

## Thrills on Ice 攀岩 out! 攀冰正 fashion!

We've all seen postcards of snowy mountain peaks. To most people, they are just beautiful pictures. But to ice climbers, they are an invitation to spend hours, even days, in the freezing cold, **scaling glaciers**, frozen waterfalls, and every kind of ice surface **imaginable**.

我们都看过有着皑皑白雪山峰的明信片。对大部分的人来说，它们只是些美丽的照片。但对攀冰者而言，这些明信片是封「邀请函」，邀请他们花上数小时、甚至数天置身于刺骨的寒冷中，攀爬冰河、结冰的瀑布，或任何一种你想象得到的冰面。

Initially, **ice climbing** was just another aspect of **mountaineering**. At high **altitudes** climbers often had to deal with snow and ice, and in the early 1900, they began to develop **specialized** tools and techniques. Soon, some people started **seeking out** ice climbs **specifically**. Today, it has **evolved** into its own sport.

起初，攀冰只是另类的登山活动。在高海拔地区里，登山者常必须应付雪和冰；而在 1900 年代早期，他们开始研发出专业的工具及技术。很快地，有些人开始专门找出攀冰地点。现今，攀冰已发展为自成体系的一项运动。

Besides warm clothes, gloves, and boots, ice climbing requires two other important tools. The first is a pair of **ice axes**, which look like hooks. Their points **bite into** the ice, letting you pull yourself up or catch yourself when you fall. The other is a set of **crampons**, which are **spikes** that attach to the bottom and front of your boots. These points **sink into** the ice when you kick it, giving you a **foothold**. Since climbing actually damages the ice, it is difficult to climb the same way more than once, and climbers tend to be **secretive** about their favorite spots.

除了保暖衣物、手套及靴子外，攀冰还需要另外两样重要的工具。第一样是一对看似钩子的冰斧。它们的尖端会凿进冰里，让你能把自己往上拉，或是在跌落时让自己抓住。另一样则是一副冰爪，他们是鞋底钉，附着于靴子底端及前端，当你踢踩时这些钉子会刺入冰体，让你有个立足点。因为攀冰其实会破坏冰体，同样的地方很难再攀第二次，所以攀冰者对于他们最爱的地点往往守口如瓶。

Because ice climbing can be more dangerous than traditional rock climbing, it's a good idea to learn from a professional guide, who can teach you how to "read" the many different kind of ice and use your equipment effectively. Once you know what to do, ice climbing offers a **rush like no other**, and a chance to see the **fragile** beauty of nature **up close**.

由于攀冰可能比传统的攀岩来得危险，所以向专业的向导学习会是个好主意，向导能教你如何解读各种不同的冰体，及如何有效使用装备。一旦你知道该做什么，攀冰将会提供你无与伦比的刺激感，而且还让你有机会近距离地观赏大自然的这片易碎的美。

— by Dmitri Detwyler

**scale** [skel] v. 攀登

**imaginable** [ɪ ˈ mædʒɪnəb!] adj. 能想象的; 可想象得到的

**altitude** [ ˈ æltə,tjud] n. 高度; 海拔

**specialized** [ ˈ spɛʃəl,aɪzd] adj. 专业的; 专门的

**seek out**: 搜寻出; 找出 to search hard for a specific thing and find

**specifically** [spɪ ˈ sɪfɪk!ɪ] adv. 特别地; 专门地

**sink into** 插入; 陷入 to dig or drill (a mine or well) in the earth

**foothold** [ ˈ fʊt,hold] n. 立足点

**fragile** [ ˈ frædʒəl] adj. 易碎的

**up close** 近距离 at close range

### More Information

**thrill** [θrɪl] n. 兴奋, 激动

**glacier** [ ˈ gleɪʃə] n. 冰河

**mountaineering** [,maʊntə ˈ nɪrɪŋ] n. 登山, 爬山; 登山运动

**evolve** [ɪ ˈ vɒlv] v. 逐步形成; 发展

**bite into** 陷进; 砍入 to grip, cut off, or tear with or as if with the teeth or jaws

**crampon** [ ˈ kræmpən] n. (登山鞋底上的) 防滑铁钉

**spike** [spaɪk] n. 鞋底钉

**rush**: [rʌʃ] n. 刺激感 a sudden surge of sensation

**like no other** : 与众不同 incomparably

**secretive**: [sɪ ˈ krittɪv] adj. (某人) 守口如瓶的 inclined to secrecy; reticent