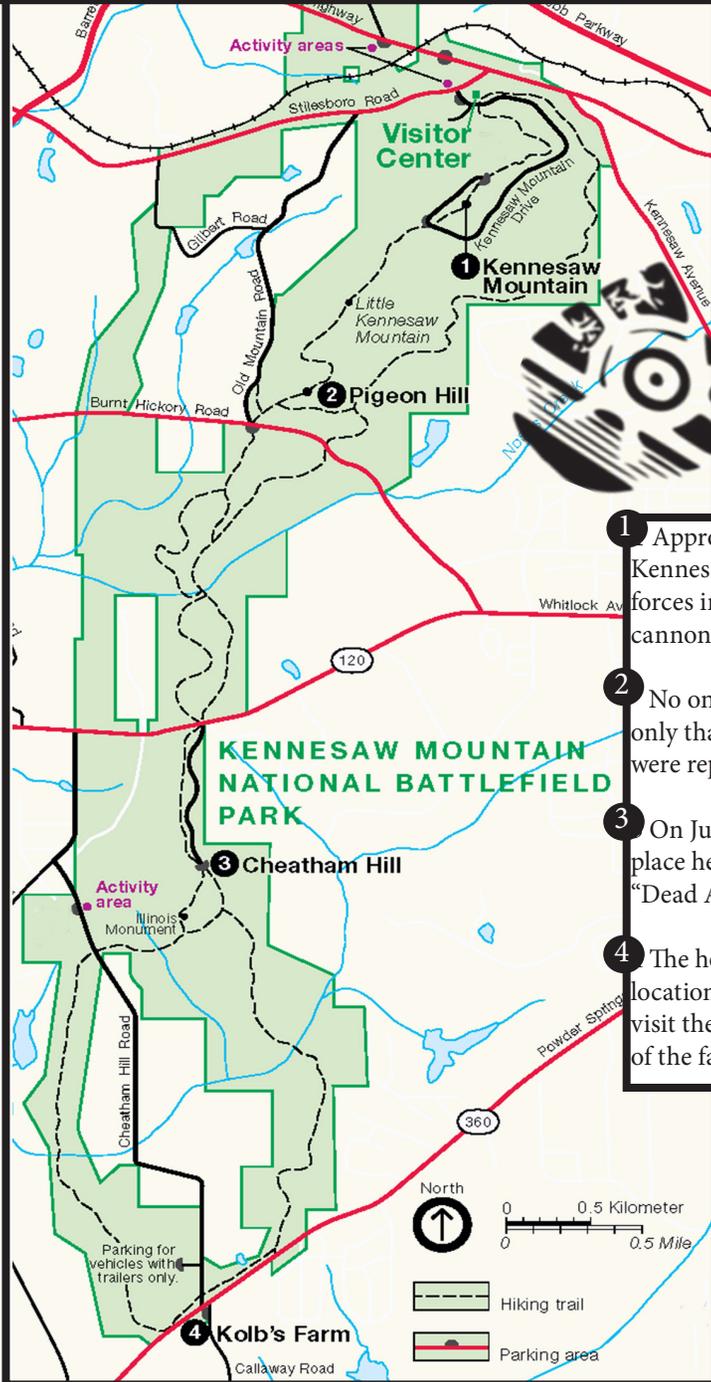


# Kennesaw Mountain Calorie Counter

Burn all the calories you'd like...while you hike!



- 1 Approximately 1808 feet above sea level, Big Kennesaw Mountain was held by Confederate forces in 1864. Observant hikers will notice cannons and trenches as they hike.
- 2 No one is sure how Pigeon Hill got its name, only that it is where Sherman's two major attacks were repulsed.
- 3 On June 27, 1864, some serious fighting took place here. It was so bad, soldiers called it the "Dead Angle."
- 4 The homestead of the Kolb family was the location of fighting on June 22, 1864. You may visit the family cemetery and view the exterior of the family home today.

## Trails and Calories Burned:

All mileage is in loop trails

### Big Mountain Hike

Visitor Center to Big Kennesaw Mountain Top - 2 miles  
approximately 1 hour hike

302 calories (130 lb person)  
371 calories (160 lb person)  
464 calories (200 lb person)

### Pigeon Hill Trail

Visitor Center to Pigeon Hill - 5.4 miles  
approximately 2 hour hike

460 calories (130 lb person)  
566 calories (160 lb person)  
708 calories (200 lb person)

### Noses Creek Trail

Burnt Hickory Road to Dallas Highway - 3.7 miles  
approximately 1.5 hour hike

325 calories (130 lb person)  
400 calories (160 lb person)  
499 calories (200 lb person)

### Kolb Farm East/West Trail

Cheatham Hill to Kolb Farm - 5.5 miles  
approximately 2.5 hour hike

433 calories (130 lb person)  
533 calories (160 lb person)  
666 calories (200 lb person)

Calories calculated using the Walking Calorie Burn Calculator @

<http://www.shapesense.com/fitness-exercise/calculators/walking-calorie-burn-calculator.aspx>

