

# ▶ 3,500km of highs and lows



**FINISH**

**Maine,  
Mount Katahdin**

Maine

Vermont

New Hampshire

Massachusetts

**Atlantic Ocean**

Connecticut

New York

Pennsylvania

New Jersey

Maryland

Virginia

North Carolina

South Carolina

Tennessee

Georgia

**START**

**Georgia,  
Springer Mountain**

## Appalachian Trail

- ▶ It is the world's oldest and longest marked foot trail and was completed in 1937.
- ▶ It touches 14 US states.
- ▶ The hike takes about five million steps.
- ▶ An average person would consume about 400,000 calories and over 440 litres of water to hike that distance.
- ▶ The highest point reached is 2,000m above sea level, and at its lowest point, it is 37.2m. The area has more than 350 peaks over 1,500m.
- ▶ Over 9,000 people have hiked the entire trail to date.

**UNITED STATES**