3.0 OBJECTIVES
This unit will help us to:
- read an expository piece and understand its main points;
- comprehend new lexical items using cues from the text;
- make inferences from the text;
- evaluate a situation and provide personal opinion;
- look for patterns and generalize;
- utilize the information gleaned from the text in real life; and
- make notes from a passage containing information.

3.1 WARM UP
Activity 1

1. Given below are the names of a few sports. Classify them according to the descriptions given. You may put one sport in more than one category. You can consult a dictionary to know the meanings of the sports that are new for you.

<table>
<thead>
<tr>
<th>water-skiing</th>
<th>trekking</th>
<th>table-tennis</th>
<th>bull-fighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>basketball</td>
<td>hang gliding</td>
<td>bungee jumping</td>
<td>boxing</td>
</tr>
<tr>
<td>wrestling</td>
<td>motor racing</td>
<td>kayaking</td>
<td>scuba diving</td>
</tr>
<tr>
<td>rock climbing</td>
<td>cricket</td>
<td>skateboarding</td>
<td>boat racing</td>
</tr>
</tbody>
</table>

i) Water sports .................................................................
   .....................................................................................
   .....................................................................................

ii) Outdoor sports ............................................................
    .....................................................................................
    .....................................................................................
3.2 READING COMPREHENSION: MOUNTAINEERING IN INDIA

Back packing, scuba diving, bungee jumping, para-gliding and mountaineering are all adventure sports. Amongst them mountaineering offers the ultimate challenge, the trial by fire, for the spirit, the mind and the body. Each mountaineering expedition is fraught with danger, loneliness, hardship and uncertainty due to the vagaries of weather. And most of all mountaineering expeditions are not short trips but may last over months.

One can say that in trying to reach the pinnacle, one can discover the essence of one’s being, having undergone various tests of endurance, courage and physical strength. Mountaineering can be romantic too and this romance of heights can be had in the mountains of Ladakh, the Nun-Kun Massif, the Zanskar group, Arunachal Pradesh and the central Himalayas. One can find some of the most daunting and challenging peaks in the world here, ranging from Nanda Devi (7800m), Kamet (7750m) and Dunagiri (7088m). Climbing rocks is a challenging task; some climbers call it a vertical dance while others see it as the ultimate way to test oneself. Standing on the summit is only part of the total enjoyment and satisfaction that one achieves from mountaineering – and more so in the Indian Himalayas.

For most people the Himalayan peaks are not climbable, the mountains are inaccessible ridden with howling winds, freezing cold and terrible disasters. But for the adventurous, one can be in love with these mountains if one has the basic skills and attitude.

Mountaineering can generally be taken up in one of the two ways - either by trekking for a few years and then slowly graduating to climbing or undergoing a course in mountaineering at one...
of the climbing institutes such as the Directorate of Mountaineering and Allied Sports Association, Manali’s Distt. Kullu, Himachal Pradesh or the Indian Mountaineering Federation.

These institutes offer different courses, some of which, however, have an age restriction. The Adventure Courses are open to people of any age and gender while the ones that are more advanced, like the Basic Mountaineering Course are open only to people between 18-40 years of age. For those who wish to go on mountaineering expeditions, undergoing training is absolutely essential. After which one can choose the peaks one wishes to climb or conquer.

In Himachal Pradesh, the land of Hill rajas and Warriors, the peaks around Manali form an interesting exercise for the beginners to go into the Beaskund region only two days away from Manali. Here are the lower peaks of Hanuman Tibba 5932m, Manali and Shitidhar peaks, which stand at the source of the Beas. Across the Rohtang pass into the Lahaul area are several interesting clusters of peaks that rise up to 6500m and offer the climber a choice in technically difficult peaks, easy snow clad peaks or even rocky peaks.

In Uttar Pradesh, one of the most popular areas for climbers is the Gangotri valley at the head of the source of the Ganges where challenging mountains like Shivling 6542m, and Meru 6540m stand. Here are also peaks like the Kedarnath 6937m and Bhagirathi 6853m, with their lovely valley floors flush with greens, primroses and anemones.

The best season to climb in India is from May to October. If one is daring enough, one can go in the winter months when ice and glaciers abound. It is important to remember that foreign expeditions have to book a peak along with a peak fee. The Indian Mountaineering Foundation (IMF) is the country’s apex body that helps in organizing or sponsoring mountaineering expeditions. It also functions as a clearinghouse for foreign expeditions and deputes a liaison officer to accompany foreign climbers. All requests have to be forwarded to IMF for clearance. It is advisable to give at least a six-months notice before embarking on an expedition. All emergencies and accidents are looked after by the liaison officer, who helps to coordinate rescue by the Indian Air Force.

Are you ready for the great Himalayan adventure? Howling gales and roaring avalanches may haunt you in your dreams long after the expedition is over. But men who lived their dreams tell a different tale: a tale of abiding passion for the most unusual adventure.

Below is some practical advice for new climbers.

If you are going on a mountaineering trip for the first time, it is good to keep a few things in mind. Here are a few tips for beginners.

1. Take along a comfortable pair of shoes. **Break them in** for a couple of weeks before the course.
2. Take along everything specified in the brochure though the blankets are not important as they are provided.
3. You do not need any special equipment. All the technical stuff is handled by the Institute that is organizing or sponsoring your trip.
4. Buy a pair of cheap canvas shoes and get the rubber from an inner tube (of a bicycle?) attached as a sole. This is a great help in rock climbing. Professional
shoes are available from standard companies but if you only need them for three days there is no point buying new ones for three days.

5. Always check all your equipment when you get it from the Institute and before using it.

Source: [http://www.1upindia.com/adventure/mountain.html](http://www.1upindia.com/adventure/mountain.html)

**Check Your Progress 1**

1. Read the passage and complete the table.

**Mountaineering**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Main point</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>i)</td>
<td>Requirements</td>
<td>Love for adventure and mountains, strength and will power, training in mountaineering</td>
</tr>
<tr>
<td>ii)</td>
<td>Major mountain peaks where one can go</td>
<td>Uttar Pradesh- Himachal Pradesh-</td>
</tr>
<tr>
<td>iii)</td>
<td>When to go</td>
<td></td>
</tr>
<tr>
<td>iv)</td>
<td>Whom to contact</td>
<td></td>
</tr>
<tr>
<td>v)</td>
<td>What to take</td>
<td></td>
</tr>
<tr>
<td>vi)</td>
<td>What course to undertake</td>
<td></td>
</tr>
<tr>
<td>vii)</td>
<td>If beginner, what to keep in mind</td>
<td></td>
</tr>
</tbody>
</table>

2. Read the sentences from the passage and say what they mean in the context of the passage. Choose the best alternative and tick it.

i) *Mountaineering is the ultimate challenge, the trial by fire, for the spirit, the mind and the body.* (Paragraph 1)

- a) Mountaineering is very expensive and everyone cannot bring himself/herself to spend so much so easily.
- b) In order to do mountaineering well one has to learn to live by the fire and drink spirits to keep mind and body healthy.
- c) Mountaineering is a tough test of physical, mental and emotional endurance and resilience.

ii) *Standing on the summit is only part of the total enjoyment and satisfaction that one achieves from mountaineering - and more so in the Indian Himalayas.* (Paragraph 2)

- a) Standing on the summit of Indian Himalayas is only part of the total enjoyment because a huge monetary award accompanies successful completion of the journey.
- b) Standing on the summit of Indian Himalayas is only part of the enjoyment because the rest comes from the new found love for the mountains and the feeling that one has conquered the difficult mountains.
- c) Standing on the summit of Indian Himalayas is only part of the enjoyment because the main enjoyment comes from the chance one gets to climb the mountains in other countries.

iii) *It is advisable to give at least a six- month’s notice before embarking on an expedition.* (Paragraph 8)
a) It is advisable to give a six-month’s notice because the Federation needs a lot of preparation for the trip.

b) It is advisable to give a six-month’s notice because the Federation needs a lot of preparation and there may be many people, including foreigners, applying for the trip.

c) It is advisable to give a six-month’s notice because the Federation works for only six months in a year.

iv) But men who have lived their dreams tell a different tale…. This implies that (Paragraph 9)

a) people who follow their passion have interesting stories to relate.

b) people who live there have a different story to tell.

c) people perish in these mountaineering trips.

v) Break them in for a couple of weeks before the course. (Paragraph 11)

a. Take them out of their packaging a few weeks before the course so that they are aired.

b) Wear them for a couple of weeks before the course so that they don’t pinch and bite any more.

c) Twist them inwards a couple of weeks before the course so that they have a better grip on the snow.

3. Imagine that reading this passage you have got inspired and are planning to go on your first mountaineering trip. Write the steps that you would undertake in order to undertake your first mountaineering expedition.

3.3 VOCABULARY

Activity 2

1. Complete the sentences below using appropriate words from the passage given in 3.2 - Reading Comprehension.

i) He said that he would take the …………………. responsibility of whatever happens. (Paragraph 1)

ii) By the year 1997 he was at the …………………of his career as an accomplished musician. (Paragraph 2)

iii) The mission was called Mission Impossible as it was ………………… with danger. (Paragraph 1)
iv) It was difficult to climb the cliff as it was almost …………………… due to the difficult terrain and harsh weather. (Paragraph 3)

v) Congratulations on your …………………… from a scooter to a car. (Paragraph 4)

vi) From Dalhousie one can see the …………………………… peaks of the Dhauladhar range. (Paragraph 6)

vii) This office is the…………………………… for applications for different colleges of the university. (Paragraph 8)

viii) Her English teacher at college created in her an …………………… passion for books. Today her personal library is something worth seeing. (Paragraph 9)

2. We use the word *expedition* for an organized journey with a purpose especially to find out more about the place.

Similarly there are different words used for different kinds of journeys according to the purpose and manner of undertaking the journey. Match *name of the journey* with its description.

<table>
<thead>
<tr>
<th>1 Pilgrimage</th>
<th>a) A walk through the streets by persons in a large group in order to protest about something.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Excursion</td>
<td>b) A trip on a ship or a boat taken for pleasure.</td>
</tr>
<tr>
<td>3 Tour</td>
<td>c) Journey to a holy place for religious reasons.</td>
</tr>
<tr>
<td>4 March</td>
<td>d) A long journey involving travel by ship or in a spacecraft.</td>
</tr>
<tr>
<td>5 Hike</td>
<td>e) A short journey made for pleasure, especially one that has been organized for a group.</td>
</tr>
<tr>
<td>6 Cruise</td>
<td>f) A journey made for pleasure during which several different towns, countries etc. are visited.</td>
</tr>
<tr>
<td>7 Voyage</td>
<td>g) A long walk, especially in the countryside or wilderness.</td>
</tr>
</tbody>
</table>

3. Look at this sentence from the passage.

*It is advisable to give at least a six-month’s notice before embarking on an expedition.*

The word advisable has been made by adding ‘able’ to the verb ‘advise’ to make an adjective.

We, however, do not always spell an adjective having the suffix ‘able’ at the end with an ‘a’. Look at the word ‘destructible’ for instance. It has an ‘i’ in place of ‘a’.

Make adjectives from the following words using the suffix ‘able’ and write them in the space given. Remember to make other necessary changes in spelling.

i) pay ........................................................................................................

ii) move .....................................................................................................

iii) digest .................................................................................................

iv) dispose ...............................................................................................
v) eat ..............................................................................................................
vi) access .....................................................................................................
vii) measure .................................................................................................
viii) debate ....................................................................................................

3.4 GRAMMAR: NON-FINITE VERBS, GERUNDS AND PARTICIPLES

Activity 3

1. Look at this sentence from the passage:
   
   *Climbing* rocks is a most challenging task....

   Here the word ‘climbing’ is made from the verb ‘climb’. It functions in the sentence as a noun, as a name of a certain activity. This Verb-Noun is called a Gerund, which behaves just like a noun and can be the subject or the object of a sentence. It can also be used after a preposition.

   Pick a few more gerunds from the passage.

   ........................................................., .........................................................,
   ........................................................., .........................................................,
   ........................................................., .........................................................,

2. Read the paragraph given below and rewrite the underlined sentences using gerunds in place of the verbs. You would need to make suitable changes in the sentences as well.

   I wished to try my hand at mountaineering I tried my best to gather information from various sources. It was not easy to get all the information at one instance. After I wrote umpteen letters to the IMF and sent many e-mails to the Institute at Manali, I received the brochures for the courses and the other necessary papers. As soon as I received the required information I got cracking.

   I got hold of the tourism brochures of Himachal Pradesh and had discussions with the officials there. I also had an occasion to meet a mountaineer at their office. To meet such an adventurous person was thrilling for me. Moreover I could ask frankly whether to undertake such an expedition was worthwhile for a person of my physical strength and constitution. He looked at me from head to toe once and said that I should use my creative talents in painting pictures and writing books.

3. Now look at these sentences from the passage.

   *Howling* gales and *roaring* avalanches may haunt you in your dreams long after the expedition is over. But men who have lived their dreams tell a different tale: a tale of abiding passion for the most unusual adventure.

   You will notice here that the underlined words do not function as nouns. They are serving the function of adjectives and are placed just before the nouns they are qualifying.

   These words are called Present Participles. Similarly we have Past Participles like the ones in the sentence given below.

   *Take along everything specified in the brochure though blankets are not important as they are provided*. Here the word ‘specified’ means the ‘specified equipment’.

Mountaineering in India
Travel and Tourism

Locate a few more Participles from the passage and write them here along with the nouns they are qualifying.

…………………………., ………………….., ………………….,
…………………………., ………………….., ………………….,

4. Complete the following sentences with participles using the basic verb given in the brackets.

i) ‘There are no marks allocated for neatness in the …………………. answers,’ announced the teacher. (write)

ii) Doctors were finding it difficult to cope with so many …………………. passengers after the train accident. (injure)

iii) Many people from India went to the African countries to start businesses. Soon they had a ……………………. trade and decided to settle there. (flourish)

iv) The …………………. news of the Youth Festival in the university reached all colleges in no time. (excite)

v) The guests were impressed with the pretty decorations and the neatly ……………………. furniture. (arrange)

vi) One of the …………………. principles of life is to be straightforward and honest. (abide)

5. Make gerunds using the verbs given in the box below. Complete the sentences using appropriate gerunds.

| survive | restore | place | lead | turn | map |

i) …………………. a geographical area that is hilly can be a difficult job.

ii) My course includes a study of metals, art forms and styles and ……………………. artifacts.

iii) I never thought of ……………………. this vase under the window. Thank you for suggesting it.

iv) We enjoyed our art class. ………………….. the potter’s wheel was the most interesting part.

v) …………………. a second heart attack is difficult for most patients.

vi) Have you ever tried …………………. a group of enthusiastic youngsters during a project? The experience is interesting but it can be maddening as well.

3.5 LISTENING: RIVER RAFTING

Listen to this talk on river rafting and say whether the sentences given below are true or false according to the text. Read the statements below before you listen to the recording.

Check Your Progress 2

i) A river-rafting trip offers a safe and cosy vacation.

ii) The velocity of the river water is great.
iii) In difficult moments it is best to stop paddling and allow the river to take you
with it.

iv) River rafting trips not only offer excitement but delightful scenery as well.

v) Since there is no electricity in the camps one has to make do with lanterns.

vi) It is difficult to do anything the day after a hectic river rafting trip as one
feels very tired the next day.

3.6 SPEAKING AND WRITING

Have a discussion with your study partner on the topic ‘Should dangerous sports
be banned?’ Before you have the discussion; write down both points of views (in
favour as well as against) as well as your personal opinion on the matter.

Some points for consideration:

1. Dangers and high chances of accidents
2. Need for specialized skill
3. Can leave one injured and handicapped for life
4. Can end in death
5. Injury and emergencies not necessarily caused by
   player’s error but due to other reasons like sudden
   change in weather, encounters with dangerous animals
   and so on.
6. Players push themselves to the maximum which may not be good for health

Other views:

i) It is true that there are dangers in sports like boxing, rugby, bull-fighting,
   scuba diving, sky diving, bungee jumping, river rafting etc.

ii) But sports, competition, and games are natural to humans.

iii) Sport therefore is not just a physical phenomenon but a mental and social
    one.

iv) Need discipline and respect for the rules - valuable lessons in any society.

v) Regulations need to be made and proper training should be essential.

vi) Sports to be undertaken in the presence of trained and experienced persons.

vii) On the other hand even safe sports like golf or jogging can lead to pain or
      injury.

You could use sentences like these in your discussion:

In my opinion………..

That is right, but consider the fact that……

What I would suggest is……………..

Well, I disagree at this point…………..

Do you really feel/think….?  

I guess you are right. We must/must not…..

............................................................................................................................

............................................................................................................................

............................................................................................................................

............................................................................................................................

Mountaineering in India
3.7 SUGGESTED READINGS

Copyright details

1. For Mountaineering, Reading Text, Source Adventure Tourism, Love of the mountains
   http://www.1upindia.com/adventure/mountain.html

2. For Listening text, A Spot of Adventure, By Rewati Rau, WE Travel, HT City, 16 September 2005


3.8 LET US SUM UP

In this Unit, we discussed the topic of mountaineering in India, an adventure sport which is quite popular. From the reading and vocabulary activities, you were able to read an expository piece and answer questions on it. You could also make inferences from the text. The vocabulary exercises enabled you to understand lexical items related to mountaineering. The Gerund and Present and Past Participle were taught to you and you were given practice in using them. There was a listening text on river rafting followed by a speaking activity which concentrated on how to debate.

3.9 ANSWERS

Activity 1

Do it yourself.
Check Your Progress 1

1. Completed table:

<table>
<thead>
<tr>
<th>Sl. No.</th>
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<tbody>
<tr>
<td>i)</td>
<td>Requirements</td>
<td>Love for adventure and mountains, strength and will power, training in mountaineering</td>
</tr>
</tbody>
</table>
| ii)    | Major mountain peaks where one can go         | Uttar Pradesh<br>1. **Gangotri valley** at the head of the source of the Ganges, mountains like Shivling 6542m and Meru 6540 m.  
2. Peaks like the **Kedarnath** 6937m and **Bhagirathi** 6853m,  
Himachal Pradesh<br>1. **Beaskund region** only two days away from Manali offer the lower peaks of Hanuman Tibba 5932m, Manali and Shitidhar peaks, which stand at the source of the Beas.  
2. Across the Rohtang pass into the **Lahaul** area are several interesting clusters of peaks that rise up to 6500m. |
| iii)   | When to go                                    | May to October                                                          |
| iv)    | Whom to contact                               | **Indian Mountaineering Federation**<br>Directorate of Mountaineering and Allied Sports Association, Manali’s Distt. Kullu, Himachal Pradesh |
| v)     | What to take                                  | Equipment for personal use like clothes and shoes Everytthing specified in the brochure |
| vi)    | What course to undertake                      | **Adventure Course**<br>**Basic Mountaineering Course**                 |
| vii)   | If beginner, what to keep in mind             | 1. Taking a comfortable pair of shoes.  
*Breaking them in* for a couple of weeks before the course.  
2. Take along everything specified in the brochure except blankets.  
3. Buy a pair of cheap canvas shoes and get the rubber from an inner tube (of a bicycle?) attached as a sole.  
4. Check all your equipment when you get it from the Institute and before using it. |

2  
  i) c) Mountaineering is a tough test of physical, mental and emotional endurance and resilience.  
  ii) b) Standing on the summit of Indian Himalaya’s is only part of the enjoyment because the rest come from the new found love for the mountains and the feeling that one has conquered the difficult mountains.  
  iii) b) It is advisable to give a six-month’s notice because the Federation needs a lot of preparation and there may be many people, including foreigners, applying for the trip.
iv) a) people who follow their passion have interesting stories to relate.

v) b) Wear them for a couple of weeks before the course so that they don’t pinch and bite.

3. a) Do a bit of reading up. Obtain information.
   b) Consult the IMF and the Mountaineering Institute
   c) Consult the family doctor and have a health check up.
   d) Get enrolled in the general ‘Adventure Course’
   e) Go through the brochures regarding mountaineering trips.
   f) Write to IMF giving information about your training
   g) If selected then obtain the specified gear.
   h) Go on the expedition!

Activity 2

1. i- ultimate, ii- pinnacle, iii- fraught, iv- inaccessible, v- graduating,
   vi- snow clad, vii- clearing house, viii- abiding

   2. | Pilgrimage | Journey to a holy place for religious reasons. |
      | Excursion | A short journey made for pleasure, especially one that has been organized for a group. |
      | Tour      | A journey made for pleasure during which several different towns, countries etc. are visited. |
      | March     | A walk through the streets by persons in a large group in order to protest about something. |
      | Hike      | A long walk, especially in the countryside or wilderness. |
      | Cruise    | A trip on a ship or a boat taken for pleasure. |
      | Voyage    | A long journey involving travel by ship or in a spacecraft. |

3. i) payable
   ii) movable
   iii) digestible
   iv) disposable
   v) eatable
   vi) accessible
   vii) measurable
   viii) debatable

Activity 3

1. Some more gerunds from the passage- **climbing** rocks, **standing** on the summit, **trekking**, **graduating**, **undergoing**, **organizing** and **sponsoring**.
2. **Wishing to try my hand** at mountaineering I tried my best to gather information from various sources. **Getting all the information at one instance** was not easy. **After writing umpteen letters to the IMF and sending many e-mails to the Institute at Manali**, I received the brochures for the courses and the other necessary papers. **Receiving the required information** I lost no time and got cracking.

I got hold of the tourism brochures of Himachal Pradesh and had discussions with the officials there. I also had an occasion to meet a mountaineer at their office. **Meeting such an adventurous person** was thrilling for me. Moreover, I could ask frankly whether **undertaking such an expedition** was worthwhile for a person of my physical strength and constitution. **Looking at me from head to toe** once, he said, that I should use my creative talents in painting pictures and writing books.

3. Participles from the passage: daunting peaks, challenging tasks, freezing cold, climbing institutes, howling gales and roaring avalanches.

4. i) written
   ii) injured
   iii) flourishing
   iv) exciting
   v) arranged
   vi) abiding

5. i) Mapping, ii) restoring, iii) placing, iv) Turning,
   v) Surviving, vi) leading

### 3.5 RIVER RAFTING (Listening Text)

Adventure through and through. That’s river rafting for you. It is truly one of these sports that are meant strictly for brave hearts. If you are the kind who likes a nice and ‘cosy and safe’ vacation then this is not for you.

River rafting, also known as white river rafting, is best enjoyed in a group. The rafters, equipped with oars, life jackets, and helmets sit on the edge of the raft, with the instructor at the helm, quite literally. Someone gives the raft a push and off you go.

If you are a first-timer, be prepared for the velocity of the river - you can be sure you’ve seen nothing like it before. And the first rapid that comes your way will literally steal away your breath. Make sure you hold on to that rope for dear life! But mind you, no matter how shaken and stirred you are, don’t stop paddling.

The river rafting trips to Ganga in Uttarakhand are very popular. Apart from the proximity to Delhi, the beauty of the rafting camps is another tempting factor. Just an hour’s drive from Rishikesh up to Shivpuri, spectacular scenery greets you, the youthful Ganga meandering through densely covered slopes of the outer Himalayas.

If you are not looking out for adventure you can just wallow in the beauty of the camps. These are usually without electricity and modern facilities. This is probably the closest you will ever get to nature. By the time you are back
from the rafting trip, the tents are lit up with a line of lanterns. The night is truly magical. Sometimes, the distant cries of wild animals makes it a little eerie though.

After a particularly tiring day in the water, you wake up next morning feeling strangely fresh and perky. If you have the energy you can always enjoy other adventure sports like rock climbing and hiking.

(By Rewati Rau, WE Travel, HT City, 16 September, 2005)

Check Your Progress 2

i) A river-rafting trip offers a safe and cosy vacation. (F)

ii) The velocity of the river water is great. (T)

iii) In difficult moments it is best to stop paddling and allow the river to take you with it.(F)

iv) River rafting trips not only offer excitement but delightful scenery as well. (T)

v) Since there is no electricity in the camps one has to make do with lanterns.(T)

vi) It is difficult to do anything the day after a hectic river rafting trip as one feels very tired the next day. (F)