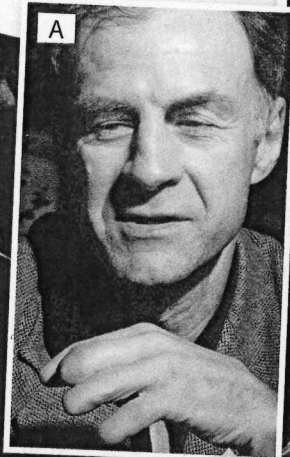
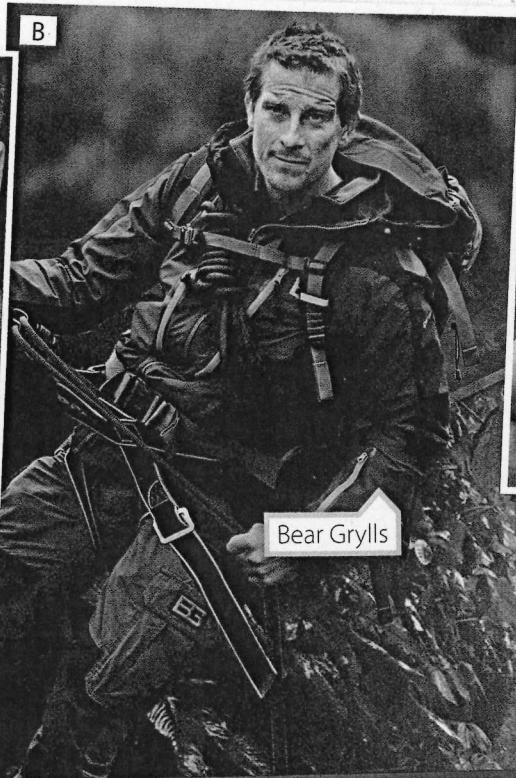


Getting started

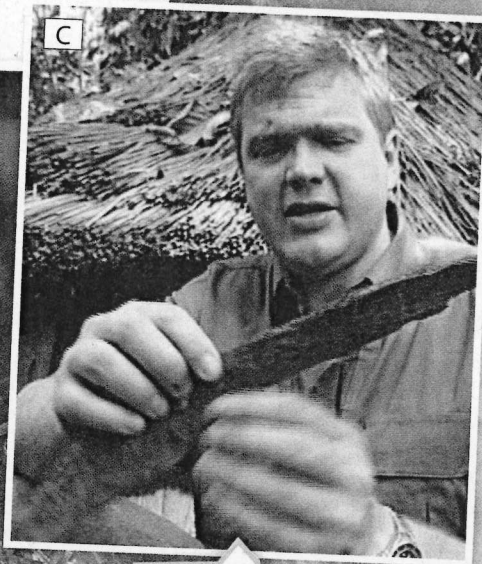
Look at the photos. What do these people have in common? **P**



Ranulph Fiennes



Bear Grylls



Ray Mears



AMAZING EXPLORERS... AND SURVIVAL EXPERTS

Sir Ranulph Fiennes is a British adventurer and is known as the world's greatest living explorer. He has become famous for his arduous expeditions to remote regions of the world. (After one trip he suffered so badly from frostbite that he decided to cut off his own fingers with a saw!) Fiennes has broken many world records: he was the first person to reach both the North and South Pole and the first to cross the Antarctic and the Arctic Ocean. He has been up the Nile on a hovercraft and he has completed seven marathons in seven days on seven continents!

But Fiennes is not the only modern adventurer from the UK. Sir Robin Knox-Johnston was the first person to sail non-stop around the world. And Dee Caffari became the first woman to sail the 'wrong way' (west against the winds and currents) around the world single-handed in 2006.

It seems that some British people have always had a fascination with exploration and survival. On TV nowadays you can watch documentaries with survival

experts. The most famous experts are Bear Grylls and Ray Mears. Grylls is an ex-soldier. During his career he has climbed Mount Everest and he has wrestled alligators. Ray Mears has taught the basics of survival since the 1990s. He has come into contact with leopards and wolves, he has survived a helicopter accident while filming and he has caught malaria twice. There is some rivalry between the two experts, although Grylls admits that Mears is tougher than him!

Their programmes have shown us how to survive, with only a few items like a penknife and a hat, in terrible conditions – such as the jungle, the desert, the bush and the Amazon rainforest. The experts have eaten insects, collected water using a hat and built shelters from natural materials. The programmes are amazingly popular – Grylls's show *Man vs Wild* was watched by 1.2 billion people worldwide. But you can never completely forget that there's a TV camera crew following the adventurer every step of the way!

Reading

- 5.13 Listen and read the article. In your opinion, which explorer/adventurer is the most heroic?