

STAY IN CONTACT

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# Challenges





# A Four-Legged Challenge!

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So, are you dreaming of riding a horse,  
but haven't got the courage?  
Then you should try the Icelandic horse!

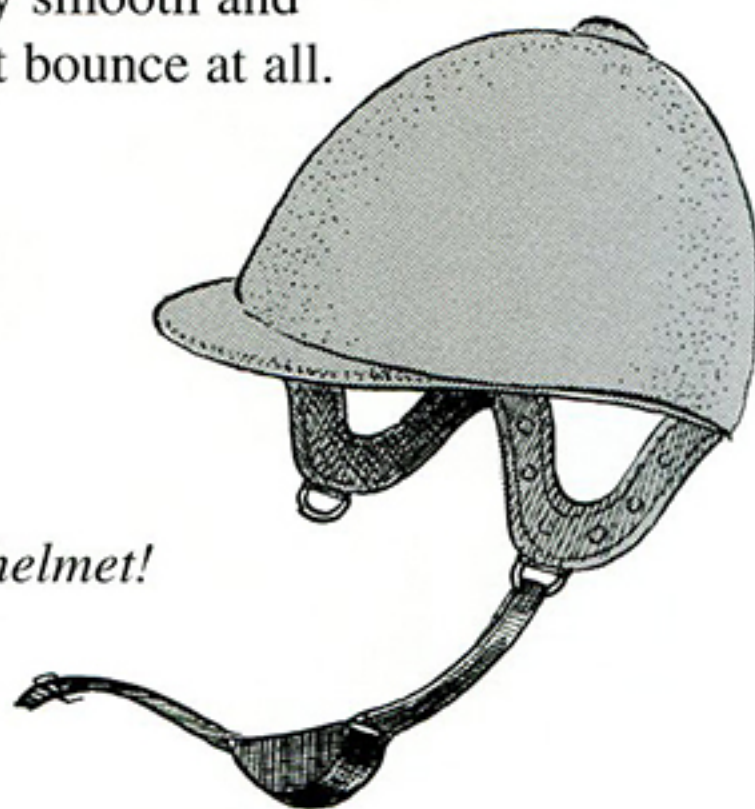
The Icelandic horse is a small and very old breed.  
In recent years it has become very popular here.  
Mostly because of its nice, calm temperament.  
It's a perfect horse for beginners.

Although the horse is small, it is very strong and  
can carry up to 100 kilos on its back.

What is most special about the Icelandic horse is  
that it has five gaits. Other horses have three.  
Besides walking, trotting and galloping,  
the Icelandic horse also has rack and flying pace.  
When the horse moves in a rack it's very smooth and  
comfortable and the rider almost doesn't bounce at all.

The flying pace is difficult to ride and  
it's very, very fast.

*You must wear a helmet!*



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**courage** – mod  
**breed** – ras  
**gaits** – gångarter  
**trotting** – trav

**rack** – tölt; en speciell gångart som bara finns  
hos islandshästen  
**flying pace** – flygande pass; en speciell gångart  
som bara finns hos islandshästen  
**bounce** – studsa, hoppa

# Mount Everest and Mountain Climbing

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Majestic Mount Everest with an altitude of 8,848 metres is located in the Himalayas. The mountain and its many sister peaks are known as the Third Pole of the Earth. Everest was formed about 60 million years ago. It separates Nepal from Tibet.

Both men and women, young and old, have climbed the mountain. 120 people have never come back.

Why do people climb Mount Everest? Some of them answer: "Because it's there".

It's a very risky sport where people can die. On Mount Everest it is not *if*, but who and how many will die!

Göran Kropp, a Swedish adventurer, managed to cycle from Sweden to Nepal and back again. The distance was 12,000 km.

In Nepal he climbed to the summit of Mount Everest using no extra oxygen. Most climbers have carriers and guides accompanying them but Göran climbed alone.

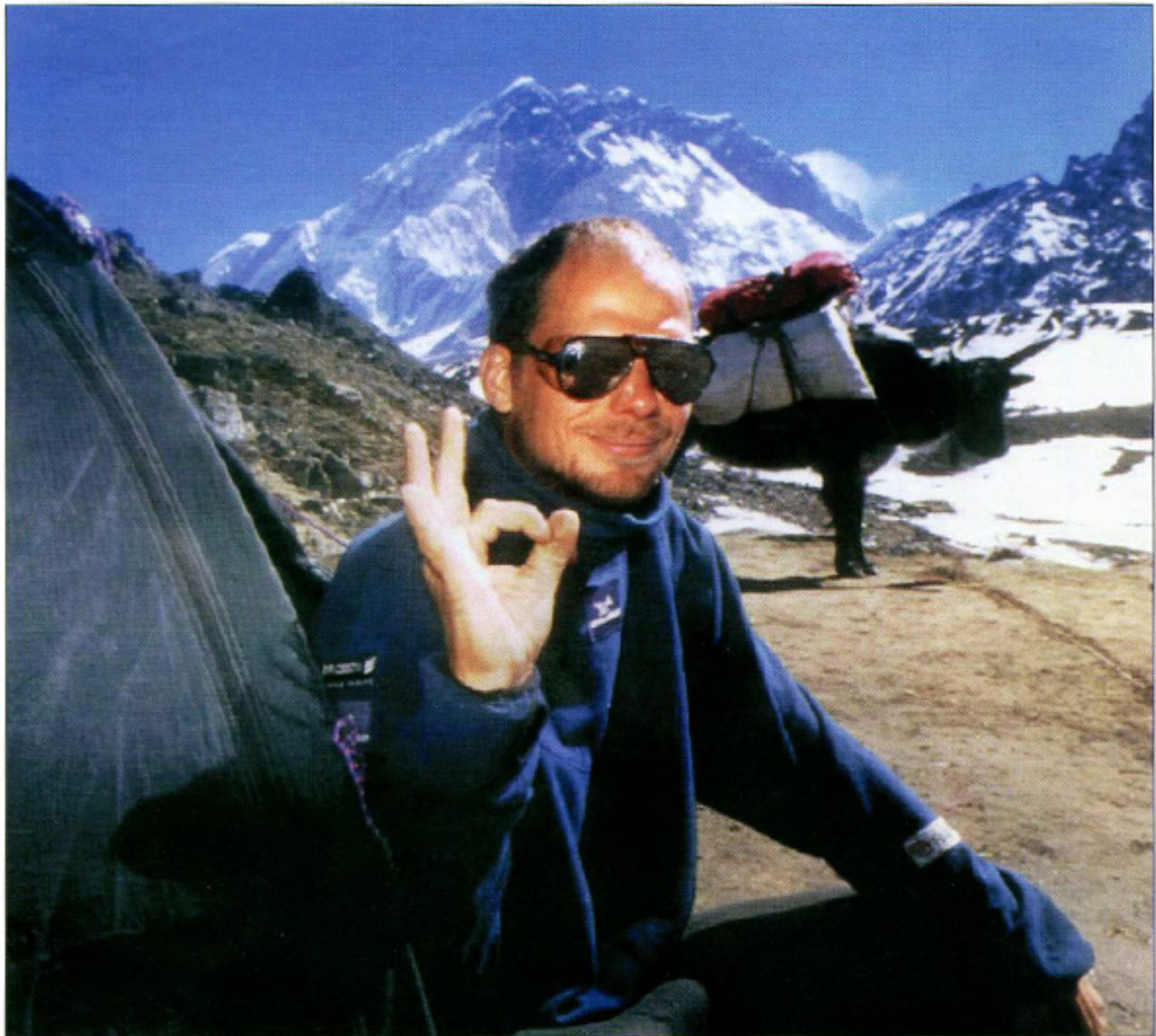


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**peaks** – toppar  
**managed** – lyckades  
**summit** – högsta toppen

**oxygen** – syre  
**guides** – vägvisare





*Göran Kropp who climbed Mount Everest.  
You can see the summit of the mountain  
behind him.*



## Crossword

