

參考音標表，根據音標填單詞：

/ə/ /haɪk/ /ɪz/ /ə/ /lɒŋ/, /'vɪgərəs/ /wɔ:k/, /'ju:zuəli/ /ɒn/

/treɪlz/ /ɔ:/ /'fʊtpɹɑ:θs/ /ɪn/ /ðə/ /'kʌntrɪsaɪd/.

/'wɔ:kɪŋ/ /fɔ:/ /'plezə/ /dɪ'veləpt/ /ɪn/ /'jʊərəp/ /'dʒʊərəɪŋ/ /ði/

/,eɪ'ti:nθ/ /'sentʃəri/.

/lɒŋ/ /haɪks/ /æz/ /pɑ:t/ /ɒv/ /ə/ /rɪ'lɪdʒəs/ /'pɪlgrɪmɪdʒ/ /hæv/

/ɪg'zɪstɪd/ /fɔ:r/ /ə/ /mʌtʃ/ /'lɒŋgə/ /taɪm/.

/'haɪkɪŋ" /ɪz/ /ðə/ /prɪ'fɜ:d/ /tɜ:m/ /ɪn/ /'kænədə/ /ænd/ /ðə/

/ju:'naɪtɪd/ /steɪts/; /ðə/ /tɜ:m/ "'wɔ:kɪŋ/" /ɪz/ /ju:zd/ /ɪn/

/ði:z/ /'ri:dʒənz/ /fɔ:/ /'ʃɔ:tə/, /pə'tɪkjələli/ /'ɜ:bən/ /wɔ:ks/.

/ɪn/ /ðə/ /ju:'naɪtɪd/ /'kɪŋdəm/ /ænd/ /'aɪələnd/, /ðə/ /wɜ:d/

"/'wɔ:kɪŋ/" /dɪ'skraɪbz/ /ɔ:l/ /fɔ:mz/ /ɒv/ /'wɔ:kɪŋ/, /'weðər/

/ɪt/ /ɪz/ /ə/ /wɔ:k/ /ɪn/ /ðə/ /pɑ:k/ /ɔ:l/ /'bæk,pækɪŋ/ /ɪn/ /ði/

/ælpz/.

/ðə/ /wɜ:d/ /'haɪkɪŋ/ /ɪz/ /'ɔ:lsəs/ /'ɒfən/ /ju:zd/ /ɪn/ /ðə/

/ju:-keɪ/, /ə'ləŋ/ /wɪð/ /'ræmblɪŋ/, hillwalking, /ænd/ /fel/

/'wɔ:kɪŋ/ (/ə/ /tɜ:m/ /'məʊstli/ /ju:zd/ /fɔ:/ hillwalking /ɪn/

/'nɔ:ðən/ /'ɪŋglənd/).

/ðə/ /tɜ:m/ bushwalking /ɪz/ /en'demɪk/ /tu:/ /ɒs'treɪliə/,

/'hævɪŋ/ /bi:n/ /ə'dɒptɪd/ /baɪ/ /ðə/ /'sɪdni/ /bʊf/ /'wɔ:kəz/

/kɪlɒb/ /ɪn/ 1927.

/ɪn/ /nju:/ /'zi:lənd/ /ə/ /ləŋ/, /'vɪgərəs/ /wɔ:k/ /ɔ:/ /haɪk/ /ɪz/

/kɔ:ld/ /'træmpɪŋ/.

/ɪt/ /ɪz/ /ə/ /'pɒpjələr/ /æk'tɪvəti/ /wɪð/ /'nju:mərəs/ /'haɪkɪŋ/

/,ɔ:gənə'raɪzeɪʒənz/ /,wɜ:ld'waɪd/, /ænd/ /'stʌdɪz/ /sə'dʒest/

/ðæt/ /ɔ:l/ /fɔ:mz/ /ɒv/ /'wɔ:kɪŋ/ /hæv/ /helθ/ /'benɪfɪts/.

ANS:

A hike is a long, vigorous walk, usually on trails or footpaths in the countryside.

Walking for pleasure developed in Europe during the eighteenth century.

Long hikes as part of a religious pilgrimage have existed for a much longer time.

"Hiking" is the preferred term in Canada and the United States; the term "walking" is used in these regions for shorter, particularly urban walks.

In the United Kingdom and Ireland, the word "walking" describes all forms of walking, whether it is a walk in the park or backpacking in the Alps.

The word hiking is also often used in the UK, along with rambling, hillwalking, and fell walking (a term mostly used for hillwalking in northern England).

The term bushwalking is endemic to Australia, having been adopted by the Sydney Bush Walkers Club in 1927.

In New Zealand a long, vigorous walk or hike is called tramping.

It is a popular activity with numerous hiking organizations worldwide, and studies suggest that all forms of walking have health benefits.