

adaptation

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

altitude

The height of an object or point above sea level.

boil

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

cairn

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

calligram

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

civilised

To be educated, cultured and well behaved.

collection

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

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.

contour line

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

coordinate

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

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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orienteering

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.

species

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

summit

The highest point of a mountain or hill.

survival

Continuing to exist despite difficult conditions.

terrain

The natural features of an area of land.

tribe

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

valley

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

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.

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.

weaving

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

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.