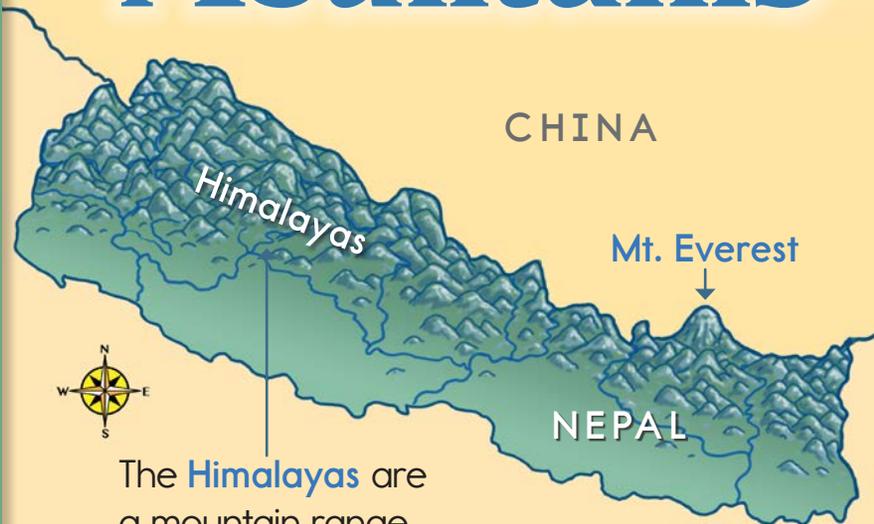


THE Mountains



The **Himalayas** are a mountain range found in Nepal.



Porters carry supplies up and down the mountains.

“**L**ook up! You have almost reached the top!”

These are words climbers want to hear as they move slowly up a mountain. A mountain environment is steep. It is very rocky. As the climber goes higher, the air gets thinner. It becomes hard to breathe. The temperature at the top is colder than at the bottom.

One kind of a mountain environment is the Himalayas. Look at the map and find the country of Nepal. Mt. Everest is found here. It is the tallest mountain in the world. Many people want to climb Mt. Everest. They need the help of people who make the mountains their home. These people are the Sherpas.

Working in the Mountains

Sherpas are used to the thin air and steep mountain climbs. Because of this, they work as mountain guides. They also are strong. They can work in the thin air. Sherpas carry supplies up the mountain. Sometimes their packs weigh 100 pounds! There aren't many roads. Goods must be carried up.

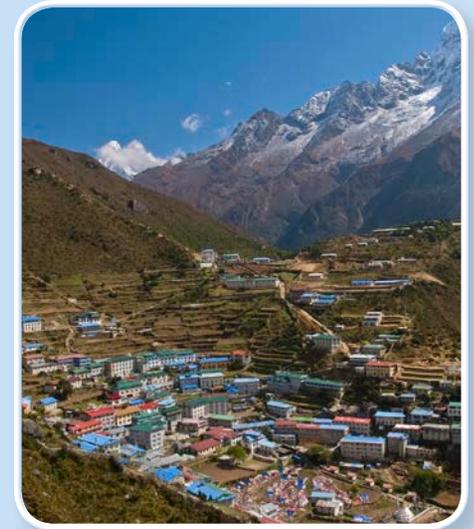
Sherpas raise animals called yaks. Yaks can carry things long distances. Wool and leather from the yaks is used to make clothes and shoes.

The Sherpa people eat the hardy plants that can live on the mountain. This includes potatoes and rice. They also eat cheese made from the milk of the yak.

DID YOU KNOW?

The temperature at the top of **Mt. Everest** can be 100 degrees below zero.

They build their homes along the sides of the mountains. These shelters are two-story buildings. They are built with stone and wood from the mountain.



Houses are built into the side of the mountains.

Playing in the Mountains

Living on the mountain makes it hard for people to travel and see each other. The Sherpa people celebrate by having festivals at certain times of the year. They share food and perform special dances.

Sherpas know the mountains can be dangerous. They respect the mountains and hope their visitors do too.