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Did You Know?

The sport of mountaineering began on Mont Blanc, a mountain in France. Mountaineers climbed Mont Blanc in 1786. It was the first time in recorded history that climbers had reached the top.

Key Terms

avalanche—a huge amount of rock or snow that falls swiftly down a mountain

Everest—the highest mountain in the world

mountaineering—the sport of mountain climbing

CHAPTER 1 | Introduction

Many people like climbing mountains. There are parks with trails up mountains. These trails are well marked. That way, people don't get lost.

Climbing a mountain like this is a great day trip for families. The view from the top is wonderful.

People started climbing mountains for fun in the late 1700s. But people had climbed mountains before then.

People hunted animals for food in the mountains. Sometimes they lived in the mountains to protect themselves from enemies.

Mountaineering

The sport of mountain climbing is called mountaineering. People all over the world enjoy mountaineering. They feel proud of themselves when they reach the top of a mountain.

Climbing very high mountains requires a lot of planning. Most tall mountains are covered with snow and ice. This type of mountaineering requires special equipment.

Mountaineers need extra warm clothes. It can get very cold up high in the mountains. They also use ropes. Sometimes they tie themselves to each other.