

**adaptation**

A change in an organism that allows it to better suit its environment.

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**altitude**

The height of an object or point above sea level.

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**boil**

To cause a liquid to reach boiling point, where it starts to bubble and turn into a gas.

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**cairn**

A heap of rough stones made, especially on mountains, to mark a place or as a memorial.

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**calligram**

A word or piece of text that is arranged to create an image linked to the meaning of the word(s).

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**civilised**

To be educated, cultured and well behaved.

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**collection**

The process of water gathering in oceans, rivers, lakes and streams after falling from the clouds as rain, snow, sleet or hail.

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**condensation**

This happens during the water cycle when water vapor rises to meet cooler air, causing the vapor to condense back into water and fall to the ground as rain.

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**contour line**

A line on a map joining points that have the same height on a land surface.

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**coordinate**

One of a pair of numbers and/or letters used to locate a point on a map or graph.

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**Countryside Code**

A standard set of guidelines for members of the public, to ensure they respect, protect and enjoy the countryside.

**escarpment**

A long, steep cliff or slope, often marking the edge of a range of hills.

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**evaporation**

This happens during the water cycle when the sun's heat warms water collected in rivers, lakes and oceans, causing the water to become water vapor and rise into the sky.

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**expedition**

An organised journey made by a group of people, for a particular purpose.

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**foothill**

A smaller mountain at the bottom of a larger mountain or mountain range.

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**freeze**

To turn something into ice or another solid as a result of lowering its temperature, for example, water freezes at 0°C.

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**geology**

The scientific study of the rocks and other substances that make up the surface of the Earth.

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**habitat**

A natural environment where animals and plants live.

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**hostile**

Difficult or unsuitable for plants and animals to live and grow.

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**legend**

A very old story from the past about a famous person or event. Legends are believed by some to be true to an extent, although this cannot be checked.

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**mountain**

A large raised part of the Earth's surface, much higher than a hill. There are five major types of mountain: fold, fault-block, volcanic, dome and plateau.

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**mountaineering**

Climbing mountains for sport using specific techniques.

**mountain range**

A series of mountains or hills, such as the Himalayas, that are connected by high ground and arranged in a line.

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**Mountain Rescue**

A charity whose members are volunteers trained in mountaineering and make themselves available to assist the police with mountain search and rescue.

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**orienteeing**

An activity in which participants attempt to quickly find their way to somewhere unfamiliar by using a map and compass.

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**outcrop**

A large rock formation that sticks out of the ground.

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**peak**

The pointed top of a hill or mountain.

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**plateau**

A large flat area of fairly high land.

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**precipitation**

This happens during the water cycle when water falls to the ground from the clouds, usually as rain or snow.

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**predator**

An animal that kills and eats other animals for food.

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**prey**

An animal that is hunted by other animals for food.

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**sea level**

The average height of the surface of the sea where it meets the land.

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**scree**

A mass of loose, broken stones on the side of a mountain.

**sierra**

A long mountain range with steep, jagged peaks.

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**species**

Animals or plants that share characteristics and can breed with each other.

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**summit**

The highest point of a mountain or hill.

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**survival**

Continuing to exist despite difficult conditions.

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**terrain**

The natural features of an area of land.

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**tribe**

A group of people, often made up of many families or communities, who live together, sharing the same language, beliefs, and culture.

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**valley**

An area of low land between ranges of hills or mountains, often with a river or stream running through it.

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**vegetational zonation**

The division of land into zones where environmental conditions such as temperature and precipitation vary. Different plants will thrive in each of these zones.

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**water cycle**

The cycle in which the continuous movement of water, above and below the surface of the Earth, is described. There are four main stages: evaporation, condensation, precipitation and collection.

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**weaving**

To form fabric on a loom (special frame) by repeatedly lacing together threads going longwise with threads going crosswise.

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**yeti**

A big hairy creature like a human or ape, believed by some people to live in the Himalayas. Also referred to as the abominable snowman.