

INDEX

- aborigines, Australian, 258, *see* Indigenous Australians.
- Abraham, 123, 124, 127, 141, 286
- Abruzzi, Duke of, 182
- Abu, Mount, 104
- Abu-Abd-Allah, Imam, 108
- achievement, 19, 174, 322–24
- Achilles, 149
- Acoma Pueblo, 216, 231
- Aconcagua, 232, 326
- Adam, 107, 127
- Adam's Peak (Sri Pada), 106–10, 119, 286, 290
 Buddhism and, 106–7
 Christianity and, 107
 footprint, 30, 106, 107, 108, 110, 119, 286, 290
 height, 106
 Hinduism and, 106, 107–8
 Islam and, 107
 pilgrimages, 108–10
 ritual ascent, 108
 Sri Lanka, 106
- Adams, Ansel, 289, 319–20
- Adirondack Mountains, 227, 229
- Aegean Sea, 147, 156, 161
- Aeschylus, 181
- Afghanistan, 67
- Africa, 120, 179–95, 258
 mountains of, 179–84
 see also Kilimanjaro; Kenya, Mount.
 see also individual African countries.
- Agastya, 107
- Aghion Oros, 157
- Aghios Antonios, 152
- Ahaggar, 179–80
- Aiguille du Dru, 343
- Aiguille du Midi, 173
- Ako-Yet, 205
- Al-Aqsa Mosque, 141–42
- Alaska, 196, 198, 200, 201, 203, 216, 342
- Alaska Panhandle, 200
- Alaska Range, 199
- Alaska, Gulf of, 200
- Alban, Monte, 234
- Alberta, 211
- Albigensians, 172
- Albuquerque, 216, 231
- Alcalican, 237
- Alcock, Richard, 93
- Aletsch Glacier, 172, 343
- Alexander the Great, 109, 151–52
- Alexandria, 135
- Alexios Comnenos, Emperor, 158
- Algeria, 181
- Ali, 77, 144, 287
- Allah, *see also* God, 126
- Almora, 33
- Alpine Fault, 262
- Alpine Journal*, 177
- alpinism, *see also* climbing; mountaineering, 174
- Alps, European, 146, 167–78, 197, 282, 290
 art and, 314
 climate change and glacial retreat, 172–73, 342–43
 historical change in attitudes towards, 167–72, 173, 174, 197, 300, 314
 literature and, 167, 169
 spiritual perception of, 327
 twilight display, 3
- Alps, Japanese, 81, 85
- Alps, New Zealand, 5, 261, 262–63
- Altai, 67
- Altar Peak, 246
- Altdorfer, Albrecht, 314
- Altiplano, 243
- Amazon jungle, 232, 252
- “America the Beautiful” (Bates), 197
- American frontier, 197
- American Indian Religious Freedom Act, 208
- American Indians, xiv, *see* Native Americans; *individual tribes and peoples.*
- Americans
 art of, 197, 316–17, 318–20
 attitudes towards mountains, 287
 Central Asian mountains and, 70, 73, 78
 Chinese mountains and, 64
 Himalayas and, 35, 37
 Latin American mountains and, 241, 249

- Oceania and, 257
see also Latin America; North America.
- Amitabha, 38
- Amnye Machen, 73–75
- Amoghavajra, 62
- Among the Sierra Nevada Mountains, California*
 (Bierstadt), 316
- Ampato, Mount, 241, 243
- amusement parks, 336
- Amy, Bernard, 327
- Anagarika Govinda, Lama, 28
- Analects* (Confucius), 46
- Anangu, 259–61
- Anasazi, 216
- Anavatapta, 22
- ancestors
- Chinese mountains and, 53
 - Himalayas and, 34
 - Latin American mountains and, 246, 251
 - mountains and, 194, 201, 204, 287–88
 - North American mountains and, 204, 206, 216, 221–24, 227
 - Oceania and, 258, 262–63, 264, 268, 288
- Andes, 175, 239–46, 252, 255, 288, 321, 326
- ancient civilizations, 232–33
see also Aztecs; Incas.
- apus*, mountain deities of, 243–45, 248
- as source of water and life, 288
- ascents by Incas, 241–42
- curanderos, traditional healers, 244
- depiction in art, 319
- flood myths, 245
- height and extent, 232, 239
- high altitude sites and archaeology, 237, 240–43, 252
- human sacrifice and mummies, 175, 240, 241–42, 243
see also Aztecs; Incas.
- Angel Falls, 232
- Angkor Wat, 111
- Anhui Province, 61
- Annapurna, 2, 9, 16, 326, 329, 333, 337
- Annapurna Four, 37
- Annapurna One, 37
- Annapurna Range, 38
- Annapurna Sanctuary, 38, 41, 43
- Annapurna Three, 37
- Annapurna Two, 37
- Antisana, 341
- Aoraki (Mount Cook), 263, 264, 288
- Aotearoa, 263
- Apache, 216
- Apacheta, 249
- Aphrodite, 148
- Apollo, 148, 154–55, 157
- Appalachian Mountains, 196, 227–28
- apus*, 243–45, 248
- Arabs, 107, 108, 135, 142
- Arafat, Mount, 107
- Arafat, plain of, 127
- Arapaho, 214
- Ararat, Little, 128
- Ararat, Mount, 123, 128–31, 156, 288, 290
- Araucanians, 245
- Arawa, 268
- Arcadia, 148
- archaeology
- Central Asian mountains, 76
 - European mountains, 151–52
 - Latin American mountains, 237, 240–43, 252
 - Middle Eastern mountains, 133
 - North American mountains, 204
 - Oceania, 262
- Archimandrate of Echmiadzin, 131
- Arctic, 146, 339, 341
- Ares, 148
- Argentina, 232, 240, 241
- Arhuaco, 251
- Aristotle, 181
- Arizona Ski Bowl, 226
- Arizona, *see also* San Francisco Peaks, 1, 9, 215–17, 221, 230
- Arjuna, Prince, 18
- ark
- Greek flood myth, 155–56
 - Noah's, 123, 129–31, 288, 290
- Ark of the Covenant, 3, 124, 133
- Armenia, 130
- Armenians, 130, 288
- art
- cave, 180
 - Eastern, 27, 308–14
 - mountains in, 296, 307–20
 - Western, 197, 314–20
- Artemis, 148
- Arthur, King, 165
- Arthurian legend, 164–65, 166
- Arunachala, 104, 105
- Aryans, 16, 106
- Asgard, 162
- Asia
- Central, 67–79
 - East, 64
see also China; Japan; Korea.
 - South, 103, 104–10
see also Himalayas.
 - Southeast, 103, 110–19, 285
see also individual countries.
- Assiniboine, 213
- Association Sananda and Sanat Kumara, 208
- Assur, 121
- Astapada, 24
- Asti, 171
- Atacama Desert, 232, 240
- Athabaskan languages, 198, 216
- Athena, 148

- Athens, 147, 150, 155
 Athos, Mount, 147, 156–61, 176, 287
 ascent of, 160–61
 ban on women and female animals, 159
 biodiversity, 159
 Byzantine emperors, 157–58
 Eastern Orthodox Christianity and, 156
 Garden of the Mother of God, 157
 height, 156
 miracles, 160
 monasteries and hermitages, 156–58
 peninsula, 156–57, 160–61
 Peter the Athonite, 157
 purpose of life, 158
 Virgin Mary, patron saint of, 157, 159
 Atlantic Ocean, 181, 276
 Atlas, 180–81
 Atlas Mountains, 179, 181
 Attakulla, 227
 Attar, Farid ud-Din, 127
 attitudes towards mountains
 European, 167–72, 173, 174, 197, 300, 314
 North American, 196–97
 Augustine, Saint, 164
 Ausangate, 247–49, 252–53, 255, 342
 Australia, 256, 257–61, 278
 Austria, 167, 178
 Auyantepui, 232–33
 avalanches
 Annapurna Sanctuary, 41–43, 353
 demonic nature, 328–29
 Nanga Parbat, 329
 Shasta, 208
 Avalokiteshvara, 60
 Avalon, Isle of, 165
 awe and wonder, mountains as places of, 3, 282, 283,
 307, 336, 351–52
 axis, cosmic, 93, *see* cosmic axes/centers.
 Ayers Rock (Uluru), 258
 Aymara Indians, 243
 Aztecs, 233, 234, 238, 255

 Baal, 121, 123
 Babel, Tower of, 121
 Baburam Acharya, 20
 Babylon, 120–21
 Badrinath, 33, 344, 345
 Bahubali, 104
 Bahutu tribe, 183
 Bali, 110, 112, 113–19, 282, 284
 Balkans, 159
 Balmat, Jacques, 174
 Banff, 211, 213
 Bantu language, 182–83
 Barcelona, 177
 Barkha, 29
 Baroque period, 315
 Basho, 298, 346

 Bastien, Joseph, 249–50
 Bates, Katharine Lee, 197
 Batian, 189, 193
Battle of Alexander (Altdorfer), 314
 Batur, Mount, 117
 Bay of Plenty, 264, 265
 beams
 mountains as symbols of, 218, 222, 294
 of revelation, 127
 Bear Butte (Noahavose), 213–14, 215
 “because it is there”, motivation for mountaineer-
 ing, 324–25
 Bedouin people, 137
 Beijing, 52, 56, 65, 322
 Benares, 352, *see also* Varanasi.
 benevolence, mountains as symbols of, 46
 Benuzzi, Felice, 193
 Benuzzi, Stefania, 193
 Beorchia, Antonio, 241
 Bering Straits, 197
 Bering, Vitus, 200
 Bernard, Saint, 173
 Besakih, 114, 116, 118
 Betatakin ruins, 221
 Bethlehem, 304
Bhagavad Gita, 293
 Bhutan, 15
 Bible
 art and, 314
 description of mountains, 8
 European mountains and, 152, 156, 166
 Middle Eastern mountains and, 121, 122–24,
 129–30, 131–32, 138, 140, 143
 symbolism of mountains in, 286
 Bierstadt, Albert, 197, 316–17, 318, 320
 Bifröst, 162
 Big Bang, 277
 Big Island, Hawai‘i, 269, 270, 273
 Bighorn Mountains, 212
 biodiversity
 European mountains and, 159
 mountains and, 348
 Birch Mountain, 210, 211
 bird omens, 154
 Bird, Isabella, 348
 Birnbaum, Raoul, 64
 Black Elk Peak, 211
 Black Hills, 211
 Black Madonna, 177
 Black, Max, 292
 Blackfoot Confederacy, 211
 Blanc, Mont, 167, 175
 Blanca Peak, 217
 blessings, mountains as a source of, 9, 85, 104,
 288, 331
 Blessingway, 218, 219
 Blum, Arlene, 333
 Bodhgaya, 63

- Bodhisattva of Compassion, 73
 Bodhisattvas, 25, 60–61, 64, 83
 body parts, mountains as, *see also* navel of the world,
 284, 290
 Bohem Puyuk (Bulyum Puyuk), 205
 Bolívar, Simón, 246
 Bolivia, 239–40, 243, 249, 253
 Bombay (Mumbai), 105
 Bon, 17, 25–26
 Boney Mountain, 346
 Bonnatí Pillar, 343
 Bonpos, 25
 Boone, Theresa, 219
 Borneo, 103, 110
 Borobudur, 111
 Botswana, 180
 Boukreev, Anatoli, 336
 Boyem Puyuk, *see* Bohem Puyuk.
 Brahma, 17, 23, 27, 114
 Brazil, 232
 Brenin Llwyd, 165
 Breuil, 172
 Bridge of Hair, 69
 British Alpine Club, 177
 British Empire, 106, 142
 British Isles, 146, 161, 164, 170
 British, the
 Africa and, 191
 Oceania and, 268
 Southeast Asia and, 111
 Brocken, 163
 Brook of the Gods, 50
 Brotherhood of the White Temple, 208
 Bryce, James, 131
 Buddha
 footprint on Adam's Peak, 30, 106, 107, 108, 110,
 119, 286, 290
 Himalayas and, 16
 Kailas and, 30
 South Asian mountains and, 104, 106–7
 Buddha's Glory, 61, 163, 330
 Buddhism
 Central Asian mountains and, 71
 Chinese mountains and, 48–49, 63
 cosmic center idea and, 104
 Himalayas and, 17, 21, 27
 Japanese, 312
 Japanese mountains and, 82, 88, 98
 origins, 16
 Shingon, 82, 95, 96–98, 100–1, 287
 Theravada, 105
 Tiantai school, 48
 see also Tibetan Buddhism.
 Buddhists
 Chinese mountains and, 49, 60
 Himalayas and, 15
 Oceania and, 271
 Budi, Imade, 116
 burials, 75, 275, 287
 Burkhan Khaldun, 75–76
 Burma, *see also* Myanmar, 73, 111
 Burnet, Thomas, 167–68
 Burning Bush, 8, 123, 132, 135, 136
 Byzantium, 157, 159
 cable cars, 65, 136–37, 153, 178
 Cai Cai, 245
 cairns, 40, 75, 109
 Calgary, 213
 California, 197–98, 205, 206
 Caliphs, 144
 Calvary, 125, 176
 Cambodia, 103
 Camelback Mountain, 68
 Campaign for Yosemite Trails, 349
 Canaan, 120–21
 Canada, 200, 201, 211, 213, 216
 Canandaigua Lake, 227
 Canary Islands, 276
 Canjilón, 216
 Cape Saint Elias, 200
 cargo cults, 257
 Carihuairazo, 246
 Carmel, Mount, 123
 Carmelite Order, 123
 Carpenter, Cecilia, 204
 Carstenz Pyramid, 256
 Cascades, 196, 202, 205, 348
 Cathedral Peak, 209, 286
 Catherine, Mount, 135
 Catherine, Saint, 135, 158
 Catholic Church, 170
 climate change and, 342
 European mountains and, 287, 314
 Latin America and, 234, 254
 Middle Eastern mountains and, 123
 Caucasus, 128, 175
 cave paintings, 180
 coa, 248
 Celtic myth, 164
 Celts, 164, 169–70
 center, cosmic, 283, *see* cosmic axes/centers.
 Central America, 232
 Central Asia, 67–79
 Cerro del Toro, 241
 Ceruti, Maria Constanza, 241
 Cézanne, Paul, 317–18
 Chagga people, 180, 183, 184–86, 187–88, 195
 Chamonix, 173
 Changbai Shan, 44
 Changer, 203
 Changing Woman, 220
 Chapel of the Transfiguration, 161
 chapels, *see also* monasteries; temples, 136, 161, 166,
 171, 176, 254
 Chavín, 233

- Chavín de Huántar, 239
 Chenrezig, 73
 Cherokee Indians, 227, 228
 Cherokee Nation, 228
 Chess Pavilion, 51
 Cheveyo Katsina, 223
 Cheyenne, 211, 213–14, 215
 Chiapas Highlands, 254
 Chief Mountain (Ninaistakis), 211
 Children of Israel, 121, 124, 126, 131, 132–33, 138
 Chile, 240–41, 245, 253
 Chimborazo, 246–47, 254–55, 288
 China, x, 1, 44, 283
 Himalayas and, 15
 landscape painting, 308–10
 mountains of, 44–66
 see also Chinese mountains.
 Chinese mountains
 Buddhism and, 48–49, 63
 Communism and, 49
 Confucianism and, 45–46
 Daoism and, 46–49, 50–51
 Five Imperial Peaks, 50–60, 283, 285
 Four Buddhist Mountains, 60–66
 sacredness, 45–49
 Chinese poetry, 4, 298
 Chinggis Khan, 75
 Chinvat Bridge, 69, 128
 Chomolhari, 20
 Chomolungma (Mount Everest), 19
 Chouinard, Yvon, 333
 Christianity, 69, 106
 African mountains and, 185–86, 187, 190–91, 195
 European mountains and, 156–57, 160, 164,
 165–66, 170, 173
 Latin American mountains and, 253–54
 Middle Eastern mountains and, 120, 124, 140–42,
 144, 282
 Oceania and, 268, 271
 spiritual center, 300
 Chumash tribe, 346
 Church of the Holy Sepulchre, 140–42
 Church, Frederic, 318
 Churning of the Ocean, 20
 circumambulation
 Amnye Machen, 74
 Buddhist practice, 60
 climbers, 327
 Fuji crater rim, 92
 Kailas, 24–25, 29–31, 51
 circumcision, 190
 cities
 mountains and, 340
 see also individual cities.
 Civil War, US, 319
 Clark, Kenneth, 318
Classic of Mountains and Seas, 70
 Cliff Monster, 220
 Climacus, John, 135
 climate change
 Catholic Church and, 342
 European mountains and, 172–73, 342–43
 Ganges River and, 341
 glacial retreat and, 251, 341, 342–43
 Himalayas and, 341, 343
 sacred mountains and, 340–43
 climbing
 African mountains, 188, 191–93, 194
 as desecration, 215
 Central Asian mountains, 78
 Chinese mountains, 51, 53–59, 297
 discovery of man's place in the scheme of things
 through, 66
 European mountains, 153–54, 155, 160–61,
 170–71, 174, 246, 323, 330
 Everest, 2, 65–66, 85, 262
 Himalayas, 35, 36–37, 38–39, 336
 indigenous Chinese practice, 60
 Japanese interest in, 85
 Japanese mountains, 82, 88, 89, 91–94, 298
 Japanese Shugando religion, 82–85
 Latin American mountains, 240, 246–47, 248
 Middle Eastern mountains, 130, 137
 North American mountains, 200, 203, 215, 220
 Oceania, 261–62, 267, 275
 Petrarch's experience, 170, 314
 physical experience of, 299
 South Asia, 108–10, 290
 Southeast Asia, 117
 spiritual experience of, 350–53
 Clingmans Dome (Kuwa'hi), 228
Cloud Messenger (Kalidasa), 24
 Collen, Saint, 166
 Colombia, 232, 247, 341
 Colombo, 109
 Colorado, 211, 215, 217
 Communism
 Central Asian mountains and, 78
 Chinese mountains and, 49
 Indonesia and, 115
 Communist Party, 65
 Communist Revolution, 56
Conference of the Birds (Attar), 127
Confessions (Augustine), 170
 Confucianism, 48, 55, 64
 Confucianism, Chinese mountains and, 45–46, 50
 Confucius, 58
 Congo, 181, *see* Democratic Republic of Congo.
 conquest, 65, 322
 conservation, sacred mountains and, 343–50
 Constantine, 142
 Constantinople, 125, 144, 157
 Conway, Martin, 327
 Cook Inlet, 199
 Cook, James, 266
 Cook, Mount, 263

- Copper River, 201
 Cordillera Blanca, 239, 245
 Corinth, 154
 Cornwall, 176
 Coropuna, Mount, 253
 cosmic axes/centers
 Chinese mountains, 71
 climbing and, 327
 concept of, 103
 Dante's vision, 307
 European mountains, 161
 Himalayas, 23, 27, 29, 103, 111, 282
 Middle Eastern mountains, 125
 Mount Meru, 103, 105, 111–12, 114, 118, 128,
 282, 304
 Mount Purgatory, 300
 mountains as, 282–83, 284–85
 Sumeru, 79
 temples and, 105
 Cotacachi, 341
 Cotopaxi, 254
Cotopaxi (Church), 319
 covenants, Judaic, 123–24, 131, 133
 Cowlitz, 204
 Coyote, 206
 Crazy Horse, 212, 213
 creation myths
 African mountains and, 185
 European mountains and, 316
 Middle Eastern mountains and, 140, 141
 North American mountains and, 206, 215, 217, 227
 see also flood stories; human race, origin myths.
 Crete, 147, 148
 Cristóbal Colón, Pico, 250
 Croagh Patrick, 166, 176, 287, 290
 Crow Indians, 211–12, 214
 Crusaders, 142
 Cultural and Spiritual Values of Protected Areas
 (CSVPA), 348, 349
 Cultural Revolution, 59, 65
 Custer, George Armstrong, 213
 Cuzco, 233, 239–40, 342
 Cyprus, 150, 157

 da Vinci, Leonardo, 314
 Dabbeq, Ibrahim, 142
 Dainichi Nyorai, 88, 100
 Dakota Sioux, 211
 Dalai Lama, 25, 74, 348
 Damavand, 128–29, 130–31
 Damianos, Archbishop, 136
 dances/dancing
 Kangchenjunga and, 40
 Latin American mountains and, 235, 248
 Native American, 201, 215, 217, 221, 223
 Oceania, 271
 Dani, 256
 Dansey, Harry, 268

 Dante Alighieri, 127, 171, 296, 299–300, 306–7, 334
 Danu, 164
 Dao/Daoism, 55, 64, 83
 ancient China, 287
 Chinese landscape painting and, 308, 309
 Chinese mountains and, 46–49, 50–51
 Darius, 151
 Darjeeling, 39
 Daumal, René, 305–7
 David, King, 124, 138, 144, 285
 Dead Sea, 121
 death
 Central Asian mountains and, 75
 Chinese mountains and, 56, 59, 287
 Himalayas and, 39
 Japanese mountains and, 81, 84, 92
 mountains and, 329–30
 Shiva and, 23
 Southeast Asian mountains and, 113, 114
Death in the Afternoon (Hemingway), 305
 Debussy, Claude, 314
 Deccan Plateau, 104
 deforestation/reforestation, Himalayas, 344–45
 Degas, Edgar, 313
 Delphi, 148, 155
 Delphinian, 155
 Demchog, 20, 26, 27, 286, 291, 292
 Demiéville, Paul, 46
 Democratic Republic of Congo, 181, 183
 demonic aspects of mountains
 avalanches, 328–29
 European mountains, 163, 171–72, 314
 in Scandinavian mythology and folklore, 163
 in traditional cultures, 4
 Middle Eastern mountains, 125
 Denali (Mount McKinley), 198–200, 284, 333
 Denali National Park, 200
 Denmark, 161
 desecration
 European mountains and, 153
 Himalayas and, 19, 39, 136, 349
 Middle Eastern mountains and, 142
 North American mountains and, 208, 215, 222,
 224, 225, 226, 230, 338
 Oceania and, 260–61, 267, 275, 276–78
 spiritual consequences, 350
 Desideri, Ippolito, 28
 Destivelle, Catherine, 328
 Deucalion, 156, 290
 Deuteronomy, 122, 123
 devil, the
 European mountains and, 173
 Middle Eastern mountains and, 124
 devil, the; 23, 124, 172
 Devils Tower (Mato Tipila), 197, 214–15
 Devils Tower National Monument, 215
 Dharma, 107
 Dhaulagiri, 16

- Dhelay Ka'a, 199
 Diablo, Mount, 197
 diamond realm, 101
Diamond Sutra, 53
 Dibé Nitsaa, 217
 Dikti, Mount, 147
 Diné, 218
 Dion, 151, 152
 Dionysios of Olympos, Saint, 152
 divine aspects of mountains
 African mountains, 181, 194
 artistic representations, 319, 320
 Chinese mountains, 68
 cosmic axis and, 284
 European mountains, 168–69, 174, 284, 300
 Himalayas, 326
 Japanese mountains, 101, 299
 Latin American mountains, 247
 Middle Eastern mountains, 133
 North American mountains, 210
 worship and, 286
Divine Comedy (Dante), 127, 171, 299–300
 divine revelation, mountains as places of, 125
 Dogen, 80, 82, 353
 Dolomites, 167
 Dome of the Rock, 141–42
 Dook'o'oolíid, 217
 Douglas, William O., 332
 dragons, 45, 54, 172
 Drakensberg Range, 180
 Dravidians, 16, 106
 Dreamtime, Aboriginal, 259, 260, 261, 287
 Drolma La, 28, 31
 Dru, 173
 Du Fu, 52
 Dunhuang, 68
 Durán, Diego, 233, 238
 Durango, Colorado, 231
 Dürer, Albert, 314
 Durga, 33
 Dusun people, 110
 Dutreuil de Rhins, Jules Léon, 73

Early Spring (Guo Xi), 309–10
 East Coast, US, 227
 Eastern Ghats, 104
 Eastern Orthodox Church, 125, 135, 144, 156
 Ebal, Mount, 124
 Ecclesiastes, 8
 Eco, Umberto, 153
 ecology, 339
 Ecuador, 246, 331, 341
Eddas, 162
 Eden, Garden of
 Central Asian mountains and, 77, 287
 Middle Eastern mountains and, 122
 South Asian mountains and, 107
 wilderness and, 339

 Edo, 87, 90, 311
 Egypt, 123, 131
 Eiger, 167, 177
 Eka Dasa Rudra festival, 115, 116–18, 119, 286
 El, 121
 El Capitan, 333
 El Plomo, 241
 El Shaddai, 123
 Elburz, 128, 129
 Elder Brothers, 342
 elevations of individual mountains
 Aconcagua, 232
 Adam's Peak, 106
 Amnye Machen, 73
 Ampato, 241
 Annapurna, 36
 Aoraki, 263
 Ararat, 129
 Athos, 156
 Ausangate, 247
 Batian, 189
 Birch Mountain, 210
 Cerro del Toro, 241
 Chimborazo, 246
 Clingmans Dome, 228
 Cotacachi, 341
 Cotopaxi, 254, 319
 Cristóbal Colón, 250
 Damavand, 128
 Denali, 198, 199
 El Plomo, 241
 Emei Shan, 61
 Everest, 18
 Fuji, 86
 Gunung Agung, 113
 Haleakala, 270
 Heng Shan (north), 50
 Heng Shan (south), 52
 Hikurangi, 263
 Hua Shan, 50
 Huandoy, 246
 Huascarán, 246
 Humphreys Peak, 221
 Iliniza South, 341
 Illimani, 239
 Iztaccíhuatl, 236
 Jaya, 256
 Jebel Musa, 134
 Jiuhua Shan, 61
 Kailas, 23
 Kangchenjunga, 39
 Karisimbi, 183
 Katahdin, 229
 Khumbila, 21
 Kibo, 184
 Kilauea, 270
 Kilimanjaro, 184
 Kinabalu, 110

- Kosciusko, 257
 Koya, 95
 Lenana, 189
 Llullaillaco, 240
 Machapuchare, 38
 Margherita, 182
 Mauna Kea, 269
 Mawenzi, 184
 Mont Blanc, 173
 Montserrat, 177
 Mount Mitchell, 227
 Muhavura, 183
 Muztagh Ata, 76
 Nanda Devi, 32
 Navajo Mountain, 220
 Nelion, 189, 193
 Ol Doinyo Lengai, 183
 Olympus, 150
 Orizaba, 236
 Parnassos, 154
 Popocatepetl, 236
 Quehar, 241
 Rainier, 202
 Roche Melon, 171, 176
 Saint Elias, 198, 200
 Salcantay, 253
 Semeru, 112
 Shasta, 205
 Shira, 184
 Shivling, 33
 Simón Bolívar, 250
 Sinai, 131
 Siniolchu, 41
 Tai Shan, 52
 Tlaloc, 238
 Ulugh Muztagh, 70
 Uluru, 258
 Ventoux, 170
 Eliade, Mircea, 7, 282
 Elias, 125
 Elijah, 123, 135, 136–37, 152
 Ellora, 105
 Emei Shan, 60–61
 Emerson, Ralph Waldo, 197, 209
 Empress of Byzantium, 159
 En no Gyoja, 83, 84, 88, 89, 311
 Engai, 183
 enlightenment
 Buddha's teaching, 16
 European mountains and, 166
 Japanese mountains and, 100–1
 mountains and, 290
 Shambhala and, 70
 Southeast Asian mountains and, 112
 summit of a sacred mountain and, 2
 Ennin, 63
 environmental concerns
 European mountains and, 176
 Latin American mountains and, 251
 mountains and the rise of environmental
 movements, 282
 North American mountains, 208, 230–31
 Oceania, 267
 spiritual consequences of environmental damage,
 350
 see also pollution.
Epic of Gilgamesh, 121
 Eschenbach, Wolfram von, 164
 Ethiopia, 179, 186
 Etna, Mount, 148
 Euphrates River, 121
 Europe, mountains of, *see also* Alps, European,
 146–78
 Europeans
 historical change in attitudes towards mountains,
 167–72, 173, 174, 197, 300, 314
 in Oceania, 257, 266
 Euthymios, Saint, 157
 Evans, Charles, 39
 Eve, 107, 127
 Evelyn, John, 167, 169
 Everest, Mount
 climate change and, 343
 climbing
 first ascent, 262
 first woman to summit, 85
 Mallory's reason for, 324
 symbolism, 2, 65–66
 height, 18–19
 highest mountain status, 20, 21
 Jomo Miyolangsangma, goddess of, 19–20
 live television transmission from summit, 322
 origins, 16
 sacredness, 19–21, 284, 327
 sunset display, 353
 symbolism, 9, 321–22
 Tibetan and Nepali names, 19–20
 everyday life, sacred mountains and, 350–53
 Exodus, 131, 133
 Ezekiel, 123

Facing Mount Kenya (Kenyatta), 189
 Fairbanks, 200
 Fairweather, Mount, 201, 265
 Falt, Jeffrey, 257
 Fatimah, 144
 Faur, Freda Du, 5
Faust (Goethe), 163
 Faxian, 107
 Feng sacrifice, 53–54, 59
feng shui, 64
 Ferghana Valley, 68
 Feridun, 129
 fertility
 the east and, 52
 European mountains and, 147

- fertility (cont.)
 Japanese mountains and, 81
 Latin American mountains and, 235, 243, 249, 254
 Middle Eastern mountains and, 121
 mountains and, 45, 68, 289, 294
 Pleiades and, 249
 Southeast Asian mountains and, 111
- festivals
 Annakuta, 37
 Eka Dasa Rudra, 115, 116–18, 119, 286
 Fuji and, 91
 Our Lady of the Snows, 171, 176
 Qoyllur Rit'i, 248, 249, 342
- Fields of Satisfaction, 70
- First Man, 217, 219–20
- First Woman, 85, 217, 220
- Fitzroy, 239
- Five Great Places of Pilgrimage, 63
- Five Imperial Peaks, Chinese, 50–60, 283, 285
- Five Terrace Mountain, 61
- flood stories
 European mountains and, 290
 Latin America, 245
 Middle East, 123, 129
 Nanda Devi and, 34–35
 Native American, 199, 201, 203, 206
- footprint, Adam's Peak, 30, 106, 107, 108, 110, 119, 286, 290
- Fossey, Dian, 183
- fossils, 16
- Foundation Stone, 140
- Four Buddhist Mountains, 60–66
- France, 164, 176, 180
- Freedom Peak, 194
- Freyre, Manuel, 28
- Friedrich, Caspar David, 315
- frostbite, 36, 43
- Frum, John, 257
- Fuji in Clear Weather* (Hokusai), 313
- Fuji, Mount, 1, 86–95, 285
 Buddhism and, 89
 cone shape, 82, 90, 94
 depiction in art, 86, 289, 310–14
 depiction in poetry, 86, 299
 Fuji-ko and, 90, 92
 height, 86
 Kakugyo and, 88
 Konohana Sakuya Hime, goddess of, 87, 91–92, 311
 Miroku and, 89
 origins, 86
 pollution, 92
 replicas, 90–91
 Shugendo and, 88
 symbolism, 9, 86, 88, 102, 288, 346
- Fuji-do, 88–89, 90
- Fuji-ko, 90, 92
- Fujisan Club, 93
- Fuji-Yoshida, 91
- Funan, 111
- G. B. Pant Institute of Himalayan Environment and Development, 344
- ga'an*, 216–17
- Gabriel, Archangel, 126–27, 289
- Gaea, 147
- Gakuo Zokyu, 310
- Ganden, 74
- Gangapurna, 37
- Ganges River, 18, 291
 deforestation and, 344
 Himalayas and, 17, 22, 32–33
 Hindu pilgrimages, 37
 pollution, 349
- Gangetic Plain, 104
- Gangotri Glacier, 341
- Gangtok, 40
- Gassan, 81, 298
- Gathering of the Ways, 208
- Gauguin, Paul, 313
- Gaul, 164
- Gaumukh, 33
- Ge Hong, 46–47
- Gelugpa, 74
- Genesis, 129
- Genghis Khan (Chinggis Khan), 75–76
- Geoffrey of Monmouth, 165
- geology
 European mountains, 167
 Latin American mountains, 239
 Oceania, 257, 270
- Gerizim, Mount, 124
- Germany, 161, 163, 167
- Gesar of Ling, 74
- Gesner, Conrad, 171
- Ghazali, al-, 127
- Gibraltar, 181
- Gilette, Ned, 78
- Gilgamesh, Epic of*, 121
- glaciers
 African mountains, 184, 188–89, 193
 Central Asian mountains, 76
 climate change and, 251, 341–43
 European mountains, 172–73, 342–43
 glacier grafting, indigenous technique, 342
 Himalayas and, 288
 Latin American, 246, 248, 251, 341–42
 male and female, 202
 North American mountains, 196, 198–99, 200–2, 204, 209, 287
 Oceania, 256
- Glastonbury Tor, 165–66
- Governador Knob, 220
- Gobi Desert, 67, 75
- Gobind Singh, Guru, 17

- God, 107, 123, 286
 European mountains and, 168, 171
 Middle Eastern mountains and, 123–24, 125, 131–33, 143
- Goethe, Johann Wolfgang, 173
- Golden Calf, 135, 137
- Golgotha, 125
- Goloks, 73, 74
- Gondwanaland, 103–4
- Gonzalez, Bi6n, 240
- gorillas, 183
- Govinda, Lama Anagarika, 1
- Grail, Holy, 164–66, 177
- Grand Canyon, 220
- Grandes Jorasses, 173
- Grapard, Allan, 101
- Grass, Gunter, 153
- Great Barrier Reef, 260
- Great Basin, 211
- Great Buzzard, 227
- Great Lavra, 157–58
- Great Plains, 211
- Great Rift, 120
- Great Rift Valley, 179
- Great Saint Bernard Hospice, 173
- Great Saint Bernard Pass, 169, 173
- Great Smoky Mountains, 227–28
- Great Spirit, 203, 206, 213, 228
- Great Wall of China, 53
- Great Wave off Kanagawa* (Hokusai), 288, 312–13, 314
- Greece, 1, 150
 ancient, 128, 147
 mountains of, 147–61
- Gregory of Sinai, 135
- Gr6pon, 173
- Grieg, Edvard, 163
- Guan Yin, 60
- Guardian, The*, 276
- Guatemala, 234
- Guinevere, Queen, 165
- Gulf of Alaska, 200
- Gulf of Corinth, 154
- Gulf of Mexico, 234
- Gunung Agung, 113–19, 282, 284, 286
 Bali, 113
 center and sacred direction of north, 114
 deity of, 114
 Eka Dasa Rudra festival, 114, 115, 116–18, 119, 286
 eruptions and curtailing of ceremony, 115–16
 height, 113
 Hinduism and, 118
 merus, 114
 mountains vs sea, 113
 piece of Meru, 113
 Pura Besakih, 114
 sacrifices on, 117
- Guo Xi, 309–10
- Gurung people, 38
- Gwynn, 165
- Hades, 148
- Hae-in Sa, 65
- Haguro, Mount, 84–85
- Haile Selassie, 186
- Haleakala, 270, 328
- Halema'uma'u, 271
- Half Dome, 349
- Haller, Albrecht von, 168
- Han Dynasty, 71
- Hanging Temple (Xuankong Si), 50
- Hanshan, 48
- Hanuman, 30
- Hara Berezaiti, 128–29
- Hara, Peak of, 128
- Harappa, 16
- Harmonic Convergence, 207
- Harseim, Juan, 240
- Harz Mountains, 163, 164
- Hawai'i, 262, 269
- Hawai'i, 261–62, 268–78
- Hawai'i Volcanoes National Park, 272
- Hawaiki, 262, 288
- Hazrett-i-Musa, 77
- Head of Earth Woman, 220
- heaven
 African mountains and, 183, 187
 Central Asian mountains and, 75–76
 Chinese mountains and, 45, 49, 51, 53, 54–57, 59, 71, 75
 European mountains and, 148, 150, 157, 162–63, 164, 166, 169, 174
 Himalayas and, 15, 22, 27–28, 29, 33
 Japanese mountains and, 82, 86
 Latin American mountains and, 238, 254
 Middle Eastern mountains and, 122, 125, 127, 128, 133, 135, 141, 145
 mountains and, 282, 283–87, 289–90, 292, 293, 315–16, 323, 328, 335, 351
 Oceania and, 263, 268
 Southeast Asian mountains and, 113, 115, 118
- Heaven Lake, 44
- Heavenly Gates, Tai Shan, 56
- Hebrews, 121, 123
- Hedin, Sven, 77–78
- height, of mountains, *see also* elevations of individual mountains, 283–84
- Heimdall, 162
- Hemingway, Ernest, 305
- Hemis Katsinas, 223
- Hemkund, 17
- Heng Shan (north), 50
- Heng Shan (south), 50, 52
- Hephaistos, 148

- Hepi te Heuheu, 266
 Hera, 148, 150
 Heracles, 149
 Hermes, 148
 hermitages
 European mountains, 156–57, 160, 281
 mountains and, 281
 see also monasteries.
 Herodotus, 181
 Herzog, Maurice, 2–3, 4, 9, 36, 43, 326, 329, 333,
 336–38
 Hesiod, 149
 Hesperus, Mount, 217
 Hestia, 148
 Hiei, Mount, 82
 hierophany, 132
 Hi'iaka, 271
 Hikurangi, 263
 Hikurangi, Mount, 263
 Hillary, Edmund, 19, 322
 Hilo, 271, 276
 Hilton, James, 72
 Himachal, 16, 352
 Himalaya, god, 18, 23, 297
 Himalayas, 15–44, 104, 175
 Annapurna and Machapuchare, 36–38
 as source of water and life, 289
 climate change and glacial retreat, 341, 343
 collision of cultures, 16–17
 deforestation/reforestation in, 344–45
 ecological damage in, 349
 embodiment of humanity's highest ideals and
 aspirations, 15
 Hindu scripture, 352
 in literature, 24, 74, 297
 Kailas, 22–32
 Kangchenjunga, 38–41
 Khumbila, 21, 285
 Nanda Devi, 32–36
 origins, 16
 power and beauty, 41–43
 sacredness, 17–18
 spiritual dimension, 333–34
 spiritual experience of the author, 353–54
 sunset display, 5, 15
 twilight display, 15
 W. H. Murray's experience, 352
 Himavat, 16
 Himinbjörg, 162
 Hindu Kush, 16, 342
 Hindus/Hinduism
 divine axis, 27
 Ganges pollution and, 349
 Himalayas and, 15, 17–18, 23, 27, 33, 37, 105,
 286, 290–91
 Meru and, 27
 philosophy, 17
 pilgrimages, 33
 South Asian mountains and, 105, 107
 Southeast Asian mountains and, 111, 118
 Hiona (Zion), 268
 Hira, Mount, 126
 Hlidskjalf, 162
 Hoavadunaki, 210, 211
 hogan, 218, 220, 222, 294
 Hokusai, Katsushika, 288, 289, 311–13
 Holocaust, 142
 Homer, 149
 Honshu, 81
 Hopi, 6, 9, 215–16, 221, 224
 Horae, 149
 Horeb, 132–33
 Horonuku Te Heuheu Tukino IV, 266
 Hua Shan, 50–51
 Huandoy, 246
 Huangshan, 282
 Huari Empire, 239
 Huascarán, 246
 Huayna Picchu, 253
 Hubbard Glacier, 202
 Hudson River School of Art, 318
 Huerfano Mesa, 220
 Hufford, Ben, 338
 Huitzilopochtli, 238
 hula, 271
 human race, origin myths, 206, 215, 217, 227, 274
 human sacrifices, 148, 235, 236–37, 238, 240,
 241–43
 Humboldt, Alexander von, 246
 Humphreys Peak, 221, 224
Hundred Thousand Songs of Milarepa, 24
 Hupa, 205

 I AM Foundation, 208
 Ibn Batuta, 108
 Ibsen, Henrik, 163
 Iceland, 161
 Ida, Hiyoshige, 92
 Ida, Mount, 147
 identity, mountains and, 288
Iliad (Homer), 148–50, 154
 Illampu, 243
 Illapa, 243
 Illimani, 239, 243
 Imams, 144
 Imja Tsho, 343
 immortality
 Central Asian mountains and, 79
 Chinese mountains and, 48, 62, 72
 Himalayas and, 20
 Japanese mountains and, 82, 87
 Middle Eastern mountains and, 129
 peaches of, 70–71, 72, 77, 287
 Inamura, 84
 Inca Ice Maiden, 241
 Incas, 233, 234, 239–40, 242, 247, 249, 253, 255

- India, 9
 climate change and, 341
 conservation and, 344
 Dravidians, 16
 Himalayas and, 15, 17
 major ancient religions, 16
 site of the Buddha's enlightenment, 63
 World Heritage Sites, 41
- Indian Ocean, 106
- Indian Removal Act, 228
- Indigenous Australians, 258, 278, 287
- Indo-Europeans
 Asia and, 16, 68, 105, 128
 European mountains and, 161, 164, 170
 Middle East and, 128
- Indonesia, 103–4, 110, 111, 112
- Indra, 27, 111
- Indus River, 18
- Indus Valley Civilization, 16
- initiations, 185, 190, 221, 222, 259
- Inner Mongolia, 50
- International Center for Integrated Mountain
 Development (ICIMOD), 31
- International Union for Conservation of Nature
 (IUCN), 348
- Intihuatana, 253
- Iran, 68, 120, 128–29, 301
 ancient, 129
- Iran, ancient
see also Persia.
- Ireland, 164, 166, 169–70, 287
- Iris, 149
- Iroquois, 227
- Iroquois Confederacy, 227
- Irrawaddy River, 110
- Irvine, Andrew, 325
- Isaac, 123, 127
- Isaiah, 124, 140, 144
- Islam
 Central Asian mountains and, 68–69, 77, 287,
 295
 Middle Eastern mountains and, 120, 126, 129,
 135, 141–42, 144, 289
 origins, 127
 South Asian mountains and, 105, 107
 Southeast Asian mountains and, 112
- Island of the Sun, 243
- Israel, 120, 124
 ancient, 121–22, 124, 131, 133, 138, 285
 modern, 121, 124
- Italy, 167, 173, 176, 342
- Iztaccíhuatl, 232, 234, 236, 255
- Izu Peninsula, 88
- Jabal al-Rahmah, 127
- Jackson, Andrew, 228
- Jade Emperor, 53, 59, 71
- Jainism, 16–17, 22, 24, 104
- Jamail, Dahr, 326
- James, Saint, 125, 253
- James, William, 197, 229–30
- Janaidar, 77
- Japan, 1
 freedom of religion established in, 85
 mountains in the art of, 310–14
 mountains of, 80–102
 World War II and, 85, 102
- Java, 110, 111, 112, 113
- Jaya, Mount, 256
- Jebel Helal, 133
- Jebel Katerina, 135
- Jebel Musa, 133, 134, 137
- Jebel Serbal, 133
- Jerusalem, 121, 124, 127, 138, 139, 142, 176, 285,
 288, 300
- Jesus
 European mountains and, 176
 Middle Eastern mountains and, 124–25,
 140
 paintings of, 314
 transfiguration, 125, 135, 136, 144, 254, 289
- Jikigyo Miroku, 89, 90, 91, 92
- Jiuhua Shan, 60
- John Climacus, 135
- John Frum Church, 257
- John the Baptist, 124
- John, Saint, 125
- Jomo Miyolangsangma, 19, 20
- Jomolangma (Mount Everest), 19
- Jones, Florence, 207
- Jordan, 120
- Joseph of Arimathea, Saint, 165
- Josephus, Flavius, 133
- Jotunheim, 163
- Journey to the West*, 71
- Judah, 285
- Judaism, 69
 Jerusalem and, 142
 Mount Sinai and, 123, 131, 133, 137, 143, 282
 Mount Zion and, 138, 143
 mountains and, 120, 122–23
 prophets in, 120–21, 124, 143, 144
see also individual prophets.
 psalms, 139
- Judaism, Israel and, 124
- Juktas, Mount, 147
- Junko Tabei, 85
- Jupiter Poeninus, 169, 173
- Justinian, 135–36
- K2, 6, 85, 329
- Kaata, Mount, 249–50
- Kadesh-barnea, 133
- Kaguya Hime, 87
- Kahiki (Tahiti), 269
- Kai Tahu, 263

- Kailas, 1, 17, 22–32, 291
 Bon and, 22, 25–26
 Buddhism and, 22, 26–27
 circumambulation, 24–25, 29–31, 51
 cosmic center, 23, 27, 29, 103, 111, 282
 gods dwelling on, 20
 height, 23
 Hindu mythology, 27
 Hinduism and, 22, 23–24
 in Tibetan literature, 24, 25
 Jainism and, 24
 Meru and, 104
 metaphors, 291, 292
 miracle contests on, 25–26
 pilgrimages to, 24
 proposed World Heritage nomination, 31–32
 references in Indian literature, 24
 sacredness, 22, 25
 Shiva and, 22–24, 27, 30, 103, 105, 107, 285, 291
 Southeast Asian mountains and, 104
 Sumeru and, 27
 sunset display, 29
 symbolism, 281
- Kailasanatha, 105
 Kailash, 25
 Kailash Sacred Landscape, 31–32
 Kakugyo Hasegawa, 88–89, 285
 Kali Gandaki Valley, 16
 Kalidasa, 24, 296–97, 299
 Kama, 23
kami, 81, 83, 96, 102
 Kane, 269, 275
 Kang Rinpoche, 25
 Kang Xi, 55
 Kangchenjunga, 5, 38–41, 288–89, 330
 Kankuamo, 251
 Karakoram, 15, 342
 Karisimbi, 183
 Karttikeya, 24, 106
 Karuk, 198, 205
 Kashgar, 68
 Kata Tjuta, 258, 260
 Katahdin, Mount, 228–29
katsinas, 216, 221–25, 286
 Kaua'i, 269, 270
 Kealoha Pisciotta, 275
 Kebra Nagast, 186
 Keck Observatory, 276
 Kedarnath, 33
 Kenya, 180, 182, 184, 189, 191, 194
 Kenya, Mount, 188–95, 284
 Kenyatta, Jomo, 189
 Kere-Nyaga, 189, 190, 284
 Khambegeu, 184
 Khangchendzonga National Park, 40
 Khmer people, 111
 Khotan, 68, 72
 Khumbila, 21, 285–86, 290
 Khumbu, 21, 285, 286
 Khumbu'i yul lha, 21
 Khumjung, 21
 Kibo, 184–85, 186, 187
 Kii Peninsula, 95, 101
 Kiisiwu spring, 221
 Kikuyu, 180, 182–83, 189–91, 193, 195, 284
 Kilauea, 262, 268–73, 278, 285
 active volcano, 269
 creation story of Hawaiian islands, 269–71
 Hawai'i Volcanoes National Park, 272
 height, 270
 hula dances, 271
 Kane and, 269, 275
 Pele
 fire goddess, 269–74, 285
 painting competition, 273
 stories, 269–71, 274
 Kilimanjaro, Mount, 180, 184, 305
 Kimpusenji temple, 83
 Kinabalu, 110
 Kingsolver, Barbara, 328
 Kiowa, 214
 Kipling, Rudyard, 7
 Kirghiz, 77, 78, 287, 295
kivas, 216, 222–23, 286
 Knossos, 147
 Kobo Daishi, 95, 96, 97, 98, 99–101, 287
 Koeteuw, Sue, 204
 Kogi, 251
 Kokushuzan, 89
 Komarkova, Vera, 37
 Kong Fu Zi (Confucius), 45
 Kongchen, 40
 Konglo Chu, 39
 Konohana Sakuya Hime, 87, 91–92, 311
 Korea, 64
 Korean War, 214
 Korykian Cave, 154
 Kosciusko, 257
 Koya, Mount, 95–102, 287
 cemetery, 97
 Dainichi Nyorai and, 98, 100
 height, 95
 Kobo Daishi and, 95, 96, 97, 98, 99–101, 287
 mandalas, 100–1
 meditation, 97
 monasteries and temples, 95, 96–97
 pilgrimages, 101
 Shingon Buddhism and, 82, 95, 96–98
 Koyukon Indians, 198–99, 216, 284
 Koyukuk River, 199
 Krakatoa, 110
 Krapf, Ludwig, 193
 Kronos, 147

- Kshitigarbha, 61
 Kubera, 24
 Kukai, 95
 Kumano, 101
Kumarasambhava (Kalidasa), 297
 Kunde, 21
 Kunlun, 67, 70–73, 79, 287
 Kupuna Committee, 272–73
 Kuwa'hi, 228
 Kyoto, 82–83
 Kyrgyzstan, 67–68
- La Mer* (Debussy), 314
 La Plata Range, 217
Ladder to Paradise (Climacus), 135
 Laguna Pueblo, 216, 231
 Laka, 271
 Lakota Sioux, 211, 213
 landscape painting
 Eastern, 27, 308–14
 Western, 197, 314–20
 landscape photography, 319
 Lao Zi, 46
 Larsa, 121
 Lascaux Cave, 180
 Latin America, 232, 233, 254–55, 341
 early civilizations, 233–34, 251, 253
 see also Aztecs; Incas; Maya.
 see also Andes.
 Lausanne, 171
lavras, 157–58
 Lebanon, 120
 Lenana, Point, 189, 192–93
 Leonardo da Vinci, 314
 Lepchas, 39, 288
 Lewis glacier, 193
 Lhasa, 74
 Lhatsun Chembo, 40
 Li Bo, 296, 297–98
 Lichtenstein, 167
 literature
 Eastern, 296–99
 European mountains and, 158, 163, 167,
 169
 Greek, 149
 Himalayas in, 24, 74, 297
 mountains in, 296–307
 Olympos in, 149–50
 Western, 296, 299–307
 Little Big Horn battle, 213
 Llullaillaco, 240, 242, 243, 253
 Lombardy, 176
 Long March, 49
 Lorenzo, José Luis, 237
 Los Angeles, 346
Lost Horizon (Hilton), 40, 72
 Louise, Lake, 213
 Love of Life Cliff, 59
- Loyang, 47, 49
 Lu, 59
 Ludlow, Fitzhugh, 316
 Luther, Martin, 144
 Lykaion, Mount, 148
- Maasai, 183, 193
 Machapuchare, 37, 38
 Machen Pomra, 73–74
 Machu Picchu, 252
 Mackinder, Halford, 193
 Macron, Emmanuel, 176
 Madras (Chennai), 105
Magic Mountain (Mann), 302–3
Mahabharata, 18, 24, 281, 290, 334
 Mahadewa, 114
 Mahameru, 114
 Maharshi, Ramana, 105
 Mahavira, 24, 104
 Mahdi, 144
 Maheo, 213
 Maichak, 233
 Maine, 229
 Majapahit Dynasty, 112
 Makundi, Willy, 187
 Malaysia, 110
 Male, Mount, 180
 Mallarach, Josep-Maria, 349
 Mallory, George, 322–25
 Mama Cotacachi, 341
 Manasarovar, Lake, 28, 29, 32
 Manchuria, 55
 mandalas
 Himalayas and, 327
 Japanese mountains and, 100–2
 Kailas in, 27, 291
 Southeast Asian Borobudur, 112
 visions and, 330
 Mandara, 21, 112
 Manet, Edouard, 313
 Manicheism, 68
 Manifest Destiny, 317
 Manjushri, 61, 62, 63
 Mann, Thomas, 296, 302
 Manu, 34
 Manyoshu, 86
 Mao Zedong, 49
 Maori, 261, 262–68, 278, 288
 Marcy, Mount, 229–31
 Margherita, 182
 Martin, Jim, 272
 Maruto Miyamoto-ko, 91–92
 Mary, Virgin, 136, *see* Virgin Mary.
 Masis, 130
 Mato Paha, 213
 Mato Tipila, 214
 Matsudai Shonin, 88
 Matterhorn, 106, 146, 167, 172, 246, 330

- Mau Mau movement, 191
 Maui, 269, 270
 Mauna Kea, 261–62, 269, 270, 273–78
 born of Sky Father and Earth Mother, 274
 height, 269
 highest mountain in the world, 269
 Lake Waiau and Waters of Kane, 275
 Native Hawaiian protests, 276–77
 piko or umbilical cord, 274
 Poli'ahu and Pele struggle, 273
 sacred value for Native Hawaiians and astronomers, 277
 telescopes on summit, 277
 Thirty Meter Telescope (TMT) controversy, 276–77
 Mauna Kea Anaina Hou, 275
 Mauna Loa, 261–62, 268–73, 274
 Maungapohatu, 268
 Mawenzi, 184, 185
 Maya, 233–34, 235, 238
 M'batian, 193
 McKinley, Mount, 198, *see* Denali (Mount McKinley).
 McKinley, William, 200
 Mecca, 107, 126–27
 medicinal plants/substances, 204, 215, 220, 231, 248–49, 275, 289, 342, 349
 meditation
 Chinese practices, 289
 climbing as, 333
 Japanese mountains and, 82, 88, 97
 Latin American mountains and, 251
 North American mountains and, 347
 Oceania, 257
 South Asian mountains and, 119
 Southeast Asian mountains and, 119
 meditation caves, 68
 Mediterranean, 121, 123, 146, 179, 181
 Medusa, 181
 Meiji Restoration, 85, 102
 Mekong River, 110
 Melanesia, 256
 Mena, 18
 Menelik, 186
 Menelik II, 186
 Mephistopheles, 163
 Mercouri, Melina, 153
 Meru (mythological), 27, 284, 291, 304, 334
 Bali and, 113–14
 cosmic center status, 103, 105, 111–12, 114, 118, 128, 282, 304
 in *Mahabharata*, 290
 Southeast Asian mountains and, 111–12
 “Meru” (Yeats), 304, 305
 Meru, Mount, African, 187
merus, 114
 Mesopotamia, 121
 messianism
 Middle Eastern mountains and, 124, 128, 140, 143–44, 288
 Oceania and, 268
 Messner, Reinhold, 330
 metaphors
 dead, 295
 interaction between the terms of, 292
 mountain, 291–95
 tension between terms of, 292
 musical chord analogy, 293, 294
 stereoscopic viewer analogy, 292, 293
 theories, 291
 Mexica, 235
 Mexico, 211, 232, 233, 254, 255
 Mexico City, 234, 254
 Mexico, mountains of, 234–36
 Michael, Saint, 166, 176
 Micronesia, 256
 Middle Ages, 177, 314, 339
 Middle East, 1
 mountains of, 120–45
 see also Sinai, Mount; Zion, Mount.
 Milarepa, 18, 25–26
 Miller, Irene, 37
 Miller, Joaquin, 206
 Minnesota, 211
 Minoan civilization, 147
 Miroku, 89
 Mitchell, Mount (Attakulla), 227
 Moche, 239
Modern Painters (Ruskin), 315
 Modocs, 205–6
 Moerangi, 268
 Mogongo jo Mugwe, 183
 Mohenjodaro, 16
 Mokoia, 268
Mona Lisa (da Vinci), 314
 monasteries
 Central Asian mountains, 74
 Chinese mountains, 49, 63
 Eastern Europe, 135
 European mountains, 146, 156–58, 160–61, 177
 Himalayas, 19–20
 Japanese mountains, 82, 96
 Korea, 64–65
 Middle Eastern mountains, 131, 135–36, 158
 mountains and, 281
 Monastery of Grigoriou, 160
 Monastery of Saint Catherine, 135, 158
 Monastery of Studios, 125
 Monboso, 314
 Mongolia, 67, 75–76
 monsoon, 15, 23, 35, 344
 Monster Slayer, 220
 Mont Blanc, 146, 167, 172, 173–76, 178, 323, 335
 birth of alpinism, 174
 climate change and, 343

- first ascent, 174
 Goethe on, 174
 lack of protection, 176
 Saint Bernard and, 173
 sense of the sublime and, 174
 Shelley on, 174
 Mont Saint Michel, 176, 178
 Mont Sainte-Victoire, 317–18
 Montana, 211, 212
 Monte Rosa, 314
 Montserrat, 177, 178
 Moran, Thomas, 197
 Moriah, Mount, 123, 124, 126, 139, 141, 286
Morning in the Reiseengebirge (Friedrich), 315
 Morocco, 181
 Moses, 8, 123
 burning bush, 8
 Islam and, 77, 126
 Sinai and, 8, 9, 123, 131–32, 133–35, 139, 289, 294, 331
 transfiguration and, 125, 136
 Mosque of Omar, 140, 141
 Mother of God, 157, 287
Mount Analogue (Daumal), 305–7
 Mount McKinley National Park, 200
 Mount Rainier National Park, 287, 346
Mount Williamson, Sierra Nevada, from Manzanar (Adams), 320
 Mountain Brachah Society, 205
 Mountain Institute, 273, 345
Mountain That Was “God” (Williams), 202
 Mountain Wilderness International, 176
 mountain worship, 1–2, 286
 Africa, 1, 284
 Himalayas and, 17, 33, 74
 Japanese mountains, 81, 85, 89, 90
 Latin America, 233, 235, 240, 243, 249, 253, 255
 Native Americans, 197
 Northern Europe, 169
 South Asia, 111, 113
 see also worship, mountains as places of.
 mountaineering, 175
 African mountains and, 194
 “because it is there” motivation, 324–25
 China’s promotion of, 65
 European mountains and, 175
 father of, 174
 Latin American mountains, 240
 North American mountains, 203
 spiritual dimensions, 321–36
 spiritual motivations, 324–26
 “Mountaineering as a Religion” (Stutfield), 177
 mountaineers, traditional views of sacred mountains and, 326–36
 Mountains of the Moon, 181–82
 Moving Sands, 71
 Muchugo, Moses, 191
 Muckleshoot, 204
 Muhammad, 77, 108, 126–27, 135, 144, 289
 Muhavura, 183
 Muir, John, 208, 209–10, 282, 286–87, 289, 319, 328, 331, 339, 346
 Mukti Datta, 34
 Müller, Johann, 171
 Munsalvaesche, 165
 Murayama route, 93–94
 Murayama Sengen Shrine, 93
 Muriithi, Kiboi, 191
 Murray, W. H., 352
 Muses, 148, 154, 155
 music, 163, 218, 271, 292, 293–94, 295, 314, 335
 Mustard Seed Garden Manual of Painting, 315
 Mutijilda, 260
 Mutijulu, 258
 Muztagh Ata, 76–78, 287, 295
 Mwene-Nyaga, 189
 “My Delirium on Chimborazo” (Bolívar), 247
 Myanmar (Burma), 15, 103, 110
 mystery of the sacred, 6
 mysticism, Sufi, 127–28
 mythology
 Australian, 258–60
 African, 185
 Celtic, 164
 Greek, 27, 149–50, 153, 155
 Indian (Hindu and Buddhist), 16, 20, 22, 23–24, 27, 32, 34, 107, 111, 112, 114, 128
 Latin American, 245–46, 248
 Maori, 263, 265
 Native American, 197, 199, 203–4, 206, 217, 219, 227
 Native Hawaiian, 261–62, 269–71
 Norse, 146, 161–63
 Mytikas, 152

 Nablus, 124
nagas, 38
nahuals, 237
 Nairobi, 189, 190
 Namche Bazaar, 21
 Nanda Devi, 32–36, 285–86, 329, 340
 climbing history, 34–35
 flood myth, 34
 height, 32
 Hindu goddess of, 32
 modern myth of Nanda Devi Unsoeld, 35–36
 peaks around, 32
 pilgrimages and past disaster, 33
 pilgrimages and past flood, 34
 shamanistic ritual, 34
 Nanda Ghunti, 32
 Nanda Khat, 32
 Nanda Kot, 32
 Nanga Parbat, 329
 Nanjing, 47
 Nantaizan (Fudaraku), 2

- Naro Bhun Chon, 25–26
Narrow Road to the North (Basho), 298
 National Academy of Sciences, 349
 National Geographic Expeditions Council, 152
 National Historic Preservation Act, 208
 National Parks
 African mountains and, 194
 conservation and, 348
 Himalayas, 40
 North American mountains, 41, 200, 266, 348, 349
 Oceania, 261, 266, 272, 285
 secular pilgrimage role, 345
 Native Americans
 ancestry, 198
 attitudes toward sacred natural sites, 8, 338
 creation myths, 206, 217
 mountain worship, 197
 Western art and, 317
 Native Hawaiians, 261
 telescope construction plans and, 275–78
 Navajo, 6, 9, 197, 215–16, 221
 Navajo Mountain, 220
 Navajo Nation, 226
 Navajo, sacred mountains of, 217–20, 230, 290, 294, 338
 navel of the world, 26, 114, 155, 284
 Nazareth, 125
 Nazca, 239
 Nazca Lines, 252
 Nazca Plate, 239
 Nazism, 302
 Nebo, Mount, 123
 Negev, 133
 Nelion, 189, 191, 193
 Neo-Classical period, 315
 Nepal
 Everest and, 20
 Himalayas and, 15, 18
 Nestorian Christianity, 68
 New Guinea, 256
 New Jerusalem, 141, 268
 New Mexico, 215–17, 220, 231
 New Testament, 124–25, 140, 323
 New York State, 229
New York Times, 276
 New Zealand, 261, 262–68, 278, 288
 national parks, 266
 Ngai, 180, 189, 190, 191, 193
 Ngai Tahu, 288
 Ngai Uenuku, 266
 Ngati Rangī, 266
 Ngati Tuwharetoa, 264, 266, 285
 Ngatoroirangi, 264
 Ngauruhoe, 264, 266–67
 Ngongotaha, 268
 Nibutsu Hime, 96
 Nicholson, Marjorie Hope, 169
 Nietzsche, Friedrich, 301
 Night of Glory, 126
 Nile, 181
 Nilgiri Hills, 104
 Nilkanth, 344
 Nilo-Hamites, 182–83
 Niman ceremony, 223
 Ninaistakis, 211
 Niñokorin, 249
nirvana, 16, 24, 28, 312–13
 Nisqually, 203, 204, 346
No Picnic on Mount Kenya (Benuzzi), 193
 Noah, 34, 123, 129–30, 131, 156, 288, 290
 Noahavose (Bear Butte), 213–14, 215
 Noble Sanctuary, 141–42
 Norgay, Tenzing, 262
 Norse mythology, 146, 161–63
 North America, 196–231
 historical change in attitudes towards the mountains of, 196–97
 mountains of, 196–98
 North Carolina, 227, 228
 North Cascades National Park, 348
 North Korea, 44
 Northern Europe, mountains of, 161–78
 Northern Song Dynasty, 309
 Northern Wei Dynasty, 50
 Norway, 161, 163
Nouvelle Héloïse (Rousseau), 300–1
 Noyce, Wilfred, 38
 Nuva, 223
 Nuvatukya'ovi, 221
 Nyerere, Julius, 194

 oases, 67–68, 70
 Obama, Barack, 200
 observatories, in Oceania, 275, 276–78
 Oceania, 256–78
 Odin, 162
Odyssey (Homer), 149–50, 284
 offence (against gods/spirits), 21, 33, 35, 38, 88, 167, 201–2, 213–14, 224–25, 271
 Oklahoma, 228
 Ol Doinyo Lengai, 179, 183
 Old Testament, *see also* Torah, 121–22, 138, 144
 Olduvai Gorge, 180
 Olgas, 258
 Olives, Mount of, 125, 288
 Olmec, 233
 Olympic Mountains, 203
 Olympus, Mount, 1, 146, 148–54, 161, 167, 193, 203, 265, 284, 285
 Alexander the Great, 151–52
 archaeology, 151–52
 Dion, 151, 152
 height, 150
 Iliad, in, 148–50, 154

- Mytikas, 150, 152
Odyssey, in, 149–50, 284
 protests over proposed cable car and resort, 153
 summits, 150
 Throne of Zeus, 150
 twelve Olympians, abode of, 148
 Zeus, abode of, 148
- Omine, Mount, 83, 84, 85, 101, 290
omphalos, 155, 284, 290
One Hundred Views of Fuji (Hokusai), 311, 313
 Ontake, Mount, 82
 Oracle of Delphi, 285
 Oregon, 198, 205
 Orizaba, 236
 Osh, 68
 Ossa, 149
 Otto, Rudolf, 3
 Ottoman Turks, 142
 Our Lady of the Snows festival, 171, 176
 Outward Bound School, East African, 194
ovoo, 75
 Owens Valley, 198, 210
 Owle, Freeman, 228
- Paccard, Michel, 174
 Pachacuti, 243, 247
 Pachamama, 245, 253
 Pacific islands, 103
 Pacific Northwest, 204, 288
 Pacific Ocean, 80, 95, 205, 239, 256, 261
 Padma Sambhava, 17, 19, 21
 Paektu San, 44
 paintings, cave, 180
 Pakistan, 15–16, 342
 Palestine, 142
 Pamir Mountains, 67, 68, 76, 79, 287, 295
 Pan, 154
 Pandermalis, Dimitrios, 151
 Panther Meadow, 207
 Papahānaumoku, 274
 Papatūānuku, 263, 267
 Papua New Guinea, 256–57
 paradise
 Central Asian mountains and, 77
 Middle Eastern mountains and, 122, 128
 mountains as, 287, 328
 Oceania and, 263, 328
- Parnassos, Mount, 147, 148, 154–56, 285, 290
 Parrot, Frederic, 130
Parsifal (Wagner), 165, 177
 Parthenon, 147
 Parvati, 18, 23, 32, 297
Parzival (Eschenbach), 164
 Pascal, Blaise, 5
 Passamaquoddy, 229
 Patagonia, 232, 239
 Patrick, Saint, 166, 287
 Pavasiuki ruins, 224
 Pavilion of the Great Holy Manjushri for the
 Protection of the Nation, 62
 Pawnee, 214
 peaches of longevity/immortality, 70–71, 72,
 77, 287
Peer Gynt (Ibsen), 163
 Pele, 269–74, 285
 Pelion, 149
 Peloponessos, 154
 Pemón Indians, 233
 Penanggungan, Mount, 112
 Penobscot, 229
 People's Liberation Army, 58
 perfection, 47, 86, 135, 139, 146, 159, 167, 178, 284,
 302, 309, 343
 Perseus, 181
 Persia (Iran), 16, 129, 151, 155
 Peru, 233, 239, 240, 241, 244, 252, 253, 342
 Peru-Chile Trench, 239
 Peter the Athonite, 157
 Peter, Saint, 125, 253
 Petrarch, 170, 314
 Phaistos, 147
 Philippines, 103
 Phoenix, Arizona, 68
 Pico de Adam, 107
 Pico de Orizaba (Citlaltépetl), 234
 Piedmont, 176
 Pieria, 150
 Pihanga, Mount, 265
 Pikes Peak, 211
 Pilate, Pontius, 171
 Pilatus, Mount, 171
 pilgrimages/pilgrimage routes
 Central Asian mountains, 74
 Chinese mountains, 53, 55, 56, 58, 61–62
 commemorating activities of saints and
 deities, 286
 commercialization, 178
 environmental impact, 344, 349
 European mountains, 166, 170, 176, 290
 Five Great Places of Pilgrimage, 63
 Himalayas, 24, 32–33, 290, 304
 Japanese mountains, 83, 91–92, 98, 101
 Latin American mountains, 236, 248, 249,
 254
 Middle Eastern mountains, 127, 134
 mountains and, 281
 North American mountains, 223–24
 South Asian mountains, 104–5, 108–10
 Pisciotta, Kealoha, 277
 Pit River tribe, 205
 Pitjantjatjara, 259
 Pius XI, Pope, 334
 Pizol glacier, 343
 Platform for Looking at Lu, 58
Playground of Europe (Stephen), 178
 Pleiades, 215, 249

- poetry
 Eastern, 4, 297, 298
 religious writings and, 293
 Western, 174, 303–4
- Pokhara, 37
- Pole Star Pointing Rock, 58
- Poli'ahu, 273
- pollution
 Fuji, 92
 Ganges River, 349
 Japanese mountains, 32
 North American mountains, 226, 230–31
- Polynesia, 256, 261–62
- Pope, 144
- Popocatepetl, 234, 236–37, 255
- Portrait of Père Tanguy* (Van Gogh), 314
- Portuguese, 107
- Poseidon, 148
- power, of mountains, 1–8, 285
- Precious Parents, 89
- Preface on Landscape Painting* (Zong Bing), 308
- Presena glacier, 342
- Princess of Azure Clouds, 57–58
- Profitis Ilias, 152
- Prometheus, 156
- promised land, 121, 123, 133, 316
- Protestant Movement, 144
- protests, 153, 208, 276
- Psalm 121*, 122
- Psalm 125*, 8, 122, 286
- Psalm 2*, 143
- Psalm 48*, 139
- Psalm 50*, 139
- Psalms*, 122, 139
- Ptolemy, 181
- Pueblos, 197, 215–16
- Puget Sound, 203, 265
- Pujinim Barahar, 38
- Pumasillo, 253
- Pura Besakih, 114
- Pura Pasar Agung, 117
- Puranas, 16
- Purgatorio* (Dante), 299
- Purgatory, Mount, 171, 299–300, 306–7, 334
- Purohit, A. N., 344
- Purple Palace, 62
- Puruhá, 246, 288
- Pusan, 65
- Putauaki, Mount, 265
- Putuo Shan, 60
- Puyallup, 198, 203, 204
- pyramids, 121, 232, 234, 238
- Pythia, 155
- Python, 155
- Pyu, 111
- Qaf, 128
- Qian Long, 55
- Qin Shi Huang, 53–54, 59
- Qing Dynasty, 63
- Qollahuaya, 249
- Qomolangma (Mount Everest), 66
- Qoyllur Rit'i, 248, 249, 342
- Qualla Boundary, 228
- Quechua language, 253
- Queen Mother of the West, 70
- Quehar, 241
- Quichua people, 341
- Quito, 340
- Qur'an, 68, 77, 126–27, 289
- Radiant School of Seekers and Servers, 208
- radiation pollution, 230–31
- Ragnarök, 162
- Raiatea, 261, 262
- Rainier, Mount, 198, 202–5, 265
 flood myth, 203–4
 icon of the Pacific Northwest, 204
 Mountain That Was "God", 202
 native names, 202
 stories of moving across Puget Sound, 203
 symbolism, 288
 tribes for whom sacred, 203
- Rajgir, 104
- Rajis, 34
- Rakinui, 263
- Ramayana, 24
- Randall, Robert, 249
- Rangi, 267
- Ratnapura, 108
- Raven, 199
- Rawling, C. G., 28
- rebirth, 22–23, 74, 84–85, 105, 352
- Rebmann, Johannes, 193
- Rébuffat, Gaston, 4, 175
- Records of a Weather-Exposed Skeleton* (Basho), 299
- Red Army, 49
- Red Crater, 267
- Red Sea, 133
- Reinhard, Johan, 152, 155, 241, 252–53
- religion
 Chinese mountains and, 65
 European mountains and, 156–61
 Japanese mountains and, 81, 82–85
 Latin American mountains and, 233, 235–36, 237, 240, 242–43, 247–48, 249, 253–55
 Middle Eastern mountains and, 120
 mountains and, 282, 290
 Oceania, 257, 271
 Olympos and, 152–53
 Silk Route and, 48, 68
 see also individual religions and religious figures.
- Renaissance, 314–15
- Reusch, Richard, 186–87
- Rey, Guido, 3, 334
- Reynolds, Jan, 78

- Rhea, 147
 Rhita Gawr, 165
 Richards, I. A., 292
 Rig Veda, 16
 Rinjani, Mount, 117
 Rio Grande Valley, 215–16
 Rishabhanatha, 17
 Rishi Ganga, 32, 34
 Ritter, Mount, 209–10
 Roche Melon, 171, 176
 Rochester, 227
Rocky Mountain Landscape (Bierstadt), 316
 “Rocky Mountain School”, 316
 Rocky Mountains, 175, 196–97, 211
 Canadian, 197, 211, 213
 depiction in art, 197, 316–17
 Roman Catholics, 144
 Roman Empire, 164, 170
 Romanticism, 168, 174, 314, 315–16, 317
 Rongbuk monastery, 19–20
 Rosicrucians, 208
 Rotario, Bonifacio, 171
 Rotorua, 264
 Rousseau, Jean-Jacques, 168, 289, 300
 Rowell, Galen, 78
 Rua Kenana, 268
 Ruapehu, 266
 Rup Kund, 33
 Ruskin, John, 315
 Russian Orthodox Church, 158
 Ruwa, 184–86
 Ruwenzori, 179, 181–82, 183
 Rwanda, 183
- Sacramento Valley, 208
 Sacred Mountains Program, 273, 345–48
Sacred Theory of the Earth (Burnet), 167
 sacred, the
 beauty and goodness, 5
 divine and demonic, 3–4
 highest ideals and aspirations, 2, 15, 120
 love, 4–5, 9
 mystery, 1, 3, 6–7
 power, 1, 4–5, 7, 9
 spiritual attainment, 1, 6
 the sacred and the profane, 8, 27, 99, 105, 132, 301, 336, 338, 352
 the unknown, 6–7, 79
 ultimate meaning, 9
 ultimate reality, 8, 9, 26–27, 82, 88, 98, 308, 319–20, 324–25
 ultimate value, 9, 327
 wonder and awe, 3, 282, 283, 307, 336, 351–52
 sacredness
 African mountains, 194
 Aoraki, 264
 Central Asian mountains, 78
 Chinese mountains, 45–49
 cultural diversity of views, 282–83
 European mountains, 146, 167–68, 170, 177–78
 Everest, 19–21, 284, 327
 Hawai’i volcanoes, 272
 Himalayas, 17–18
 Japanese mountains, 81, 85
 Kailas, 22, 25
 Kangchenjunga, 38
 Mauna Kea, 274–78
 Mount Zion, 266
 Navajo Mountain, 220
 North American mountains, 197, 198, 200, 204–5, 209, 213, 217–20, 230–31, 290, 294, 338
 Sierra Nevada de Santa Marta, 251
 sacrifice
 Latin American mountains and, 243
 see also human sacrifices.
 Middle Eastern mountains and, 124, 141
 sacrifices
 on Gunung Agung, 117
 on Mount Kenya, 189–90
 on Nanda Devi, 33
 on Olympos, 151
 on Tai Shan, 53
 Sagarmatha (Mount Everest), 20–21
 Sahagún, Bernardino de, 235
 Sahara, 179
 Saint Elias, Mount, 200–2, 265
Saint Francis Receiving the Stigmata (Veneziano), 314
 Saint Michael’s Mount, 176
 Salamis, battle of, 155
 Salcantay, 253
 Salem, 138
 Salween River, 110
 Saman, 108, 109
 Samanala Kanda, 108
 Samantabhadra, 61
 Samaritans, 124
 Samoa, 261–62
samsara, 312
 San, 180
 San Francisco, 208, 349
 San Francisco Peaks, 1, 9, 217, 218–19, 220–26
 ancestors in, 221, 224, 287
 development plans, 225–26, 338
 Dook’o’oosliíd, Navajo name, 217
 height, 221
 Hopi Indians and, 221–26
 katsinas in, 221–25, 286
 Navajo people and, 221
 Nuvatukya’ovi, Hopi name of, 221
 pilgrimages to, 224–25
 pollution, 230
 rituals of healing, 218, 219–20
 ski area controversies, 225–26, 338
 source of rain, 221–24
 sanatoriums, European mountains and, 289

- sanctuaries, mountains as, 49
 Sandia Crest, 216
sangaku shinko, 81, 83
 Sanghyang Widhi Wasa, 114–15, 118
 Sangre de Cristo Mountains, 217
 Sanskrit, 21, 24, 37, 96, 105, 297, 325
 Santa Monica Mountains National Recreation Area, 346
 Santiago, 253
 Satan, 157, 173
 Saudi Arabia, 120, 142
 Saussure, Horace Bénédict de, 174–75
 Savai'i, 262
 Save the Peaks Coalition, 226
 Scandinavia, 146, 161
 Scheuchzer, Johann Jacob, 172
Scientific American, 276
 Scott, Doug, 331
 Seattle, 202, 204, 288
 “Second Coming” (Yeats), 304
Secret History of the Mongols, 76
 Seir, Mount, 133
 self-transcendence, 209, 302, 322–23, 332
 Semeru, Mount, 112, 117
 Seneca, 227
 Sengen Daibosatsu, 88
 Sengen Dainichi, 88, 89
 Sermon on the Mount, 125
 Sesshu Toyo, 310
 Shaa Tlein, 200
 Shailendra Dynasty, 111
 Shaivites, 107
 Shambhala, 69, 72, 79, 290
 Shan sacrifice, 53–54
 Shandong Province, 52
 Shanghai, 52
 Shangri-La, 40, 72, 79
 Shanxi Province, 50, 61
 Shasta Abbey, 208
 Shasta Ski Bowl, 208
 Shasta tribe, 205
 Shasta, Mount, 197–98, 205–8
 Sheba, 186
 Shelley, Percy Bysshe, 174, 289
 Shenrab, 17
 Sherpas, 20–21, 285, 343
 Shiites, 144
 Shikoku, 98
 Shingon Buddhism, 82, 95, 96–98, 100–1, 287
 Shinto, 81, 83, 85, 91, 96, 102
 Shiprock, 220
 Shipton, Eric, 34–35, 78, 193
 Shira, 184
 Shiva, 18, 114–15, 297
 Adam's Peak and, 107
 Annapurna and, 37
 Himalayas and, 16
 Kailas and, 22–24, 27, 30, 103, 285, 291
 Machapuchare and, 38
 South Asian mountains and, 103–6, 107
 Southeast Asian mountains and, 118
 temple, 33
 Shivan Adipadam, 108
 Shivling, 291
 Shodo, 2
 Shotoku Taishi, 88
 Shravana Belagola, 104
 Shugendo, 82–85, 93, 289, 298, 311
 Fuji and, 88
 Haguro and, 84–85
 Omine and, 83, 85, 290
 Yoshino and, 83
Shujing, 45, 50
 Shun, 45, 47, 50, 53
 Siberia, 197, 198
 Sichuan Province, 61
 Sicily, 148
 Siddhartha Gautama, 16
sidhe, 164–65
 Sierra Club, 226, 286
 Sierra Madre Occidental, 234
 Sierra Madre Oriental, 234
 Sierra Nevada, 196–97, 286, 290
 height, 198
 wilderness and, 338
 Sierra Nevada de Santa Marta, 250–55, 341
 Sierra Volcánica Transversal, 234
 Sikhism, 17
 Sikkim, 15, 32, 39–40, 288
 Silk Route
 Central Asian mountains and, 67–68, 71–72, 74, 76
 Chinese mountains and, 284
 religion and, 48, 68
 Wudi and, 54
 Simón Bolívar, Pico, 250
 Simpon Pass, 167, 168
 Sinai Peninsula, 135
 Sinai, Mount, 131–38, 143, 282
 ascent of, 137
 Bible and, 124–26
 cable car plans, 136
 height, 131
 Monastery of Saint Catherine, 135
 Moses and, 8, 9, 123, 131–32, 133–35, 139, 289, 294, 331
 Mount Zion and, 143–45
 paintings of, 314
 sacredness, 133
 transcendence, 134
 Sinhalese, 105
 Siniolchu, 41, 328
 Sioux, vision quests, 211–12
 Siripada, 107
 Sisaajini, 217
 Siwa, 115

- Skadi, 163
 Skanda Purana, 104
 ski runs, North American mountains, 225–26
 Skolio, 152
 Slovenia, 167
 Sluisin, 203
 Smythe, Frank, 5, 325, 330
 Snow Katsinas, 223
 Snow, John, 213
 Snowdon, Mount, 165
Snows of Kilimanjaro (Hemingway), 305
 Society Islands, 261–62
 Sogol, Pierre, 306
 Solomon, 139, 186
 seal of, 186–87
 Temple of, 124, 140, 142
 Song Dynasty, 51, 54
 Song Shan, 50, 52, 283
 Sonjo people, 183
 Soto sect, 82
 Sourdoughs, 200
 South Africa, 180
 South America, 232, 239, 246
 South Asia, mountains of, 103, 104–10
 South Dakota, 211
 South Gate of Heaven, 53, 56–57
 South Iliniza, 341
 South Korea, 44
 South Pacific, 261–62
 Southeast Asia, 103, 285
 mountains of, 110–19
 Southwest, US
 environmental damage in, 349
 Native Americans of, 6, 198, 215–17
 primordial landscape, 196
 uranium mining, 230–31
 Spain, 177
 spiritual dimensions of mountaineering, 321–36
 sports stadiums, 336
 Squaxin Island, 204
 Sri Lanka, 103, 104, 105, 106, 108
 Sri Pada, 106
 Stanley, Henry, 181
 Stein, Aurel, 76, 77, 78
 Stephen, Leslie, 178, 335
 Stevens, Hazard, 203
 Stoney Indians, 213
stupas, 60, 76–77, 112, 295
 Stutfield, H. E. M., 177
 Sufi mysticism, 127–28
 Suharto, 118
 Suicide Cliff, 59
 Sukarno, 115
 Sulaiman, 68
 Sulaiman-Too, 68
 Sumana, 108
 Sumanakuta, 106, 108
 Sumer, 120–21
 Sumeru, 27, 71, 112, 284
 Sun Viewing Peak, 58
 Sunnis, 144
 sunrise displays
 Fuji, 95
 Lenana, 192
 Mauna Kea, 274
 Tai Shan, 58
 Sunset Crater, 224
 sunset displays
 Everest, 353
 Himalayas, 5, 15, 29, 353
 Kailas, 29
 Machapuchare, 38
 Mauna Kea, 274
 Sweden, 161
 Sweet Medicine, 213
 Swift, Hugh, 31
 Switzerland, 164, 167, 173, 178, 342–43
 symbolism
 Ararat, 288
 climbing a mountain, 334
 Everest, 9, 321–22
 Fuji, 9, 86, 88, 102, 288, 346
 mountains, 9, 125
 sacred mountains, 281–95
 Sinai and Zion, 144
 Symeon, Saint, 159
 Syria, 120
 tabernacle, 133, 139
 Tabor, Mount, 125, 135, 144, 254, 289
 Ta-co-bet, 204
 Tacoma, 202, 203–4, 288
 Tacoma city, 204
 Taegu, 65
 Tahiti, 261, 269
 Tahoma, 202
 Tai Shan, 1, 44, 50–60, 139, 283–84, 286, 289, 297
 cable car, 65
 Chinese emperors and, 54, 65
 death and, 56, 59, 287
 height, 52
 immortality and, 54
 pilgrimages, 53, 55, 56, 58
 poets and, 52, 60
 Qin Shi Huang and, 53–54, 59
 symbolism, 281
 Wudi and, 54, 72
 Tai'an, 53
 Taizong, 62
 Taj Mahal, 41
 Tajikistan, 67
 Taklamakan Desert, 67, 70, 72
 Tamils, 105
 Tang Dynasty, 49, 52, 63, 309
 Tanganyika, 194
 Tanna, 257

- tantric meditation, 119
 Tanzania, 182–84, 194
 Tara, 38
 Taranaki, Mount, 265
 Tarboche, 30
 Tarim Basin, 67
 Tateyama, 81
 Taugwalders, 330
 Taupo Volcanic Zone, 262
 Tauwhare, Mount, 265
 Taylor, Mount, 216–17, 230–31
 Tayrona, 251
 Te Aroha, 264
 Te Aroha-a-tai, 264
 Te Aroha-a-uta, 264
 Te Tatau o te rangi, 265
 Te Waka o Aoraki, 263
 tectonic plates, 80, 167, 198, 205, 234, 239, 261, 262
 Teiresias, 153
 Teka, Naomi, 268
 Tel Aviv, 124
 telescopes, Oceania and, 276
 Temahani, Mount, 262
 Temple Mount, 124, 126, 140, 141, 142, 284, 286, 288
 Temple of Solomon
 First, 124, 139
 Second, 124, 140, 142
 Temple of the Eastern Peak, 56
 Temple of the Jade Emperor of Heaven, 58, 59
 temples
 Chinese mountains, 50, 51, 57–59, 61, 62
 cosmic centers and, 105
 European mountains, 146–47, 169
 Himalayas, 281
 Japanese mountains, 83
 Latin American mountains, 238, 253
 Middle Eastern mountains, 121, 139
 mountains and, 60, 105, 112, 277, 281, 286–87
 Southeast Asian mountains, 114, 117
 Temujin (Genghis Khan), 75
 Ten Commandments, 120, 125, 126, 131, 132, 134
 Ten, Lilia, 68
 Tendai sect, 82
 Tengboche monastery, 20
 Tengboche Rinpoche, 20
 Tenger, 75
 Tenochtitlán, 233, 234, 236
 Tenzing Norgay, 19, 322
 Teotihuacán, 234–35
 Tepeilhuitl, 236
 Tepeyac, 254
 tepuis, 232
 terracotta army, 53
 Tethys, 16
 Tetons, 211, 291
 Tewa, 216
 Thailand, 103
 themes, mountain, 283–91
 ancestors/the dead, 287–88
 center, 284–85
 deities or their abodes, 285
 height, 283–84
 identity, 288
 paradise/garden, 287
 power, 285
 revelation, transformation, inspiration, and
 renewal, 289–91
 source, 288
 temples, 286–87
 Themistocles, 155
 Theodore, 125
Theogony (Hesiod), 149
 Theravada Buddhism, 105
These Mountains are our Sacred Places (Snow), 213
 Thessaloniki, 160
 Thessaly, 150
 Thetis, 149
 Thirty Meter Telescope (TMT), 276–77
Thirty-Six Views of Mount Fuji (Hokusai), 311, 313
 Thom, Charles, 206
 Thomas, Saint, 107
 Thomson, Joseph, 193
 Thomson, W. T., 130
 Thoreau, Henry David, 209, 229, 282, 319, 340
 Thorolf, 162
 Throne of Zeus, 153
 Thunderbird, 212
Thus Spoke Zarathustra (Nietzsche), 301–2
 Tiahuanaco, 233, 239
 Tian Shan, 67, 68, 71, 79, 284
 Tiantai, 48
 Tibesti, 179–80
 Tibet
 Central Asian mountains and, 69
 Himalayas and, 15, 17, 18, 21
 Kailas and, 24
 patron deity, 73
 Tibetan Buddhism, 1, 17, 20, 27, 38, 63, 330
 Gelugpa (Yellow Hat) sect, 74
 origins, 17
 spiritual aims, 20
 Tibetan Plateau, 61, 70, 110
 Tichy, Herbert, 29
 Tierra del Fuego, 232
 Tigris River, 121
 Tihi-o-tonga, 268
 Tilman, H. W., 34–35, 78
 Tirthankaras, 24, 104
 Tirupatti, 105
 Tise, 25
 Tit Hill, 249
 Titicaca, Lake, 239, 243
 Tjukurpa (Dreamtime), 259
 Tlaloc, 235, 237–39, 242
 Tlingit tribes, 198, 201, 216

- Tokugawa period, 85
 Tokyo, 82, 85, 87, 90
 Toltec, 234–35
 Tonantzin, 254
 Tone, 185
 Tongariro National Park, 266
 Tongariro, Mount, 264, 265–67, 285
 Tong-do Sa, 65
 Tonpa Shenrab, 25
 Torah, 9, 123, 126, 144, 289, 294
 tourism
 African mountains, 194
 Chinese mountains, 51, 65
 European mountains, 167, 178
 Japanese mountains, 92, 102
 Middle Eastern mountains, 136–37
 Oceania, 260–61, 267
 Towers of Paine, 239
 “Trail of Tears”, 228
 transcendence, mountains and, 297, 299, 332
 transfiguration of Jesus, 125, 135, 136, 144, 254, 289
 “Trashing Mount Sinai” (Morrow), 137
 Trikala, 153
 Trisul, 33
 Truchas, 216
 True Form of the Five Peaks, 47
 Tsangpo River, 17
 Tsé Bit’á’í, 220
 Tsedaka, Benyamin, 124
 Tsikomo, 216
 Tsodilo Hills, 180
 Tsongkhapa, 74
 Tsoodzil, 217
 Tuatha Dé Danann, 164
 Tula, 234
 Tullis, Julie, 6, 329, 335
 Tumu Te Heuheu, 266
 Tungurahua, 246, 288
 Tunisia, 181
 Tunupa, 243
 Tuolumne Meadows, 209
 Turfan, 68
 Turkey, 120, 129, 150
 Turner, J. M. W., 315
 twilight displays
 European mountains, 3
 Himalayas, 15, 37
 Two Leggings, 212
 Typhon, 148

 Ueno, 299
 Uganda, 181, 183
 Ugarit, 121
 Uhuru, 194
 Ukiyo-e, 311
 Ulan Bator, 75
 ultimacy, 321–22
 Ulugh Muztagh, 70

 Uluru (Ayers Rock), 258–61, 278, 287
 UNESCO World Heritage Sites
 Athos, 160
 Burkhan Khaldun, 76
 combining nature and culture, 41
 conditions for designation, 31
 Fuji’s nomination, 92
 Kailas’s nomination, 31–32
 Khangchendzonga National Park
 (Kangchenjunga), 40
 Mont Blanc, nomination attempts, 176
 Mount Athos, 160
 Omine, included in, 84
 Sulaim-Too Sacred Mountain, 69
 Tongariro, 266
 Uluru, 261
 women and, 84, 159–60
 United States, 200, 202, 217
 environmental movement, 282, 286
 Forest Service, 208, 225–26
 National Park Service, 345
 national parks, 266, 287
 secular pilgrimage role, 266, 345
 see also individual national parks.
 Supreme Court, 226
 uranium mining, 230
 World Heritage sites, 41
 unknown, the, 6–7, 79
 Unsoeld, Devi, 35–36, 329
 Unsoeld, Willi, 35–36
 Upanishads, 8
 uranium mining, Southwest US, 230–31
 Urartu, 129
 Urohoe, 264
 Urubamba River, 252–53
 Utah, 215
 Ute Mountain, 211
 Ute Nation, 211
 Uttarakhand, 32, 34

vajra, 96–97
 Vajrabodhi, 108
 Valerie Glacier, 202
 Valhalla, 162
 valleys, Himalayan, 16
 Van Buren, Martin, 228
 Van Gogh, Vincent, 313
 Van Trump, P. B., 203
 Vanuatu, 257
 Varanasi, 37, 104
Varieties of Religious Experience (James), 230
 Vasiravana, 39
 Vatican, 144
 Vaudois, 172
 Veneziano, Domenico, 314
 Venezuela, 232
 Ventoux, Mount, 170, 314
 Veronica, 253

- Verschuuren, Bas, 348
 Via Dolorosa, 140, 176
 Vietnam war, 214
View of the Rocky Mountains (Bierstadt), 316–17
 Vijayabahu, 108
 Vikings, 161, 163
 Vilcanota range, 247
 Vindhya Range forms, 104
 Virgil, 300
 Virgin Mary, 160, 176–77
 European mountains and, 157, 159, 171
 Latin American mountains and, 253–54
 Virgin of Guadalupe, 254
 Virunga Mountains, 179, 183
 Vishnu, 16, 23, 33, 34, 38, 114
 vision quests, 197, 211–12, 213, 214, 215, 227, 289,
 330, 347
 “Visions of Pele”, 273
 visions, mountains and, 330–31
 volcanoes
 Africa, 179, 183, 184
 Europe, 148
 Japan, 80
 Latin America, 234, 236–37, 239, 240, 246,
 254, 319
 Middle East, 120, 288
 North America, 196, 198, 202, 205
 Oceania, 256–57, 262, 264, 266, 269, 270–71,
 274, 285, 328
 Southeast Asia, 112–13, 115, 117
 Vulcan, 148
 Vulture Peak, 104
- Wagner, Richard, 165, 177
 Waiau, Lake, 275
 Wailing Wall, 140
 Waitaha, 264
 Wakea, 274
 Walden Pond, 229
 Walpurgis Night, 163
Wanderer above the Sea of Mist (Friedrich), 315
 Wang Wei, 49
 Washington State, 198, 202–3
 West Bank, 124
 West, North American, 198–210
 Western Ghats, 104
 Westerners, *see also* climbing; mountaineering, 21,
 28–29, 34, 78
 Wethered, F. T., 177
 Whakapongakau, 268
 Whanganui River, 265
 White Corn Boy, 217
 White House, the, 317
 wholly other, 3, 6, 338
 Whymper, Edward, 246, 330
 Wien, Karl, 328
 wilderness
 American attitudes towards, 197
 European view of, 339
 North American mountains, 197
 sacred mountains and, 338–40
 spiritual attitude towards, 339–40
 Williams, John H., 202
 Williamson, Mount, 320
 Wind Rivers, 211
 Winnemem Wintu, 205, 207
 Winthrop, Theodore, 202
 witches, 163, 172, 339
 Wiwa, 251
 Wolfe, Jerry, 228
 women
 European mountains and, 159
 Everest and, 85
 Japanese mountains and, 84
 women’s expeditions, 37
 wonder and awe, mountains as places of, 3, 282, 283,
 307, 336, 351–52
 Wordsworth, William, 168, 289
 World War I, 302, 304–5
 World War II, 305
 cargo cults and, 257
 Mount Kenya ascent, 193
 vision quests and, 214
 worship, mountains as places of, *see also* mountain
 worship, 286–87
 Wudi, 54, 59, 71
 Wupatki ruins, 224
 Wutai Shan, 60–66
 Wyoming, 197, 211, 212
- Xerxes, 155
 Xi’an, 54
 Xiwangmu, 70, 71, 72, 79
 Xuankong Si (Hanging Temple), 50
 Xuanzang, 68, 71, 76–77
- Yakama, 198, 203, 204
 Yakutat Bay, 200–1
 Yakutat Tlingit, 200–1, 342
yakuza, 93
yamabushi, 83–85, 88, 100–1
 Yanaka, 299
 Yangzi River, 47, 52
 Yankuntjatjara, 259
 Yarlha Shampo, 17
 Yarlung Valley, 17
 Yas’eit’aa Shaa, 200
 Yasur, 257
 Yeats, William Butler, 303–5
 Yellow Corn Girl, 217
 Yellow River, 72–73
 Yellow Warbler, 217
 Yellowstone National Park, 41, 266
 yetis, 21
 Yggdrasill, 161
yin yang, 64

- yoga, 118–19, 285
 Yosemite Conservancy, 349
 Yosemite National Park, 349
 Yosemite Trails Campaign, 349
 Yosemite Valley, 51, 197, 209, 282, 316, 320, 333
 Yoshino, Mount, 83, 101
 Young, Geoffrey Winthrop, 305, 331
 Younger Brothers, 342
 Yucatán Peninsula, 234
 Yudhishthira, 290
 Yukon River, 199
 Yukon Territory, 201
- Zao Gongen, 83–84
 Zaphon, 121
 Zapotec, 234
 Zarate, Miquel, 241
 Zarathustra, 128, 301–02
 Zen Buddhism, 80, 82
zenjo, 88
 Zeus, 147–54
 birth and upbringing, 147
 Greek flood myth, 156
 Olympus and, 148–54, 285
- Zhang Qian, 72
 Zhang Zao, 309
 Zhang Zhung, 25
 Zhejiang Province, 48, 60
 Zhen Zong, 54
 Zhiyi, 48
 ziggurats, 121
- Zion, Mount, 138–45, 290, 300
 Bible and, 8, 121–22, 124
 Christianity and, 140
 city of, 340
 height, 131
 Islam and, 142
 Judaism and, 139, 142
 Maori and, 266
 messianism and, 120, 124
 Moriah and, 124
 power and, 285
 symbolism, 1, 291
 Temple Mount, 139
- Zionism, 124, 142
 Zohak, 129
 Zolotas, Kostas, 152
 Zong Bing, 308
 Zoroastrianism, 68–69, 128–29, 301