

# A Letter from Sara's Trek

Dear Mum and Dad,

The trek has been easier than I expected. There weren't too many steep climbs or dangerous ledges. The biggest danger was the yaks! Yaks are animals that look a bit like cows and they are used to carry the heavy kit. They can be mischievous and charge off along the trails. You have to be careful they don't bump into you and send you flying! Luckily, you can hear them coming in the distance because they have bells around their necks.

Yesterday we had to walk across some bridges that looked terrifying. They were very narrow and made entirely of rope. I was scared that they would break. Below them was a huge drop to the ground. Eventually, our patient guide convinced us that they were safe.

Our guide is called Rinji and he is very experienced. He knows everything about the culture and history of the area. He has also told us many exciting stories about trips he has taken before. He is always smiling and making jokes which help to keep us going when we're tired.

The mountains are so high up that I was worried that I would get sick. There is far less oxygen here than at sea level. This makes a lot of people feel unwell. Luckily, Rinji made sure that we travelled up very slowly so that we could get used to it. We only hiked for five or six hours each day. We relaxed in the local villages for the rest of the time. We just played cards, read books and chatted in the cosy teahouses, where we have been staying.



Tomorrow morning, we will wake up early and push on to the summit for sunrise. The views from here are stunning so I can only imagine how spectacular they will be from the top. Since we set off, the scenery has been incredible. We've seen everything from alpine lakes to valleys covered in pink blossoms. I can't wait to share my photos with you.

It took us eight days in total to get here. Each night we stayed somewhere different. The teahouse owners have all been very friendly. Everywhere that we have stayed has offered amazing food and comfy bedrooms so that we were well rested for the trek.

It will take us six more days to walk back down the mountain. It has been the most exciting adventure of my life. We are starting to feel very tired now! I can't wait to get home and see you!

Love Sara



# Questions

03

- 1** What did Sarah believe was the biggest danger?

- ☐ The steep climbs
- ☐ The ledges
- ☐ The cows
- ☐ The yaks

- 2** Which word is used to suggest that the yaks can be a little naughty?

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- 3** What were the bridges made of?

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- 4** Who helped Sarah to feel more confident about crossing the bridges?

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- 5** Which description of Rinji suggests that he is a jolly person?

- ☐ 'he is very experienced'
- ☐ 'he is always smiling and making jokes'
- ☐ 'he has also told us many exciting stories'
- ☐ 'he knows everything about the culture and history of the area'

6 What did they do to avoid getting sick?

- ☐ They played cards.
- ☐ They chatted in the teahouses.
- ☐ They read books.
- ☐ They travelled up the mountain very slowly.

7 Where did Sarah stay on her trek?

- ☐ in hotels
- ☐ in mountain huts
- ☐ in a tent
- ☐ in teahouses

8 Which two words used in paragraph 5 mean 'to continue on the journey'?

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9 Which of these words used in paragraph 5 is NOT another word for amazing?

- ☐ scenery
- ☐ incredible
- ☐ stunning
- ☐ spectacular

10 How many days will it take Sara to get back down the mountain?

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Score:

# Answers

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- 1 What did Sarah believe was the biggest danger? ☒ The yaks
- 2 Which word is used to suggest that the yaks can be a little naughty? mischievous
- 3 What were the bridges made of? rope
- 4 Who helped Sarah to feel more confident about crossing the bridges? guide
- 5 Which description of Rinji suggests that he is a jolly ☒ 'he is always smiling and making jokes'
- 6 What did they do to avoid getting sick? ☒ They travelled up the mountain very slowly.
- 7 Where did Sarah stay on her trek? ☒ in teahouses
- 8 Which two words used in the paragraph above mean 'to continue on the journey'? push on
- 9 Which of these words used in the paragraph above is NOT another word for amazing? ☒ scenery
- 10 How many days will it take Sara to get back down the mountain? six