

## Mountains of the World

Mountains are large landforms that rise significantly above the surrounding landscape. They are found on every continent and even on the ocean floor. A mountain is generally defined as land rising more than 600 metres above its surroundings. The world's highest mountain, Mount Everest, reaches an incredible 8,849 metres above sea level. It sits within the Himalayan range, on the border between Nepal and Tibet in Asia.

Mountains are formed in different ways. Many are created by movements of the Earth's tectonic plates, which slowly push land upwards over millions of years. Others are formed by volcanic activity.

Climate on mountains changes dramatically with altitude. Temperature drops approximately 6.5°C for every 1,000 metres gained. Strong winds are common, and the upper zones receive heavy snowfall. Oxygen levels decrease at higher altitudes, making breathing difficult without equipment.

Despite these challenges, mountains support rich ecosystems. Animals such as snow leopards, golden eagles, and yaks have specially adapted features, like thick coats and efficient lungs, to cope with the cold and low oxygen. Hardy plants including mosses, lichens, and alpine flowers grow in sheltered spots.

Humans have long valued mountains for timber, fresh water, tourism, and sport. Mount Everest was famously first summited in 1953 by Sir Edmund Hillary and Tenzing Norgay.

## Questions

1. How high must land rise to generally be defined as a mountain?
2. What is the height of Mount Everest above sea level?
3. On the border of which two countries does Mount Everest sit?
4. Name two ways in which mountains are formed.
5. By approximately how much does temperature drop for every 1,000 metres gained in altitude?
6. Why is breathing difficult at high altitudes?
7. Name two ways in which animals have adapted to survive on mountains.
8. Name two types of plants that grow on mountains.
9. In what year was Mount Everest first summited, and by whom?
10. The article says mountains provide fresh water for humans. How do you think mountains might do this?



Text C Quiz



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