

# Homepage Mountains

## **MOUNT PICO – PORTUGAL**

Mount Pico, **7,713 feet high**, is the highest mountain in Portugal. It is located on Pico Islands in the Azores. It is a volcano but is now dormant. The last time it erupted was December 1720.

## **MONT BLANC – FRANCE**

Mont Blanc, **15,777 feet high**, is the highest mountain in Western Europe and literally means “white mountain”. It is considered the eleventh most prominent summit in the world. It is located in the French Alps and straddles Italy.

## **MOUNT KINABALU – MALAYSIA**

Mount Kinabalu, **13,435 feet high**, is the highest mountain in Malaysia. It is located in Ranau district, in the West Coast Division of Sabah. It is considered the third-highest peak on an island on Earth.

## **CRADLE MOUNTAIN – AUSTRALIA**

Cradle Mountain, **5,069 feet high**, is the sixth-highest mountain in Tasmania. It is located in the central highlands region and is considered one with nature, wilderness and all things pristine, including incredible wildlife.

## **MOUNT ELBRUS – RUSSIA**

Mount Elbrus, **18,510 feet high**, is considered the highest peak in Russia and Europe. It is located in the western part of the Caucasus. It is a dormant and last erupted in 50 A.D. and was formed more than 2.5 million years ago.

## **MOUNT HEKLA – ICELAND**

Mount Hekla, **4,882 feet high**, is one of Iceland's most active volcanoes. It is located in Southern Iceland. It has erupted twenty times since 874 A.D. and resembles an overturned boat. It last erupted February 26, 2000.

## **MOUNT ZUGSPITZE – GERMANY**

Mount Zugspitze, **9,718 feet high**, is the highest mountain in Germany. It is located at the Austria-Germany border, in the Bavarian Alps. It is home to three glaciers and it has Germany's highest ski resort.

## **MOUNT VINSON – ANTARCTICA**

Mount Vison, **16,050 feet high**, is the highest peak in Antarctica. It is located in the Sentinel Range, overlooking the Ronne Ice Shelf, near the base of the Antarctic Peninsula. It is 1,200 kilometers from the South Pole.

## **MOUNT ACONCAGUA – ARGENTINA**

Mount Aconcagua, **22,837 feet high**, is the highest mountain in the Southern Hemisphere. It is located in the Principal Cordillera in Mendoza Province. It is believed that this mountain does not want anyone climbing it.

## **MOUNT SNEZKA – CZECH REPUBLIC & POLAND**

Mount Snezka, **5,260 feet high**, is the most prominent point of the Silesian Ridge. Its summit is the highest point in the Czech Republic. It is a very popular hiking spot for both Poland and the Czech Republic.

## **MOUNT TRIGLAV– SLOVENIA**

Mount Triglav, **9,396 feet high**, is the highest peak in the Julian Alps in Slovenia. It is located in the center of Triglav National Park. The mountain is the pre-eminent symbol of the Slovene nation.

## **SKOLDUNGEN FJORD – GREENLAND**

The Skoldungen Fjord is bordered by rugged peaks, huge ice mounts and vertical rock walls. It is located near a large uninhabited island named Skoldungen, which was derived from the ancient Danish throne in Norse mythology.

## **TAVAN BOGD MOUNTAIN - MONGOLIA**

Tavan Bogd Mountain, **14,350 feet high**, is the highest mountain in Mongolia. It borders China and Russia. Its highest peak, the Khuiten Peak is the highest point in Mongolia. It is part of Altai National Park, which is home to over 7,000 lakes.

## **PICO BOLIVAR - VENEZUELA**

Pico Bolivar, **16,332 feet high**, is the highest mountain in Venezuela. It is permanently covered in snow and has three glaciers. It has the longest and highest cable car which runs all year round.

## **MOUNT KORAB - ALBANIA**

Mount Korab, **9,030 feet high**, is the tallest mountain in Albania. Mount Korab is important because Albania is the birthplace of Mother Teresa, and is known for its medieval castles.

## **MOUNT DJEBEL CHAMBI - TUNISIA**

Mount Djebel Chambi, **5,065 feet high**, is the tallest mountain in Tunisia. Mount Djebel Chambi, as part of Tunisia is considered important because Tunisia itself is proof of ancient Roman history.

# Emotional Healing Mountains

## **MOUNT HKAKABO RAZI – MYANMAR**

Mount Hkakabo Razi, **19,295 feet high**, is the highest mountain in Myanmar, the highest snow-capped mountain in Southeast Asia. It is home to the black orchid and is an excellent center for field study for students. Only one person has climbed this mountain.

## **MOUNT DENALI – UNITED STATES**

Mount Denali, **20,310 feet high**, is the highest peak in North America. It is the third most prominent and isolated peak on Earth. Denali was named by the Koyukons, who are part of the Alaskan Athabaskan tribes, and it means “the high one”.

## **LA DOLE MOUNTAIN – SWITZERLAND**

La Dole Mountain, **5,602 feet high**, is overlooking Lake Geneva. It is the second highest peak in the Swiss portion of the Jura. It is known and popular for its hiking and skiing. The view from La Dole is considered breathtaking.

## **MOUNT FUJI – JAPAN**

Mount Fuji, **12,388 feet high**, is an active volcano. It is located near Tokyo and has long been one of Japan’s famous iconic spiritual and cultural symbols. Over time, the peak has evolved from an object of worship to a source of artistic inspiration.

## **MOUNT MAYON – THE PHILIPPINES**

Mount Mayon, **8,081 feet high**, is an active volcano. It is located in the province of Albay, on the island of Luzon. It is known for its steep-sloped cone. It is a highly active volcano with a recorded historical eruptions dating back to 1616.

## **MOUNT EVEREST – NEPAL, CHINA**

Mount Everest, **29,035 feet high**, is the highest mountain on Earth. It is located in the Himalayan Alps. It attracts many climbers, and unfortunately takes many lives. In 1924, sadly, the first men to attempt the climb, never returned.

## **MOUNT SNOWDON - WALES**

Mount Snowdon, **3,560 ft above sea level**, is the highest mountain in Wales and the highest point in the British Isles outside the Scottish Highlands. It is located in Snowdonia National Park.

## **TABLE MOUNTAIN – SOUTH AFRICA**

Table Mountain, **3,558 feet high**, is the most iconic landmark of South Africa. It is located just outside Cape Town. It is renowned for its rich floral biodiversity, being home to an amazing 8,200 plant species.

## **K2 – PAKISTAN, CHINA**

K2, **28,251 feet high**, is the second highest mountain on Earth. It lies in the Karakoram range, so it is partly administered by China and partly by Pakistan. It is considered the coldest mountain, with winds at 124 mph and goes to -76° F.

## **HUASCARAN MOUNTAIN – PERU**

Huascaran Mountain, **22,205 feet high**, is the fourth highest mountain in the Western Hemisphere. It is located in the Western Andes Mountain Range, and this range shelters pre-Columbian archaeological sites (3500 B.C. - 476 A.D.).

## **MOUNT KILIMANJARO – TANZANIA**

Mount Kilimanjaro, **19,341 feet high**, is the highest mountain in Africa and the highest single free-standing mountain in the world. It has three volcanic cones and the highest cone, Kibo, is dormant but could erupt again.

## **MOUNT VICTORIA – CANADA**

Mount Victoria, **11,365 feet high**, was named in honor of Queen Victoria. It is located on the border of British Columbia and Alberta. It is known for its beauty, as it overlooks Lake Louise. It has Victoria Glacier, which clings to its slopes.

# Emotional Intelligence Mountains

## **MOUNT COOK – NEW ZEALAND**

Mount Cook, **12,248 feet high**, is the highest mountain in New Zealand. It is located on the South Island, close to the town of Lake Tekapo. It was originally known to the Maoris as Aoraki, then the name was changed by the Europeans.

## **MOUNT KOVDDOSKAISI, FINLAND**

Mount Kovddoskaisu is the fourth highest mountain in Finland. It is 4,075 feet high. Its summit is very hard to reach for its location is between two valley lakes and is relatively steep. However, the views are spectacular.

## **FANSIPAN MOUNTAIN - VIETNAM**

Fansipan Mountain, **10,312 feet high**, is the highest mountain in Indonesia. It is located in Vietnam in the Lao Cai province. The mountain has grown in its altitude since it was first surveyed, based on the faults that are located nearby. It has a cable car ride that is in the Guinness World Record book.

## **MONTSERRAT – SPAIN**

Montserrat, **4,055 feet high**, is known to be a sacred mountain. It is located outside of Barcelona and it houses a Benedictine Monastery. In 1947, the carving of the Black Madonna was brought there and has become very popular.

## **MOUNT SINAI – EGYPT**

Mount Sinai, **7,497 feet high**, is also known as Jabal Musa. It is known as the location where Moses received the ten commandments. It is located near the city of Ste. Catherine, in the Sinai Peninsula, and is filled with a diversity of rock types.

## **MOUNT OLYMPUS - GREECE**

Mount Olympus, **9,750 feet high**, is the highest mountain in Greece. It is part of the Olympus massif near the Thermaic Gulf of the Aegean Sea and has 52 peaks and deep gorges.

## **MOUNT KAILASH – TIBET**

Mount Kailash, **22,028 feet high**, is in the western part of the Tibetan Plateau. It is sacred to Buddhism, Hinduism, Jainism and the Shamanic Religion. As a result of being considered so very holy, no one has ever climbed it.

## **MOUNT HOVERLA - UKRAINE**

Mount Hoverla, **6,762 feet tall**, is the highest mountain in Ukraine. It is located in the Eastern Beskids, in the Chomohora region. The slopes are covered with beech and spruce forests, which make the landscape filled with a beautiful color green.

## **GLASTONBURY TOR – ENGLAND**

Glastonbury Tor, **518 feet high**, is topped by the roofless Tower of St. Michael. It is located in the county of Somerset. For centuries many believe that King Arthur was buried there after his death. Then it became occupied by the Romans.

## **MOUNT KEBNEKAISE – SWEDEN**

Mount Kebnekaise, **6,926 feet high**, is the highest mountain in Sweden. Its name in Sami means 'kettle top'. It is 166 km from the Arctic Circle and 40 km from the Norwegian border. It has panoramic view, hiking routes and lodging.



# Emotional Helping Mountains

## **JABAL MOUSSA MOUNTAIN – LEBANON**

Jabal Moussa Mountain, **2,762 feet high**, is a unique melting pot of biodiversity and history. It is located in the Keserwan District of Lebanon, overlooking the Mediterranean Sea. It holds the status of a Biosphere Reserve.

## **MOUNT GANGKAR PUENSUM – BHUTAN**

Mount Gangkar Puensum, **24,836 feet high**, is the highest mountain in Bhutan. Its name means “White Peak of Three Spiritual Brothers”. It is located on the border of Bhutan and China. It is currently the most unclimbed mountain in the world.

## **MOUNT HERMON – ISRAEL & SYRIA**

Mount Hermon, **9,232 feet high**, is Israel’s only winter resort and the highest point in Syria. It is located in the Golan Heights. Israelis call it “the eyes of the nation” and it is also referred to as the “gray-haired mountain” as it is considered holy.

## **CORCOVADO MOUNTAIN – CHILE**

Corcovado Mountain, **7,546 feet high**, is a volcano. It last erupted in 4920 B.C., yet is flanked with cinder cones created from that eruption. It is located in the Palena Province in Patagonia. Only two climbs have ever been reported since 1945.

## **GALHOPIGGEN MOUNTAIN – NORWAY**

Galhøpiggen Mountain, **8,100 feet high**, is the highest mountain in Norway and in fact all of Scandinavia in. It is located in Inlandet County. Its name translated means steep and big and every Norwegian is proudly familiar with its grandeur.



## **MOUNT KANGCHENJUNGA – INDIA**

Mount Kangchenjunga, **28,169 feet high**, is the third highest mountain in the world. It is located in the Himalayas in northeastern India. It is off limits to climbers and it is home to half of India's bird diversity, trees and orchids.

## **LATEMAR MOUNTAIN – ITALY**

Latemar Mountain, **9,324 feet high**, is in the Dolomite Mountain range. It is located on the border of South Tyrol and Trentino. It is best known for its view from the Karersee Lake and the spectacular beauty is truly something to behold.

## **CHAPPAL WADDI – NIGERIA**

Chappal Waddi, **7,936 feet high**, is the highest point in Nigeria. It is located in Taraba State, near the border with Cameroon. Though it is called “The Mountain of Death” because of its insurmountable valley, fortunately, no one has died on it.

## **MOUNT ARARAT – TURKEY**

Mount Ararat, **16,854 feet high**, is a dormant volcano. It is located in the extreme east of Turkey. In the Bible it is where Noah's Ark landed after the great flood. Though it is in Turkey, it is the symbol of Armenia. It is now closed to the public.

## **GROSSGLOCKNER MOUNTAIN – AUSTRIA**

Grossglockner Mountain, **12,461 feet high**, is the highest mountain in Austria. It is located in the Central Eastern Alps. It is considered the centerpiece of the High Tauern National Park and is referred to as the black mountain.

## **MOUNT DAMAVAND - IRAN**

Mount Damavand, **15,312 feet high**, is the highest peak in Iran and the highest volcano in Asia. Damavand has a special place in Persian mythology, because it means ‘the mountain of many faces.’ It is also the second highest volcano in the Eastern Hemisphere.