Find the state capital nearest to your location or the capital in your state to use as a starting point. Or choose to travel through one region of the country. Follow the outlined route and accumulate steps and miles to your destination or for a complete walk around the United States. The miles between two capitals are calculated “as a crow flies” and not by road miles. The steps are calculated at 2,000 steps for every mile.

<table>
<thead>
<tr>
<th>Capital</th>
<th>Distance (miles)</th>
<th>Steps (steps)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sacramento, California</td>
<td>101</td>
<td>202,000</td>
</tr>
<tr>
<td>Carson City, Nevada</td>
<td>433</td>
<td>866,000</td>
</tr>
<tr>
<td>Salem, Oregon</td>
<td>146</td>
<td>292,000</td>
</tr>
<tr>
<td>Olympia, Washington</td>
<td>403</td>
<td>806,000</td>
</tr>
<tr>
<td>Boise, Idaho</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Sacramento to Boise</td>
<td>1083</td>
<td>2,166,000</td>
</tr>
<tr>
<td></td>
<td>290</td>
<td>580,000</td>
</tr>
<tr>
<td>Helena, Montana</td>
<td>535</td>
<td>1,070,000</td>
</tr>
<tr>
<td>Bismarck, North Dakota</td>
<td>169</td>
<td>338,000</td>
</tr>
<tr>
<td>Pierre, South Dakota</td>
<td>358</td>
<td>716,000</td>
</tr>
<tr>
<td>Total Boise to St. Paul</td>
<td>1352</td>
<td>2,704,000</td>
</tr>
<tr>
<td></td>
<td>226</td>
<td>452,000</td>
</tr>
<tr>
<td>Madison, Wisconsin</td>
<td>228</td>
<td>456,000</td>
</tr>
<tr>
<td>Springfield, Illinois</td>
<td>186</td>
<td>372,000</td>
</tr>
<tr>
<td>Indianapolis, Indiana</td>
<td>219</td>
<td>438,000</td>
</tr>
<tr>
<td>Total St. Paul to Lansing</td>
<td>859</td>
<td>1,718,000</td>
</tr>
<tr>
<td></td>
<td>205</td>
<td>410,000</td>
</tr>
<tr>
<td>Columbus, Ohio</td>
<td>324</td>
<td>648,000</td>
</tr>
<tr>
<td>Harrisburg, Pennsylvania</td>
<td>230</td>
<td>460,000</td>
</tr>
<tr>
<td>Albany, New York</td>
<td>127</td>
<td>254,000</td>
</tr>
<tr>
<td>Montpelier, Vermont</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Lansing to Montpelier</td>
<td>886</td>
<td>1,772,000</td>
</tr>
<tr>
<td></td>
<td>141</td>
<td>282,000</td>
</tr>
</tbody>
</table>
Augusta, Maine 119 miles (238,000 steps)
Concord, New Hampshire 68 miles (136,000 steps)
Boston, Massachusetts 41 miles (82,000 steps)
Providence, Rhode Island  Total Montpelier to Providence = 369 miles (738,000 steps)
                      65 miles (130,000 steps)
Hartford, Connecticut 152 miles (304,000 steps)
Trenton, New Jersey 84 miles (168,000 steps)
Dover, Delaware 55 miles (110,000 steps)
Annapolis, Maryland  Total Providence to Annapolis = 356 miles (712,000 steps)
                      281 miles (562,000 steps)
Charleston, West Virginia 234 miles (468,000 steps)
Richmond, Virginia 135 miles (270,000 steps)
Raleigh, North Carolina 176 miles (352,000 steps)
Columbia, South Carolina  Total Annapolis to Columbia = 826 miles (1,652,000 steps)
                      317 miles (634,000 steps)
Tallahassee, Florida 228 miles (456,000 steps)
Atlanta, Georgia 306 miles (612,000 steps)
Frankfort, Kentucky 175 miles (350,000 steps)
Nashville, Tennessee  Total Columbia to Nashville = 1026 miles (2,052,000 steps)
                      264 miles (528,000 steps)
Montgomery, Alabama 230 miles (460,000 steps)
Jackson, Mississippi 140 miles (280,000 steps)
Baton Rouge, Louisiana 303 miles (606,000 steps)
Little Rock, Arkansas Total Nashville to Little Rock = 937 miles (1,874,000 steps)
                      266 miles (532,000 steps)
Jefferson City, Missouri 221 miles (442,000 steps)
Des Moines, Iowa 168 miles (336,000 steps)
Lincoln, Nebraska 134 miles (268,000 steps)
Topeka, Kansas
Total Little Rock to Topeka = 789 miles (1,578,000 steps)
266 miles (532,000 steps)

Oklahoma City, Oklahoma
356 miles (712,000 steps)

Austin, Texas
603 miles (1,206,000 steps)

Santa Fe, New Mexico
288 miles (576,000 steps)

Denver, Colorado
Total Topeka to Denver = 1513 miles (3,026,000 steps)
95 miles (190,000 steps)

Cheyenne, Wyoming
374 miles (748,000 steps)

Salt Lake City, Utah
499 miles (998,000 steps)

Phoenix, Arizona
629 miles (1,258,000 steps)

Sacramento, California
Total Denver to Sacramento = 1597 miles (3,194,000 steps)

48 states total = 11,593 miles (23,186,000 steps)

Add Hawaii and Alaska

Sacramento, California
2460 miles (4,920,000 steps)

Honolulu, Hawaii
Round Trip = 4920 miles (9,840,000 steps)

Olympia, Washington
913 miles (1,826,000 steps)

Juneau, Alaska
Round Trip = 1826 miles (3,652,000 steps)

50 states total = 18,339 miles (36,678,000 steps)
includes round-trip miles for Alaska and Hawaii
One-Way Trips

Athens, Georgia to Athens, Greece
5628 miles or 11,256,000 steps

Tamworth, New Hampshire to Tamworth, Australia
10,000 miles or 20,000,000 steps

Amsterdam, Ohio to Amsterdam, Netherlands
4013 miles or 8,026,000 steps

Korea, Kentucky to Seoul, Korea
6883 miles or 13,766,000 steps

Munich, North Dakota to Munich, Germany
4579 miles or 9,159,000 steps

It is 240,000 miles or 480 million steps to the moon!