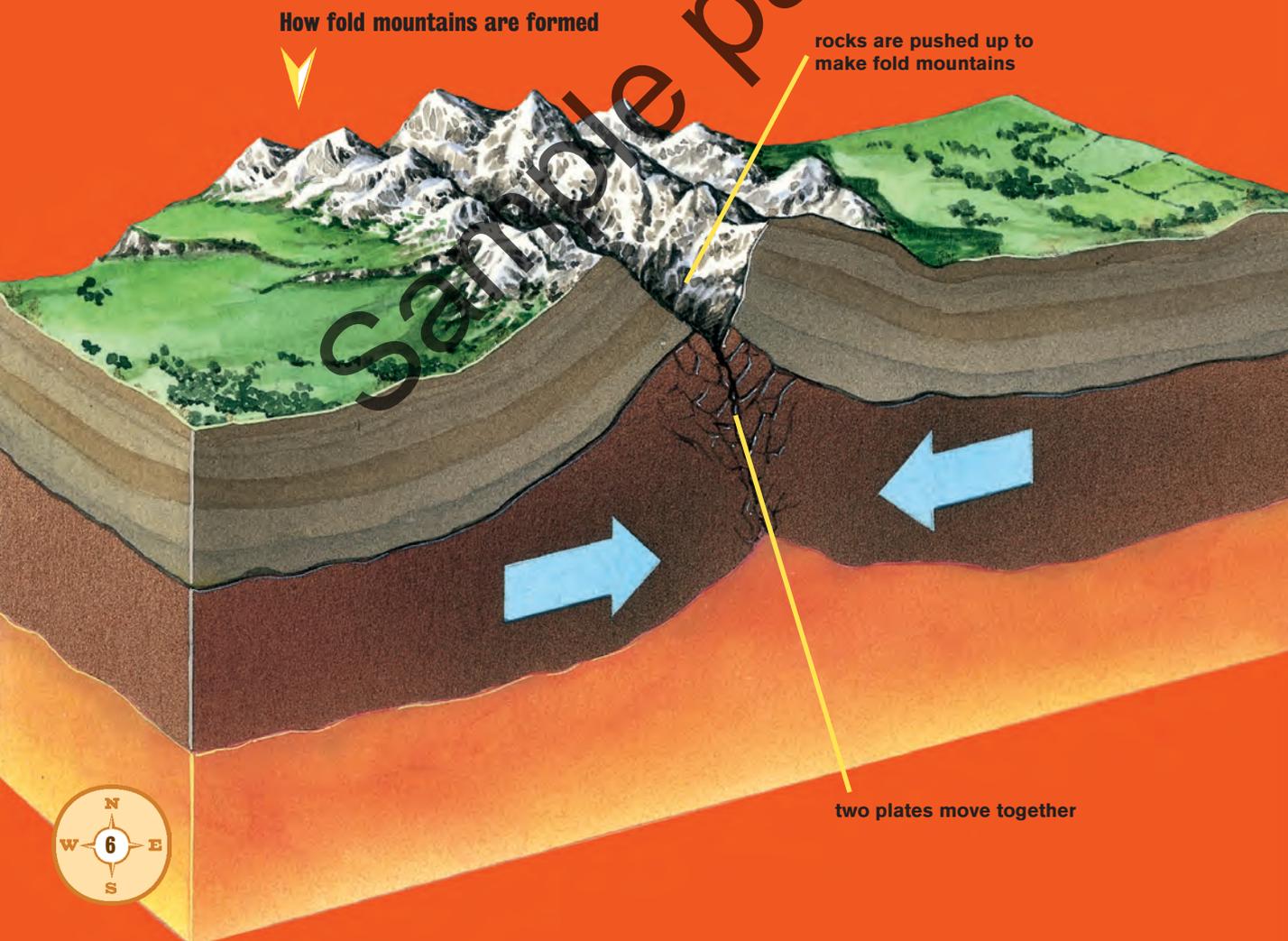


The **HIGHEST** mountain

The surface of the Earth is made up of slow-moving pieces, called plates, which fit together like a jigsaw. When two plates move towards each other, they push up the rock in between them to form mountains. These are called "fold mountains".

The plates move so slowly towards each other that the mountains can take millions of years to form. Mountains are found on land and under the sea.



Mount Everest

The highest mountain is Mount Everest in the Himalayas. It stands 8848 metres high, on the border between Nepal and Tibet. As the plates that formed the Himalayas are still moving towards each other, the mountains continue to grow.

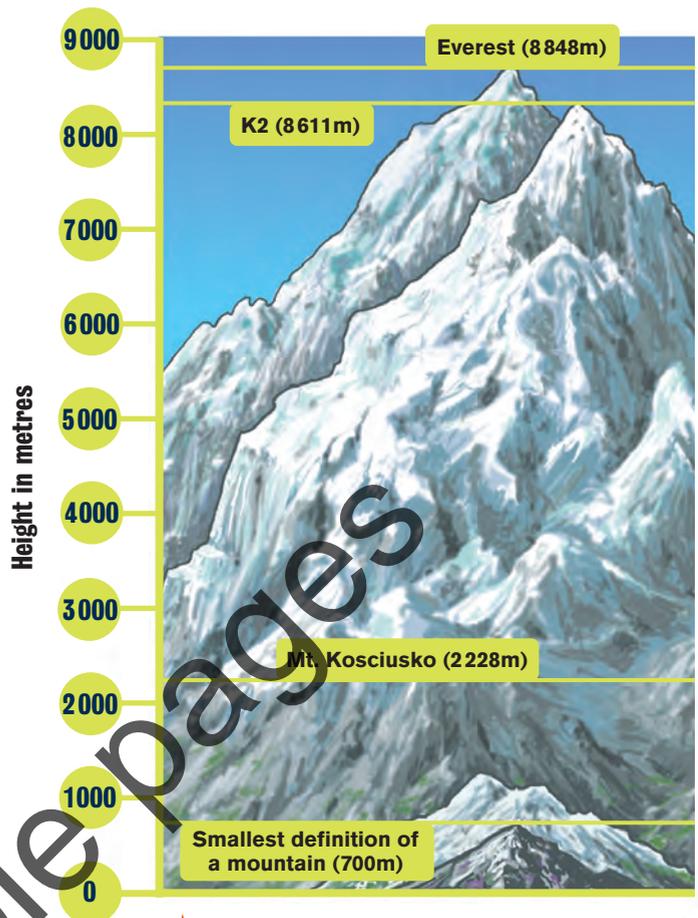
Mountain animals

Ibex and **yak** live on the mountainside. They are strong climbers. Their hoofs help them hold on to the rock and they have thick coats to keep them warm.

Mountain people

The Sherpa people live in valleys high in the Himalayan mountains. A Sherpa called Tenzing Norgay, and Sir Edmund Hillary from New Zealand, were the first people to reach the summit of Mount Everest. They climbed the mountain in 1953.

The Sherpa people tell stories about a monster called the yeti. They say it lives high in the Himalayas and is over two metres tall. Some people claim to have found giant footprints made by it.



▲ This chart shows the height of Everest in comparison with some other mountains.

Himalaya means "Home of Snows". The air high up on the mountain is thin and does not contain much oxygen. Climbers wear oxygen masks to help them breathe.

