

The Continents and Their Areas and Elevations

A continent is defined as a large unbroken land mass completely surrounded by water, although in some cases continents are (or were in part) connected by land bridges. The seven continents are North America, South America, Europe, Asia, Africa, Australia, and Antarctica. The island groups in the Pacific are often called Oceania but this name does not imply that scientists consider them the remains of a continent.

Area	Approximate land area sq. km	Approximate land area sq. mi.	Percentage of total land area	Elevation, feet and meters	
				Highest	Lowest
WORLD	148,647,000	57,393,000	100.0%	Mt. Everest, Tibet-Nepal, 29,035 ft. (8,850 m) ¹	Dead Sea, Israel-Jordan, 1,349 ft. below sea level (–411 m)
AFRICA	30,065,000	11,608,000	20.2	Mt. Kilimanjaro, Tanzania, 19,340 ft. (5,895 m)	Lake Assal, Djibouti, 512 ft. below sea level (–156 m)
ANTARCTICA	13,209,000	5,100,000	8.9	Vinson Massif, Ellsworth Mts., 16,066 ft. (4,897 m)	Lowest land point hidden within Bentley Subglacial Trench ²
ASIA (includes the Middle East)	44,579,000	17,212,000	30.0	Mt. Everest, Tibet-Nepal, 29,035 ft. (8,850 m)	Dead Sea, Israel-Jordan, 1,349 ft. below sea level (–411 m)
AUSTRALIA (includes Oceania)	8,112,000	3,132,000	5.3	Mt. Kosciusko, Australia, 7,310 ft. (2,228 m)	Lake Eyre, Australia, 52 ft. below sea level (–12 m)
EUROPE (the Ural Mountains in Russia form the boundary between	9,938,000	3,837,000	6.7	Mt. Elbrus, Russia/Georgia, 18,510 ft. (5,642 m)	Caspian Sea, Russia/Kazakhstan 92 ft. below sea level (–28 m)

Europe and Asia)					
NORTH AMERICA (includes Central America and the Caribbean)	24,474,000	9,449,000	16.5	Mt. McKinley, Alaska, 20,320 ft. (6,194 m)	Death Valley, Calif., 282 ft. below sea level (-86 m)
SOUTH AMERICA	17,819,000	6,879,000	12.0	Mt. Aconcagua, Argentina, 22,834 ft. (6,960 m)	Valdes Peninsula, Argentina 131 ft. below sea level (-40 m)

1. The 1954 elevation of Everest, 29,028 ft. (8,848 m) was revised on Nov. 11, 1999, and now stands at 29,035 ft. (8,850 m).
2. Bentley Subglacial Trench itself (ice, not land) is -8,327 ft. below sea level (-2,538 m).

Source: WorldAtlas.com.