

10 Minutes for the Planet

Endangered Mountain Adventures ©

by Valentine Rinner



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Retrouvez la traduction de certains mots à droite du texte

Les syllabes accentuées sont en gras et soulignées*

Hello everyone and welcome to this week's episode of 10 minutes for the Planet. Today I write this **episode** with a profound **thankfulness** for the Planet and the **amazing experiences** it offers us. This week is an ode to mountain **adventures**.

Over the weekend I **headed** to the French Pyrenees with a group of friends with the **intention** of climbing to the highest summit. It took two days of climbing to **reach** the 3,300-meter-high point at the **Massif** du Vignemale, passing through the 2nd largest - and one of the last - glaciers. The trek started mid-day on **Saturday** and we embarked with our climbing **equipment** on our backs - under **pouring** cold rain - with the **recent** heat wave as a distant **memory**. Our goal was to spend the night at the mountain refuge at around 2,700 meters **before** going for the summit. The heavy clouds and rain were **unfortunately** hiding most of the **scenery** but a few **sights** did brighten our ascent: fields of purple irises, **magnificent** waterfalls, **families** of **beavers** and patches of snow getting larger and larger.

After an hour or so **everyone** was **soaked** from head to toe despite double raincoats for most of us, as we got higher the rain started to freeze and slowly become tiny ice spikes. After a few hours of **painful** hiking, the refuge appeared out of **nowhere**. What a **relief** for our **freezing** hands and tired bodies.

The refuge **welcomed** a mix of French, Italian and Spanish **hikers** with mulled wine, 'saucisson' and a fireplace very much **enjoyed** by our wet socks and other garments. The evening was short though as the first **departures** from the

thankfulness (n.) reconnaissance, gratitude
amazing (adj.) extraordinaire
to head (vb.) se diriger
to reach (vb.) atteindre
pouring (adj.) diluvienne, torrentielle
memory (n.) souvenir
scenery (n.) paysage
sight (n.) vue
beaver (n.) castor
soaked (adj.) trempé
relief (n.) soulagement
hikers (n.) randonneur, randonneuse
sunrise (n.) lever du soleil

dorms set out at 4am to climb with the **sunrise**.

We began our **journey** at 7am each **supplied** with our climbing harnesses, helmets and ice axe and cleats **at the ready**, and our pockets full of **nourishing** snacks. A short hike under a clear sky led us to the **bottom** of the glacier. We **roped ourselves** and started to make our way across the large glacier. Blasting wind made it a bit **uneasy** but the fresh snow was **perfect** and the view was **brehtaking** as you can **imagine**.

At some point the glacier hits a final rocky wall and the summit can be seen about 100 **meters** above us. Now it was time to start the **actual** climbing. The fresh snow this time made it more **difficult**, requiring extra care and **effort** to stay **stable**. After a few slippery **scares**, we **finally** reached the summit **discovering** a **startling** panoramic view of the occidental Pyrenees. After a quick sip of **water**, a snack and a group selfie the cold winds forced us to turn around. We **carefully** climbed down the rock wall to reach the glacier again. After **crossing** the better part of it we **decided** to un-roped and roll down the last snowy **hill** sleighing on our backs like a group of kids.

At last we hit solid ground **again** and after an extra half hour hike we reached a perfect **picnic** spot with the view on the glacier behind us and the valley in front. Our **bitterly** cold bodies from the glacier quickly warmed up from the now 30-degree sun and a **sandwich** has never tasted that **delicious**.

Unfortunately, because of **climate** change, glaciers are **melting** at **accelerating** rates and the Vignemale will most likely not **survive** my lifetime... So please **care for** the Planet! And **enjoy** what it gives us before it **disappears**.

See you next week for another episode of 10 Minutes For The Planet.

journey (n.) voyage

at the ready (adj.) tout prêt

to rope (vb.) attacher avec une corde

brehtaking (adj.) à couper le souffle

actual (adj) à proprement parler. Attention ! L'adjectif français « actuel » est un faux ami et ne se traduit jamais par « actual » mais par « current ».

scare (n.) frayeur

startling (adj.) surprenant

carefully (adv.) prudemment

to cross (vb.) traverser

hill (n.) colline

melt (vb.) fondre

to care for (vb. + prep.) prendre soin de

to enjoy (vb.) apprécier

***Aide à la prononciation** Il faut veiller à distinguer le son du « ch » de celui du « sh »

Dans la très grande majorité des cas, le « ch » se prononce [tch] : children, change, check, choice.
Attention: il arrive que le « ch » se prononce comme la lettre « k » : architect, character, chronicle.
D'autre part, le « sh » se prononce [ch] : shampoo, should, show, short.