America on the move
Steps to a Healthier Way of Life℠

Flat 14ers Individual Progress Log

Name: _____ Start Date: _____ Completion Date: _____

Peak:	Distance:	Elevation:	Steps:
1 Blanca Peak	15 miles	14,345 ft	30,000
2 Capitol Peak	17 miles	14,130 ft	34,000
3 Castle Peak / Conundrum Peak*	14 miles	14,265 ft / 14,060 ft	28,000
4 Challenger Point	12 miles	14,081 ft	24,000
5 Crestone Needle	8 miles	14,197 ft	16,000
6 Crestone Peak	6.25 miles	14,294 ft	12,500
7 Culebra Peak	7 miles	14,047 ft	14,000
8 Ellingood Point	15.5 miles	14,042 ft	31,000
9 Grays Peak	7.5 miles	14,270 ft	15,000
10 Handies Peak	5.5 miles	14,048 ft	11,000
11 Humbolt Peak	7.25 miles	14,064 ft	14,500
12 Huron Peak	5.5 miles	14,003 ft	11,000
13 Kit Carson Peak	11.5 miles	14,165 ft	23,000
14 La Plata Peak	9.5 miles	14,336 ft	19,000
15 Little Bear Peak	13 miles	14,037 ft	26,000
16 Longs Peak	14 miles	14,255 ft	28,000
17 Maroon Peak / North Maroon Peak*	12 miles	14,156 ft /14,014 ft	24,000
18 Missouri Mountain	10.5 miles	14,067 ft	21,000
19 Mt Antero	13.6 miles	14,269 ft	27,000
20 Mt Belford	11 miles	14,197 ft	22,000
21 Mt Bierstadt	7 miles	14,060 ft	14,000
22 Mt Bross	9 miles	14,172 ft	18,000
23 Mt Columbia	11.5 miles	14,073 ft	23,000
24 Mt Democrat	4 miles	14,148 ft	8,000
25 Mt Elbert	9 miles	14,433 ft	18,000

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Flat 14ers Individual Progress Log continued...

Peak:	Distance:	Elevation:	Steps:																	
26 Mt Eolus / North Eolus*	18 miles	14,083 ft / 14,039 ft	36,000																	
27 Mt Evans	14 miles	14,264 ft	28,000																	
28 Mt Harvard	13.5 miles	14,420 ft	27,000																	
29 Mt Lincoln / Mt Cameron*	5.5 miles	14,286 ft / 14,238 ft	11,000																	
30 Mt Lindsey	8.25 miles	14,042 ft	16,500																	
31 Mt Massive	13.75 miles	14,421 ft	27,500																	
32 Mt of the Holy Cross	11.5 miles	14,005 ft	23,000																	
33 Mt Princeton	13 miles	14,197 ft	26,000																	
34 Mt Shavano / Tabequache Peak	11.25 miles	14,229 ft	22,500																	
35 Mt Sherman	5.25 miles	14,036 ft	10,500																	
36 Mt Sneffels	6 miles	14,150 ft	12,000																	
37 Mt Wilson / El Diente Peak*	16 miles	14,246 ft / 14,159 ft	32,000																	
38 Mt Yale	8 miles	14,197 ft	16,000																	
39 Pikes Peak	11.5 miles	14,110 ft	23,000																	
40 Pyramid Peak	6.75 miles	14,018 ft	13,500																	
41 Quandary Peak	6.75 miles	14,264 ft	13,500																	
42 Redcloud Peak	9 miles	14,036 ft	18,000																	
43 San Luis Peak	13 miles	14,014 ft	26,000																	
44 Snowmass Mountain	8 miles	14,092 ft	16,000																	
45 Sunlight Peak	17 miles	14,059 ft	34,000																	
46 Sunshine Peak	12 miles	14,001 ft	24,000																	
47 Torreys Peak	7.5 miles	14,267 ft	15,000																	
48 Uncompahgre Peak	8 miles	14,309 ft	16,000																	
49 Wetterhorn Peak	7 miles	14,015 ft	14,000																	
50 Wilson Peak	16 miles	14,017 ft	32,000																	
51 Windom Peak	17 miles	14,082 ft	34,000																	

*Note: To be ranked, a peak must rise at least 300 feet above the saddle that connects it to the nearest 14er peak (if another exists nearby). This guideline has been in use in Colorado for some time. The peaks marked with an asterisk are not ranked because they do not fit this criterion, but they are on this 14er list because they are named and recognized on USGS maps.

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