

THE APPALACHIAN TRAIL VIRTUAL CHALLENGE

Take on “the longest hiking trail in the world” to achieve your fitness and have fun with the family!

The **2,189 mile** Appalachian Trail Virtual Challenge is a huge achievement.

Each time you complete a distance-based exercise activity such as running, walking, cycling, swimming etc. you advance along the trail. The perfect tool for maintaining focus and motivation whether you are training for an event or just wanting to have fun while keeping fit with your family. You can use your Apple Watch, Apple Health, Fitbit, Strava, Map My Run/Ride, RunKeeper or any other fitness tracker to help achieve your goal.

Each week, families interested in participating will submit their steps or miles to this [form](#) to see how far along the trail they have traveled.

How it works: If you have 4 people in your family, each member could do 68.4 miles per week and your family would be finished on Memorial Day!

If your family wants to go the extra mile (Pun intended), you can travel there AND back...That's 4,378 miles!!!

Who's up for the challenge?

FAQ:

1. **What types of exercises count?** You can log most types of distance-based exercise such as running, walking, cycling, swimming, rowing etc. For other non-distance-based exercises such as yoga or cross fit, we have a handy conversion chart that converts time doing these activities into distance equivalents that you can use.

2. **Can I log multiple types of exercises?** Yes - You can log any distance-based exercise that you do. The common ones that we have icons for are:

Running (indoor and outdoor)

Cycling (indoor and outdoor)

Rowing

Walking

Swimming

Elliptical

Wheelchair

All others can be logged to the “other” category.

You can also convert other exercises such as sports that you play or going to the gym etc. into distances. The links below will give you more information on other activities.

[Exercise Conversion Chart](#)

[Activity Conversion Chart](#)