

Scaling the Summit 超越巅峰，挑战自我

Few sports can combine the **electric rush** of [adrenaline](#) with the stunning geology of nature like [rock climbing](#). With safety **equipment** such as ropes, a helmet, and rock climbing shoes, or with no such equipment at all, brave climbers **ascend** sheer natural rock faces outdoors, or manmade rock climbing walls indoors. It's a sport that can be **beneficial** to your health and potentially life-threatening at the same time.

很少运动像攀岩一样，结合了肾上腺素激增的刺激感与震撼人心的地理景观。有了像是绳索、安全帽和攀岩鞋等安全装备，或是完全不带任何装备，勇敢的攀岩者们攀爬上户外陡峭的自然岩面，或是室内的人工岩墙。这可是个有益健康，却同时危及生命的运动。

In general, rock climbing is a pretty **risky** sport that requires a great deal of physical strength and mental **endurance**. The most dangerous style of climbing, **solo** climbing, comes in two different forms: [rope soloing](#) and [free soloing](#). Rope soloing involves using a rope that is connected to a self-locking device that will prevent the **solitary** climber from falling if any slips should occur. In free soloing, the climber has nothing but his bare hands and feet to keep him from falling off the mountainside.

攀岩大致上是种相当危险的运动，攀岩者需要巨大的体力与毅力。最危险的攀岩方式是独攀。它分成两种形式：绳索独攀与自由独攀。绳索独攀是指攀岩者将一条绳索与自动上锁的装置系在一起，万一独自一人的攀岩者失足，将不至于跌落山谷。至于自由独攀是指攀岩者将仅靠着他们的双手双脚来防止他们从山壁上摔下去。

For those of us that prefer a pastime a little less dangerous, there is indoor climbing. This involves climbing a manmade wall **complete** with **footholds** and **handholds**. Rock climbing centers also have instructors to teach **newbies** proper climbing **techniques**. Most importantly, these instructors serve as [belayers](#), people who stay on the ground and hold the rope **attached** to the climber. The rope passes through a metal loop attached to the wall so if the climbers fall, they'll never fall too far.

对于我们这些比较想尝试没那么危险的休闲活动的人，还有室内攀岩可以选择。室内攀岩是攀爬一座人造的岩墙，上面有可供抓握或站立的手点、脚点。攀岩中心还有教练来指导新手正确的攀岩技巧。最重要的是这些教练会作为确保者，也就是在地面上抓住一条系至攀岩者绳索的人。这条绳索会穿过一个附在岩壁上的铁环，所以如果攀岩者不慎跌落，将不会坠得太多。

If rock climbing sounds like something you'd like to try, be sure to take formal climbing lessons. There are several rock climbing gyms in Taiwan waiting for those who believe that no summit is too high.

如果攀岩听起来还不错，会让你想尝试看看的话，记得一定要去接受一些正规的攀岩课程。台湾有很多攀岩体育馆，都等着那些认为「没有任何高峰征服不了」的挑战者前去踢馆！

— by Joe Henley

scale [skel] v. 攀登

summit [ˈsʌmɪt] n. (山等) 尖峰, 峰顶

equipment [ɪˈkwɪpmənt] n. 配备, 装备

ascend [əˈsɛnd] v. 登高; 上升

beneficial [ˌbɛnəˈfɪʃəl] adj. 有利的, 有用的

risky [ˈrɪskɪ] adj. 危险的; 冒险的

endurance [ɪnˈdjʊərəns] n. 忍耐力, 耐性

solo [ˈsɒlə] adj. 独自的, 单独的

solitary [ˈsɒləˌtɛrɪ] adj. 单独的, 独自的

complete [kəmˈplɪt] adj. 兼有的; 附带的[F][(+with)] having all necessary or normal parts, components, or steps

technique [tekˈnɪk] n. 技巧; 技术

attach [əˈtætʃ] v. 装上, 系上

More Information

electric [ɪˈlɛktrɪk] adj. 令人激动的, 紧张的

rush [rʌʃ] n. 激增, 大量

adrenaline [əˈdrɛnəlɪn] n. 肾上腺素

foothold [ˈfʊtˌhɒld] n. (攀登陡峭的岩石时的) 立脚点

handhold [ˈhændˌhɒld] n. 可以抓手的地方 (或东西)

newbie [ˈnuːbi] n. 新手

belayer [biˈleɪə] n. 给攀登者保护的保护者