

☐ 3. Mountains and Valleys

☐ Introduction

Mountains and valleys create dramatic landscapes and play important roles in water cycles and biodiversity. They provide natural beauty, adventure, and spiritual inspiration.

☐ Mountain Ecosystems

Mountain regions have unique climates and species adapted to high altitudes. They are important sources of freshwater, feeding rivers and lakes downstream.

☐ Famous Ranges

Some iconic mountain ranges include:

Himalayas (Asia): Tallest in the world, including Mt. Everest.

Andes (South America): Longest continental range.

Rockies (North America): Famous for wildlife and parks.

☐ Human Impact

Human activities such as mining, tourism, and road building can disturb fragile mountain ecosystems. Responsible tourism and conservation are key to protecting these areas.