

THE APPALACHIAN TRAIL

AT A GLANCE

2,190
Miles Long

2.5
million hikers
annually

Over
50%
of thru-hikers
complete the trail
in their 20s

Average
Thru-Hike Length
5-7
months

Travels through
14
states

Approximately
12,000
Successful
Thru-Hikers


About
25%
of all thru-hikers
are women

Highest Point
6,700 ft

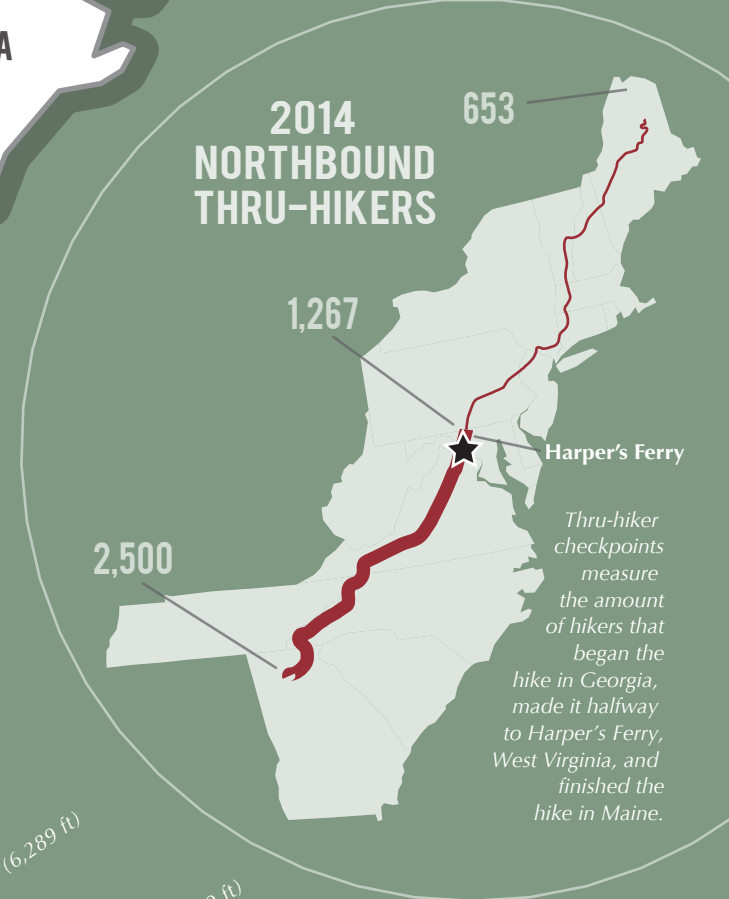
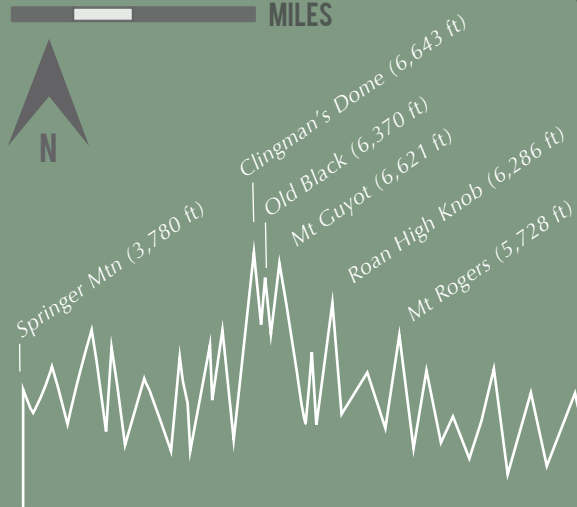
Average Cost
of a Thru-Hike
\$3,000

More than
250
shelters

Toughest Climb
4,292 ft
(the last five miles
in Maine)

-  National Forests
-  National Parks
-  Highest Peaks
-  Notable Shelters

0 50 100 200
MILES



Map Projection: Albers Equal Area Conic
 Inset Map Projection: Albers Equal Area Conic
 Standard Parallel 1: 29.5° N
 Standard Parallel 2: 45.5° N
 Central Meridian: 96° E
 Data Sources: Appalachian Trail Conservancy (<http://www.appalachian-trail.org>), Natural Earth (<http://www.naturalearthdata.com>)
 Icons: The Noun Project (<https://thenounproject.com>), Icons by Alex Fuller, Montana Rucobo
 Cartographer: Meg Fredericks