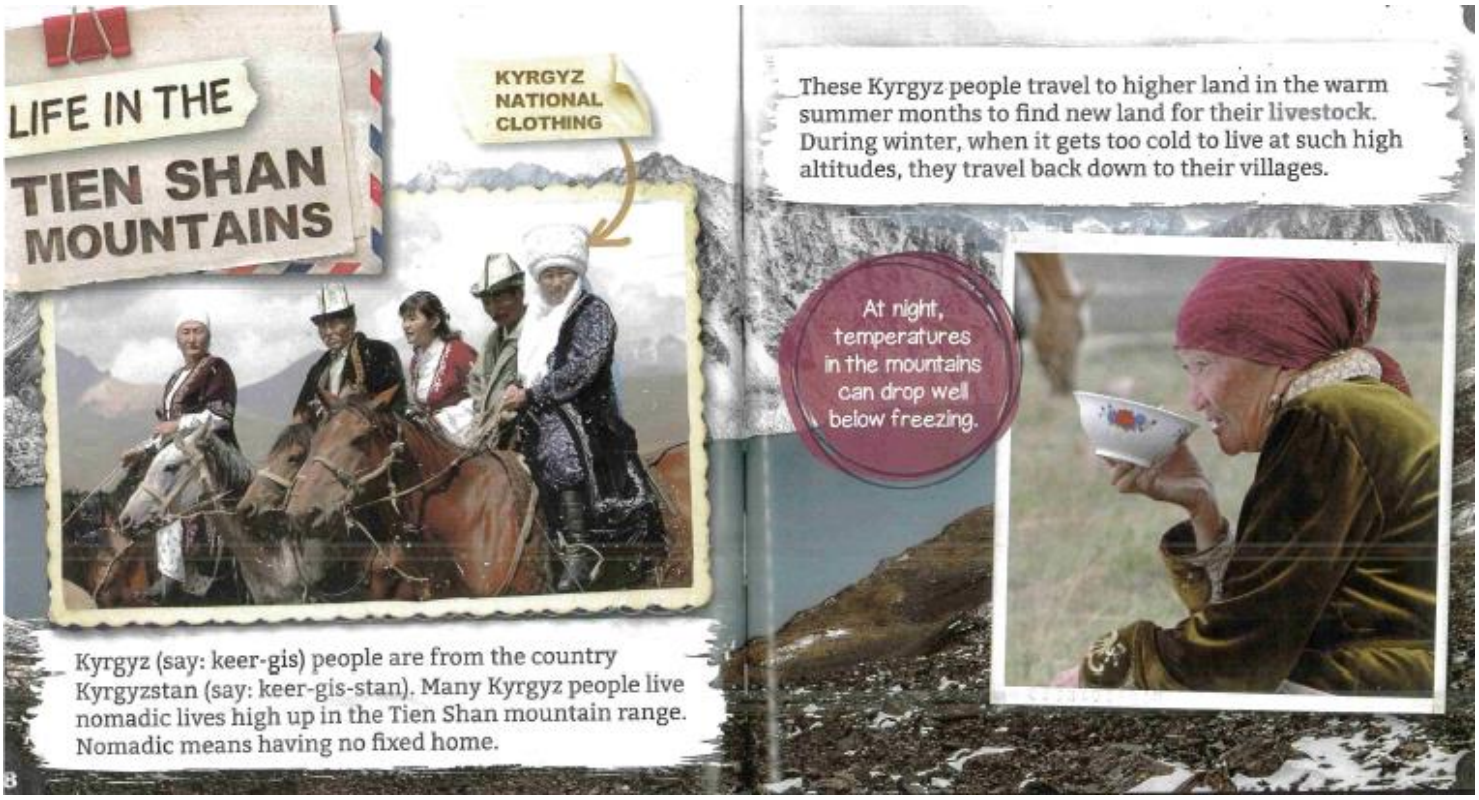
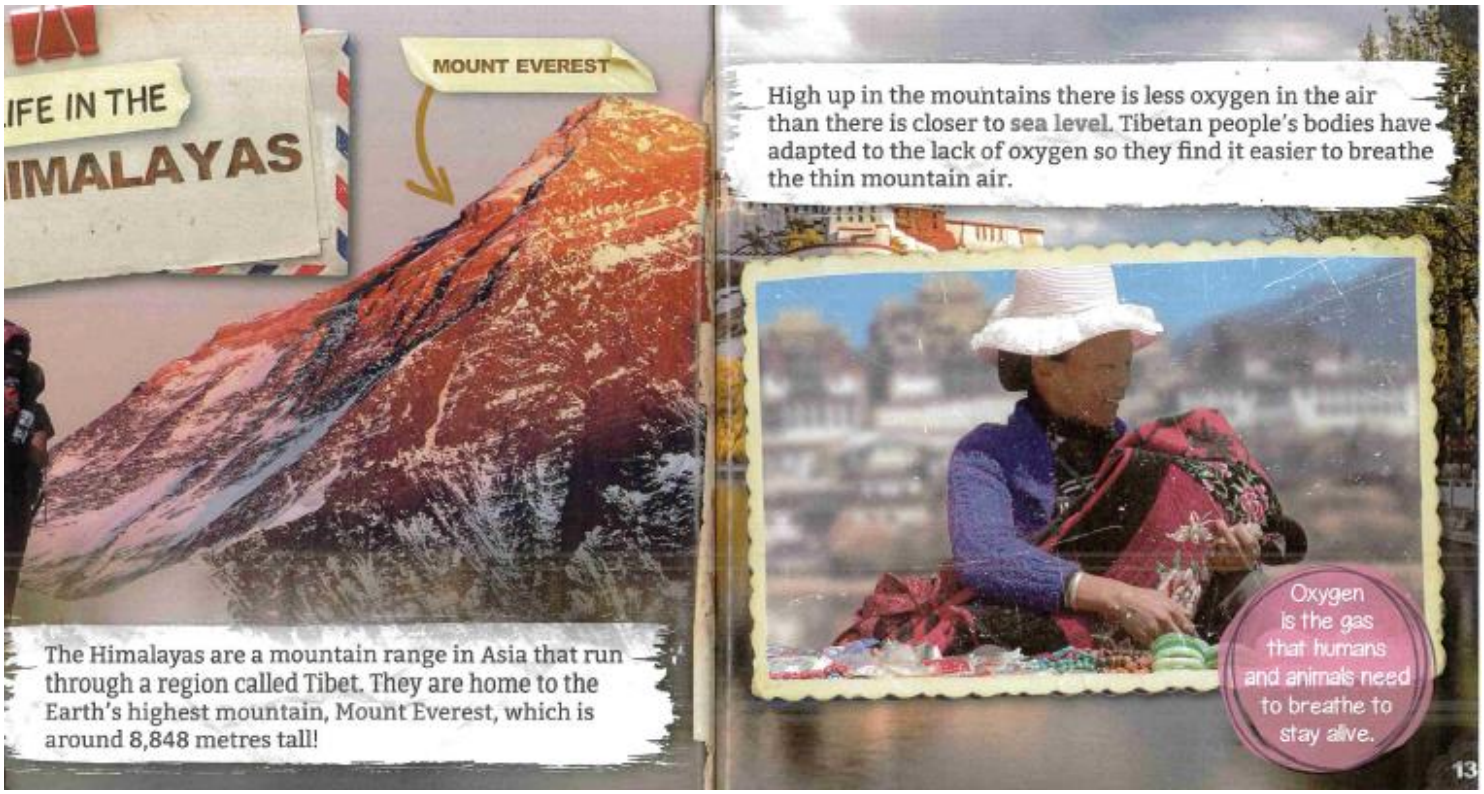
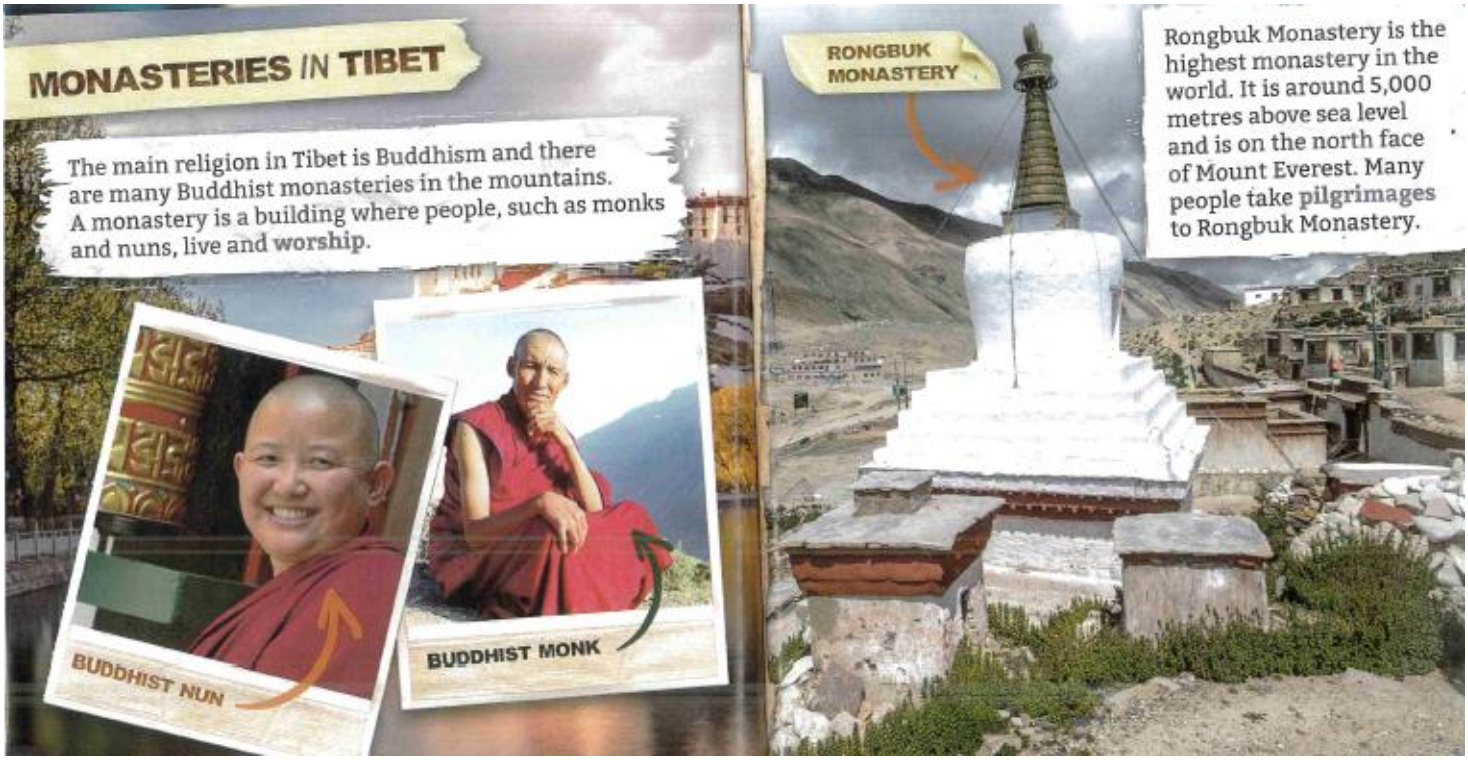
Life in the mountains






IFE IN THE
IMALAYAS
MOUNT EVEREST
The Himalayas are a mountain range in Asia that run through a region called Tibet. They are home to the Earth's highest mountain, Mount Everest, which is around 8,848 metres tall!
High up in the mountains there is less oxygen in the air than there is closer to sea level. Tibetan people's bodies have adapted to the lack of oxygen so they find it easier to breathe the thin mountain air.
Oxygen is the gas that humans and animals need to breathe to stay alive.
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MONASTERIES IN TIBET
The main religion in Tibet is Buddhism and there are many Buddhist monasteries in the mountains. A monastery is a building where people, such as monks and nuns, live and worship.
BUDDHIST NUN
BUDDHIST MONK
RONGBUK MONASTERY
Rongbuk Monastery is the highest monastery in the world. It is around 5,000 metres above sea level and is on the north face of Mount Everest. Many people take pilgrimages to Rongbuk Monastery.