

Verticality

The most prominent feature of the mountains, verticality, means that higher levels of energy are required to transport goods, including compost manure, fuelwood, fodder, and water, up and down slopes (Bandyopadhyay 1994). In the case of the Hindu Kush-Himalayas (HKH), this work is often carried out by humans themselves, without the aid of mules or other animals. (The use of carts is, of course, made impossible by the terrain.) Since much of this work is performed by women in the mountains, they bear the physical hardship of carrying heavy loads up steep slopes.