

## MATERNAL LINE: H1

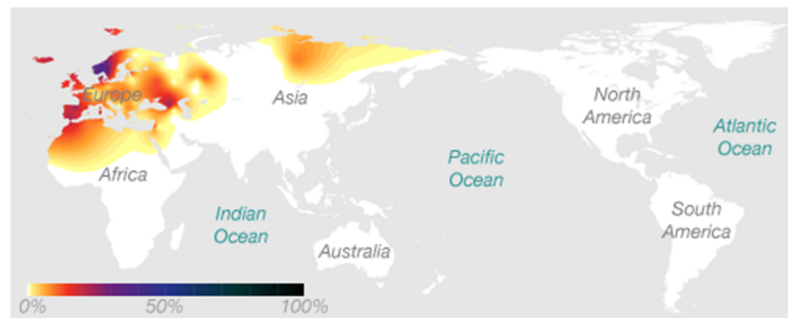
Overview

History

Haplogroup Tree

Community

Locations of haplogroup H1 circa 500 years ago, before the era of intercontinental travel.



Haplogroup H1 is widespread in Europe, especially the western part of the continent. It originated about 13,000 years ago, not long after the Ice Age ended.

Maternal haplogroups are families of mitochondrial DNA types that all trace back to a single mutation at a specific place and time. By looking at the geographic distribution of mtDNA types, we learn how our ancient female ancestors migrated throughout the world.

**Haplogroup:** H1, a subgroup of H

**Age:** 13,000 years

**Region:** Europe, Near East, Central Asia, Northwestern Africa

**Example Populations:** Spanish, Berbers, Lebanese

**Highlight:** H1 appears to have been common in Doggerland, an ancient land now flooded by the North Sea.

## Haplogroups of You and Your Connections

H1

Paul Kostro