**Hikes from Around the World Phrases**

1. **The Pennine Way:** 
   1. The first official long-distance trail in England
   2. Stretches 268 miles
   3. Extends from the Derbyshire Peak District to the Scottish borders
   4. Entire walk takes about three weeks
2. **The Camino de Santiago:**
   1. Highly traveled during the Middle Ages
   2. Many different pilgrimage routes:
      1. Starting all over Europe and Africa
   3. Ends in Santiago de Compostela, Spain
3. **The Appalachian Trail:** 
   1. Stretches from Georgia to Maine
   2. Extends 2,200 miles
   3. Longest hiking-only footpath in the world
4. **The Basho Wayfarer trail:** 
   1. Six-day trek in Japan
   2. Follows the route taken by haiku poet Matsuo Basho in 1689
5. **The one-day Refugio Frey hike:** 
   1. One of the most scenic in Bariloche, Argentina
6. **Mount Toubkal in Morocco:** 
   1. Highest peak in North Africa
   2. 4,167 meters (13,671 feet)
   3. Local guide and muleteers for carrying luggage needed
7. **Dragon's Back trail, Hong Kong:**
   1. Views of white sandy beaches and islands
8. **The Dingle Way, Ireland:**
   1. Stretches 111 miles
   2. Circular path
   3. Through County Kerry
   4. Can be completed in eight days
9. **Tergo La Trek, Bhutan:**
   1. Bhutan is relatively inaccessible
   2. Tourists need passes
   3. Its trails are unspoiled
10. **Tahoe Rim Trail, US:**
    1. 165-mile loop
    2. Passes through six counties and four national forests
    3. Can be completed in 11 days
    4. Best to start between July and September
11. **Armenia and the Silk Road:**
    1. 11-day hike
    2. Walk past monasteries
    3. Passes over limestone peaks
12. **Lechweg Trail, Austria and Germany:**
    1. Starts in Bavaria, Germany
    2. Ends in Austrian state of Vorarlberg
    3. Follows the Lechweg River to its source
    4. 9-day route
13. **Indus Valley, Himalaya, India:**
    1. Remote 3-day jaunt
14. **Bwindi Impenetrable Forest, Uganda:**
    1. Has many of the world’s remaining mountain gorillas
15. **West Coast Trail, Vancouver Island, Canada:**
    1. Covers 47 miles
    2. Hike involves:
       1. Sea caves
       2. Scaling ladders
16. **Percorsi Occitani, Maira Valley, Italy:**
    1. Unspoiled area of northern Italy
    2. Ancient pathways through the Cottian Alps
    3. Many locals still speak the Occitan language
    4. 9-day route
17. **Lares and Royal Inca Trail, Peru:**
    1. Inca Trail to Macchu Picchu is fabulous,
       1. But can feel overrun at times
    2. This is an alternative
    3. 3-day trek
    4. Follows an ancient Inca path through Andean forests
18. **Monteverde Cloud Forest Reserve, Costa Rica:**
    1. Well-marked paths
    2. Relatively easy stroll
    3. Striking bird life and flora
    4. Orchids, ferns and mosses
    5. Chance of seeing a brightly colored quetzal flying
19. **The Lycian Way, Turkey:**
    1. Covers 300 miles
    2. Explore the former kingdom of Lycia
    3. Pass through ancient towns and ghost towns
    4. 8-day hike
20. **The Balkans, Montenegro and Albania:**
    1. Less crowded than hikes in the Alps
    2. Kucki Kom is one of Montenegro's most striking peaks
       1. It is 2,487 meters tall
21. **Cape to Cape Track, Western Australia:**
    1. Stretches over 76 miles
    2. Along the western coast
    3. Some of the finest scenery in Australia

Source: https://www.cnn.com/travel/article/best-hiking-trails-world/index.html

**Colorado 14ers Phrases**

|  | **Peak** | **Elevation**  **Established annual trips** |
| --- | --- | --- |
| 1 | [Mt. Elbert](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Elbert) | 14,440 | 20,000-25,000 |
| 2 | [Mt. Massive](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Massive) | 14,421 | 7,000-10,000 |
| 3 | [Mt. Harvard](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Harvard) | 14,421 | 3,000-5,000 |
| 4 | [Blanca Peak](https://www.14ers.com/photos/peakmain.php?peak=Blanca+Peak) | 14,345 | 1,000-3,000 |
| 5 | [La Plata Peak](https://www.14ers.com/photos/peakmain.php?peak=La+Plata+Peak) | 14,336 | 5,000-7,000 |
| 6 | [Uncompahgre Peak](https://www.14ers.com/photos/peakmain.php?peak=Uncompahgre+Peak) | 14,321 | 3,000-5,000 |
| 7 | [Crestone Peak](https://www.14ers.com/photos/peakmain.php?peak=Crestone+Peak) | 14,294 | 1,000-3,000 |
| 8 | [Mt. Lincoln](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Lincoln) | 14,293 | 15,000-20,000 |
| 9 | [Castle Peak](https://www.14ers.com/photos/peakmain.php?peak=Castle+Peak) | 14,279 | 3,000-5,000 |
| 10 | [Grays Peak](https://www.14ers.com/photos/peakmain.php?peak=Grays+Peak) | 14,278 | 20,000-25,000 |
| 11 | [Mt. Antero](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Antero) | 14,276 | 3,000-5,000 |
| 12 | [Torreys Peak](https://www.14ers.com/photos/peakmain.php?peak=Grays+Peak) | 14,275 | 20,000-25,000 |
| 13 | [Quandary Peak](https://www.14ers.com/photos/peakmain.php?peak=Quandary+Peak) | 14,271 | 15,000-20,000 |
| 14 | [Mt. Evans](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Evans) | 14,265 | 10,000-15,000 |
| 15 | [Longs Peak](https://www.14ers.com/photos/peakmain.php?peak=Longs+Peak) | 14,259 | 7,000-10,000 |
| 16 | [Mt. Wilson](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Wilson) | 14,246 | < 1,000 |
| 17 | [Mt. Cameron](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Lincoln) | 14,238 | n/a |
| 18 | [Mt. Shavano](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Shavano) | 14,231 | 5,000-7,000 |
| 19 | [Mt. Princeton](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Princeton) | 14,204 | 5,000-7,000 |
| 20 | [Mt. Belford](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Belford) | 14,203 | 7,000-10,000 |
| 21 | [Mt. Yale](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Yale) | 14,200 | 7,000-10,000 |
| 22 | [Crestone Needle](https://www.14ers.com/photos/peakmain.php?peak=Crestone+Peak) | 14,197 | 1,000-3,000 |
| 23 | [Mt. Bross](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Bross) | 14,172 | 15,000-20,000 |
| 24 | [Kit Carson Peak](https://www.14ers.com/photos/peakmain.php?peak=Kit+Carson+Peak) | 14,165 | 1,000-3,000 |
| 25 | [Maroon Peak](https://www.14ers.com/photos/peakmain.php?peak=Maroon+Peak) | 14,163 | < 1,000 |
| 26 | [Tabeguache Peak](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Shavano) | 14,162 | 5,000-7,000 |
| 27 | [Mt. Oxford](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Belford) | 14,160 | 7,000-10,000 |
| 28 | [El Diente Peak](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Wilson) | 14,159 | n/a |
| 29 | [Mt. Democrat](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Democrat) | 14,155 | 15,000-20,000 |
| 30 | [Mt. Sneffels](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Sneffels) | 14,150 | 1,000-3,000 |
| 31 | [Capitol Peak](https://www.14ers.com/photos/peakmain.php?peak=Capitol+Peak) | 14,130 | < 1,000 |
| 32 | [Pikes Peak](https://www.14ers.com/photos/peakmain.php?peak=Pikes+Peak) | 14,115 | 7,000-10,000 |
| 33 | [Snowmass Mountain](https://www.14ers.com/photos/peakmain.php?peak=Snowmass+Mountain) | 14,099 | < 1,000 |
| 34 | [Mt. Eolus](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Eolus) | 14,083 | < 1,000 |
| 35 | [Windom Peak](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Eolus) | 14,082 | 1,000-3,000 |
| 36 | [Challenger Point](https://www.14ers.com/photos/peakmain.php?peak=Kit+Carson+Peak) | 14,081 | 1,000-3,000 |
| 37 | [Mt. Columbia](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Harvard) | 14,077 | 3,000-5,000 |
| 38 | [Missouri Mountain](https://www.14ers.com/photos/peakmain.php?peak=Missouri+Mountain) | 14,074 | 3,000-5,000 |
| 39 | [Humboldt Peak](https://www.14ers.com/photos/peakmain.php?peak=Humboldt+Peak) | 14,064 | 3,000-5,000 |
| 40 | [Conundrum Peak](https://www.14ers.com/photos/peakmain.php?peak=Castle+Peak) | 14,060 | n/a |
| 41 | [Mt. Bierstadt](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Bierstadt) | 14,060 | 20,000-25,000 |
| 42 | [Sunlight Peak](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Eolus) | 14,059 | 1,000-3,000 |
| 43 | [Handies Peak](https://www.14ers.com/photos/peakmain.php?peak=Handies+Peak) | 14,058 | 3,000-5,000 |
| 44 | [Culebra Peak](https://www.14ers.com/photos/peakmain.php?peak=Culebra+Peak) | 14,047 | < 1,000 |
| 45 | [Ellingwood Point](https://www.14ers.com/photos/peakmain.php?peak=Blanca+Peak) | 14,042 | 1,000-3,000 |
| 46 | [Mt. Lindsey](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Lindsey) | 14,042 | 1,000-3,000 |
| 47 | [North Eolus](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Eolus) | 14,039 | n/a |
| 48 | [Little Bear Peak](https://www.14ers.com/photos/peakmain.php?peak=Blanca+Peak) | 14,037 | < 1,000 |
| 49 | [Mt. Sherman](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Sherman) | 14,036 | 10,000-15,000 |
| 50 | [Redcloud Peak](https://www.14ers.com/photos/peakmain.php?peak=Redcloud+Peak) | 14,034 | 1,000-3,000 |
| 51 | [Pyramid Peak](https://www.14ers.com/photos/peakmain.php?peak=Pyramid+Peak) | 14,025 | < 1,000 |
| 52 | [North Maroon Peak](https://www.14ers.com/photos/peakmain.php?peak=Maroon+Peak) | 14,019 | n/a |
| 53 | [Wilson Peak](https://www.14ers.com/photos/peakmain.php?peak=Mt.+Wilson) | 14,017 | < 1,000 |
| 54 | [Wetterhorn Peak](https://www.14ers.com/photos/peakmain.php?peak=Wetterhorn+Peak) | 14,015 | 1,000-3,000 |
| 55 | [San Luis Peak](https://www.14ers.com/photos/peakmain.php?peak=San+Luis+Peak) | 14,014 | 1,000-3,000 |
| 56 | [Huron Peak](https://www.14ers.com/photos/peakmain.php?peak=Huron+Peak) | 14,010 | 7,000-10,000 |
| 57 | [Mt. of the Holy Cross](https://www.14ers.com/photos/peakmain.php?peak=Mt.+of+the+Holy+Cross) | 14,009 | 3,000-5,000 |
| 58 | [Sunshine Peak](https://www.14ers.com/photos/peakmain.php?peak=Redcloud+Peak) | 14,001 | 1,000-3,000 |

Source: https://theknow.denverpost.com/2017/06/16/colorado-14ers-hiking-guide/148242/