

**Chapter 1 : Mountain Air: Private Gated Community & Country Club in Burnsville, NC**

*Tellico Village is a lakeshore community in east Tennessee that offers a unique combination of natural beauty, mild four-season climate, outstanding recreational facilities and close proximity to Knoxville and the Smoky Mountains.*

Your Favorites 35 Cool Mountain Small Towns near Asheville We love exploring our cool small towns nestled in the Blue Ridge Mountains in western North Carolina, filled with historic buildings with a mix of longtime family operated stores and restaurants, along with new galleries and trendy shops. Each town has its own personality and many things to do. Meet some local folks and experience a leisurely day of exploration, just like Mayberry. They will help you plan the perfect visit to match your interests. Photo above is Sylva. Filter by Region Saluda Since the late s, tourists have flocked to this tiny railroad town of residents. Main Street has many longtime businesses, including fantastic galleries and restaurants. Learn about the Saluda Grade at the Depot. Raft and tube on the Green River. Read and see more! On the banks of the Tuckasegee River. Dillsboro has been a tourist stop since the late s. Go to many art festivals. Many arrive by train on the Great Smoky Mountains Railroad on an excursion. Film location for 3 Billboards Outside Ebbing. Home of Fly Fishing Trail too. Each summer, Folkmoot U. On summer Friday nights, come down for the Mountain Street Dances. Ride the train on the Great Smoky Mountains Railroad before you explore their downtown shops and galleries, or paddleboard down the river. Raft the Nantahala River. Add to My Favorites Hendersonville The largest downtown in western North Carolina outside of Asheville is filled with historic buildings and updated streetscapes with flowers and art. Find many spots for outdoor dining and a big variety of quality shops and galleries along a six-block stretch of Main Street. Shop, eat and taste local brews at three breweries. Add to My Favorites Cashiers Shops, boutiques, galleries and restaurants center around the Village Green with outdoor sculpture, walking paths and gardens. Find a sophisticated arts and music scene. Add to My Favorites Lake Junaluska This beautiful lake town near the Great Smoky Mountains is home to trails, boat tours, golf, gardens and a big variety of lodging options, including lakefront hotels and cabin rentals for a Methodist church retreat. Add to My Favorites Tryon Home to an impressive arts community, with galleries and an arts center downtown. Also boasts a big equestrian community, with many horse-related events, including a Steeplechase each spring. The amazing Tryon International Equestrian Center attracts horse lovers and riders from all over the world. Behind the shops and restuarants, the Rocky Broad Riverwalk takes you along the cascading river with places for a picnic. Take a step back in time in this authentic tourist town that has kept the charm of the 60s and 70s. Add to My Favorites Maggie Valley This popular family resort town has been a favorite for generations. It has kept much of its local charm with vintage motels and plenty of gift shops with arts and crafts. Ghost Town reopens in Add to My Favorites Columbus Located in the foothills in wine and horse country, this tiny town population has a quaint historic downtown with a park and mountain views, scenic drive, wineries and Tryon Equestrian Center. Take a boat tour of the lake or bring your mountain bike for their new trail system at Buffalo Creek Park. Add to My Favorites Hot Springs This tiny town of residents is perhaps best known for its hot mineral springs. Located north of Asheville at the junction of the Appalachian Trail goes right through downtown and the French Broad River. This is the Land of the Waterfalls with hiking, biking and famous Sliding Rock. Near Beech Mountain skiing and Grandfather Mountain hiking. It sits at the foot of the Blue Ridge Mountains near popular attractions like Mt. Mitchell and Linville Falls. Summer golf and scenic chairlift rides too. Each fall, follow the yellow brick road at Autumn at Oz. Add to My Favorites Forest City Have lunch at the soda fountain, see an amazing collection of vintage cars and catch a baseball game in small town American. The Mount Mitchell Crafts Fair transforms the streets into a festival for craft and art lovers. Enjoy many educational and cultural opportunities at the university, including stage plays, art exhibits, the national clogging champions. Add to My Favorites Crossnore This tiny town in the scenic Blue Ridge Mountains has a famous school, church fresco, historic buildings with gallery and weaving museum, plus much more. Near Spruce Pine and Banner Elk. A walk around town leads to several public art projects, including the town clock on Upper Street. Add to My Favorites Highlands For the most upscale shopping in the mountains, head to downtown Highlands. This is one of the highest towns east of

the Mississippi River, with an elevation at 4, feet. Nearby are many beautiful waterfalls, including the roadside Dry Falls. Add to My Favorites Weaverville Their small downtown area is filled with restaurants, galleries and interesting local shops. Twice a year, they host the big Weaverville Art Safari with dozens of artists opening their studios to visitors. Add to My Favorites Lake Toxaway This pristine, scenic mountain lake is surrounded by a community with many things to do - located near Brevard. Take a lake cruise at Greystone Inn, be a beekeeper for a day, stay at a wellness retreat and see Toxaway Falls. We especially love exploring the shops along Cherry Street. Find an impressive selection of restaurants for a tiny town. Nearby Montreat is worth a quick sidetrip. Add to My Favorites Bakersville Located at the base of Roan Mountain and the mile-high scenic drive, this town has several galleries and studios. Home to the Rhododendron Festival. Penland School of Crafts is nearby. Add to My Favorites Free Printed Guides Many of our small towns have free printed guides that they will mail to you free postage too! Find 12 that you can order here - maps too!

## Chapter 2 : The Coves | Blue Ridge Communities

*About Mountain Reporter This site is intended to provide daily, live news for the San Bernardino Mountains at no charge to the community. There are no subscription fees, membership costs or online web charges imposed to read and watch the news.*

It is December 9, , and together with my wife Martha and five-year-old son Mateo, we are arriving at the Ecovillage Anthakarana, situated in the mountainous coffee region of Colombia, South America. As members of the organizing team of the network, and co-organisers of the event, my wife and I have experienced a rough year. With a traumatic late change in the hosting community, burnouts amongst organisers, and the personal and political intricacies of working within a group, the network is at a breaking point. Leading up to the event, some organising members dropped out, and phone calls began streaming in the night before the event from other regular participants: Arriving at the nearby football field, we park and start the 10 minute walk down the muddy path to Anthakarana, laden with supplies. Tired, we arrive, and put up our tent. It begins to rain. The rain quickly turns to a downpour, and is soon torrential. Water begins streaming through our borrowed and supposedly waterproof tent. Beyond frustrated and disappointed, I feel angry and fed up. That question many of us ask ourselves is souring dangerously in my stomach: Is it all worth it, being actively part of a network? The answer feels very much like no. An Expanding Spiral So how did we manage to get to this breaking point? It was a means for members to come together, share experiences, laugh, cry, and feel in solidarity in what often feels like lonely experiments in alternative living. With the ecovillage network growing, and the increasing interest of members to connect with other communities, the Call of the Mountain event was held in the Ecovillage Atlantida, with over participants from a wide range of communities, intentional and otherwise, local and international, all with a shared purpose of co-creating more sustainable futures together. During this event, the network CASA was born with the intention of expanding the network beyond the ecovillage realm. The Call of the Mountain subsequently mushroomed into a large, intercultural event, with the mission of articulating diverse worldviews and sustainable practices across ethnic, social, and economic groups in society. The event was held in the Hare Krishna community Varsana in , and the Indigenous Misak University in , each event with over participants, including invited guests from Indigenous and Afro communities of Colombia, as well as a wide range of organisations. However, there has been a long-term simmering tension in the network concerning the role of CASA and the Call of the Mountain: Should the network focus on expanding and articulating its vision with other sustainability groups as a means to disseminate its sustainability message? Or should it concentrate on taking care of, and deepening relations between its original members and improve their initiatives through smaller, more intimate family gatherings? During the Call of the Mountain, held in the Amazonian community Anaconda del Sur, a collective decision was made to focus on the former strategy of expansion: It was a decision which would change the course of the network. The Stagnating Spiral The articulation process started early, and it started well. An early connection to the Indigenous group had been made through a Kankuamo representative participating in both the Call of the Mountain event and the general CASA assembly. However, the CASA team found itself struggling with communication problems both within its network and with the Kankuamo representatives. Technical communication problems were exacerbated by the challenges of articulating an intercultural event with the complex political dynamics of the Kankuamo community. Justifying its decision through a CASA breach in protocol, a message was sent by the main Kankuamo representative stating that the community had decided to cancel the event. Who was at fault? Could the damage be repaired? What to do now? It became equally evident, however, that strong political and cultural factors were at work in the Kankuamo community, which had contributed to their decision to call off the collaborative event. Stuck between the hope that the situation could be resolved, and the difficulty of finding another community in the Sierra Nevada to host so many people, the process stagnated. With the event dates rapidly approaching, the realisation set in that the Call of the Mountain was not going to take place in the Sierra Nevada: CASA had not managed to articulate its sustainability vision with the Kankuamo community. With the option of cancelling the event being raised,

Bahamar, the elder of the Ecovillage Anthakarana, offered to host the event. One of the pillar communities of CASA, with a strong focus on family values and spirituality, Anthakarana was bringing the Call of the Mountain back home to its roots. Back to the Story of Anthakarana So now we are back at the tent, and I am summoning the strength to fulfill my obligations as co-organiser and active CASA member. It is going to be a long seven days and I am not looking forward to it. Martha and I look at each other. We arrive at the communal kitchen of Anthakarana, where those who have arrived have gathered. I see their happy faces at seeing us arrive; we exchange hugs and kisses, slaps and knowing looks. I am truly surprised to feel an honest feeling of returning to friends and family after a long time away. These are the people I know and have shared so many experiences with. Where else would I rather be? I would like to have said that all the hard workâ€”all the struggle and disappointmentsâ€”was worth it, seeing them all here. However, I do not have that feeling. Over the evening meal of arepas con queso maize cakes with cheese , and sopa de platano plantain soup , catching up with the fellow organisers, I look around to see who has arrived. Representatives from articulated communities? What has become of our network CASA? The Contracting Spiral The following morning we are met with drizzling rain. After breakfast served with coffee produced on the neighbouring farm, and brewed with gas from the bio-digester in Anthakarana, we make our way down to the Buenokaâ€”the ceremonial house of Anthakarana. Passing siete cueros plants, with their beautiful purple flowers, children running around in superhero outfits, we walk in procession, led by the the saumadorasâ€”incense burnersâ€”towards the future of CASA. In the turmoil of organising the Call of the Mountain in Anthakarana, it had become clear that the event would be very different from previous ones. This workshop would be externally facilitated, with the goal of inviting key people from the network, as well as communities in which the Call of the Mountain had previously been held. Although most invited participants did not arrive, a total of 35 people were present, now entering the Buenoka to evaluate the network. The following grueling three days involved exercises in understanding the community processes we were involved in, and planning the future of CASA. We explored the past of the network, transformational moments and experiences, what was happening in the present, and our individual and collective visions for the future. In addition to the more cognitive Future Search methodology, the ancestral practice of the Circulo de la palabraâ€”talking circleâ€”around the fire took place the first night to connect our hearts to the process. The following are the learning outcomes which resulted from these three days: Build relations with individuals of various communities, not the communities themselves. Although it sounds impressive to say that CASA is articulating sustainability visions with Indigenous, neo-rural, and urban communities, more effort should be placed on deepening relations with individuals of these communities who commit to answering the call of the mountain. Build and develop relations through projects, not discourse. From financed projects of eco-neighbourhoods, disaster relief, to academic research, there is wealth of knowledge and collaborative work being carried out, as well as resources in the network upon which to build a future. A self-organised and self-financed event requires tremendous commitment from its organisers, most of whose work is voluntary. There is a need to better recognise and compensate monetary or otherwise the work being invested by organisers. For this it is important to put forward not only hugs and rainbows but an effective economic strategy. Collaborative leadership implies recognition of network pioneers and opening up opportunities for them to be mentors. The network would benefit from better recognising pioneer members, many of whom are disconnected from CASA and who carry an abundance of experience to share. Likewise, the invitation for inactive members to reconnect to the network to share their wisdom. The Magical Realism of the Call of the Mountain Perhaps best characterised by Anthakarana, a Sanskrit word which means the bridge between the visible and invisible, the Call of the Mountain provides an experiential sense of magical realism, drawing the spiritual connection with the call of Mother Nature through rituals and ceremonies, and the very real experience of being together and co-creating meaningful futures as well as the little bit bizarre. After the three days of intense work during the Future Search workshopâ€”leaving a collective explosion of catharsisâ€”the rain stopped, the sun came out literally and we celebrated being together. The following days involved planting seedlings of palmas de ceraâ€”the national tree of Colombiaâ€”each of us planting our purpose with the network along with the seedlings into the rich organic soil of the Colombian Andes. Despite the trials and tribulations, the following Spanish saying

sums up the group feeling: Somos los que somos. We are what we are. On the one hand, the Koru represents creation due to its fluid circular shape, with the unfurling fern representing movement and expansion. This can be seen in CASA and the Call of the Mountain expanding, articulating its vision beyond the realm of ecovillage to other sectors of society. On the other hand, the inner coil of the Koru, with its rolled inner leaflets, suggests a return to the point of origin. Having fulfilled its natural cycle of expansion, the network of CASA is in a process of moving back to the center of the spiralâ€”back to its family roots, re-imagining itself. There is no doubt that CASA is something special. There are many NGOs working for communities in Colombia doing important work. But CASA is comprised of communities, working with communities, forming relations across boundaries and realizing collaborative change at the grassroots level. Participating in the Call of the Mountain is an unforgettable experience in embracing what is different, what is difficult and beautiful, trying to connect with what we do not know. It has been an enriching experience, yet for me as an organiser, the process has taken its toll. I have given it my best at a critical time, and have decided to step down, dedicating more time to growing plantain and coffee on my farm, and being with my family. As the saying goes, distance makes the heart grow fonderâ€”so I will take the time to let my experiences settle, in full awareness that as an organic and vibrant network, CASA will move onâ€”unfurling, dying, and being reborn. Living and farming in Colombia, Thomas believes in the power of grassroots communities to offer novel forms of learning experiences for the rest of the world to be inspired by see his website for more information at [www.casacommunities.org](http://www.casacommunities.org).

## Chapter 3 : Top 35 Coolest NC Mountain Towns

*The Mountain Communities of the Tejon Pass, or the Frazier Mountain Communities, in the San Emigdio Mountains is a region of California that includes Lebec, Frazier Park, Lake of the Woods, Pinon Pines, and Pine Mountain Club, in Kern County, Gorman in Los Angeles County and Lockwood Valley within Kern and Ventura counties They are all within.*

Those who enjoy the outdoors will love The Coves. Golfing, Hiking, Fishing, Canoeing, Riding, Reading, Exercising and Relaxing in one of the most beautiful settings in the world is all part of the plan. With Boone and Blowing Rock just up the road, enjoy a half day in the quaint shopping villages. Drive just 10 minutes out of the mountains to Lenoir to do your grocery shopping or to get a bite out. But, The Coves is about staying in. Fly-Fishing, Kayaking or Mountain Biking. How does that sound? The cottages are 2 and 3 bedroom floor plans and range from 1, square feet. This is a turn-key product in a maintenance free environment. You pick your home site, model and features, and we will deliver your dream mountain cottage in just a few months. Trails The Coves extensive trail system through hardwood forests is comprised of over 5 miles of dappled, dog-friendly pathways which unobtrusively connect the community to the Johns River. Just outside the front gates is Wilson Creek. Kayaking and world class hunting and trout fishing are very popular here as well as Off-Road Recreational Driving. The perfect place to work on your curve cast, tuck cast, and double-haul fly fishing techniques and reel in that trophy trout. Along the river you will find the Johns River Park. With a covered river front pavilion, which includes an outdoor kitchen and fireplace, you can eat and relax in the shade. The river park also includes horseshoe pits, fire pits, a riverside trail and plenty of picnic areas. The top level includes a true mountain lodge setting with a large indoor fire pit, kitchen, seating areas and lending library. It is a quiet place to read by the fire, enjoy a glass of wine on the porch, gather with family, entertain guests or prepare a meal. The lower level includes a state of the art fitness center, locker room, showers, exercise room and massage room overlooking Grandfather Mountain. Outdoors you will find expansive decking, sitting areas, fire pits and an infinity pool with Table Rock just beyond waters edge. Monthly events will be held at the Mountain Lodge from wine tastings, covered dish dinners, summer fun days and educational seminars. Available to community horse-lovers for full-time boarding stall lease , part-time boarding weekly rates and weekender boarding services daily rates. Other a-la-carte services additionally priced include veterinary services, Ferrier, riding lessons, select feed service, turn-out and pasture rotation, round-pen training and other more personalized services. This amenity-rich community is based on the fact that we all enjoy the great outdoors and want to play at any age. As part of this fabulous combination of outdoor amenities all within the community is a demonstration vineyard. This enriching vineyard is a place to nurture the vines and watch the harvest come in. From the craftsman-style trellis to the open grassed lanes, this river-side vineyard is a terrific spot to enjoy an afternoon of pruning the vines, collecting some grapes for dinner or being a part of the September harvest. The golf cart is an integral part of this mountain golf experience as the changes in elevation around the course are some of the most significant in the NC mountains. With ridge top tee boxes that showcase Grandfather Mountain and Table Rock in the background, the course does not require a scratch handicap to score well.

## Chapter 4 : Overview of our Mountain Property

*A Peaceful and Active Lifestyle. Mountain living is for the active, and the laid back. Mountain communities are infused with the resort-style amenities you want, and surrounded by the natural environment you crave.*

One of our Mountain Guides will email your results within 24 hours. Whether you are just looking for some general information on the area or are interested in buying a home or home site in the short term, Blue Ridge Mountain Guides can provide all of the information needed without the pressure of contacting a development directly. For those in search of Blue Ridge Mountain Properties, there are many options to choose from. Blowing Rock Real Estate and Blowing Rock Communities offer access to a quaint mountain town with all of the dining, cultural, entertainment and recreation options one would desire in the NC Mountain region. Boone Real Estate and Boone Communities offer access to a larger city feel with elements of a college town setting. Asheville Real Estate and Asheville Communities offer large city conveniences but the quaintness and cultural awareness of a mountain town. Waynesville is just a short drive from Asheville and offers all of the appeal of a quaint mountain town with modern conveniences. This can create opportunities as well as challenges. Many offerings might seem like opportunities but turn into horror stories. Blue Ridge Communities has done your home work for you. On this web site we have provided general information about the regions and towns in the mountains as well as closely scrutinized all of the communities in this region. What we have provided is a select group of communities that meet our stringent criteria to recommend to our clients. Like other similar businesses, Blue Ridge Communities is not compensated to represent developments. BRC hand picks developments to promote based on financial stability, development quality, life-style, access, quality maintenance programming, VALUE and reasonable dues and fees. BRC receives a co-brokerage commission at the time of sale. All BRC mountain guides are concerned about is educating their clients, identifying communities that meet their clients needs and "guiding" them through the mountains to help them find what they are looking for. They have the answers that you will never get from each community directly like: In this market, most people who are in search of a retirement home, second home or permanent residence in the mountains are not interested in the high pressure tactics applied by many sales agents at various communities. This often leaves those interested in gaining knowledge and seeing various communities reluctant to ask questions and visit property. Since BRC guides are not tied to any one community, they are able to provide objective, credible data in a low pressure setting to assist in the process. North Carolina mountain real estate has been targeted by many retirees and second home buyers for the quality of life and outdoor activities that exist in this area of North Carolina. North Carolina real estate has experienced an influx of buyers as many have migrated to both the coastal and mountain regions of the state. These mountain communities offer a wide array of activities which include golf, hiking, fly fishing and horse back riding. Many North Carolina mountain communities are gated, private communities. Want to get away from it all and enjoy the finer things in life with a breath of fresh air? Tired of going to the same beach house year in and year out? Try something new this summer or begin your house hunt in the mountains of North Carolina. Where else can you go to find modern lakeside cottage style realty properties that are still conveniently located close enough to town? Mountain Homes in NC North Carolina has a handful of mountain properties for sale so that everyone in your family can lay back and relax in the woods. Many of these properties come with a beautiful view and plenty of trails to hike and places to go fishing. If all else fails, there are plenty of places in the area to take a hike for a beautiful lookout view, or to take a relaxing jaunt to a calming babbling brook. If your son or daughter is looking to go to a college or university in North Carolina, make plans to finance a small home close to campus. The entire time your student is in college, you can allow for a number of students to live in the home for a monthly fee with your son or daughter. Maybe a family member wants to live in a North Carolina nursing home and you still want to be close enough to them to go and visit instead of having to plan a long trip. A small home sure beats staying in hotels and motels! Are you in the military and want to purchase a home near the Army, Coast Guard, Airforce, or Marine base? They will have all the answers to help you find the resorts, houses, and other lodging options that will fit with your needs. From police stations to the local

pharmacy, schools to pizza delivery places, these agencies have their fingers on the pulse of the community. Stop trusting those ads that promise a too-good-to-be-true fun cottage that include no pictures of the floor, bedrooms, bathrooms, and other aspects of an available property. Here at Blue Ridge Communities, we provide our clients with a number of services to help them find the mountain log cabin property of their dreams. All of our listings include are indexed in a directory and have the address, pictures, reviews, a breakdown of all amenities included in the mountains homes, and a map of the property and the community. To get a better understanding of the real estate we suggest looking up information like the population county that the house is located, medical practices, the school district, the local chapel, car dealerships, movie theaters, a local bank, locations to buy food and go out to eat, hospitals, lakes, local commerce, ice cream parlors, and other businesses that you want near your home before taking a tour. You can be a pioneer on top of the mountain amongst the pine trees, rocky terrain, all with a luxury view of the countryside! Got a real estate question? Get answers from our Mountain Guides.

**Chapter 5 : Mountains Community Hospital**

*The Mountain Community School staff has over combined years of classroom experience. 11 out of 14 teachers either hold a master's degree or a national board certification. Our dedicated and experienced support staff team-up with our classroom teachers to provide support and instruction throughout the school day.*

Mountains are not often heavily populated, but there are people who live there. People have been living in mountains for thousands of years. The Inca ruled over the Andes Mountains from the twelfth to sixteenth centuries. Farmers in the Swiss Alps have special practices for herding cattle in the mountains. Many mountain towns are centred around tourism both in summer and winter. There are large cities at higher elevations, including Denver and La Paz. Avalanches can bury people under a river of snow. Altitude sickness is a potentially deadly condition that affects people who travel to mountains. Volcanic eruptions and earthquakes are constant dangers for some mountain dwellers.

**Introduction** Due to issues like lack of available space, cold weather and high-altitude conditions, the mountainous regions of the world are not very populated. That is not to say, however, that these areas are not populated at all. Many settlements, ranging from ancient and traditional villages to large cities, are located in the mountains. The ancient settlement of the mountains by The Inca, who lived in the Andes Mountains in South America, is an example. Thousands of years ago, the forebears of the Inca migrated south from North America. They took up a life of farming and herding in the mountains. They amassed an army and conquered people all the way up and down the mountains, gaining a population of over a million. They built impressive temples and considered mountain peaks sacred, sometimes making sacrifices of animals or even humans to their gods. When the Spanish landed in South America in the sixteenth century, however, they considered the Incas a threat and assassinated their leader. The Aymara of the Andes were once a part of the Inca Empire.

**Refer Topic 1, Chapter 4 The Swiss Alps** Another group of people who have made the mountains their home for many generations are the traditional dairy farmers of the Swiss Alps. As 60 percent of the country of Switzerland is located in the Alps, the Swiss have had to find ways to grow food and live in the mountains. For many years, Swiss farmers have taken their cattle up the hill to graze in the summer months. As winter approaches, the farmers take their herds back down the mountain, where the animals spend their winters in sheds. Hay is farmed on flatter land to feed the cattle during the winter. While this practice has been the way things have been done for a long time, it is slowly dying out as tourism becomes more prevalent. In recent years, many towns in the mountains have become tourist attractions. People want to play in the snow during the winter. In addition, some towns in places like the Himalayas have been converted to accommodate the large numbers of mountain climbers who come through. Sherpas, who have lived in the Himalayas for many generations, have found a new role as guides for many mountain trips. There are also some large cities that are at high elevations. Living at high altitude

There are many dangers associated with living at high altitudes. Firstly, it can get very cold high up in the mountains and a lot of snow can accumulate. Sometimes this snow can slip down the mountain, causing an avalanche. **Refer Image 3** Avalanches are like a fast-moving river, only they are made up of snow and ice and solidify when they stop. They are sparked by loud noises, vibrations such as earthquakes or people skiing or snowboarding outside marked runs or extremely heavy snowfall. People, roads and villages in the path of an avalanche can be buried, sometimes under metres of snow. People who are buried often have little hope of being rescued. Many towns employ road-builders to construct wooden barriers along roads and above villages to keep snow from burying these important features. Lower down the mountain, where there is no snow, landslides and mudslides can occur during times of high rainfall. See animation **Altitude sickness** Another consideration when travelling and living in high altitudes is altitude sickness. The further you travel above sea level, the thinner the air becomes. Thinner air means less available oxygen. Some people who travel into the mountains with an elevation of metres above sea level or higher develop a condition called altitude sickness. As the body is affected by lower overall oxygen levels, a person suffering from altitude sickness could develop a headache, lose his or her appetite, become nauseated and vomit and feel weak and dizzy. In more extreme cases, the sufferer could experience confusion, psychosis, fluid in the lungs, seizures and even death. As a result, people travelling into

the mountains need to be careful not to climb too quickly and they should also be prepared to return to a lower elevation if they become too sick. People who live in the mountains are usually well adapted to the lower levels of oxygen and do not develop altitude sickness as easily. Living near a volcano People living on volcanic mountains face extra dangers. If a volcano is active or even dormant, people there live in constant danger of eruption. Geologists people who study the Earth have identified some signs of an impending eruption and try to evacuate people before the eruption occurs. People are often in danger from earthquakes in these areas, too, as many volcanoes exist along plate boundaries.

**Chapter 6 : Mountain Communities of the Tejon Pass - Wikipedia**

*Today, retirees searching for their best place to retire in the mountains can choose from exclusive gated golf communities and other mountain communities for active adults, whether it be a secluded mountain retreat in the Carolinas, an affordable adult communities nestled at the base of western peaks in Arizona and New Mexico or exclusive ski resort perched on the slopes of the Rocky Mountains.*

Elevation, volume, relief, steepness, spacing and continuity have been used as criteria for defining a mountain. Any similar landform lower than this height was considered a hill. Mountain formation and List of mountain types There are three main types of mountains: Compressional forces, isostatic uplift and intrusion of igneous matter forces surface rock upward, creating a landform higher than the surrounding features. The height of the feature makes it either a hill or, if higher and steeper, a mountain. Major mountains tend to occur in long linear arcs, indicating tectonic plate boundaries and activity. Volcanoes Geological cross-section of Fuji volcano Volcanoes are formed when a plate is pushed below another plate , or at a mid-ocean ridge or hotspot. When the magma reaches the surface, it often builds a volcanic mountain, such as a shield volcano or a stratovolcano. The magma does not have to reach the surface in order to create a mountain: Fold mountains Main article: Fold mountains Fold mountains occur when two plates collide: Thus the continental crust is normally much thicker under mountains, compared to lower lying areas. The upfolds are anticlines and the downfolds are synclines: The Jura Mountains are an example of fold mountains. Block mountains are caused by faults in the crust: When rocks on one side of a fault rise relative to the other, it can form a mountain. The intervening dropped blocks are termed graben: These areas often occur when the regional stress is extensional and the crust is thinned. Erosion Kitty Ann Mountain is an eroded mountain in the Ramapo mountain range in New Jersey and New York During and following uplift, mountains are subjected to the agents of erosion water, wind, ice, and gravity which gradually wear the uplifted area down. Erosion causes the surface of mountains to be younger than the rocks that form the mountains themselves. Plateau mountains, such as the Catskills , are formed from the erosion of an uplifted plateau. The particulate breakdown of rock or soil into clastic sediment is referred to as physical or mechanical erosion; this contrasts with chemical erosion, where soil or rock material is removed from an area by its dissolving into a solvent typically water , followed by the flow away of that solution. Eroded sediment or solutes may be transported just a few millimeters, or for thousands of kilometers. Alpine climate A combination of high latitude and high altitude makes the northern Urals in picture to have climatic conditions that make the ground barren. Climate in the mountains becomes colder at high elevations , due to an interaction between radiation and convection. Sunlight in the visible spectrum hits the ground and heats it. The ground then heats the air at the surface. Thus, hot air tends to rise and transfer heat upward. This is the process of convection. Convection comes to equilibrium when a parcel of air at a given altitude has the same density as its surroundings. Air is a poor conductor of heat, so a parcel of air will rise and fall without exchanging heat. This is known as an adiabatic process , which has a characteristic pressure-temperature dependence. As the pressure gets lower, the temperature decreases. The rate of decrease of temperature with elevation is known as the adiabatic lapse rate , which is approximately 9. Water vapor contains latent heat of vaporization. As air rises and cools, it eventually becomes saturated and cannot hold its quantity of water vapor. The water vapor condenses forming clouds , and releases heat, which changes the lapse rate from the dry adiabatic lapse rate to the moist adiabatic lapse rate 5. The peaks of mountains with permanent snow can have a biotemperature below 1. Ecology An alpine mire in the Swiss Alps The colder climate on mountains affects the plants and animals residing on mountains. A particular set of plants and animals tend to be adapted to a relatively narrow range of climate. Thus, ecosystems tend to lie along elevation bands of roughly constant climate. This is called altitudinal zonation. These isolated ecological systems are known as sky islands. At the highest elevations, trees cannot grow, and whatever life may be present will be of the alpine type, resembling tundra. In the temperate portions of the earth, those forests tend to be needleleaf trees, while in the tropics, they can be broadleaf trees growing in a rain forest. Mountains and humans See also: This is known as the " death zone ". Mountain societies and economies Mountains are

generally less preferable for human habitation than lowlands, because of harsh weather and little level ground suitable for agriculture. Many are small and have heavily specialized economies, often relying on industries such as agriculture, mining, and tourism. Minerals often occur in mountains, with mining being an important component of the economics of some montane societies. More recently, tourism supports mountain communities, with some intensive development around attractions such as national parks or ski resorts. While mountaineering began as attempts to reach the highest point of unclimbed big mountains it has branched into specializations that address different aspects of the mountain and consists of three areas: All require experience, athletic ability, and technical knowledge to maintain safety. The highest mountains above sea level are generally not the highest above the surrounding terrain. There is no precise definition of surrounding base, but Denali , [48] Mount Kilimanjaro and Nanga Parbat are possible candidates for the tallest mountain on land by this measure. The highest mountains above sea level are also not those with peaks farthest from the centre of the Earth, because the figure of the Earth is not spherical. Sea level closer to the equator is several miles farther from the centre of the Earth.

**Chapter 7 : Private Mountain Communities**

*The Lodges at Eagles Nest is the ultimate High Country retreat. With soaring elevations reaching above ft., our community offers the best vistas east of the Mississippi - all year round.*

An environment that nurtures and inspires! CREW A time we creatively explore character and values in small groups. Social-emotional Learning We are committed to educating the whole child. January 1st, All completed applications must be turned in by Friday, April 26th, Tuesday, November 13th, 4: Tuesday, May 7th, 6: Teachers, parents, students, and the community work together to honor individuality and diversity, nurture respect for self and others, and foster a life-long love of learning. Our student population is primarily comprised of children from Henderson, Buncombe, Polk, and Rutherford Counties. Staff The Mountain Community School staff has over combined years of classroom experience. Our dedicated and experienced support staff team-up with our classroom teachers to provide support and instruction throughout the school day. Our campus borders Jackson Park, a beautiful acre green space that we utilize daily for outdoor education, field ecology, and athletic activities. Community Family involvement is at the heart of our school community. School families commit to volunteering each month and help out in classrooms, the office, on school projects or on field trips. An active Parent Teacher Council supports our teachers and staff by coordinating fundraisers, volunteers and teacher appreciation activities. We are a charter school established in , comprised of approximately students, and located in the mountains of Hendersonville, North Carolina. We are thrilled to provide quality instructional programs to our students. We are committed to not only an integrated challenging curriculum but we also recognize the importance of providing a safe climate where children feel free to express and explore their creative spirits. What you will witness at the Mountain Community School: A dedicated, experienced staff that put the individual learning needs of their students first. The TMCS staff committed to providing a sound curriculum that is engaging, challenging and fun. Our staff understands the importance of establishing a positive climate where children feel safe to take risks and are empowered to take their education to the next level. Our students are kind, respectful and engaged in their learning. All TMCS students are encouraged to strive to be the best they can be and have a great deal of enthusiasm and pride in their work. Extra-curricular activities are also part of our program. Students can compete in athletics, join the math team, compete in the Destination Imagination competition and more. We are always adding activities to make the overall school experience positive and rewarding. Our school community is filled with parents that support our mission and all the efforts of the staff and students. We have a high level of volunteerism among our parents. We are truly grateful for the support our parents provide. Their level of dedication and commitment is paramount to the overall success of our school. Happy, engaged students, a caring dedicated staff and committed parents who support our mission. These are the key ingredients that make The Mountain Community School a special place. We are all proud to be part of such a wonderful program where children are honored and life-long learning is instilled. Our job as parents and caregivers is to give our kids the absolute best that we can, to give them the tools to create a life of happiness and fulfillment. TMCS fully embraces the partnership with parents. Cecily Timmons Our school is an educational beacon of the 21st century for our community. This school has given us hope and has challenged my child to be her best self. I like TMCS because of the family feeling and the opportunities for parents to be involved. They provide a loving and supportive learning environment which helps build the confidence of the children that they are expected to achieve and they will achieve. Donecia Santana We love this school. It is a strong community of students, teachers, and parents who value academics as well as character and kindness. Holly Robinson The teachers and staff here are so invested in the students; their love for teaching and the kids really shows. Plus, the field trips are amazing! The school has created an environment that emphasizes the importance of academics, as well as character, compassion, empathy and responsibility to the world around us. I feel indebted to TMCS and the wonderful teachers for their commitment to their students.

**Chapter 8 : North Carolina Mountain Communities | Blue Ridge Mountain Properties**

*Centrally located among The Cliffs' seven communities and the celebrated cities of Greenville, SC and Asheville, NC, Mountain Park offers the atmosphere of a quaint mountain hideaway with the convenience and sophistication of great cities just minutes away.*

### Chapter 9 : Mountain - Wikipedia

*A conservation community of gorgeous mountain land and homes for sale, The Boulders is a hidden gem inspired by nature. Layered mountains, towering hardwoods, age old boulders and most of all, stunning views.*