



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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Source: Educational Materials

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.

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