

Interesting facts about the Appalachian Trail

- ★ The Appalachian Mountain Range is thought to be one of the oldest mountain ranges in the world. It existed even before the North American continent came into being. These mountains were once as tall as the Alps or the Rocky Mountains.
- ★ About one hundred years ago, a man named Benton MacKaye came up with the idea for the Appalachian Trail. He worked to make it become real, too. He wanted Americans to renew their spirits in nature.
- ★ Emma Gatewood, nicknamed on the AT as Grandma Gatewood, was the first woman to hike the entire Appalachian Trail alone. She was more than sixty-five years old when she did it. She was also the first person, man or woman, to walk it more than once.
- ★ The Appalachian Trail connects fourteen states. They are Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine.
- ★ While most of the AT is wilderness, several sections pass right through towns.
- ★ More than 20,000 hikers have completed the entire Appalachian Trail.