



Hiking - Safety, Fitness, and Nature

Reading Worksheet — Level F | tahricteaches.com

Hiking is one of the most accessible forms of outdoor recreation, combining physical exercise with environmental appreciation. Unlike competitive sports, hiking can be adapted to different ages and fitness levels, from easy nature walks to steep mountain ascents. This flexibility makes it an especially **sustainable** activity for long-term health.

Proper preparation is essential before any hike. Experienced hikers study trail maps, check weather reports, and bring necessary **supplies** such as water, food, navigation tools, and layered clothing. In remote terrain, a lack of preparation can quickly become **hazardous**, especially when weather shifts suddenly or daylight fades earlier than expected.

Hiking provides strong cardiovascular benefits while also improving leg strength, **endurance**, and balance. Beyond physical gains, time in natural settings has been linked to reduced anxiety, improved mood, and sharper mental focus. For many people, hiking offers a rare sense of **solitude** and clarity that is difficult to find in urban life.

Trail safety depends not only on equipment but also on judgment. Hikers should remain on marked paths, respect warning signs, and avoid unnecessary **risks** such as crossing flooded streams or hiking in unstable conditions. Informing others of a planned route is a basic but critical **precaution** that can save lives if something goes wrong.

Hiking also encourages environmental responsibility. Ethical hikers follow the "Leave No Trace" principle, which emphasizes minimizing human impact on ecosystems. This includes packing out trash, protecting wildlife, and avoiding damage to fragile plants or soil. In this way, hiking is not just exercise, but a practice of **stewardship** toward the natural world.

A. Vocabulary

- | | |
|---------------------|--|
| 1. sustainable ____ | a. the ability to continue through difficulty or effort |
| 2. supplies ____ | b. possibilities of danger or loss |
| 3. hazardous ____ | c. the process of finding the correct way to go |
| 4. endurance ____ | d. the careful and responsible management of something |
| 5. solitude ____ | e. able to continue for a long time without causing harm |
| 6. risks ____ | f. necessary items taken for a task or trip |
| 7. precaution ____ | g. dangerous or likely to cause harm |
| 8. stewardship ____ | h. the state of being alone in a peaceful way |
| 9. terrain ____ | i. an action taken to prevent danger |
| 10. navigation ____ | j. the physical features of an area of land |

B. True or False

- ___ 1. Hiking can be adapted to many ages and fitness levels.
- ___ 2. All hiking trails are dangerous and steep.
- ___ 3. Hikers should check weather reports before leaving.
- ___ 4. Preparation matters less on remote trails.
- ___ 5. Hiking can improve endurance and balance.
- ___ 6. Natural settings may improve mood and reduce anxiety.
- ___ 7. Hikers should ignore warning signs if they feel confident.
- ___ 8. Telling someone your planned route is a useful precaution.
- ___ 9. Leave No Trace means leaving food for animals.
- ___ 10. Hiking can teach environmental responsibility.

C. Fill in the Blanks

Word Bank: sustainable, supplies, hazardous, endurance, solitude, precaution, stewardship, navigation

- 1. Good hiking _____ include water, food, and proper clothing.
- 2. Sudden bad weather can make a trail very _____.
- 3. Regular hiking can improve strength, balance, and _____.
- 4. Telling someone your route is an important safety _____.
- 5. Leave No Trace is a form of environmental _____.



D. Comprehension Questions

- 1. Why is preparation especially important in remote terrain?
- 2. How can hiking benefit mental health as well as physical health?
- 3. What does the Leave No Trace principle ask hikers to do?

E. Discussion Questions

- 1. Why do you think hiking feels different from exercise done indoors?
- 2. What responsibilities do people have when they enter natural environments?

Answer Key

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

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

C. Fill Blanks: 1-supplies, 2-hazardous, 3-endurance, 4-precaution, 5-stewardship

D. Comprehension:

1. Because help may be far away and weather or darkness can create danger quickly
2. It reduces anxiety, improves mood, and provides mental clarity
3. To minimize human impact by taking trash out and protecting wildlife and plants