

CONTENTS

Unit 1 On the map

Vocabulary	p. 4
Grammar	p. 5
Vocabulary & Everyday English	p. 6
Reading	p. 7

Unit 2 Legends & Festivals

Vocabulary	p. 8
Grammar	p. 9
Vocabulary & Everyday English	p. 10
Reading	p. 11

Unit 3 Adventures

Vocabulary	p. 12
Grammar	p. 13
Vocabulary & Everyday English	p. 14
Reading	p. 15

Skills Practice A (Units 1-3) p. 16

Revision A (Units 1-3) p. 20

Unit 4 There's no place like home!

Vocabulary	p. 22
Grammar	p. 23
Vocabulary & Everyday English	p. 24
Reading	p. 25

Unit 5 Let's talk

Vocabulary	p. 26
Grammar	p. 27
Vocabulary & Everyday English	p. 28
Reading	p. 29

Unit 6 Challenges

Vocabulary	p. 30
Grammar	p. 31
Vocabulary & Everyday English	p. 32
Reading	p. 33

Skills Practice B (Units 4-6) p. 34

Revision B (Units 4-6) p. 38

Unit 7 High-tech

Vocabulary	p. 40
Grammar	p. 41
Vocabulary & Everyday English	p. 42
Reading	p. 43

Unit 8 Better societies

Vocabulary	p. 44
Grammar	p. 45
Vocabulary & Everyday English	p. 46
Reading	p. 47

Unit 9 Live & Learn

Vocabulary	p. 48
Grammar	p. 49
Vocabulary & Everyday English	p. 50
Reading	p. 51

Skills Practice C (Units 7-9) p. 52

Revision C (Units 7-9) p. 56

Unit 10 Green minds

Vocabulary	p. 58
Grammar	p. 59
Vocabulary & Everyday English	p. 60
Reading	p. 61

Unit 11 Buying, buying, bought!

Vocabulary	p. 62
Grammar	p. 63
Vocabulary & Everyday English	p. 64
Reading	p. 65

Unit 12 Health is wealth

Vocabulary	p. 66
Grammar	p. 67
Vocabulary & Everyday English	p. 68
Reading	p. 69

Skills Practice D (Units 10-12) p. 70

Revision D (Units 10-12) p. 74

Irregular Verbs p. 76



Vocabulary

Map symbols

1 ★ Choose the correct word(s).



1 canal/bridge



2 station/railway line



3 footpath/main road



4 stream/pond



5 wood/hill



6 youth hostel/campsite

2 a) ★ Match the words in the two columns.

- | | |
|-------------------------------------|----------------|
| 1 <input type="checkbox"/> thick | a satisfaction |
| 2 <input type="checkbox"/> mountain | b trail |
| 3 <input type="checkbox"/> hiking | c journey |
| 4 <input type="checkbox"/> personal | d forest |
| 5 <input type="checkbox"/> epic | e range |

b) ★ Use the phrases in Ex. 2a to complete the sentences.

- The Alps are the highest in Europe.
- I had a great feeling of when I reached the summit of the mountain.
- We turned on our head torches as we walked through the
- Our five-day hike through the Andes was truly a(n)
- The Inca Trail is a popular in Peru that attracts hikers from all over the world.

3 ★★ Fill in: *grab, capture, spend, range, pass or soar* in the correct form.

- I love this photo; it really the kids' excitement during the camping trip.
- Look! An eagle above the trees over there!
- We through a small village during our walk yesterday.
- When my friend asked me to go snowboarding in the Alps, I the opportunity with both hands!
- Youth hostel prices normally from around £10 to £30 a night.
- Sarah about £200 on camping supplies for the trip so far.

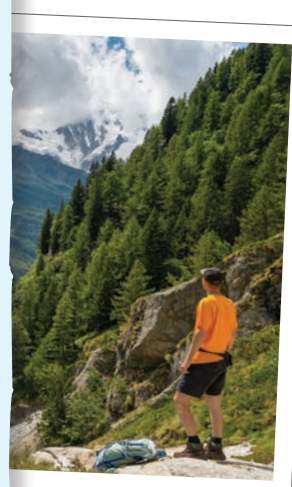
4 ★★ Choose the correct item.

- Moisturise your skin regularly to stop it from drying **away/off/out**.
- During our hiking holiday we walked 15km a day, **on/in/at** average.
- Sadly, our camping trip had come **at/to/of** an end and it was time to go home.
- It was such a hot summer that the river had completely dried **down/up/on**.
- Standing at the top of the hill, we could see tall trees **to/on/in** every direction.
- This is a fun, easy hike that is suitable for people **of/from/in** all ages and abilities.
- After we had finished swimming in the lake, we dried ourselves **on/in/off** and ate lunch.
- Adventure holidays have really caught **up/on/to** in the last 10 years.

5 ★★★ Complete the text. Use: *record, route, roughly, stretch, entire, peak, equivalent, spectacular, reach, consume, complete, eventually, majority, achievement*. There are four extra words.

TOUR DE MONTE ROSA

Last summer, my friend Sally and I decided to swap our usual beach holiday for something a bit different – we went on a hiking tour in the Alps! We chose the tour de Monte Rosa because the 1) covers two countries, Switzerland and Italy. The 2) trip lasted for nine days, during which we covered a total distance of 162 kilometers – 3) 18 kilometres a day, which is the 4) of about 12 miles. To 5) the highest 6), you have to climb 3,295 metres. The view from the top is truly 7); the mountains 8) for as far as the eye can see. It wasn't easy, but we were determined to 9) the hike and we felt an amazing sense of 10) when we did.



Grammar

**Present simple – Present continuous –
Stative verbs – Adverbs of frequency –
Present perfect – Present perfect
continuous**

1 ★ Choose the correct tense.

- Jamie **always takes/is always taking** my hiking boots without asking!
- Does it snow/Is it snowing** in the mountains during winter?
- Sarah **hasn't been/hasn't gone** to France before.
- 100 kilometres **sounds/is sounding** like a lot, but we spread the hike out over a week.
- He is exhausted because he **has walked/has been walking** 20 kilometres today.
- The weather **is getting/gets** colder as we're climbing higher.
- Hot soup **tastes/is tasting** so good after a long day of hiking.
- We **have been training/have trained** for the marathon for six months now.

2 ★★ Put the verbs in brackets into the present simple or the present continuous.

- A: I (**think**) about climbing Mount Everest.
B: I (**not/think**) that's a good idea – it's very dangerous!
- A: What time the tour (**start**)?
B: Usually at 9 am, but tomorrow it (**start**) later because it might rain in the morning.
- A: (**they/camp**) this weekend?
B: Yes, they (**get**) back tomorrow afternoon.
- A: John (**work**) as a tour guide, right?
B: Yes, but he (**not/work**) at the moment because he's injured his ankle.
- A: (**you/have**) a cool box I could borrow?
B: Sure. (**you/have**) a picnic tomorrow?
- A: More and more people (**use**) the Internet to organise their hiking trips.
B: Well, I guess it (**cost**) less to book them online.
- A: What (**you/look**) at?
B: This article about the Andes. It (**seem**) very interesting.

3 ★★ Put the verbs in brackets into the present perfect or the present perfect continuous.

- I (**hike**) since I was a teenager.
- It (**rain**) all week, I can't wait for summer!
- Someone (**steal**) my camping stove.
- How many kilometres (**she/walk**) so far?
- How long (**he/save**) money for?
- We (**climb**) Mount Fuji together – it's one of our greatest achievements.

4 ★★ Find and correct the mistakes.

- I've wanted always to go on a walking holiday.
- She has been to Ireland and won't be back for a week.
- Have you never stayed in a youth hostel before?
- I have been knowing Ben since we were kids.
- Do they go often hiking?

5 ★★★ Put the verbs in the correct present tense. Then choose the correct adverb in bold.

25th May

Today is day two of my five-day desert trek across Wadi Rum in Jordan. The scenery here is fantastic! Every day, we 1) (**walk**) through beautiful valleys and climb up steep "jebels" – desert mountains formed by thousands of years of erosion. 2) **So far/Next week**, we 3) (**cover**) about 30 kilometres; I 4) (**never/walk**) so much before in my life! I'm 5) **always/rarely** exhausted by the end of each day, but I go to sleep with a great sense of achievement. The local guides 6) (**trek**) this route 7) **for/since** it first became popular with tourists, so they are very experienced. Each night, we 8) (**set up**) our camp in the desert and sleep under a spectacular sky full of stars. Although I don't want the trip to end, I 9) (**look forward**) to the final day because we 10) (**visit**) the ancient rock city of Petra. It's crazy to think that 11) **this Sunday/on Sundays** is the last day of our trip. But I 12) (**not/think**) about that 13) **yet/just** – we still have a long way to go! Anyway, I'd better go; our guide 14) (**cook**) dinner over the camp stove 15) **for/since** the past hour and it 16) (**smell**) delicious. Walking through the desert is a great way to work up an appetite, that's for sure!



Vocabulary

Road signs

1 a ★ Match the words in the two columns.

- | | |
|---------------------------------------|------------|
| 1 <input type="checkbox"/> speed | a lane |
| 2 <input type="checkbox"/> pedestrian | b end |
| 3 <input type="checkbox"/> cycle | c crossing |
| 4 <input type="checkbox"/> dead | d limit |

b) ★ Use two phrases from Ex. 1a to complete the sentences below.

- This road doesn't lead anywhere; it's a
- Slow down! The here is 30 mph.

2 ★★ Fill in: *crossroads, junction, roundabout, way, traffic*.

STAY SAFE ON THE ROAD

- Don't just assume that it's safe to drive on when the 1) lights turn green – always check first!
- Where four roads meet at a 2), remember to stop and look both ways before driving on.
- Drive slowly around a 3) and always signal before leaving.
- When turning at a 4), watch out for pedestrians crossing the road you're turning into. Remember, if they have already started to cross you must give 5) because they have priority.

3 ★★★ Read what each person says. Where are they?

- We must wait for the green man before we can cross the road. t _ _ _ _ l _ _ _
- To cross the road, we should use these black and white stripes that form a path. p _ _ _ _ _ c _ _ _ _
- We can't walk here, this is for people on bikes only. c _ _ _ l _ _
- I'm at the corner where the two roads meet. j _ _ _ _
- Driving onto and around it makes me nervous and I often miss my exit. r _ _ _ _ _

4 ★★★ Complete the gaps with words derived from the words in bold.

Learning to drive can be 1) (**stress**), but at A+ Driving School we offer excellent training with a fully qualified instructor. If you dream of learning to drive but can't afford it, don't worry – our prices are 2) (**extreme**) competitive and we offer a payment plan to break down the cost. You'll feel comfortable behind the wheel in no time, like a bird in 3) (**fly**)! If you're 4) (**curiosity**) and want to learn more about our 5) (**attract**) deals, visit our website for further details, or pop into our office on Main Street and have a chat with Brian, the company 6) (**own**).

Everyday English

Asking for & Giving directions

5 ★ Complete the gaps. Use: *reach, cross, turn, take, go*.

< Matthew
online today 10:30

Hi Tom! Looking forward to seeing you this weekend. To get to my house, 1) the second exit at the roundabout after the park, then 2) straight. When you 3) the traffic lights, 4) left and 5) the bridge. My house is on the right – it's the one with the blue front door. If you have any problems, just call me.

16:44

6 ★★ Choose the correct response.

- A: Excuse me. Could you tell me where the train station is?

B: a It's ten minutes by car.
b Go straight and take the first right.
- A: How long does it take to get to the Natural History Museum?

B: a It's a ten-minute drive. Maybe less.
b Go straight across the bridge and turn left.
- A: Is the bus stop far from here?

B: a Turn right at the traffic lights.
b It's five minutes on foot.

7 ★★★ Complete the dialogue. Use the sentences below. Three sentences are extra.

- A How long does that take
 B That sounds complicated
 C What's the best way to get to the art gallery
 D Maybe a bit less
 E The art gallery is on your right
 F Is there anywhere to park
 G Which exit should I take
 H Then take the second exit onto Queens Street

- A: Excuse me. 1)? I was using the map on my phone for directions, but my battery's dead.
 B: It's not too far from here. Keep going straight on until you reach a roundabout. 2)
 A: OK, Queens Street, got it, then what?
 B: Go straight across the bridge and turn left at the junction onto Union Street. From there, take the second right onto Belmont Road. 3)
 A: So... take the second exit at the roundabout, go straight on across the bridge, turn left at the junction and then take the second right. 4)?
 B: It's a ten-minute drive. 5)
 A: Great, thanks for your help!
 B: You're welcome.

Uyuni Salt Flats

You are standing on a never-ending mirror. Looking up you see blue sky, fluffy white clouds and bright sunshine. Glancing down you see everything perfectly reflected below your feet. You have nothing around you except endless sky. This may sound like some kind of dream, but in a mountainous region of South America 'the world's largest mirror' actually 1)

Landscape

The Uyuni Salt Flats are in the south-west of Bolivia. An enormous white desert, the flats formed when ancient lakes dried up and left only salt behind. The Incahuasi island, a huge mound of cactus and coral in the centre of the flats, reminds us of what was 2) here. In the dry season, the salt is hard and cracked, but the rainy season is unlike anything else, as a thin layer of water sits on top of the salt, creating a magical mirror effect. The salt flats are 3,500 metres above sea level and cover over 10,000 square kilometres – you can even see them from space! In fact, NASA uses this large flat surface to check the location of its satellites.

Exploring the Flats

Travel by plane or bus to the city of Uyuni if you want to experience this natural wonder. The flats are huge, so it's best to discover them by 3) a Jeep tour. On these 4-day adventures be prepared – the sun's rays are very powerful and can be harmful when they're reflecting off the white ground, so you need sunglasses and sunscreen during the day. At night, there is an enormous drop in temperature. It can get below freezing point, so warm clothes are also a must.

While out in the Jeeps, don't expect to buy souvenirs as there are certainly no shops here. Addicted to your smartphone? If so, post an update before you go, because there's no Wi-Fi or phone signal for the entire trip. Even electricity is only available for a few hours each night because the lodges you sleep in 4) on small solar panels.

Reading

8 ★ Read the article and choose the correct word to fill in the gaps (1-6).

- | | | | |
|-------------|------------|-----------|-----------------|
| 1 A remains | B survives | C exists | D lives |
| 2 A once | B ever | C never | D sometimes |
| 3 A going | B joining | C sharing | D participating |
| 4 A move | B work | C perform | D run |
| 5 A on | B to | C for | D at |
| 6 A least | B more | C most | D very |

9 ★★ Read the article. Complete each gap in the blog entry with a word from it.

✉ 📱 📧
🔍
👍 🗑

Hey guys!

You'll never guess where I've been – the Uyuni Salt Flats in Bolivia! It was an amazing experience and I learned a lot. Our tour guide explained that the flats were formed when ancient 1) dried up, leaving only salt behind. When it rains, a layer of water sits on top of the salt and creates a 2) effect – it's really unusual and magical! As you know, I'm 3) to my smartphone and I really wanted to post some pictures while I was there, but of course there was no Internet connection! The 4) we stayed in were powered by solar panels, and the hotel we stayed in at the end of our trip was environmentally friendly and in perfect 5) with nature. In a way I'm glad that I couldn't go online because I appreciated the natural 6) of the flats even more. I definitely recommend this tour if you ever get the chance!

Until next time,

Naomi

For years, visitors to this region have been comparing the landscape 5) an alien planet. The landscape seems to stretch endlessly, and you can travel miles without seeing any sign of life. As you make your way south on the flats, the Laguna Colorada, or 'Red Lagoon', certainly grabs your attention. Unlike the white salt all around you, it's bright red because of its colourful algae. Many beautiful flamingos build their nests here; their pink colour comes from eating the red algae. If you head even further south, there is also the mineral Laguna Verde (also known as 'Green Lagoon') in the Eduardo Avaroa National Park.

Accommodation

After that journey you're going to need a good night's sleep. Luckily, on the edge of the salt flats is the world's first salt hotel, built with bricks made from salt. The hotel is in harmony with nature, and the 6) natural material available here is – you guessed it – salt!

The Uyuni Salt Flats have been thrilling visitors for generations. People have been trying to capture the size and wonder of this unique place in photographs, but most agree it's a place that you can only truly experience by being there.

10 ★★★ Read the article and for questions 1-4 choose the best answer, A, B, C or D.

- According to the writer, what makes the salt flats unique is
 - that they are 3,500 m above sea level.
 - that there are ancient lakes there.
 - that NASA tests its satellites over this area.
 - the way the ground looks like a mirror.
- What is it important to be ready for when travelling to the salt flats?
 - There is no electricity available.
 - You can only sleep a few hours each night.
 - There are extreme weather conditions.
 - You spend many hours in a Jeep.
- Many people compare the landscape to an alien planet because
 - there are algae living in the water of the lakes.
 - there is salt all around you in every direction.
 - there are no living things in very large areas of land.
 - there are brightly coloured lagoons in the region.
- The hotel is special because
 - it is part of nature.
 - they built it with an unusual building material.
 - it's on the edge of the salt flats.
 - there is no other place you can sleep on the salt flats.

