

Being male and on your phone are biggest dangers on Scottish mountains, says expert

Level: Elementary

1 Warmer

- a. A small group of students are going on a 12-hour walk in the Scottish mountains in spring or early summer. Which of these things should they take with them? Circle the five most important things.

phone map compass dog umbrella
warm clothes walking boots sun cream walking stick satelite GPS
guide skis weather forecast rope sleeping bag



2 Key words

- a. Write the correct word from the wordpools next to the definitions. Then find and highlight them in the article to read them in context.

avalanche fatalities forecast glen rescues

1. a large amount of snow and ice that suddenly falls down a mountain

2. a statement saying what the weather or conditions are likely to be

3. when people are saved from dangerous situations _____
4. a valley, especially in Scotland _____
5. deaths _____

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assumptions

error

filthy

navigation

overestimate

6. think that something is better than it really is _____
7. knowing how to read a map or a compass to find your way without getting lost

8. a mistake, sometimes because of a bad decision _____
9. things that you think are true even though you don't know for sure

10. very dirty _____

b. Use some of the key words above to complete these sentences.

1. There was a big _____ on our bank statement.
2. Never _____ your ability or strength when you swim in the sea.
3. It's unfair to make _____ about teenagers.
4. As well as the 13 _____, 17 people were injured.
5. The children were completely _____ after playing in the garden.

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Libby Brooks

27 March, 2022

- 1 Being male, relying on your mobile phone and not checking the avalanche forecast: these are the biggest dangers on Scotland's mountains, says Scotland's top female climbing expert.
- 2 Heather Morning, Chief Instructor at Scotland's national outdoor training centre, is telling visitors to "act like it's still winter" this springtime. Police Scotland reported 40% more mountain rescues this spring. Seven people died on the hills in March.
- 3 Heather Morning said: "In March, we get longer daylight hours, and down in the glen it can feel like summer. People forget that there can be ice and snow on the mountains."
- 4 The warmer days and cold nights in spring make conditions dangerous in the Cairngorm mountains. Melting water turns to hard ice.
- 5 "People step on old hard snow, slip and fall. Nearly all fatalities on the Scottish mountains are men. Men over 60 have the most accidents."
- 6 Morning said that less than ten per cent of the fatalities are women.
- 7 Men often overestimate their abilities and don't think that they need any skills training," she said.
- 8 She says that women are less confident and more willing to attend, for example, a navigation course, "which is so important in the mountains." She says that about 25% of mountain rescues are because of "basic navigation error".
- 9 Many young people think that all they need is an app. "As a younger person, your whole life is about your mobile phone, and a map and a compass feel old fashioned," she said.
- 10 Another danger is people who do not think they need outdoor resources. "Many people you meet on the main track up Ben Nevis have never even heard of the avalanche forecast."
- 11 But she knows never to make assumptions about people ... or dogs. She remembers her surprise when a "tiny little chihuahua" attended a navigation course with its owner.
- 12 "Oh my god, it was as hard as nails. The dog came off the hill filthy. It had had a wonderful time and it climbs lots of mountains," she said.

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3 Understanding the article

a. Are these sentences True or False according to the article? Correct any that are false.

1. The people who most often get into difficulties in the Scottish mountains are young men in their 20s.
2. Springtime weather in Scotland can be very warm on the mountains and very cold in the glens.
3. One of the best ways to stay safe in the Scottish mountains is to attend a navigation course and check the avalanche forecast.
4. More than ten times as many women as men die on the Scottish mountains.
5. Heather Morning says that men overestimate their abilities and women are more willing to learn about mountain safety.
6. Young people often don't know how important it is to take a map and a compass into the mountains.

4 Key language

a. Find a simile at the end of the article with this meaning. What does it talk about in the article?

very strong and good at fighting

b. Join the words to make other well-known similes.

- | | |
|-------------------|-------------|
| 1. as cold as | a. bat |
| 2. as good as | b. bee |
| 3. as cool as a | c. ghost |
| 4. as brave as a | d. ice |
| 5. as blind as a | e. lamb |
| 6. as white as a | f. gold |
| 7. as busy as a | g. lion |
| 8. as gentle as a | h. cucumber |

c. Do you know any other similes?

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5 Language awareness

a. Match these common Scottish words with the English meanings.

- | | |
|-----------|-----------|
| 1. aye | a. lake |
| 2. bairn | b. clever |
| 3. canny | c. know |
| 4. glen | d. idiot |
| 5. ken | e. valley |
| 6. loch | f. potato |
| 7. numpty | g. yes |
| 8. tattie | h. baby |

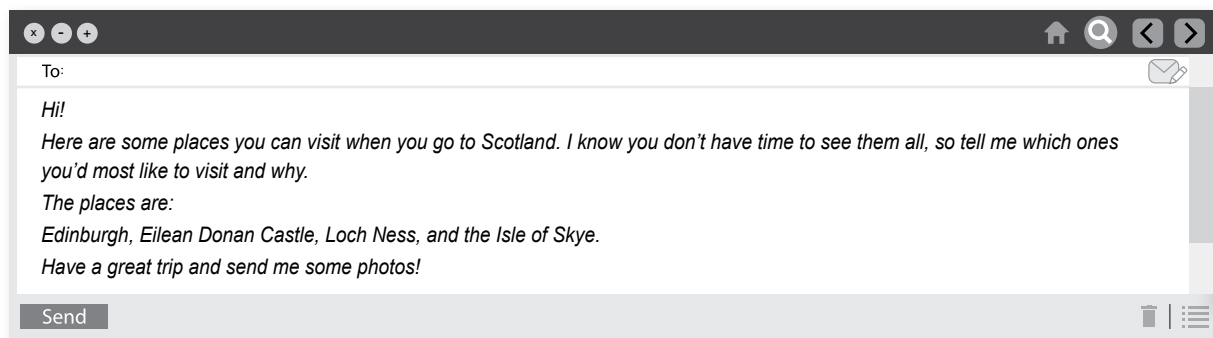
6 Discussion

a. Discuss these questions.

- Why do people who live in towns and cities often get into danger in the desert, the jungle, or the mountains?
- Where do you most like to go hiking or climbing?
- Are you a mountain or a beach person?

7 In your own words

a. You are going to Scotland on holiday. Your friend lived there for two years. You asked them where you should visit. Read their email.



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- b. Research these places and decide which two you'd most like to visit. Write a message or email back to your friend.

Edinburgh



Eilean Donan Castle



Loch Ness



Isle of Skye

