

Himalayas Fact Sheet

Mount Everest is the highest mountain in the world. It is in the Himalayas, on the border of Nepal and China, and is 8848 metres high!!!

Because of its length, the Himalayan mountain system stretches across six countries in total, which are – Afghanistan, Bhutan, India, Nepal, Pakistan and Tibet!!

3/4 of Nepal is covered by the Himalayan mountains.

Over 40 million people live in the Himalayas.

Most people living here are farmers, growing their own food. They use yaks for transport.

Most people have to carry things on their backs as the mountain paths are too steep for cars or lorries or even prams!

Many of the Sherpa people, who traditionally live high up in the Himalayas of Nepal, earn a living as porters and guides. Porters carry the luggage of walkers or climbers who have travelled to Nepal to see or climb the mountains. Sherpas have excellent skills as mountaineers.

The higher up the mountain you are, the thinner the air is. This means that a climber will have to take more breaths to get the same amount of oxygen as they would get if they were on the ground.

Climbers can become dizzy, short of breathe and tired when walking in high altitudes; this is know as altitude sickness.

Sir Edmund Hilary and Tenzing Norgay became the first to successfully climb the mountain in 1953, over 4,000 people have summited the mountain.

Climbers can get frost bite and hypothermia from the severe cold on the mountains. Both of these illnesses can kill if not treated quickly.