



**THE WORLD LEADER IN
HIGH ALTITUDE TRAINING SOLUTIONS**

Mile High Training Altitude To Oxygen Chart

Altitude (Feet)	Altitude (Meters)	O2 Monitor Reading	Effective Oxygen Percentage	Similar Location
Sea Level	Sea Level	20.9%	20.9%	HQ - New York, NY
1000	304	20.1%	20.1%	
2000	609	19.4%	19.4%	
3000	914	18.6%	18.6%	Chamonix, France (3,264 ft. - 995m)
4000	1219	17.9%	17.9%	Salt Lake City, UT (4,226 ft. - 1288m)
5000	1524	17.3%	17.3%	Boulder, CO (5,430 ft. - 1655m)
6000	1828	16.6%	16.6%	Stanley, ID (6,253 ft. - 1906m)
7000	2133	16%	16%	Flagstaff, AZ (6,910 - 2106m)
8000	2438	15.4%	15.4%	Aspen, CO (7,907 ft. - 2410m)
9000	2743	14.8%	14.8%	
10,000	3048	14.3%	14.3%	Leadville, CO (10,200 ft. - 3109m)
11,000	3352	13.7%	13.7%	Cusco, Peru (11,152ft – 3399 m)
12,000	3657	13.2%	13.2%	La Paz, Bolivia (11,942 ft. - 3640m)
13,000	3962	12.7%	12.7%	
14,000	4267	12.3%	12.3%	Pikes Peak, CO (14,115 ft. - 4302m)
15,000	4572	11.8%	11.8%	Mount Rainier (14,411 ft. - 4392m)
16,000	4876	11.4%	11.4%	
17,000	5181	11%	11%	Everest Base Camp (16,900 ft. - 5150m)
18,000	5486	10.5%	10.5%	
19,000	5791	10.1%	10.1%	Mt. Kilimanjaro (19,341 ft. - 5895m)
20,000	6096	9.7%	9.7%	Mt. Denali (20,310 ft. - 6190m)
21,000	6400	9.4%	9.4%	E-100 Altitude Generator Max
22,000	6705	9%	9%	
23,000	7010	8.7%	8.7%	Aconcagua (22,841 ft. - 6960m)
24,000	7315	8.4%	8.4%	
25,000	7620	8.1%	8.1%	
26,000	7924	7.8%	7.8%	
27,000	8229	7.5%	7.5%	Cho Oyu (26,864 ft. - 8188m)
28,000	8534	7.2%	7.2%	K2 (28,251 ft. - 8611m)
29,000	8839	6.9%	6.9%	Mt. Everest (29,029 ft. - 8848m)
30,000	9144	6.3%	6.3%	Elevate High Flow Max