

Your Ancestral Journey

The origin of our species lies in Africa: It's where we first evolved and where we've spent the majority of our time on Earth. We have since migrated to every corner of the globe, a journey that is written in our DNA.

With the sample you sent us, we ran a comprehensive analysis to identify thousands of genetic markers—breadcrumbs—in your DNA, which are passed down from generation to generation. By looking at the order in which these markers occurred over time, we can trace the journey of your ancestors out of Africa. Furthermore, with these markers we have created a human family tree. Everyone alive today falls on a particular branch of this family tree. We have examined your markers to determine which branch you belong to. The results of our analysis—your personal journey—are outlined below.

Your Hominin Ancestry (60,000 Years Ago and Older)

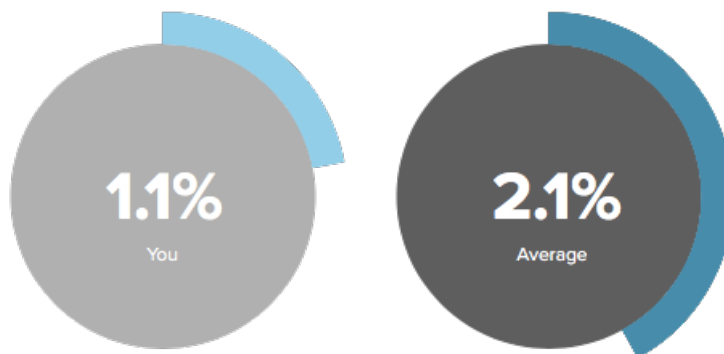
Your Hominin Ancestry

When our ancestors first migrated out of Africa around 60,000 years ago, they were not alone. At that time other species of hominin—our evolutionary cousins—walked the Eurasian landmass. One of these cousins was the Neanderthals. As our modern human ancestors migrated throughout Eurasia, they encountered these hominins and interbred, resulting in a small amount of Neanderthal DNA, for example, being introduced into the modern human gene pool.

Most non-Africans are about 1.1 percent Neanderthal. This percentage is calculated using a sophisticated analytical method that looks at parts of your DNA that you share with these hominin populations, as well as your complete regional ancestral components. The science around this calculation is new, and it is thanks to participation from citizens like you, that we continue to learn more and improve on this method. For this reason, your hominin result may change slightly over time as our accuracy and understanding improves.

NEANDERTHAL

*Out of a maximum of 5%



Your Deep Ancestry

Introduction to Your Story

We will now take you back through the stories of your distant ancestors and show how the movements of their descendants gave rise to your lineage.

Each segment on the map above represents the migratory path of successive groups that eventually coalesced to form your branch of the tree. We start with the marker for your oldest ancestor, and walk forward to more recent times, showing at each step the line of your ancestors who lived up to that point.

What is a marker? Each of us carries DNA that is a combination of genes passed from both our mother and father, giving us traits that range from eye color and height to athleticism and disease susceptibility. As part of this process, the Y-chromosome is passed directly from father to son, unchanged, from generation to generation down a purely male line. Mitochondrial DNA, on the other hand, is passed from mothers to their children, but only their daughters pass it on to the next generation. It traces a purely maternal line.

The DNA is passed on unchanged, unless a mutation—a random, naturally occurring, usually harmless change—occurs. The mutation, known as a marker, acts as a beacon; it can be mapped through generations because it will be passed down for thousands of years.

When geneticists identify such a marker, they try to figure out when it first occurred, and in which geographic region of the world. Each marker is essentially the beginning of a new lineage on the family tree of the human race. Tracking the lineages provides a picture of how small tribes of modern humans in Africa tens of thousands of years ago diversified and spread to populate the world.

By looking at the markers you carry, we can trace your lineage, ancestor by ancestor, to reveal the path they traveled as they moved out of Africa. Our story begins with your earliest ancestor. Who were they, where did they live, and what is their story? Click “Next” to begin.



Photograph by Claudia Wiens, Alamy

Branch: L3

Age: 67,000 Years Ago

Location of Origin: East Africa

This woman's descendants would eventually account for both out-of-Africa maternal lineages, significant population migrations in Africa, and even take part in the Atlantic Slave Trade related dispersals from Africa.

The common direct maternal ancestor to all women alive today was born in East Africa around 180,000 years ago. Dubbed “Mitochondrial Eve” by the popular press, she represents the root of the human family tree. Eve gave rise to two descendant lineages known as L0 and L1'2'3'4'5'6, characterized by a different set of genetic mutations their members carry.

Current genetic data indicates that indigenous people belonging to these groups are found exclusively in Africa. This means that, because all humans have a common female ancestor, and because the genetic data shows that Africans are the oldest groups on the planet, we know our species originated there.

Eventually, L1'2'3'4'5'6 gave rise to L3 in East Africa. It is a similar story: an individual underwent a mutation to her mitochondrial DNA, which was passed onto her children. The children were successful, and their descendants ultimately broke away from L1'2'3'4'5'6, eventually separating into a new group called L3.

While L3 individuals are found all over Africa, L3 is important for its movements north. Your L3 ancestors were significant because they are the first modern humans to have left Africa, representing the deepest branches of the tree found outside of that continent.

From there, members of this group went in a few different directions. Many stayed on in Africa, dispersing to the west and south. Some L3 lineages are predominant in many Bantu-speaking groups who originated in west-central Africa, later dispersing throughout the continent and spreading this L3 lineage from Mali to South Africa. Today, L3 is also found in many African-Americans.

Other L3 individuals, your ancestors, kept moving northward, eventually leaving the African continent completely. These people gave rise to two important macro-haplogroups (M and N) that went on to populate the rest of the world.

Why would humans have first ventured out of the familiar African hunting grounds and into unexplored lands? It is likely that a fluctuation in climate may have provided the impetus for your ancestors' exodus out of Africa.

The African Ice Age was characterized by drought rather than by cold. Around 50,000 years ago the ice sheets of northern Europe began to melt, introducing a period of warmer temperatures and moister climate in Africa. Parts of the inhospitable Sahara briefly became habitable. As the drought-ridden desert changed to savanna, the animals your ancestors hunted expanded their range and began moving through the newly emerging green corridor of grasslands. Your nomadic ancestors followed the good weather and plentiful game northward across this Saharan Gateway, although the exact route they followed remains to be determined.

Point of Interest

The L branch is shared by all women alive today, both in Africa and around the world. The L3 branch is the major maternal branch from which all mitochondrial DNA lineages outside of Africa arose.



Photograph by Helene Rogers, Alamy

Branch: N

Age: About 60,000 Years Ago

Location of Origin: East Africa or Asia

Your next ancestor is the woman whose descendants formed haplogroup N. Haplogroup N comprises one of two groups that were created by the descendants of L3.

One of these two groups of individuals moved north rather than east and left the African continent across the Sinai Peninsula, in present-day Egypt. Also faced with the harsh desert conditions of the Sahara, these people likely followed the Nile basin, which would have proved a reliable water and food supply in spite of the surrounding desert and its frequent sandstorms.

Descendants of these migrants eventually formed haplogroup N. Early members of this group lived in the eastern Mediterranean region and western Asia, where they likely coexisted for a time with other hominids such as Neanderthals. Excavations in Israel's Kebara Cave (Mount Carmel) have unearthed Neanderthal skeletons as recent as 60,000 years old, indicating that there was both geographic and temporal overlap of these two hominids. This likely accounts for the presence of Neanderthal DNA in people living outside of Africa.

Some members bearing mutations specific to haplogroup N formed many groups of their own which went on to populate much of the rest of the globe. These descendants are found throughout Asia, Europe, India, and the Americas. However, because almost all of the mitochondrial lineages found in the Near East and Europe descend from N, it is considered a western Eurasian haplogroup.

After several thousand years in the Near East, members of your group began moving into unexplored nearby territories, following large herds of migrating game across vast plains. These groups broke into several directions and made their way into territories surrounding the Near East.

Today, haplogroup N individuals who headed west are prevalent in Turkey and the eastern Mediterranean, they are found further east in parts of Central Asia and the Indus Valley of Pakistan and India. And members of your haplogroup who headed north out of the Levant across the Caucasus Mountains have remained in southeastern Europe and the Balkans. Importantly, descendants of these people eventually went on to populate the rest of Europe, and today comprise the most frequent mitochondrial lineages found there.

Point of Interest

This line and its sister lineage are the only two founding lineages to expand out of Africa.

Notable People

Ann Curry of the Today Show belongs to this lineage.



Photograph by Chris Willson, Alamy

Branch: R

Age: About 55,000 Years Ago

Location of Origin: West Asia

After several thousand years in the Near East, individuals belonging to a new group called haplogroup R began to move out and explore the surrounding areas. Some moved south, migrating back into northern Africa. Others went west across Anatolia (present-day Turkey) and north across the Caucasus Mountains of Georgia and southern Russia. Still others headed east into the Middle East, and on to Central Asia. All of these individuals had one thing in common: they shared a female ancestor from the N clan, a recent descendant of the migration out of Africa.

The story of haplogroup R is complicated, however, because these individuals can be found almost everywhere, and because their origin is quite ancient. In fact, the ancestor of haplogroup R lived relatively soon after humans moved out of Africa during the second wave, and her descendants undertook many of the same migrations as her own group, N.

Because the two groups lived side by side for thousands of years, it is likely that the migrations radiating out from the Near East comprised individuals from both of these groups. They simply moved together, bringing their N and R lineages to the same places around the same times. The tapestry of genetic lines became quickly entangled, and geneticists are currently working to unravel the different stories of haplogroups N and R, since they are found in many of the same far-reaching places.

Point of Interest

Descendants of this line dominate the European maternal landscape, making up 75 to 95 percent of the lineages there.



Photograph by James P. Blair, National Geographic

Branch: U

Age: Around 47,000 Years Ago

Location of Origin: West Asia

Descending from the R group, a woman gave rise to people who now constitute haplogroup U. Because of the great genetic diversity

found in haplogroup U, it is likely that this woman lived around 47,000 years ago.

Her descendants gave rise to several different subgroups, some of which exhibit very specific geographic homelands. The very old age of these subgroups has led to a wide distribution; today they harbor specific European, northern African, and Indian components, and are found in Arabia, the northern Caucasus Mountains, and throughout the Near East.

One interesting subgroup is U6, which branched off from haplogroup R while still in the Middle East, moved southward, and today is found in parts of northern Africa. Today, U6 individuals are found in around ten percent of people living in North Africa.

Other members of the larger haplogroup U descend from a group that moved northward out of the Near East. These women crossed the rugged Caucasus Mountains in southern Russia, and moved on to the steppes of the Black Sea. These individuals represent movements from the Black Sea steppes west into regions that comprise the present-day Baltic States and western Eurasia. This grassland then served as the home base for subsequent movements north and west.

Today, this line is part of populations in Europe, West Asia (including Arabia), North Africa, India, and the North Caucasus Mountains. In Europe, this lineage averages 7 percent of the population. In Scandinavian countries (Norway, Sweden, the Netherlands, etc.) it is between 9 and 16 percent of the population. In England, it is about 12 percent of the population. Toward the Mediterranean, this line is between 10 and 12 percent of the population in Croatia and Greece.

Point of Interest

A subtype of this lineage links the Saami people in Scandinavia to Berber populations in North Africa.

Heatmap for U

This next step in your journey is a map showing the frequency of your haplogroup (or the closest haplogroup in your path that we have frequency information for) in indigenous populations from around the world, providing a more detailed look at where your more recent ancestors settled in their migratory journey. What do we mean by recent? It's difficult to say, as it could vary from a few hundred years ago to a few thousand years ago depending on how much scientists currently know about your particular haplogroup. As we test more individuals and receive more information worldwide, this information will grow and change.

The colors on the map represent the percentage frequency of your haplogroup in populations from different geographic regions—red indicates high concentrations, and light yellow and grey indicate low concentrations. The geographic region with the highest frequency isn't necessarily the place where the haplogroup originated, although this is sometimes the case.

The map of U shows that it is widespread in western Eurasia and North Africa. This spread began with the expansion of haplogroup U bearing populations out of West Asia during the Upper Paleolithic, prior to 12,000 years ago. It was the earliest lineage to reach Europe and is still one of the most common lines there today.

Does this mean you're related to people in the areas highlighted on your map? Distantly, yes! We are all connected through our ancient ancestry. In order for us to learn more ancestry information about where haplogroups settled in more recent times, please choose to contribute your results to science (check the checkbox during Login or from the Account Settings tab of your Profile), and fill out your ancestry information in the Profile section of the site. Also be sure to tell your own story in the Our Story section.

Branch: P305

Age: More than 100,000 years old

Location of Origin: Africa

The common direct paternal ancestor of all men alive today was born in Africa between 300,000 and 150,000 years ago. Dubbed “Y-chromosome Adam” by the popular press, he was neither the first human male nor the only man alive in his time. He was, though, the only male whose Y-chromosome lineage is still around today. All men, including your direct paternal ancestors, trace their ancestry to one of this man’s descendants. The oldest Y-chromosome lineages in existence, belonging to the A00 branch of the tree, are found only in African populations.

Around 100,000 years ago the mutation named P305 occurred in the Y chromosome of a man in Africa. This is one of the oldest known mutations that is not shared by all men. Therefore, it marks one of the early splits in the human Y-chromosome tree, which itself marks one of the earliest branching points in modern human evolution. The man who first carried this mutation lived in Africa and is the ancestor to more than 99.9% of paternal lineages today. In fact, men who do not carry this mutation are so rare that its importance in human history was discovered only in the past two years.

As P305-bearing populations migrated around the globe, they picked up additional markers on their Y chromosomes. Today, there are no known P305-bearing individuals without these additional markers.



Photograph by Pere Fernandez, My Shot

Branch: M42

Age: About 80,000 Years Ago

Location of Origin: East Africa

Around 80,000 years ago, the BT branch of the Y-chromosome tree was born, defined by many genetic markers, including M42. The common ancestor of most men living today, some of this man’s descendants would begin the journey out of Africa to the Middle East and India. Some small groups from this line would eventually reach the Americas, while other groups would settle in Europe, and some would remain near their ancestral homeland in Africa.

Individuals from this line whose ancestors stayed in Africa often practice cultural traditions that resemble those of the distant past. For example, they often live in traditional hunter-gatherer societies. These include the Mbuti and Biaka Pygmies of central Africa, as well as Tanzania’s Hadza.

Point of Interest

The M42 branch is shared by almost all men alive today, both in Africa and around the world.



Photograph by Ali Talan, My Shot

Branch: M168

Age: About 70,000 years ago

Location of Origin: East Africa

When humans left Africa, they migrated across the globe in a web of paths that spread out like the branches of a tree, each limb of

migration identifiable by a marker in our DNA. For male lineages, the M168 branch was one of the first to leave the African homeland.

The man who gave rise to the first genetic marker in your lineage probably lived in northeast Africa in the region of the Rift Valley, perhaps in present-day Ethiopia, Kenya, or Tanzania. Scientists put the most likely date for when he lived at around 70,000 years ago. His descendants became the only lineage to survive outside of Africa, making him the common ancestor of every non-African man living today.

Your nomadic ancestors would have followed the good weather and the animals they hunted, although the exact route they followed remains to be determined. In addition to a favorable change in climate, around this same time there was a great leap forward in modern humans' intellectual capacity. Many scientists believe that the emergence of language gave us a huge advantage over other early humanlike species. Improved tools and weapons, the ability to plan ahead and cooperate with one another, and an increased capacity to exploit resources in ways we hadn't been able to earlier allowed modern humans to rapidly migrate to new territories, exploit new resources, and replace other hominids such as the Neanderthals.

Point of Interest

This male branch is one of the first to leave the African homeland.

Branch: P143

Age: About 60,000 years old

Location of Origin: Southwest Asia

This mutation is one of the oldest thought to have occurred outside of Africa and therefore marks a pivotal moment in the evolution of modern humans. Moving along the coastline, members of this lineage were some of the earliest settlers in Asia, Southeast Asia, and Australia.

But why would man have first ventured out of the familiar African hunting grounds and into unexplored lands? The first migrants likely ventured across the Bab-al Mandeb strait, a narrow body of water at the southern end of the Red Sea, crossing into the Arabian Peninsula and soon after developing mutation P143—perhaps 60,000 years ago. These beachcombers would make their way rapidly to India and Southeast Asia, following the coastline in a gradual march eastward. By 50,000 years ago, they had reached Australia. These were the ancestors of some of today's Australian Aborigines.

It is also likely that a fluctuation in climate may have contributed to your ancestors' exodus out of Africa. The African ice age was characterized by drought rather than by cold. Around 50,000 years ago, though, the ice sheets of the Northern Hemisphere began to melt, introducing a short period of warmer temperatures and moister climate in Africa and the Middle East. Parts of the inhospitable Sahara briefly became habitable. As the drought-ridden desert changed to a savanna, the animals hunted by your ancestors expanded their range and began moving through the newly emerging green corridor of grasslands.



Photograph by Ciaran Clancy, My Shot

Branch: M89

Age: About 55,000 Years Old

Location of Origin: Southwest Asia

The next male ancestor in your ancestral lineage is the man who gave rise to M89, a marker found in 90 to 95 percent of all non-

Africans. This man was likely born around 55,000 years ago in Middle East.

While many of the descendants of M89 remained in the Middle East, others continued to follow the great herds of wild game through what is now modern-day Iran, then north to the Caucasus and the steppes of Central Asia. These semiarid, grass-covered plains would eventually form an ancient “superhighway” stretching from France to Korea. A smaller group continued moving north from the Middle East to Anatolia and the Balkans, trading familiar grasslands for forests and high country.



Photograph by PCJones, Alamy

Branch: M201

Age: About 17,000 Years Ago

Location of Origin: West Asia

This branch was born in West Asia before the beginning of the last glacial maximum. Most from this lineage are likely to have weathered out the ice and cold in West Asia. Then, as the ice melted, some members of this lineage who lived in the Fertile Crescent discovered farming. Their move from the hunter-gatherer lifestyle to farming communities led to population booms and rapid cultural changes. This was the Neolithic Revolution.

The population booms triggered by the Neolithic Revolution were responsible for the movement of this branch and its subtype into Turkey, the Caucasus Mountains, the Balkans, and the Mediterranean.

Today, it remains at low frequencies throughout these areas.



Photograph by Mehmet Masum Suer, My Shot

Branch: P15

Age: 11,500 – 17,500 Years Ago

Location of Origin: West Asia

Members of this lineage are relatively young descendants of Neolithic farmers. In the time since the Neolithic Revolution, they have spread to Central Asia and across Anatolia to southern Europe.

Today, it is present in low frequencies in Central Asia, West Asia, and Europe. In Italy, Greece, and Turkey, it accounts for 8 to 9 percent of paternal lineages. In Iran, Lebanon, and Uzbekistan, this lineage is about 5 percent of the population. In the United Kingdom, it varies between 1 and 3 percent of the male population.

Geneticists have found this lineage in very low frequencies of less than 2 percent in South Asian countries such as Sri Lanka. The presence of these lineages may be due to historic trade paths such as the Silk Road.

Branch: L30

Age: To Be Determined

Location of Origin: Mediterranean

This lineage is the descendant of Neolithic farmers. From its Mediterranean homeland, it traveled into inner Europe and east into Turkey.

Today, this branch and its subtypes live at low frequencies across West Asia and Europe. In Europe, it makes up about 1 percent of the overall male population. It is between 3 and 5 percent of the populations of Armenia, Bulgaria, Greece, and Turkey. It is 1 to 2 percent of male lineages in Iran and Lebanon.

Note: This branch is not accompanied by a major movement on the map, and research on this branch is continuing.

Point of Interest

Attesting to its part in the Neolithic Revolution, geneticists have identified a skeleton of a man from this lineage at a 5,000-year-old gravesite in Germany.

Branch: P303

Age: To Be Determined

Location of Origin: Mediterranean

Like its parent, this branch was likely born in the Mediterranean region. From there, it traveled north to the area around the Black Sea.

Today, it is most common in its homeland of the Black Sea area. It is also present in significant numbers in Russia and among Ashkenazi Jewish male lineages. It is between 1 and 2 percent of male lineages in Portugal, Spain, Germany, France, Norway, and Iraq.

Note: This branch is not accompanied by a major movement on the map, and research on this branch is continuing.

Branch: L140

Age: To Be Determined

Location of Origin: Anatolia

Descendants of this lineage have spread along the Mediterranean and north from Anatolia into Eastern Europe. They have also spread back toward West Asia.

Today, men from this line are present most often in the lands of their ancestors. It is around 5 percent of male lineages in Cyprus, about 2 percent of male lineages in Greece, and 2 percent of male lineages in Turkey. In West Asia, it is about 1 percent of Iranian and Iraqi male population groups. In Europe, it is present at trace frequencies of less than 1 percent, however, it is notably more common in Eastern Europe than in Western Europe.

Note: This branch is not accompanied by a major movement on the map, and research on this branch is continuing.

Heatmap for P303

A heat map for your specific haplogroup is not yet available. We hope that as more people from around the world participate in the project we will be able to create a more specific map. We're showing you a heat map for an earlier branch in your path: **P303**.

This next step in your journey is a map showing the frequency of your haplogroup (or the closest haplogroup in your path that we have frequency information for) in indigenous populations from around the world, providing a more detailed look at where some of your more recent ancestors settled in their migratory journey. What do we mean by recent? It's difficult to say, as it could vary from a few hundred years ago to a few thousand years ago, depending on how much scientists currently know about your particular haplogroup. As we test more individuals and receive more information worldwide, this information will grow and change.

The colors on the map represent the varying percentage frequencies of your haplogroup in populations from different geographic regions—red indicates high concentrations, and light yellow and grey indicate low concentrations. The geographic region with the highest frequency isn't necessarily the place where the haplogroup originated, although this is sometimes the case.

You may find that your map shows a wide distribution for your haplogroup, with large portions of the world highlighted, or unusual places far from where you live. Does this mean you're related to people in all of those places? Distantly, yes! We are all connected through our ancient ancestry.

In order for us to learn more ancestry information about where haplogroups settled in more recent times, please choose to contribute your results to science (check the checkbox during Login or from the Account Settings tab of your Profile), and fill out your ancestry information in the Profile section of the site. Also be sure to tell your own story in the Our Story section.

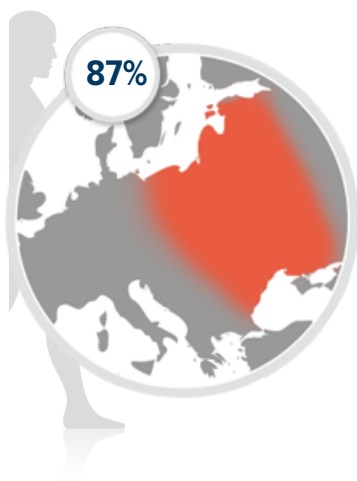
Your Regional Ancestry

(Present to 10,000 Years Ago)

We are all more than the sum of our parts, but the results below offer some of the most fascinating and newest information possible with your Geno 2.0 Next Generation test. In this section, we display your affiliations with a set of eighteen world regions. This information is determined from your entire genome, so we're able to see both parents' information, going back six generations, or more. Your percentages reflect both recent influences and ancient genetic patterns in your DNA due to how groups migrated to and from different regions, mixing for hundreds or even thousands of years. Your ancestors may have also mixed with ancient, now extinct hominid cousins, like Neanderthals. If you or your parents have an admixed background, this pattern can get complicated very quickly! Use the reference population matches below to help understand your results.

Your Results

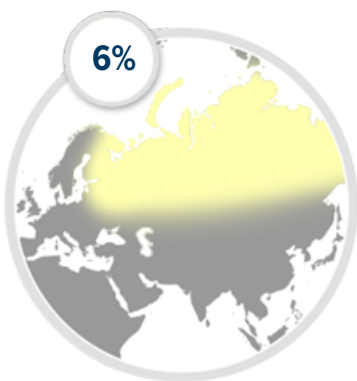




Eastern Europe

This component of your ancestry originates in the plains that extend from the Danube River and the Black Sea north to the Baltic Sea and east to the Volga River and the Ural Mountains of Russia. Your ancestors who lived in this region thousands of years ago were likely hunters and gatherers who gradually adopted agriculture from their neighbors to the south and west. Some scientists believe that it was in this region of the world where horses were first domesticated.

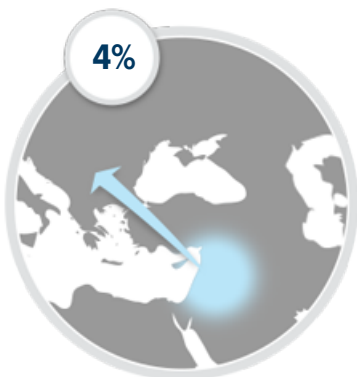
Today, this part of the world is associated with Slavic and Baltic cultures, as well as Russian, Polish, Ukrainian, Romanian, Bulgarian, Czech, Slovak, and German peoples.



Finland and Siberia

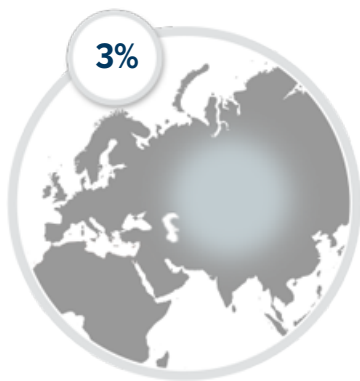
This component of your ancestry is associated with the polar regions of Eurasia, stretching from Finland to eastern Siberia in Russia. Similar to other northern regions, this region of Eurasia was settled late and primarily by hunter-gatherers who could survive on the edges of the receding icesheets, and did not take on agriculture until very recently. Although this area may appear distant on a map, members of this population eventually expanded as far east as Alaska, Canada, and North America, and their genetic legacy is still seen in Inuit populations as far east as Canada and Greenland, but also Sami populations as far west as Finland and Sweden. Your ancestors were true circumpolar settlers.

Today, this genetic component of your ancestry is seen in Finnish, Russian, Alaska, and Canadian populations, and in low frequencies among some Native American groups farther south.



Jewish Diaspora

This component of your ancestry is associated with the exodus of the Jewish group from the Middle East to various regions of Europe.



Central Asia

This component of your ancestry is associated with the region east of the Ural Mountains and the Caspian Sea, northeast of the Himalayan highlands, and west of Tibet. This part of the world saw the movement of cold-adapted migrants for tens of thousands of years. Its predominantly flat terrain allowed for faster migration east and west and thus became the major thoroughfare for the historic Silk Road.

Today, Central Asia is home to dozens of ethnic groups, many of which were associated with the break-up of the Soviet Union several decades ago. It includes the countries of Kazakhstan, Uzbekistan, Afghanistan, Turkmenistan, Mongolia, and the Chinese region of Tibet.

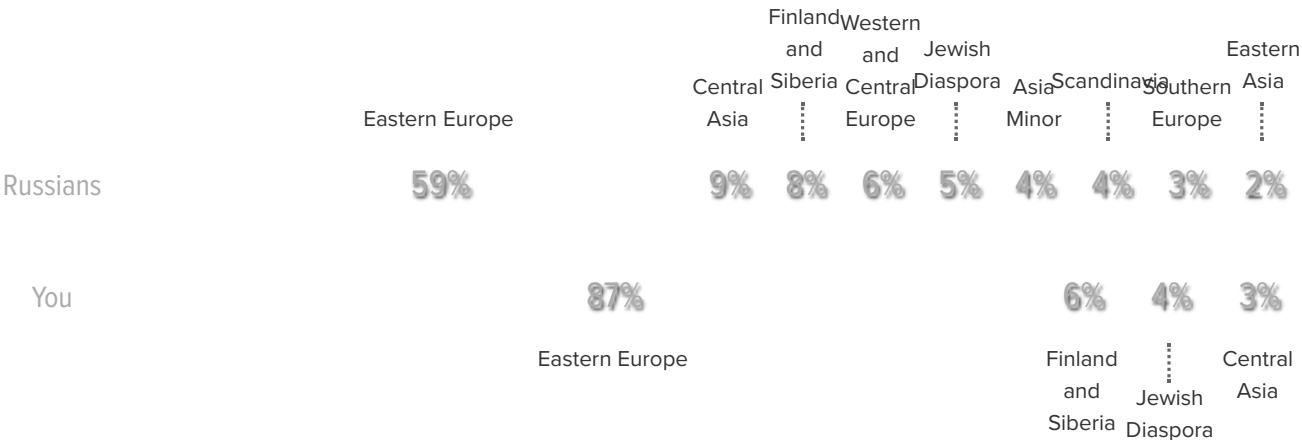
Note: In some cases regional percentages may not total 100%.

What Your Results Mean

We compared your DNA results to the reference populations we currently have in our database and estimated which of these populations were most similar to you in terms of the genetic markers you carry. This doesn't necessarily mean that you belong to these groups, but that these groups were a similar genetic match, and can therefore be used as a guide to help determine why you have a certain result. Remember, this is a mixture of recent (past six generations) and ancient patterns established over thousands of years, so you may see surprising matches. Read each of the population descriptions below to better interpret your particular results.

Your First Reference Population: Russians

This reference population is based on Russians living in Eastern Russia. The dominant Eastern Europe component likely reflects the earliest settlers in Europe, hunter-gatherers who arrived there more than 35,000 years ago. The Southern European and Asia Minor percentages arrived later, with the spread of agriculture from the Fertile Crescent in the Middle East over the past 10,000 years. As these early farmers moved into Europe, they spread their genetic patterns as well. Today, Eastern European populations retain the links to both the earliest Europeans and these later migrants from the Middle East. The Asian components reflect mixing with native Siberian populations, including the reindeer-herding Sami people of far northern Russia and Scandinavia.



Your Second Reference Population: Polish

This reference population is associated with groups living in Poland, in Eastern Europe. The large Eastern European component is typical for

the region, and is itself a genetic composite of years of migration through the region. The Central/Western European component suggests mixing with German groups to the west, while the southern European and Asia Minor components are likely associated with the spread of agriculture into Europe from the Middle East. The smaller Scandinavian and Finland/Siberia components also indicate recent mixing with neighboring regions.

