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Hiking 徒步旅行运动

Yang Li: 大家好我是杨莉。Hi, welcome to Ask About Britain. Do you like climbing and hiking? 你喜欢爬山和徒步旅行吗? 张逊同学最近向英国问答节目写信说越来越多的中国人开始爬山运动, 他想了解一下英国人是否也很喜欢这类运动。

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Kim: British people were very often the first people to climb mountains in Europe, in the Alps, and the Himalayas as well.

Li: How safe is it? Because people are aware of the safety.

Kim: There's a long tradition of what we call 'adventure sport' in Britain. So the people like to take a little bit of risk and I think, my experience is, that possibly it's more the case here that people take a bit more risk than they maybe would do in China. But that's in our blood really, in our DNA. I think, maybe it's because a lot of our life is so predictable that we like to just take risks now and then.

Li: Thank you very much Kim.

Kim: You're welcome.

Yang Li: That was Kim from Swansea talking to me about climbing in the UK. Now I'm joined in the studio by my colleague William Kremer. Will, Do you agree that Brits are adventurous? Perhaps more than the Chinese?

William: Well, I can think of many great British adventurers. For example, Sir Ranulph Fiennes, who, among many adventures in his lifetime, climbed to the Summit of Mount Everest in 2009 at the age of 65, and was called 'the Greatest Living Explorer' in the Guinness Book of World Records.

Yang Li: 是的, 费恩斯爵士就勇敢的攀登者之一, 2009年在他65岁时终于爬上了珠穆朗玛峰。吉尼斯世界大全把他称为'最伟大的在世的探险家'。

William: But it is a very dangerous sport and many have died on their adventures, including British climber Rob Gauntlett, who died climbing the French Alps at the age of 21.

- Yang Li:** 另一个英国人罗伯·高特莱特曾于 2007 年登上珠穆朗玛峰，创下英国最年轻登山者纪录，不过他在 2007 年攀登欧洲阿尔比斯山时不幸身亡。所以登山也是一项危险的运动。
- William:** Having said that I think it's a pretty safe sport if you're trained and you're well prepared.
- Yang Li:** Have you been climbing, William?
- William:** No I've never been climbing, it's not really my kind of sport.
- Yang Li:** Well, you may not be a mountain climber but I know you are a language expert! You know I often hear people talking about mountain climbing, hiking, trekking and walking, etc. Is there any difference between these words?
- William:** Yes there are some differences. If you are walking, you know what that means, it just means putting one foot in front of another. But if you say you are going walking, that means maybe you're going to the countryside for the day to walk for a longer distance. Hiking means perhaps an even longer walk for pleasure, maybe for exercise. So, for example, to go out for the day and to walk in the countryside or up a mountain. Trekking usually refers to even longer hikes, so maybe over several days or weeks with camping in between, often travelling through a mountainous area. And of course climbing would involve using your hands and feet to go up areas which are too steep to walk up and you would use ropes for safety. So over to you Li for some Chinese explanations of those words.
- Yang Li:** OK that's a very clear explanation. I'll do my best. 好我来用中文解释一下 **walk or walking** 一般指步行比如去商店，但是如果你说 **to go walking** 那就是一种运动了，也就是说到郊外去走一走，散步，去运动一下。**Hike or hiking** 一般指距离较长，漫步、徒步运动，一般人们会去野外的乡下或有山的地方。而 **trek or trekking** 往往涉及几天或几周时间的这种跋涉，而且中间可能会野营，经常会经过一些山区，因此它比 **hiking** 更具挑战性。最后 **climbing** 指的是用手、脚和绳索一起才能完成的攀岩运动，这是狭义上的爬山。不过在汉语里我们往往用爬山来概括所有到郊外，户外的行走运动。
- William:** Those are useful words to learn if you're interested in going hiking or climbing.
- Yang Li:** Yes. I guess one reason why it's getting more popular in China is that people must have realised that sitting in front of the computer all day isn't very healthy.
- William:** And walking is a very good exercise, it's both easy and cheap.
- Yang Li:** I agree. Thanks William for your help with the programme. To our listeners if you have a question about British culture just drop us an email.
- William:** Our email address is chinaelt@bbc.co.uk Bye bye.

Yang Li: 谢谢收听，再会。

Glossary

the Alps 阿尔比斯山	the Himalayas 喜马拉雅山
adventure sports 冒险运动	Mount Everest 珠穆朗玛峰
climbing 攀岩/爬山	hiking 徒步旅行运动
Sir Ranulph Fiennes 费恩斯爵士	Rob Gauntlett 罗伯·高特莱特
The Guinness Book of World Records 吉尼斯世界纪录	predictable 可预见的/老套乏味的