, 4-refreshed, 5-route

D. Comprehension:

1. Because weather can change quickly in the mountains
2. It builds muscles, improves balance, and reduces stress
3. To protect nature and keep everyone safe