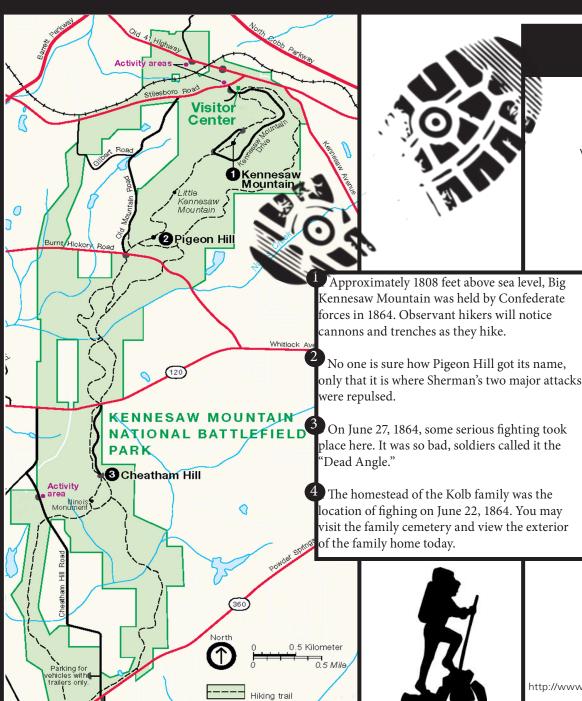
Kennesaw Mountain Calorie Counter

National Park Service U.S. Department of the Interior

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





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