

You did *what*?

I Walked the Length of the USA



Andy's Top Trek Tips

- 1 Get up early to avoid lightning storms – they generally roll in around midday.
- 2 Avoid carrying unnecessary clothes by posting them ahead, and picking them up from local post offices when you need them.
- 3 Plan and train thoroughly before you go.

Andy West hiked solo from Canada to Mexico

(1) It was a spell of sick leave that finally made Andy West realise that, if he was ever going to achieve his dream of trekking the Continental Divide Trail – the 5,000km north-south route along the Rockies from the Canada/US border to Mexico – he was just going to have to get up and do it. So Andy sold his house, gave up his job and devoted almost a year to planning his mammoth hike, as well as using the challenge to raise money for CHASE hospice care (www.chasecare.org.uk) and the Stroke Association (www.stroke.org.uk).

(2) His schedule was exhausting: It took Andy five

months, trekking around 32km a day, six days a week, with just one small backpack, to complete his goal. So why did he do it? “The rewards came from completing a section each day,” explains Andy. “And being so high up that you could see for miles at a time. My number-one memory is hiking through the snow, high up on a mountain ridge, in the cold air and under beautiful blue skies.” So, what was a typical day on the trail? “I’d get up early, before dawn, and cook myself some breakfast before setting off. By the end of the day I’d be trekking in the dark with a GPS and a light on my head!”

(3) It could be lonely: “I’d go a long time without seeing anyone – I trekked 650km through Montana and didn’t see another person!”, Andy admits. But he also met hunters every now and then and sometimes their prey. “People often joked that I was going to get shot because ‘hunters will shoot anything’.

However, the hunters were really friendly and offered me food and water – which was a life-saver,” Andy recalls. “And once I saw a grizzly bear, which I scooted around!”

(4) Andy had more to contend with than just the odd grizzly. As well as fighting against snow and a trip-threatening leg injury, he also endured a forest fire and the odd lightning storm. Despite these challenges, Andy is not deterred from more trekking adventures and is planning to try the Pacific Crest Trail this year. His advice to anyone thinking of doing their own mega trek? “Just get on with it!”

For more on Andy’s adventure, see www.andywestactive.com.

Wanderlust, 2009

Tekst 5

- 1p 17 Why did Andy West go on a 5,000km-walk, according to paragraph 1?
- A He decided to change his lifestyle after a serious illness.
 - B He had long wanted to undertake a project such as this one.
 - C He needed to escape from trouble in his professional and personal life.
 - D He thought it was important to do something for charity.
- 2p 18 Geef van elk van de volgende beweringen aan of deze juist of onjuist is volgens alinea 2.
Omcirkel achter elk nummer 'juist' of 'onjuist' in de uitwerkbijlage.
- 1 Hij gebruikte een strak schema om de tocht te volbrengen.
 - 2 Hij genoot van de uitzichten tijdens zijn tocht.
 - 3 Hij leefde voornamelijk op kant-en-klaar-voedsel.
 - 4 Hij liep zelden in het donker.
- 1p 19 Which of the following is true according to paragraph 3?
- A Andy found some parts of the country he walked through rather boring.
 - B During his journey Andy sometimes walked alone for days on end.
 - C Hunters helped Andy escape from a dangerous wild animal.
 - D The survival tips given to Andy beforehand proved useless.
- 1p 20 Alinea 4 beschrijft hoe Andy zijn tocht heeft beleefd.
Welke combinatie van woorden geeft zijn oordeel over de tocht weer?
- A afwisselend maar gevaarlijk
 - B avontuurlijk maar eenmalig
 - C uitdagend maar aan te bevelen
 - D vermoeiend maar leerzaam

Bronvermelding

Een opsomming van de in dit examen gebruikte bronnen, zoals teksten en afbeeldingen, is te vinden in het bij dit examen behorende correctievoorschrift, dat na afloop van het examen wordt gepubliceerd.