

The Continental Divide Trail in Numbers



3,100 MILES (4,989 KM) LONG
EQUIVALENT TO 15 X MOUNT EVEREST
IN ELEVATION GAIN AND LOSS

LONGEST DAILY MILEAGE
58 MILES (93 KM)

4.5 MONTHS
ON TRAIL

20 ZEROS
(REST DAYS)

14 LBS (6 KG)
BASE WEIGHT

AGE
50



7 MILLION
STEPS

5
PAIRS OF SHOES

50 HAMBURGERS



100 CHIPMUNKS
+ 1 GRIZZLY BEAR, 3 BLACK BEARS,
12 WOLVES, 5 MOOSE, 5 ELK,
50 DEER, 1 BALD EAGLE, 5 SNAKES,
1 MILLION MOSQUITOES



5
STATES



100 BEERS