



Day 1 – Swim 1

Hawaii

(Honolulu)

Route Definition

Body of Water: Pacific Ocean

Route Type: One Way

Start Location: Makapuu Beach Park (21.310542, -157.659387)

Finish Location: China Walls (21.261294, -157.711248)

Min. Route Distance: 6.69 Miles, 10.79K





Day 2 – Swim 2

Alaska

(Anchorage)

Route Definition

Body of Water: Big Lake

Route Type: Island Circumnavigation

Begin at the Boat Ramp in front of Sustina Brewing Co. Proceed west, continuing around the island at (61.521195, -149.927023) counter clockwise. Return to start location.

Start/Finish Location: Sustina Brewing Co. Boat Ramp (61.531178, -149.842950)

Min. Route Distance: 6.41 Miles, 10.33K





Day 3 – Swim 3

Nevada

(Lake Tahoe)

Route Definition

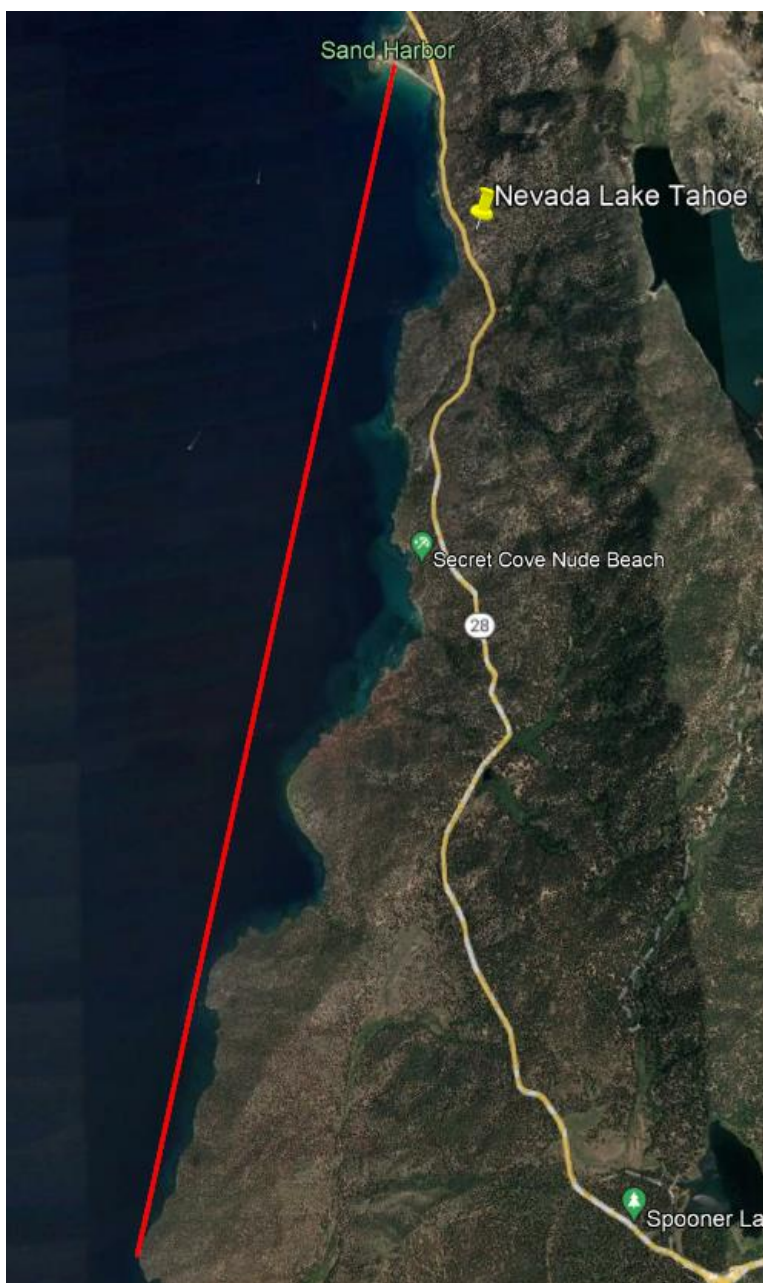
Body of Water: Lake Tahoe

Route Type: One Way

Start Location: Deadman Point (39.106546, -119.960800)

Finish Location: Sand Harbor Beach (39.197220, -119.931612) 6.46/.62

Min. Route Distance: 6.46 Miles, 10.41 K





Day 3 – Swim 4

California

(Lake Tahoe)

Route Definition

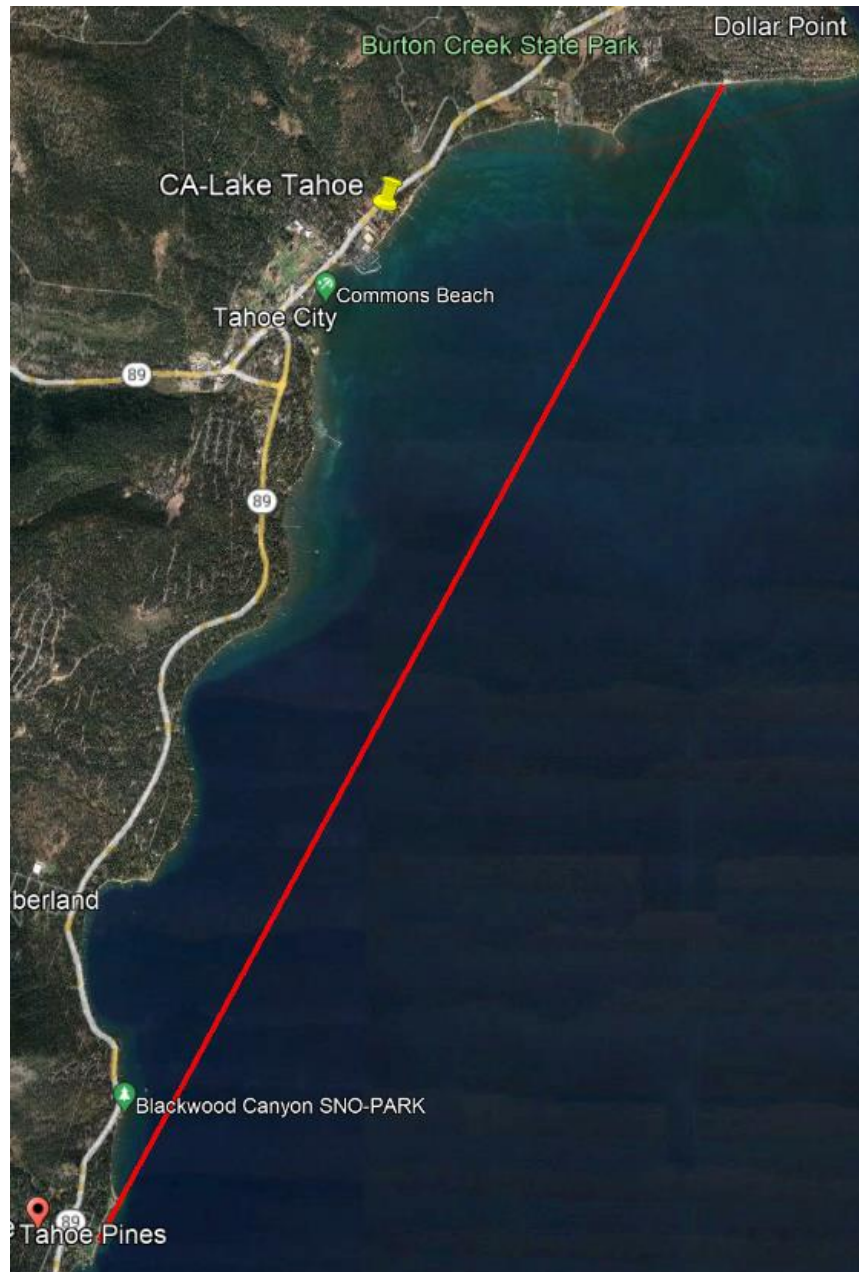
Body of Water: Lake Tahoe

Route Type: One Way

Start Location: Tahoe Pines (39.106714, -120.158223)

Finish Location: Dollar Point Tennis & Beach Club (39.184099, -120.105029)

Min. Route Distance: 6.24 Miles, 10.06 K





Day 4 – Swim 5

Oregon

(Portland)

Route Definition

Follows the Route of the Portland Bride Swim

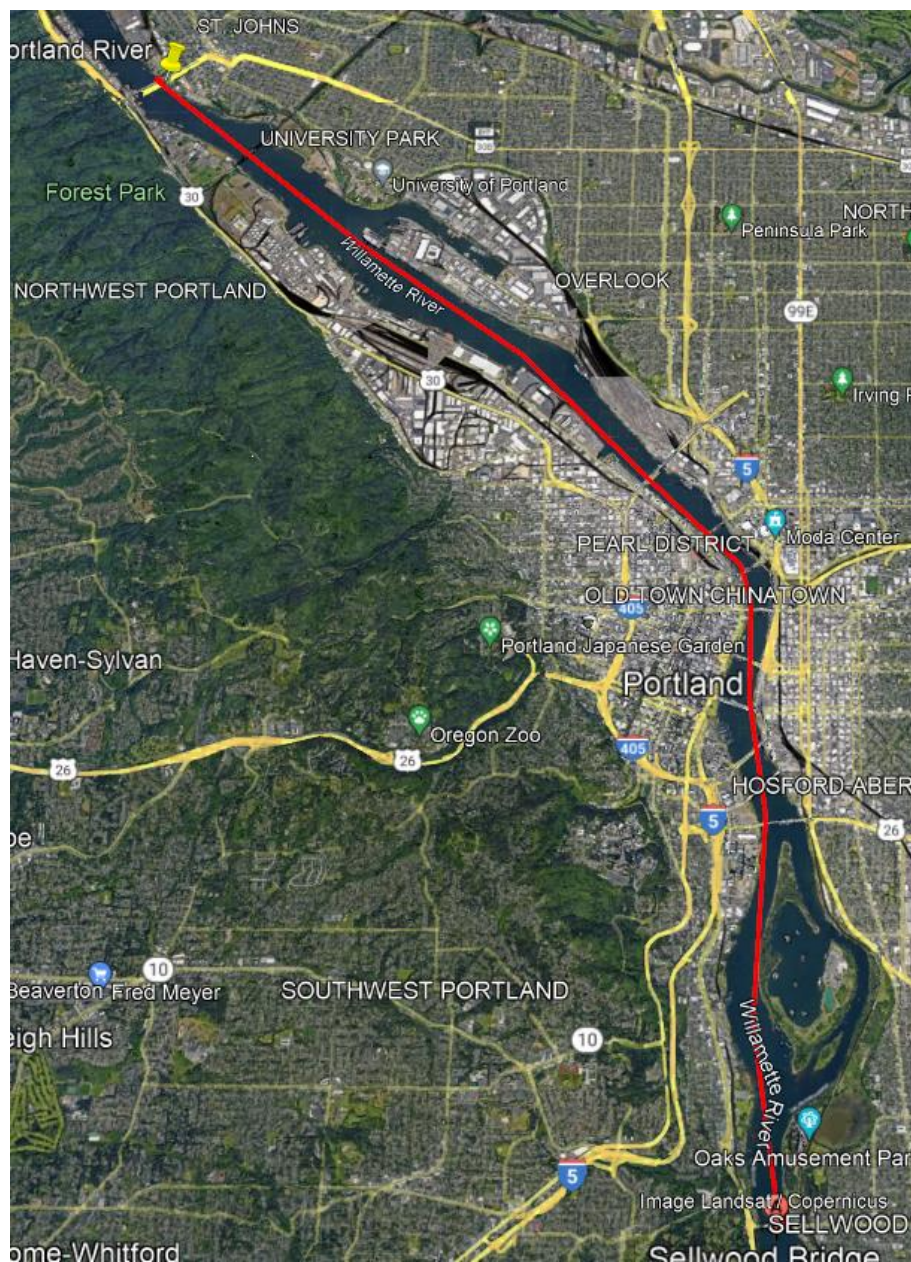
Body of Water: Willamette River

Route Type: One Way

Start Location: Selwood Riverfront Park (45.466735, -122.664466)

Finish Location: Cathedral Park Boat Ramp (45.587483, -122.764389)

Min. Route Distance: 10.36 Miles, 17.16 K





Day 4 – Swim 6

Washington

(Yale)

(64 miles from Vancouver, WA)

Route Definition

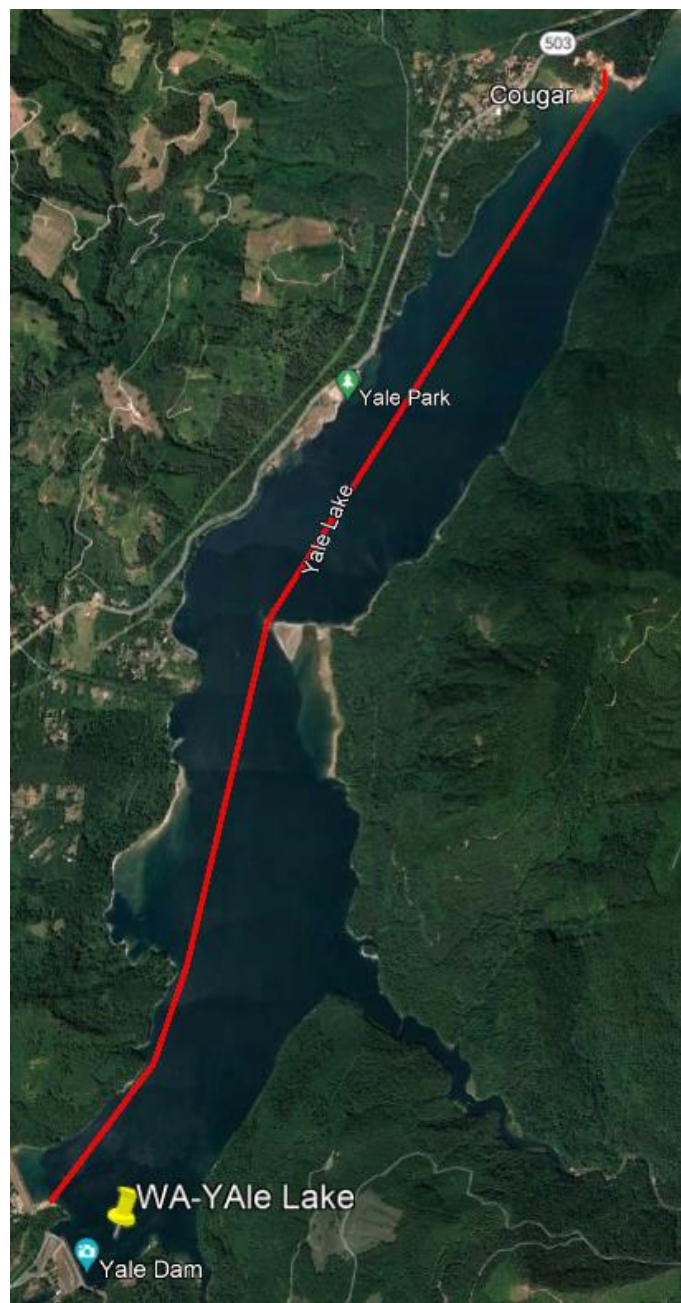
Body of Water: Yale Lake

Route Type: One Way

Start Location: Saddle Dam Park (45.968423, -122.337984)

Finish Location: Cougar Park and Campground (46.053673, -122.291374)

Min. Route Distance: 6.40 Miles, 10.32 K





Day 5 – Swim 7

Idaho

(Coeur d'Alene)

Route Definition

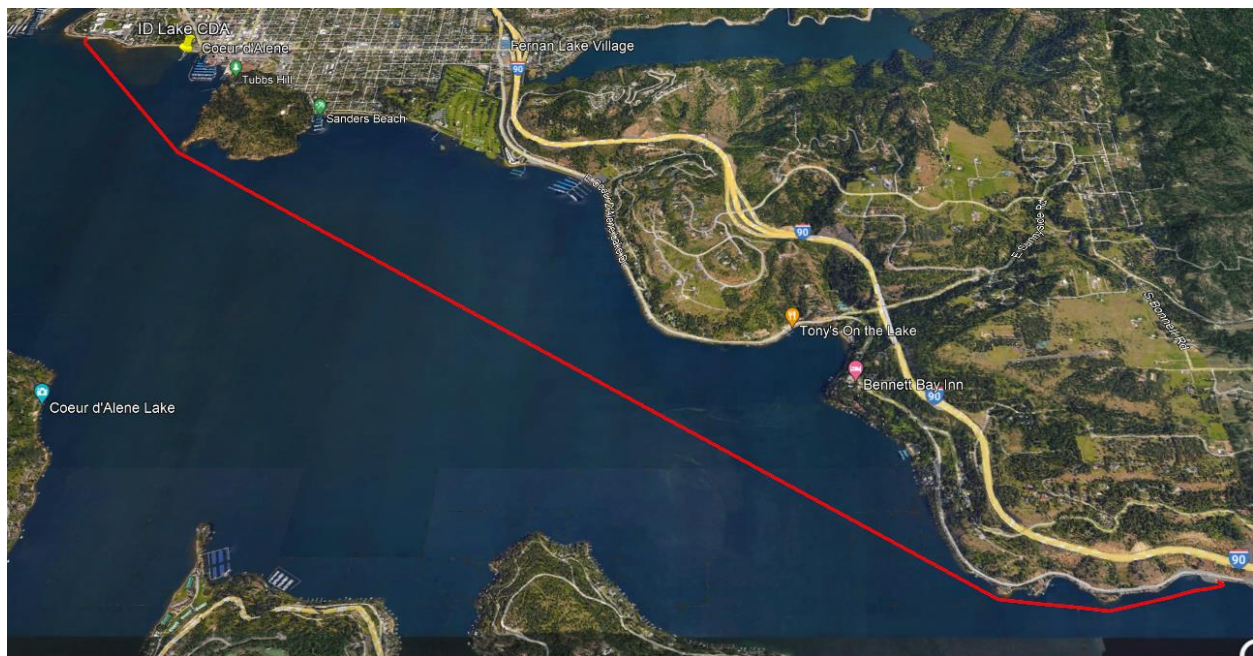
Body of Water: Coeur d'Alene Lake

Route Type: One Way

Start Location: Higgins Point Boat Launch (47.629826, -116.691237)

Finish Location: West of Pier at Yap-Keehn-Um Beach (47.674860, -116.799408)

Min. Route Distance: 6.21 Miles, 10 K





Day 5 – Swim 8

Montana

(Elmo)

(15 miles from Poison, MT)

Route Definition

Start at Kupawaionue dock. Swim partially around Cromwell island counter clockwise. Finish at the dock at the end of A Street

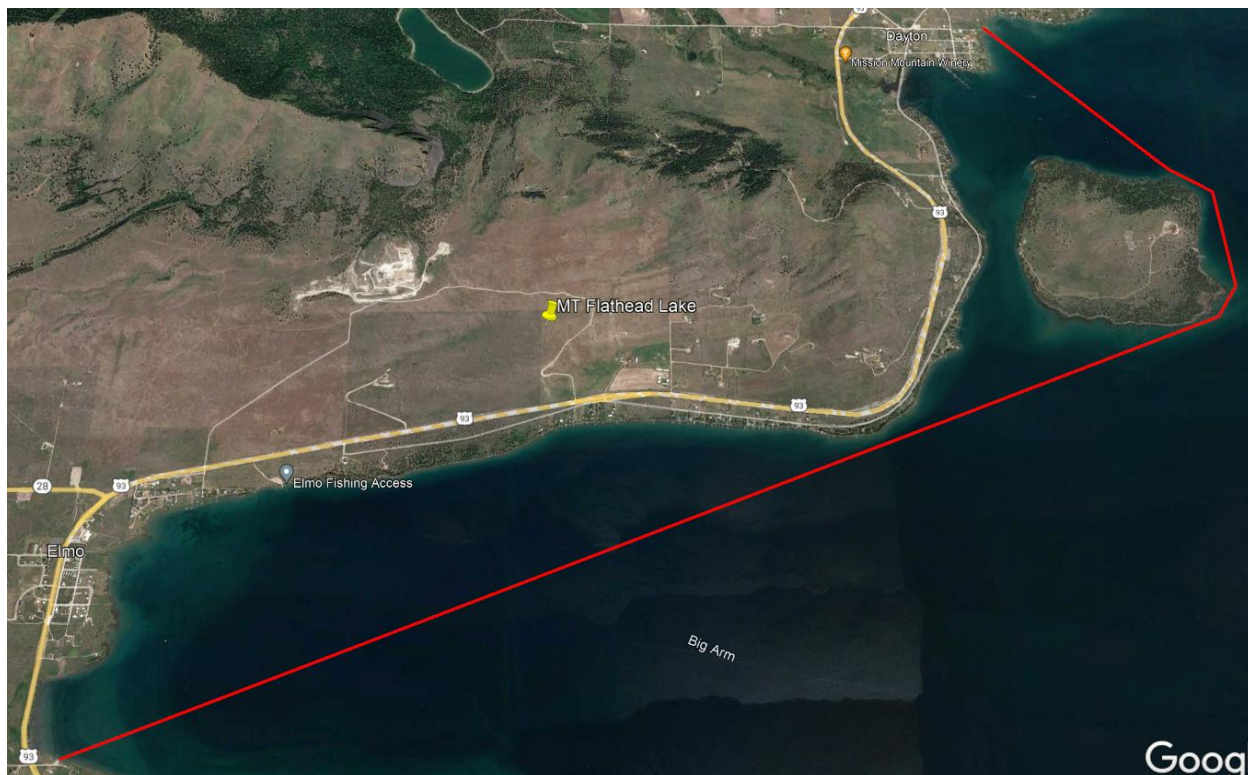
Body of Water: Flathead Lake

Route Type: One Way

Start Location: Kupawaionue Dock (47.819767, -114.346543)

Finish Location: Dock at end of A st (47.866610, -114.271335)

Min. Route Distance: 6.47 Miles, 10.43 K





Day 6 – Swim 9

Wyoming

(Sheridan)

Route Definition

Start at listed start location. Swim N-NW counter clockwise around the further north island in the lake. Unnamed island (44.507096, -106.776583) proceed south to finish location listed near De Smet Monument.

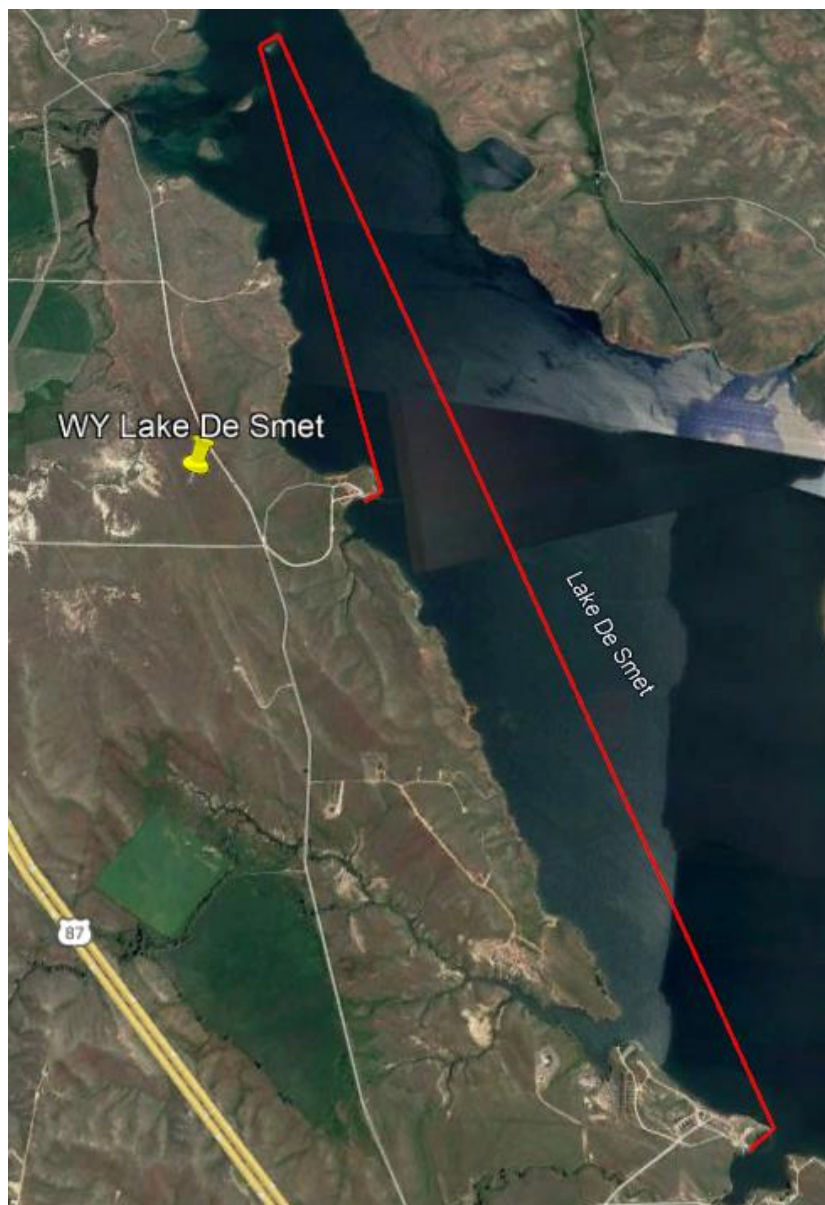
Body of Water: Lake De Smet

Route Type: One Way

Start Location: Dock at end of Jc Lake De Smet Area Rd (44.450998, -106.740311)

Finish Location: Dock at end of Shell Creek Rd (44.480453, -106.766075)

Min. Route Distance: 6.44 Miles, 10.38 K





Day 6 – Swim 10

South Dakota

(Belle Fourche)

Route Definition

Start at Orman Dam Boat Launch East. Proceed south. Proceed counter clockwise around unnamed island at (44.711039, -103.688711) proceed north to finish location

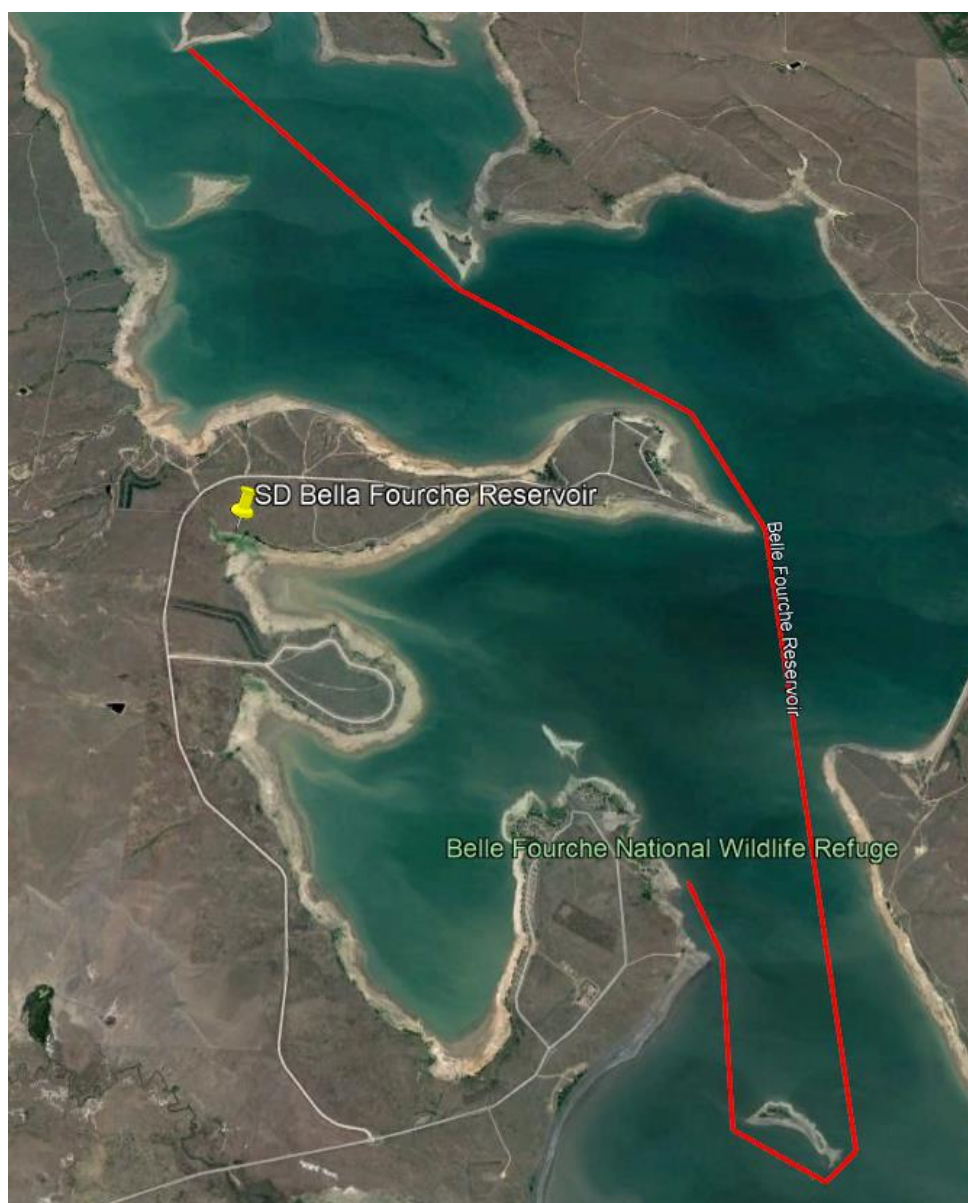
Body of Water: Belle Fourche Reservoir

Route Type: One Way

Start Location: Orman Dam Boat Launch East (44.723856, -103.697967)

Finish Location: Unnamed Peninsula (44.765846, -103.735371)

Min. Route Distance: 6.39 Miles, 10.30 K





Day 7 – Swim 11

North Dakota

(Valley City)

(70 miles from Fargo, ND)

Route Definition

Body of Water: Lake Ashtabula

Route Type: One Way

Start Location: Dock at Mel Rieman campground (47.036517, -98.069953)

Finish Location: Unnamed small dock (47.116895, -98.032176)

Min. Route Distance: 6.42 Miles, 10.35 K





Day 7 – Swim 12

Minnesota

(Glenwood)

Route Definition

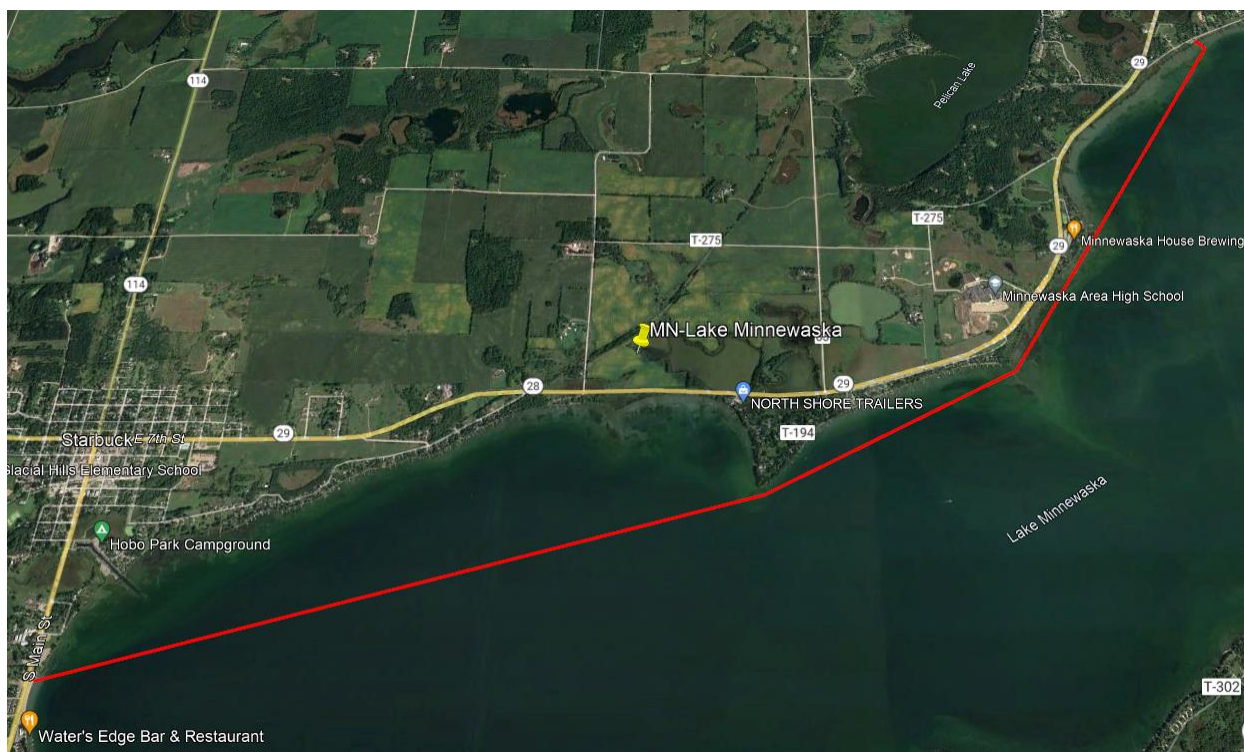
Body of Water: Lake Minnewaska

Route Type: One Way

Start Location: Starbuck Public Beach (45.600237, -95.530718)

Finish Location: Woodlawn Resort and campground. North of Pier (45.646563, -95.430214)

Min. Route Distance: 6.25 Miles, 10.08 K





Day 8 – Swim 13

Iowa

(Spirit Lake)

Route Definition

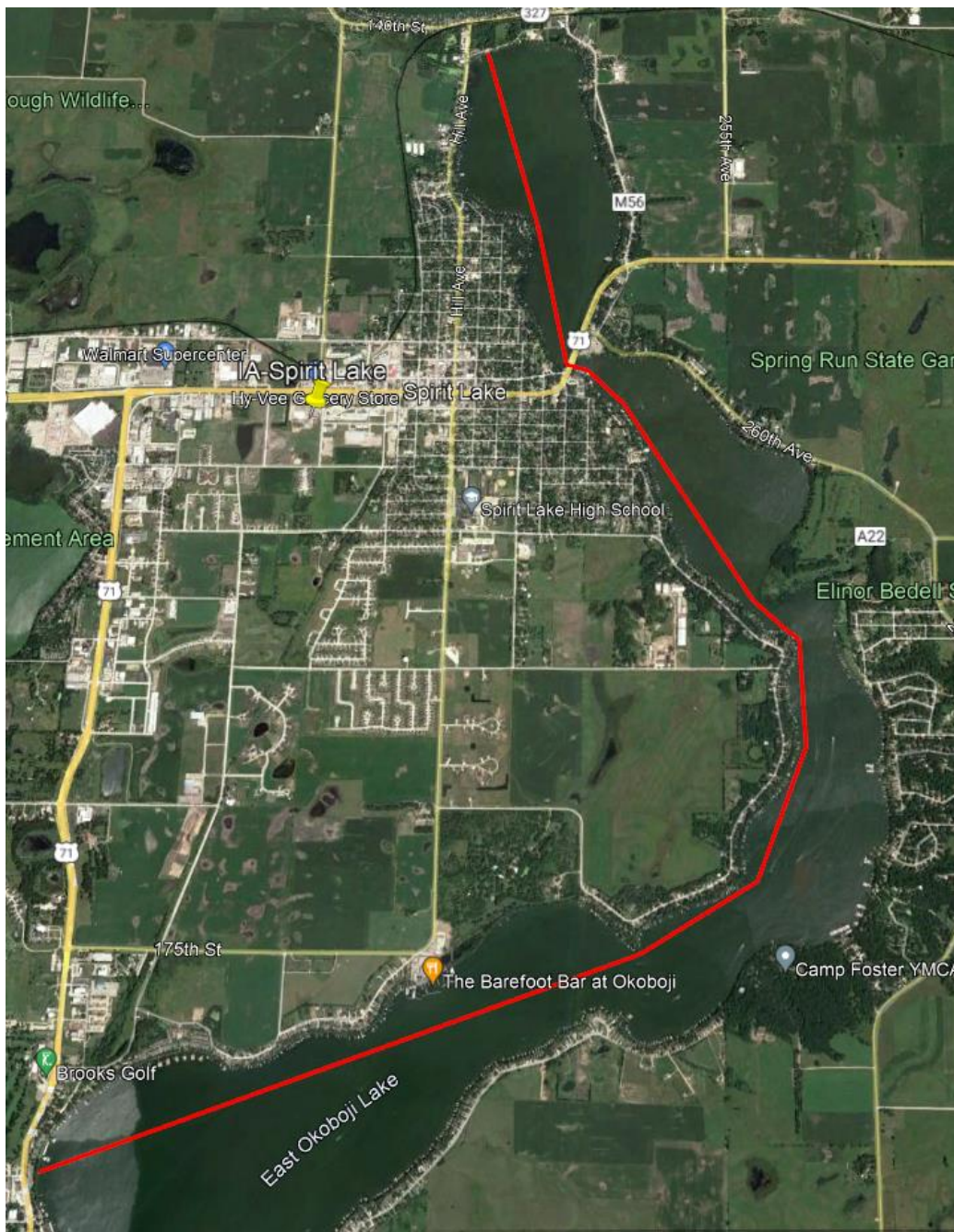
Body of Water: Spirit Lake

Route Type: One Way

Start Location: Isthmus Park (43.443047, -95.101241hatt)

Finish Location: Hattie Elson State Park – Boat Ramp (43.382294, -95.127968sim)

Min. Route Distance: 6.23 Miles, 10.05 K





Day 8 – Swim 14

Wisconsin

(Kenosha)

Route Definition

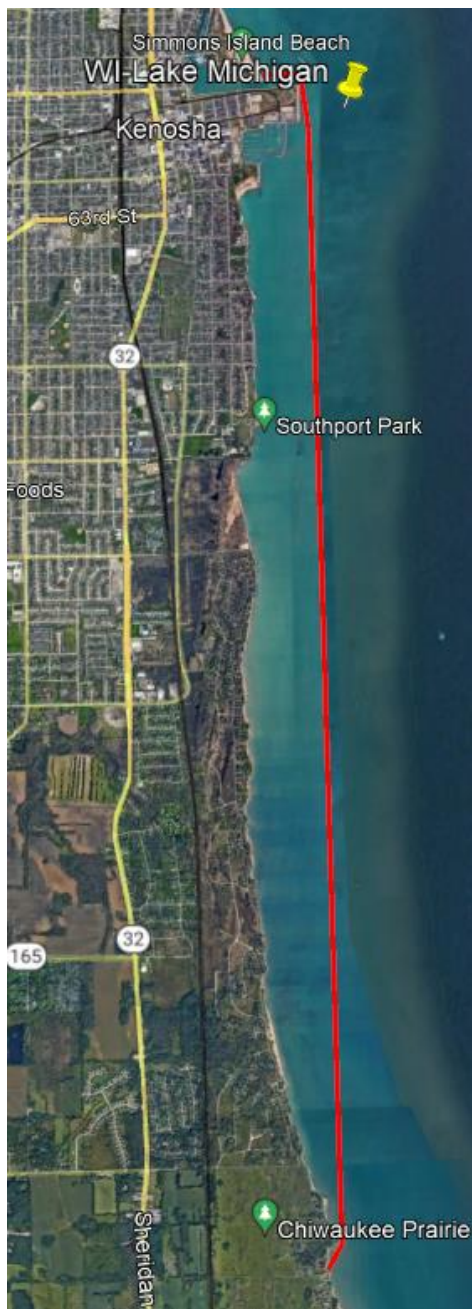
Body of Water: Lake Michigan

Route Type: One Way

Start Location: Simmons Island Beach (42.588939, -87.811517)

Finish Location: Public Access Point at 122nd St (42.588939, -87.811517)

Min. Route Distance: 6.34 Miles, 10.22 K





Day 8 – Swim 15

Illinois

(Waukegan)

Route Definition

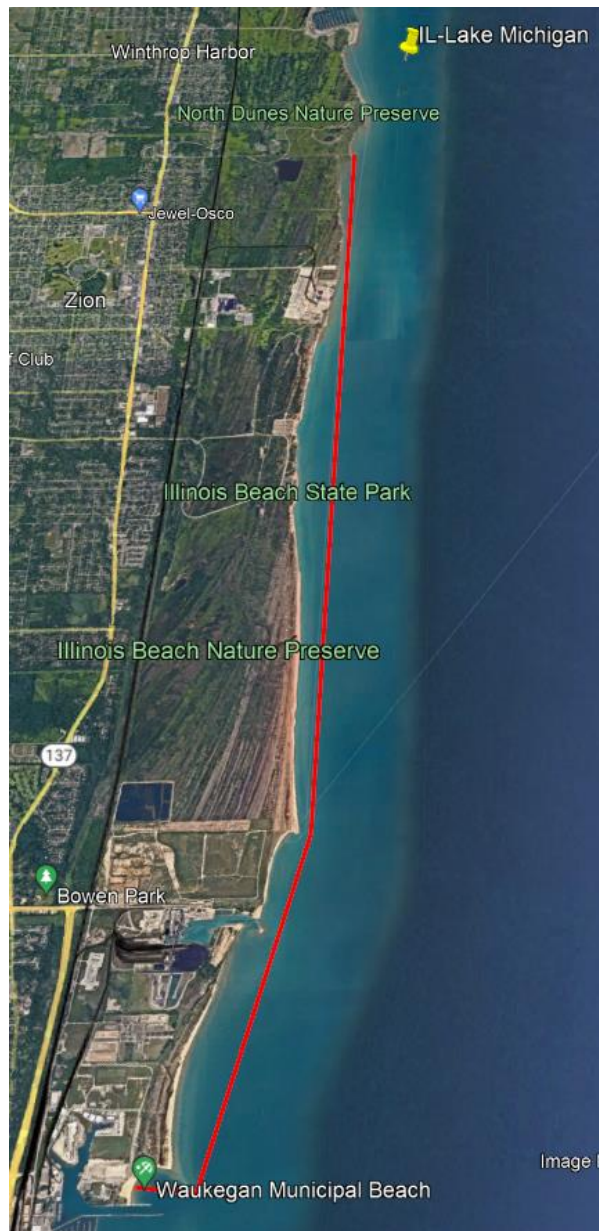
Body of Water: Lake Michigan

Route Type: One Way

Start Location: Public Access Point at 17th ST (42.464226, -87.799227)

Finish Location: Waukegan Municipal Beach (42.362491, -87.816772)

Min. Route Distance: 7.42 Miles, 11.97 K





Day 9 – Swim 16

Indiana (Michigan City)

Route Definition

Begin at Starting point, proceed around the Michigan City Breakwater Light

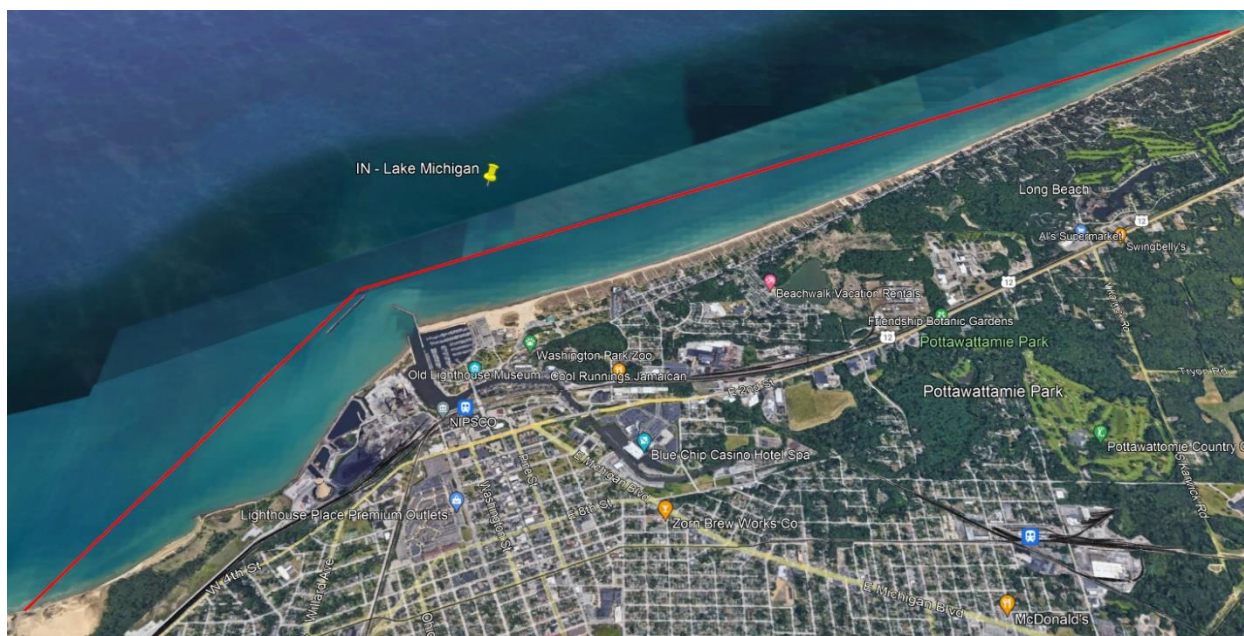
Body of Water: Lake Michigan

Route Type: One Way

Start Location: Beach Indiana Dunes National Park west of Mt. Baldy (41.709367, -86.932436)

Finish Location: Beach East of Duneland Beach Stop 35 (41.758424, -86.829562)

Min. Route Distance: 6.25 Miles, 10.08 K





Day 9 – Swim 17

Michigan

(New Buffalo)

Route Definition

Begin at Starting point, proceed around the New Buffalo Beach breakwater to finish point

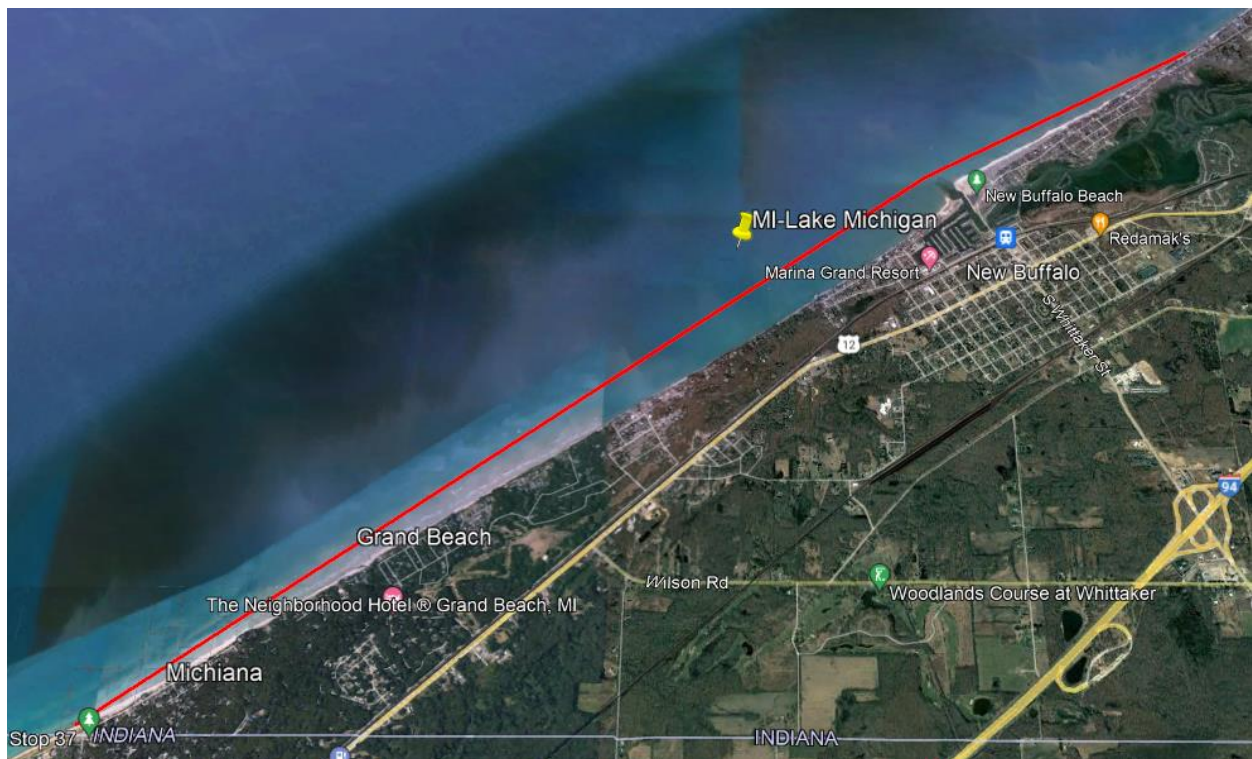
Body of Water: Lake Michigan

Route Type: One Way

Start Location: Beach West of Stop 37 (41.760980, -86.823792)

Finish Location: Beach Est of Walkway east of Sokol Ln (41.814513, -86.724660)

Min. Route Distance: 6.33 Miles, 10.21 K





Day 10 – Swim 18

Ohio

(Conneaut)

Route Definition

Begin at the beach at Sheldon Calvary Camp. Proceed north east, around the Conneaut West Breakwater lighthouse, entering Conneaut Harbor from the east side of the breakwater, proceeding to finish location

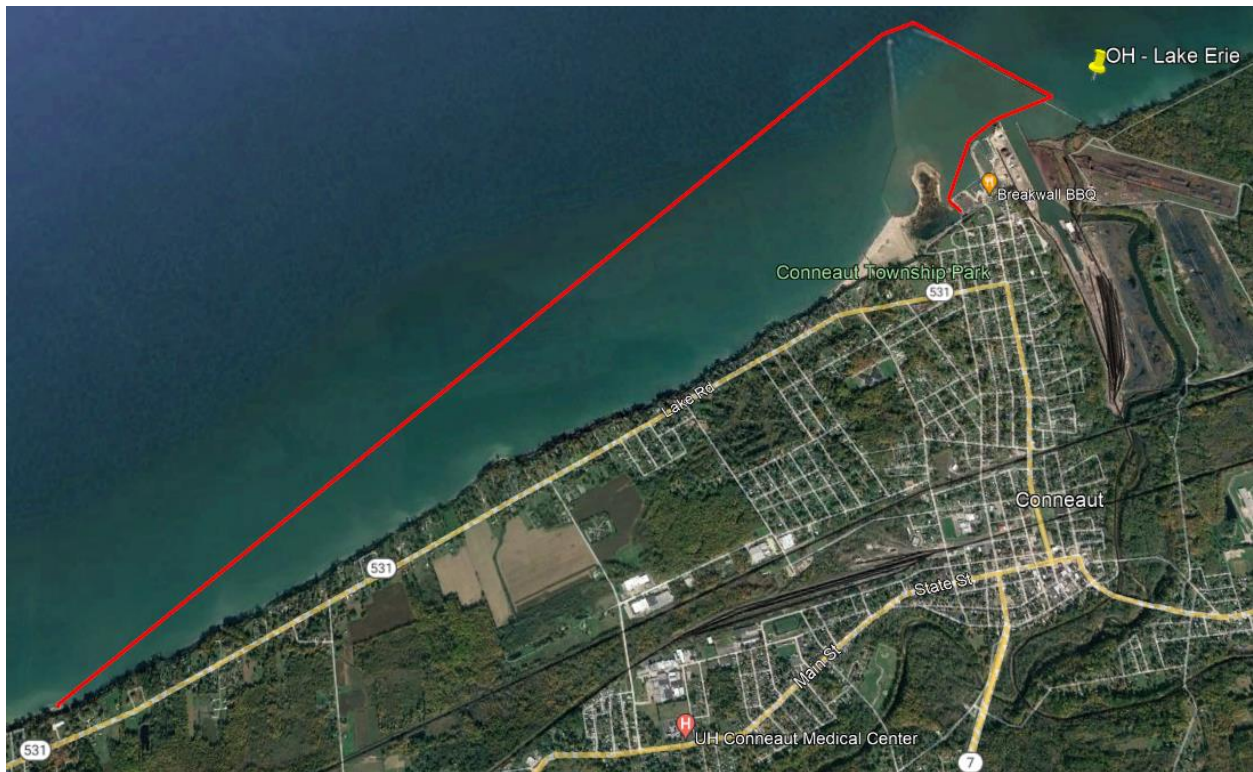
Body of Water: Lake Erie

Route Type: One Way

Start Location: Beach at Sheldon Calvary Camp (41.943760, -80.631612)

Finish Location: Boat Ramp on Lakeside Drive (41.966706, -80.555495)

Min. Route Distance: 6.28 Miles, 10.12 K





Day 10 – Swim 19

Pennsylvania

(Erie)

Route Definition

Body of Water: Lake Michigan

Route Type: One Way

Start Location: Captain John E. Lampe Marina (42.148066, -80.075528)

Finish Location: Beach 7 West of Rotary Pavilion (42.150116, -80.134647)

Min. Route Distance: 6.35 Miles, 10.24 K





Day 10 – Swim 20

New York

(Westfield)

Route Definition

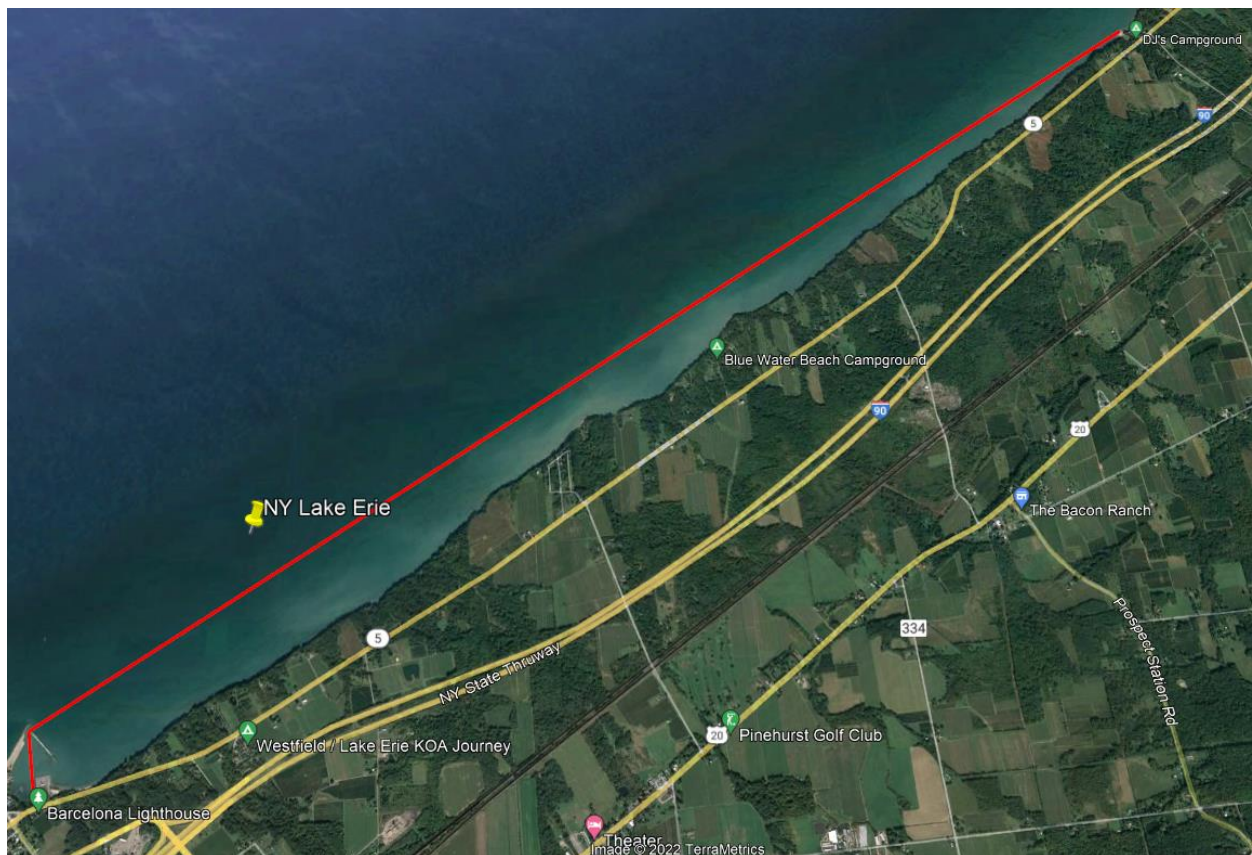
Body of Water: Lake Erie

Route Type: One Way

Start Location: Barcelona Harbor Pier (42.341788, -79.594732)

Finish Location: Beach at DJ's Campground (42.390886, -79.496316)

Min. Route Distance: 6.27 Miles, 10.24 K





Day 11 – Swim 21

Vermont

(Burlington)

Route Definition

Begin at start location, swim north around the Burlington-Breakwater North Lighthouse (44.480545, -73.229765) and proceed to finish location

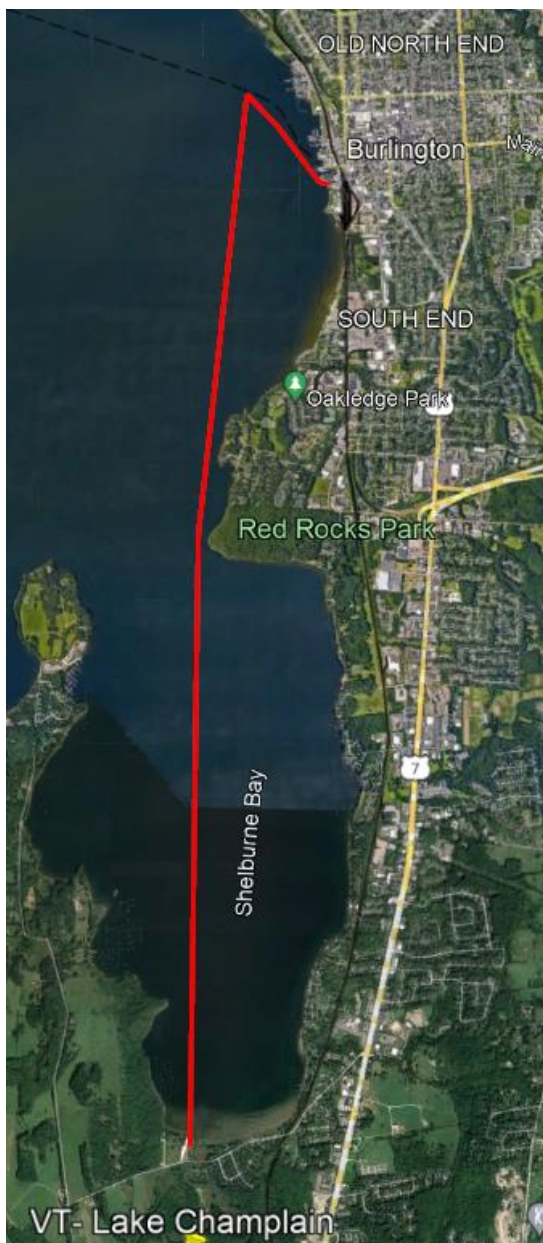
Body of Water: Lake Champlain

Route Type: One Way

Start Location: Shelburne Bay Boat Ramp (44.399512, -73.234582)

Finish Location: Perkins Pier (44.473090, -73.220646)

Min. Route Distance: 6.32 Miles, 10.20 K





Day 11 – Swim 22

New Hampshire

(Glendale)

Route Definition

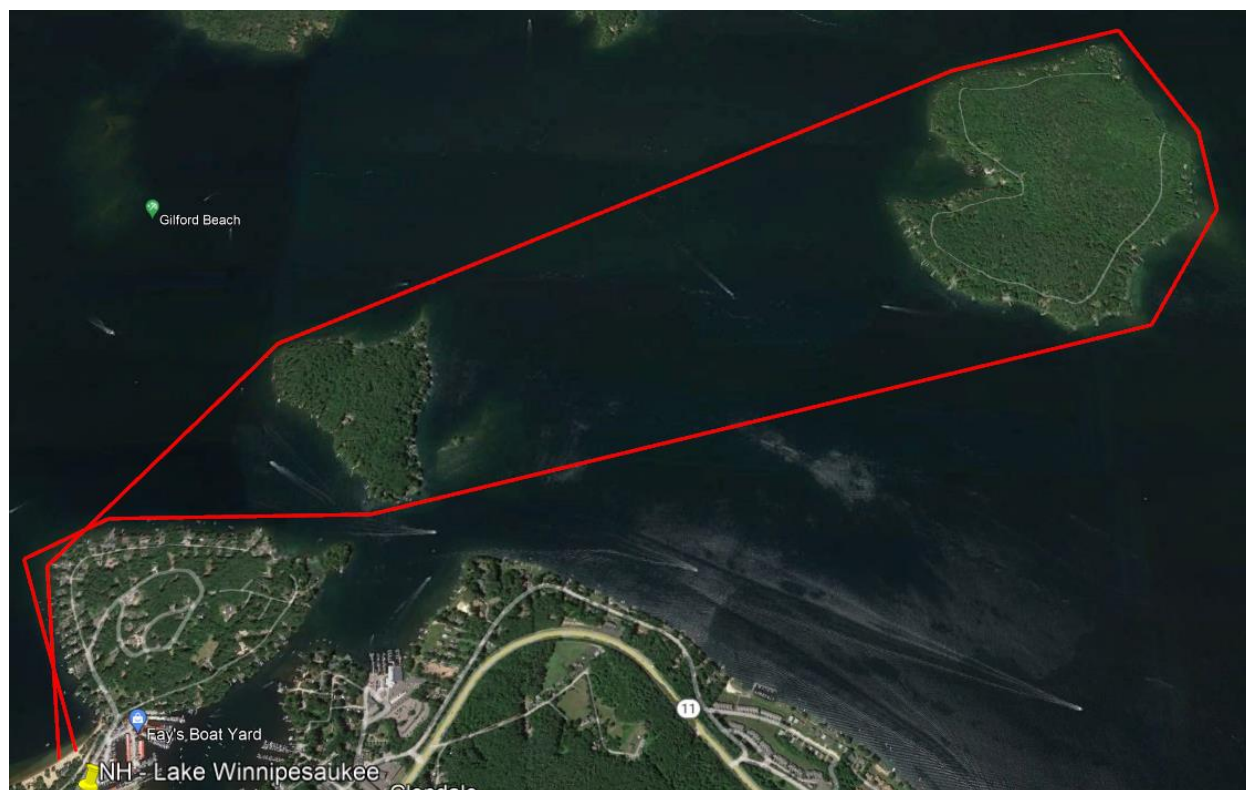
Route Description: Began at Gilford Beach, swim around Varney Point, then will keep Rock island on the left en route to Welch Island. Circle Welch Island CCW and return to starting point keeping Rock Island and Varney Point on the swimmers left.

Body of Water: Lake Winnepesaukee

Route Type: Island Circumnavigation

Start/Finish Location: Gilford Beach (43.583752, -71.397172)

Min. Route Distance: 6.28 Miles, 10.13 K





Day 12 – Swim 23

Maine

(South Casco)

Route Definition

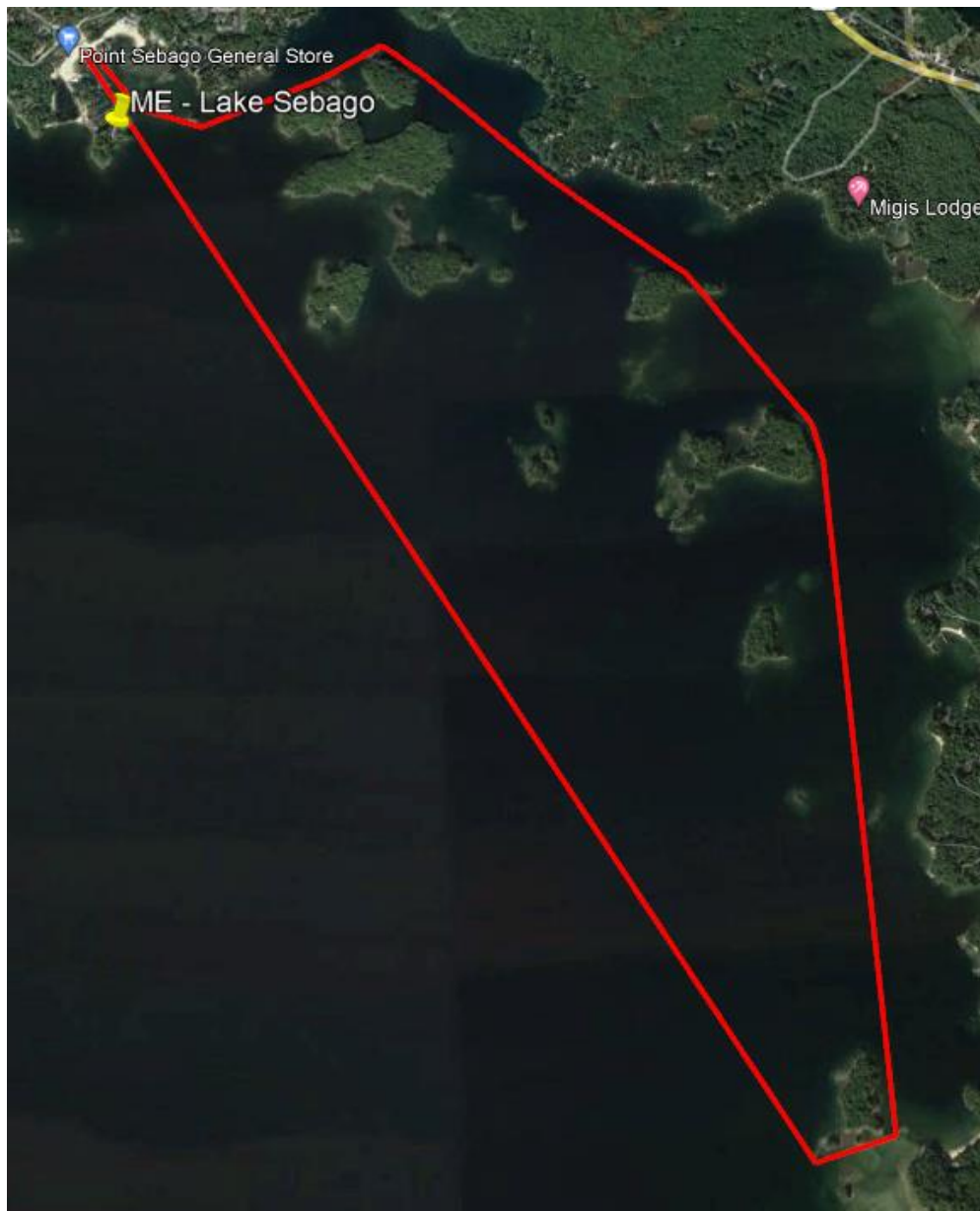
Route Description: Began at Maple Cove Beach. Swim straight to Rookies Island circumnavigate CCW. Return keeping Doctors Island, Inner Birch Island, and Ring island on the left, then finally island in Maple Cove on right before returning to starting location

Body of Water: Lake Sebago

Route Type: Island Circumnavigation

Start/Finish Location: Maple Cove Beach (43.914701, -70.553484)

Min. Route Distance: 6.25 Miles, 10.08 K





Day 12 – Swim 24 Massachusetts (Pocasset)

Route Definition

Route Description: Began at Old Silver Beach, pass Nyes Neck and Scraggy Neck, proceed around Bassett's Island Landing CW then around Sand Spit and finish at Hen's Cove Public Beach

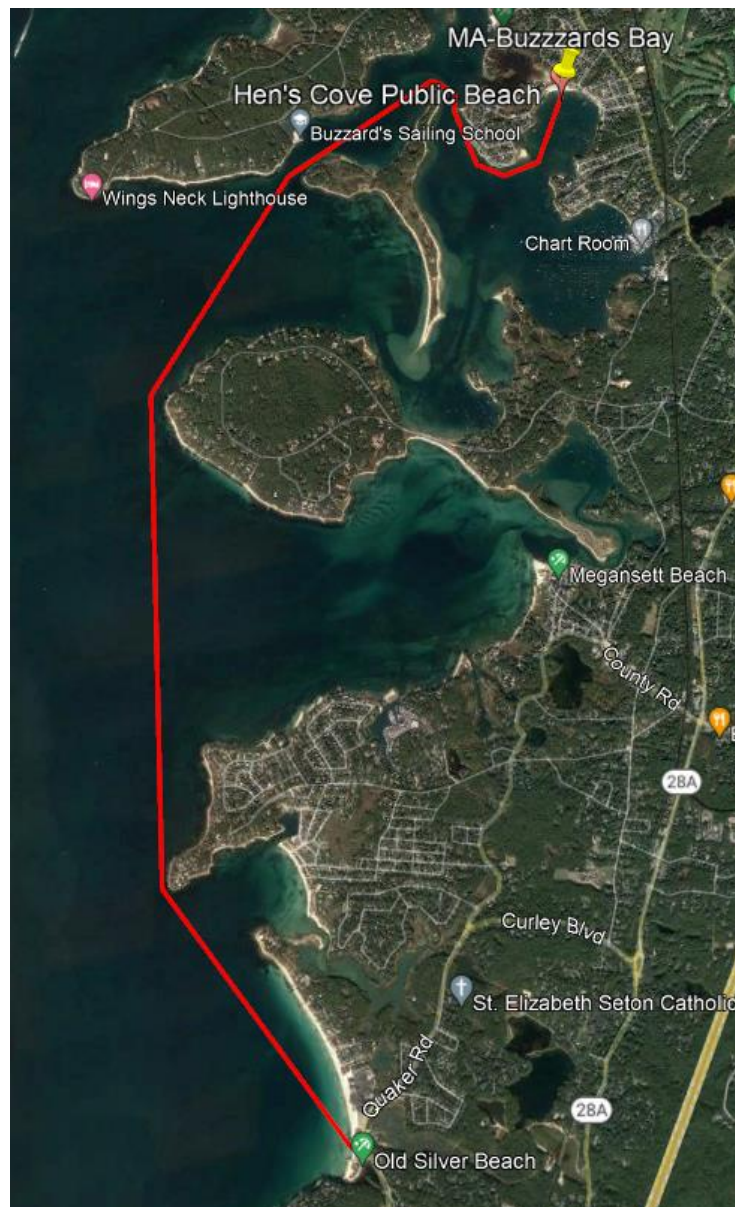
Body of Water: Buzzards Bay

Route Type: One Way

Start Location: Old Silver Beach south of breakwater (41.622919 -70.640157)

Finish Location: Hen's Cove Public Beach (41.686636, -70.621291)

Min. Route Distance: 6.23 Miles, 10.04 K





Day 13 – Swim 25

Rhode Island

(Warwick)

Route Definition

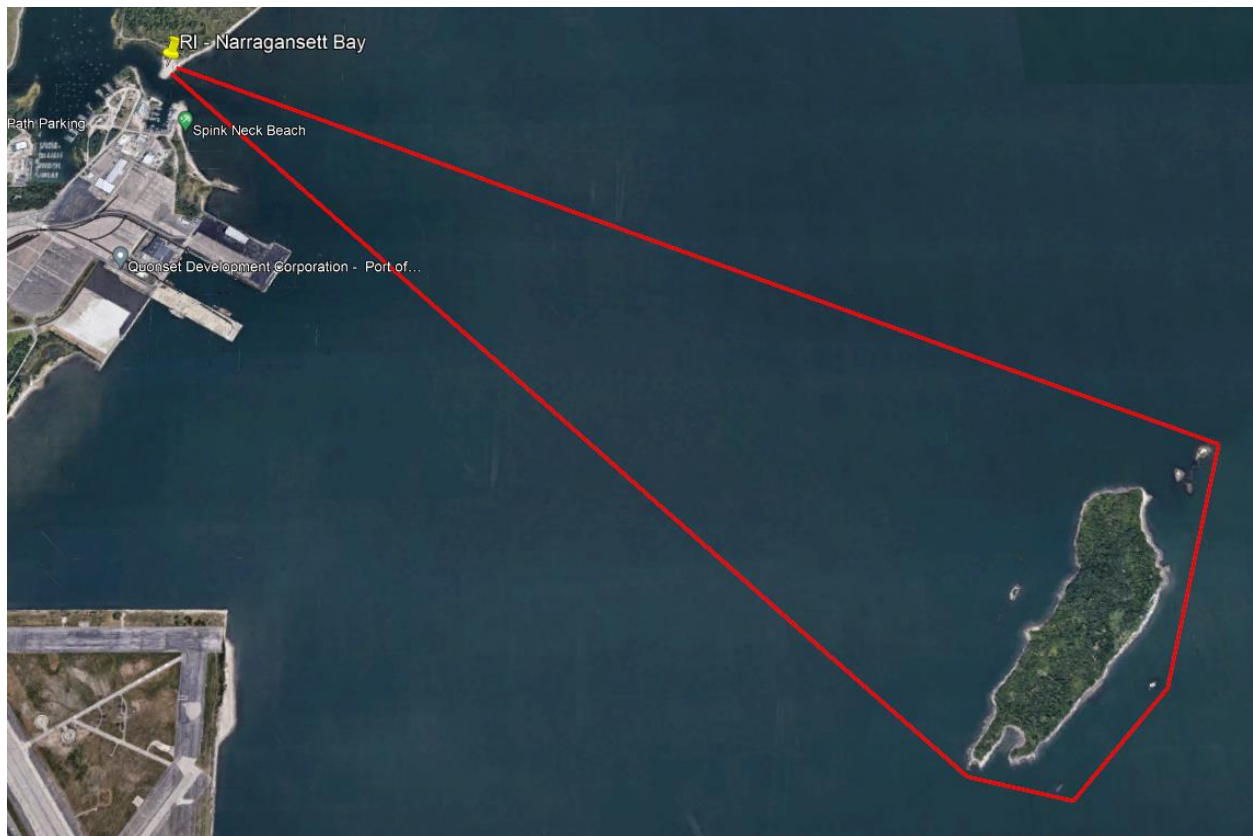
Route Description: Began at Calf Pasture Point South (near entrance to Allen Harbor). Circumnavigate Hope Island and Despair Island (keeping all minor islands (41.596946, -71.369468) and (41.600095, -71.365035) on the left, return to starting point

Body of Water: Narragansett Bay

Route Type: Island Circumnavigation

Start/Finish Location: Calf Pasture Point South (41.622082, -71.408782)

Min. Route Distance: 6.30 Miles, 10.16 K





Day 13 – Swim 26

Connecticut

(Norwalk)

Route Definition

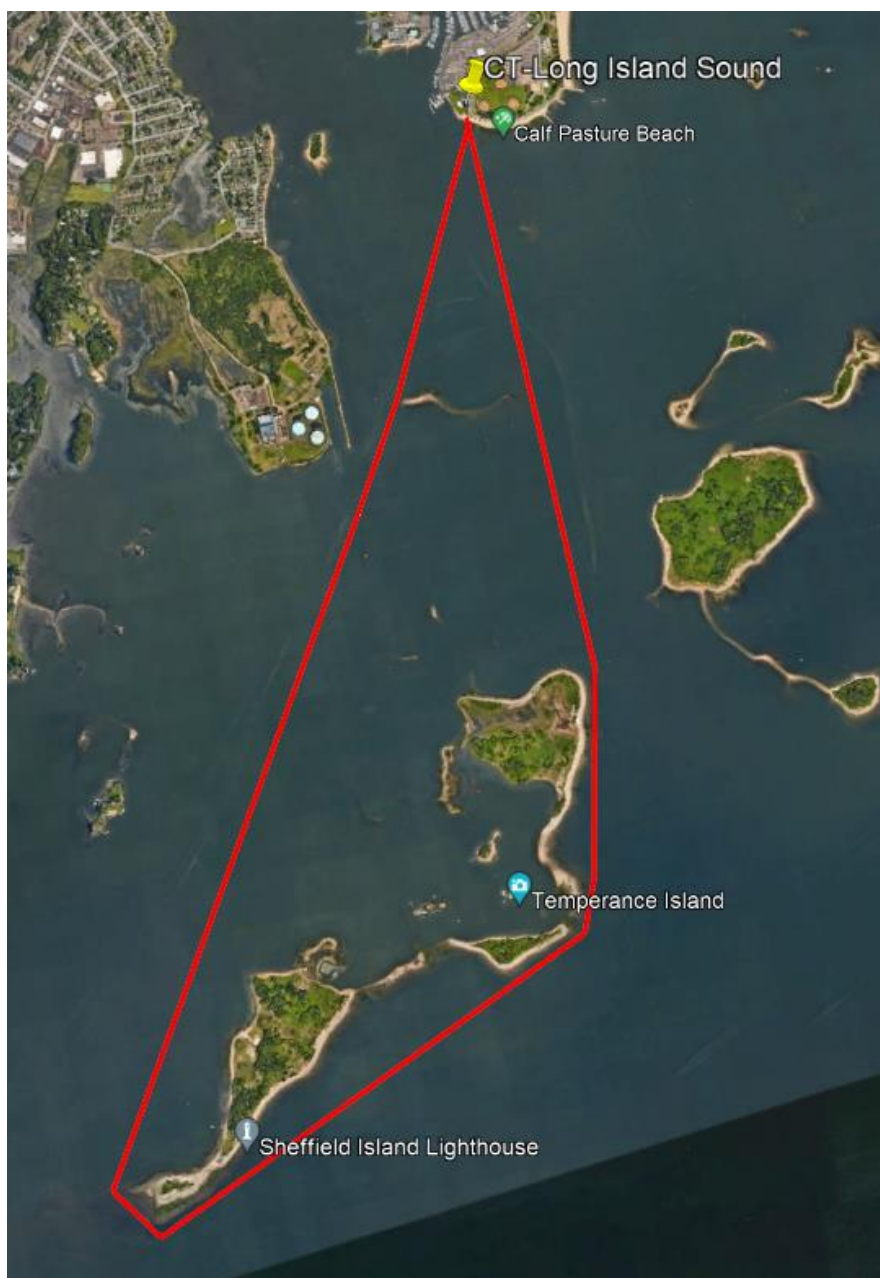
Route Description: Began at Calf Pasture Beach (near entrance to Allen Harbor). Circumnavigate Sheffield Island, return to starting point

Body of Water: Long Island Sound

Route Type: Island Circumnavigation

Start/Finish Location: Calf Pasture Beach (41.082987, -73.398236)

Min. Route Distance: 625 Miles, 10.08 K





Day 14 – Swim 27

New Jersey

(Toms River)

Route Definition

Route Description: Began at Old Silver Beach, pass Nyes Neck and Scraggy Neck, proceed around Bassetts Island Landing CW then around Sand Spit and finish at Hen's Cove Public Beach

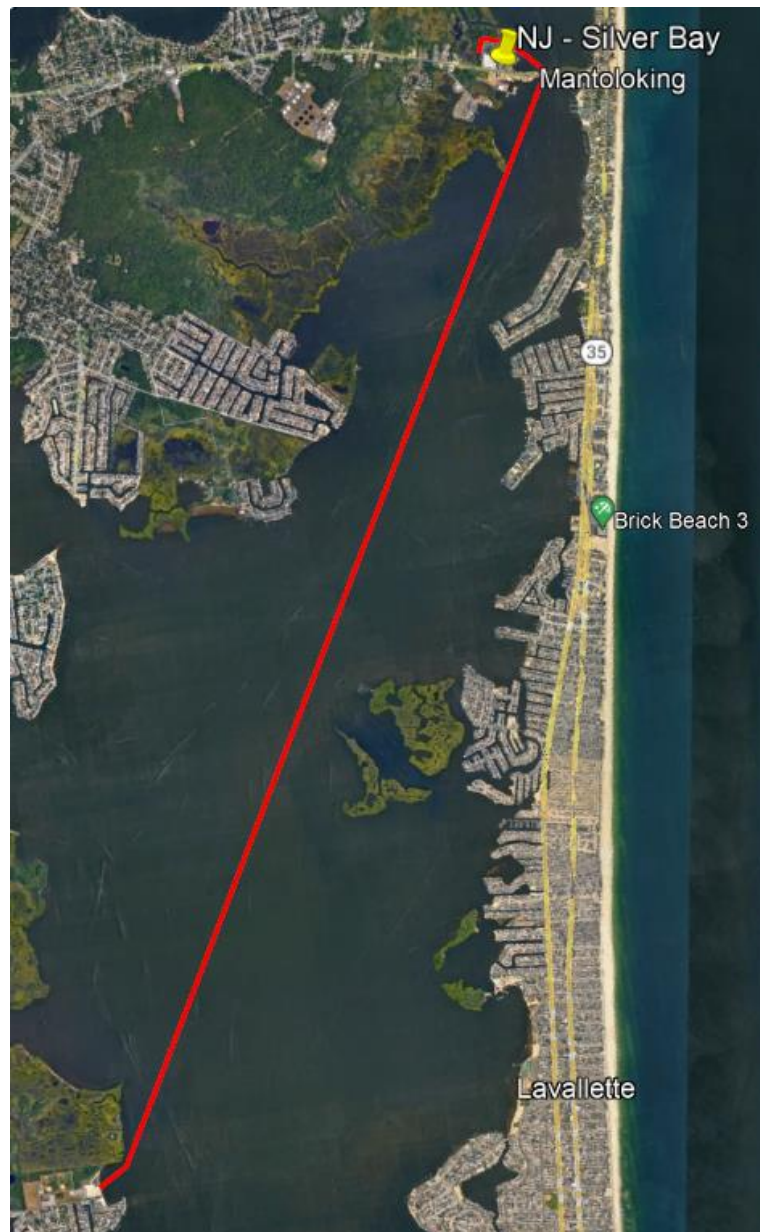
Body of Water: Silver Bay

Route Type: One Way

Start Location: Trader's Cover at Mantoloking Bridge County Park (40.042568, -74.061320)

Finish Location: Beach at Shelter Cove (39.968828, -74.112723)

Min. Route Distance: 6.24 Miles, 10.06 K





Day 14 – Swim 28

Delaware

(Rehoboth Bay)

Route Definition

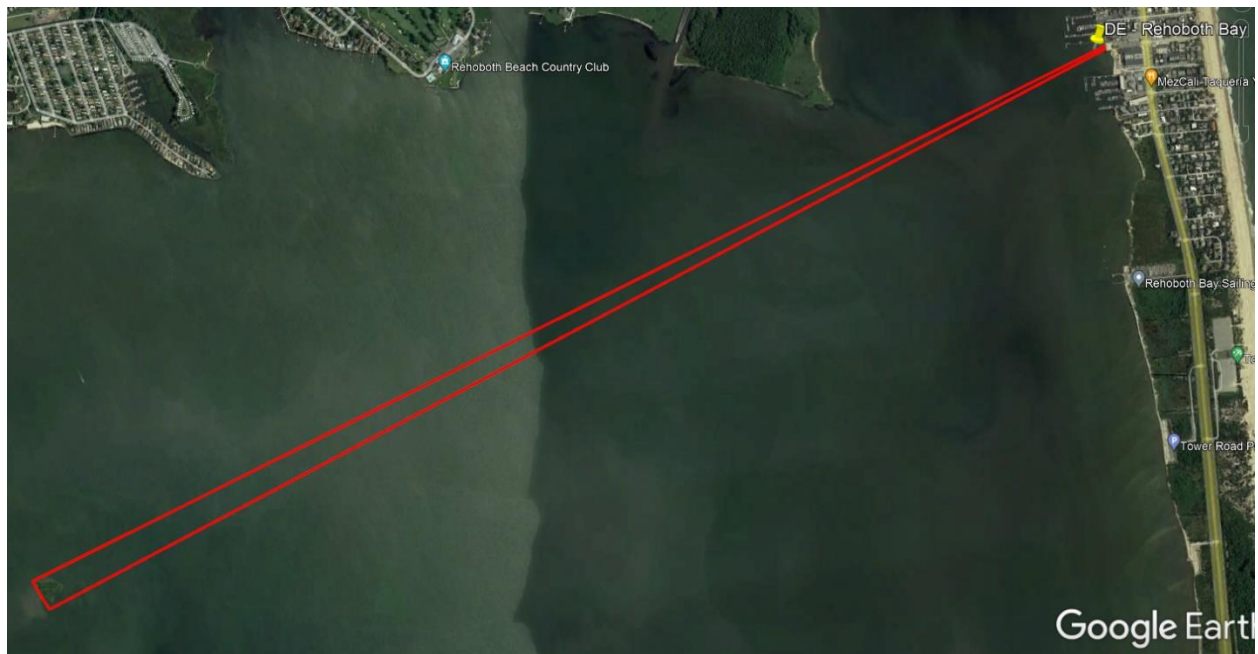
Route Description: Began at Dewey Beach. Circumnavigate Marsh Island CW, return

Body of Water: Rehoboth Bay

Route Type: Island Circumnavigation

Start/Finish Location: Dewey Beach (38.689748, -75.076412)

Min. Route Distance: 6.31 Miles, 10.18 K





Day 14 – Swim 29

Maryland

(Stevensville)
(15 miles from Annapolis, MD)

Route Definition

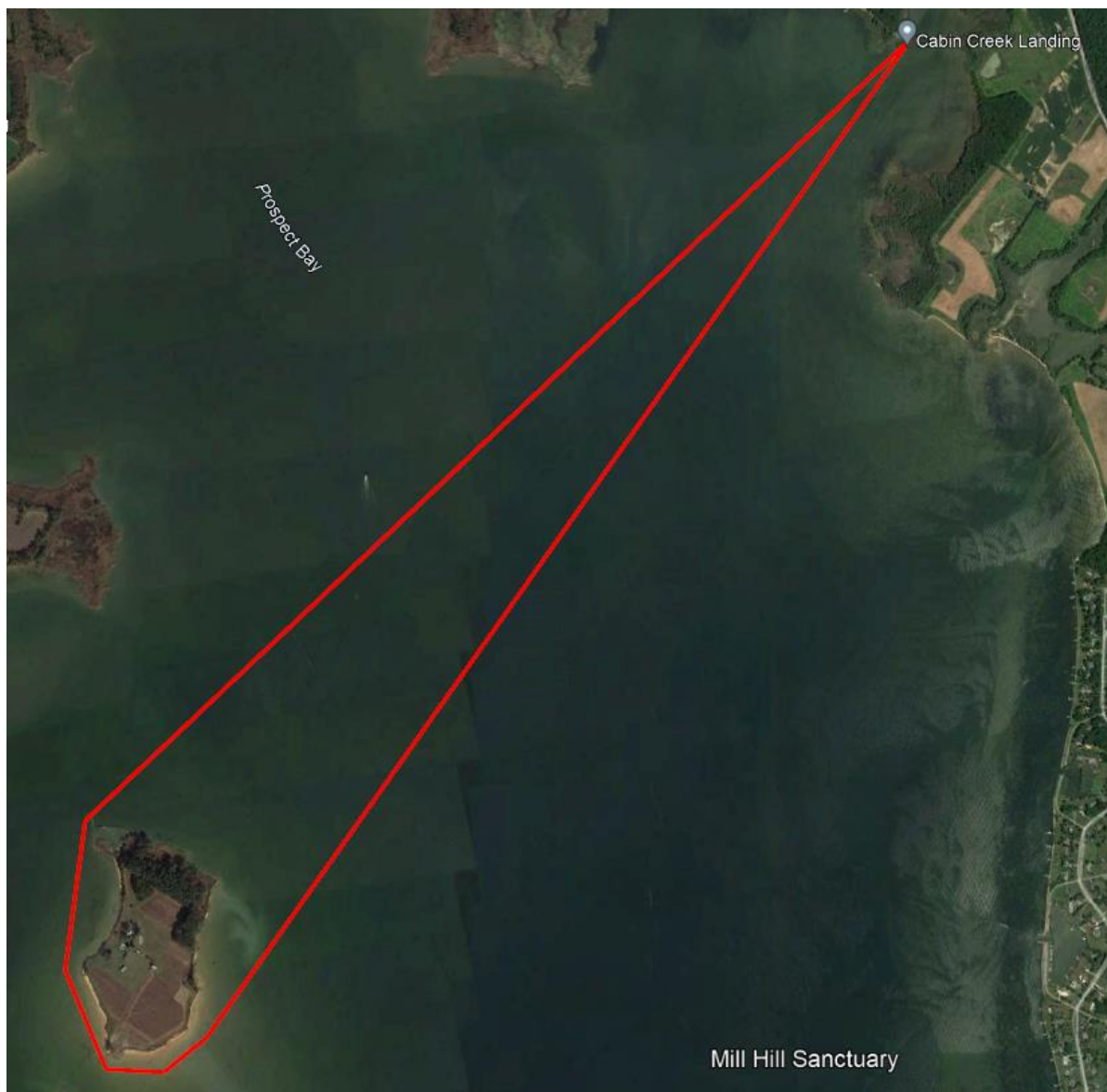
Route Description: Began at Cabin Creek Boat Landing. Circumnavigate Parsons Island CCW, return

Body of Water: Eastern Bay

Route Type: Island Circumnavigation

Start/Finish Location: Cabin Creek Landing Boat Ramp (38.943780, -76.211591)

Min. Route Distance: 6.90 Miles, 11.12 K





Day 15 – Swim 30

West Virginia

(Summersville)

Route Definition

Route Description: Began at Salmon Run Public Boat Launch. Proceed west past Long Point. Circumnavigate Unnamed Island (38.228039, -80.904380) CCW, proceed to finish location.

Body of Water: Summersville Lake

Route Type: One Way

Start Location: Salmon Run Public Boat Launch (38.245607, -80.860138)

Finish Location: Summersville Lake Marina (38.240288, -80.882947)

Min. Route Distance: 6.49 Miles, 10.46 K





Day 15 – Swim 31

Kentucky

(Morehead)

Route Definition

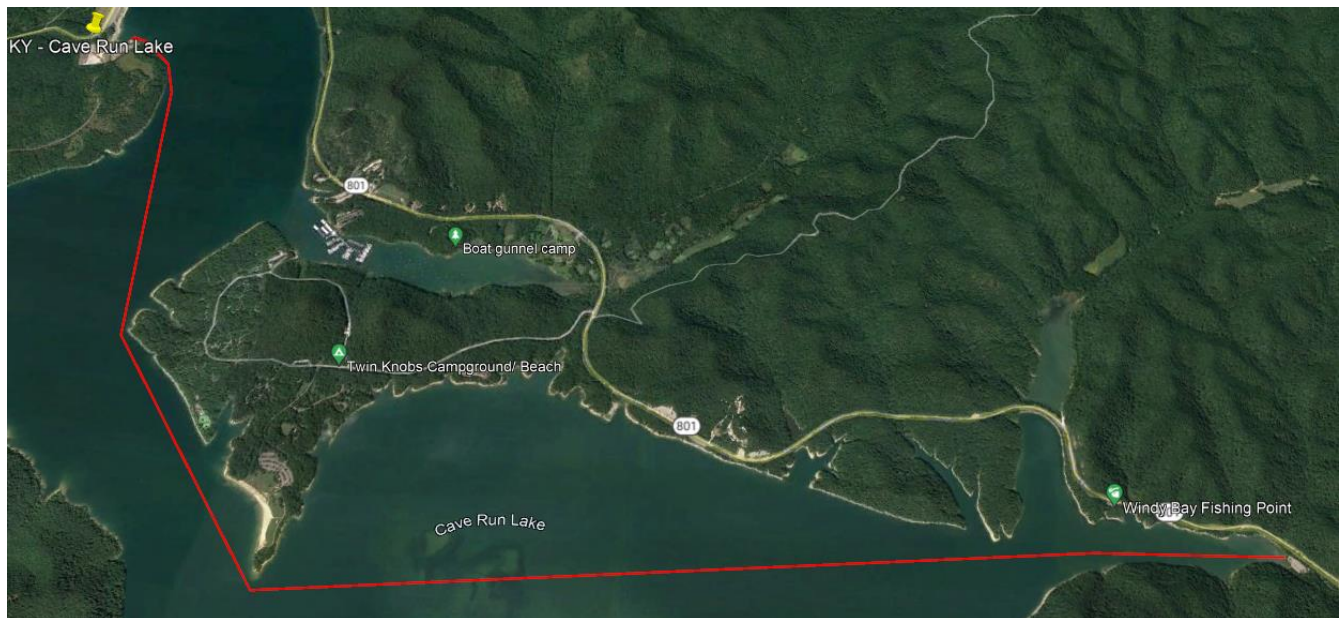
Body of Water: Cave Run Lake

Route Type: One Way

Start Location: Warix Run Boat Dock (38.084589, -83.444645)

Finish Location: Stony Cove Road Boat Ramp (38.113518, -83.531039)

Min. Route Distance: 6.48 Miles, 10.44 K





Day 16 – Swim 32

Virginia

(Bristol)

Route Definition

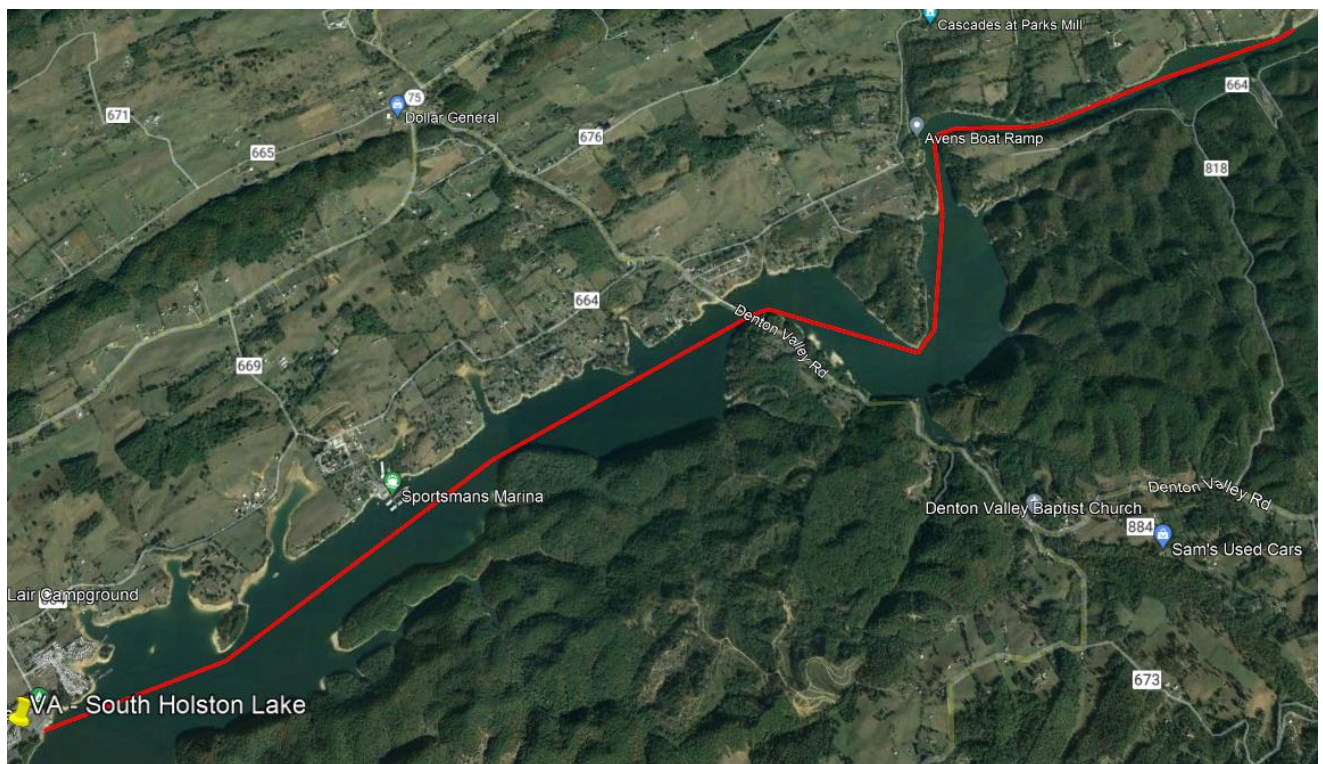
Body of Water: South Holston Lake-VA

Route Type: One Way

Start Location: Lake Short Drive Ramp (36.643651, -81.930385)

Finish Location: Washington County Park Boat Ramp (36.599222, -82.014970)

Min. Route Distance: 6.34 Miles, 10.22 K





Day 16 – Swim 33

Tennessee

(Bristol)

Route Definition

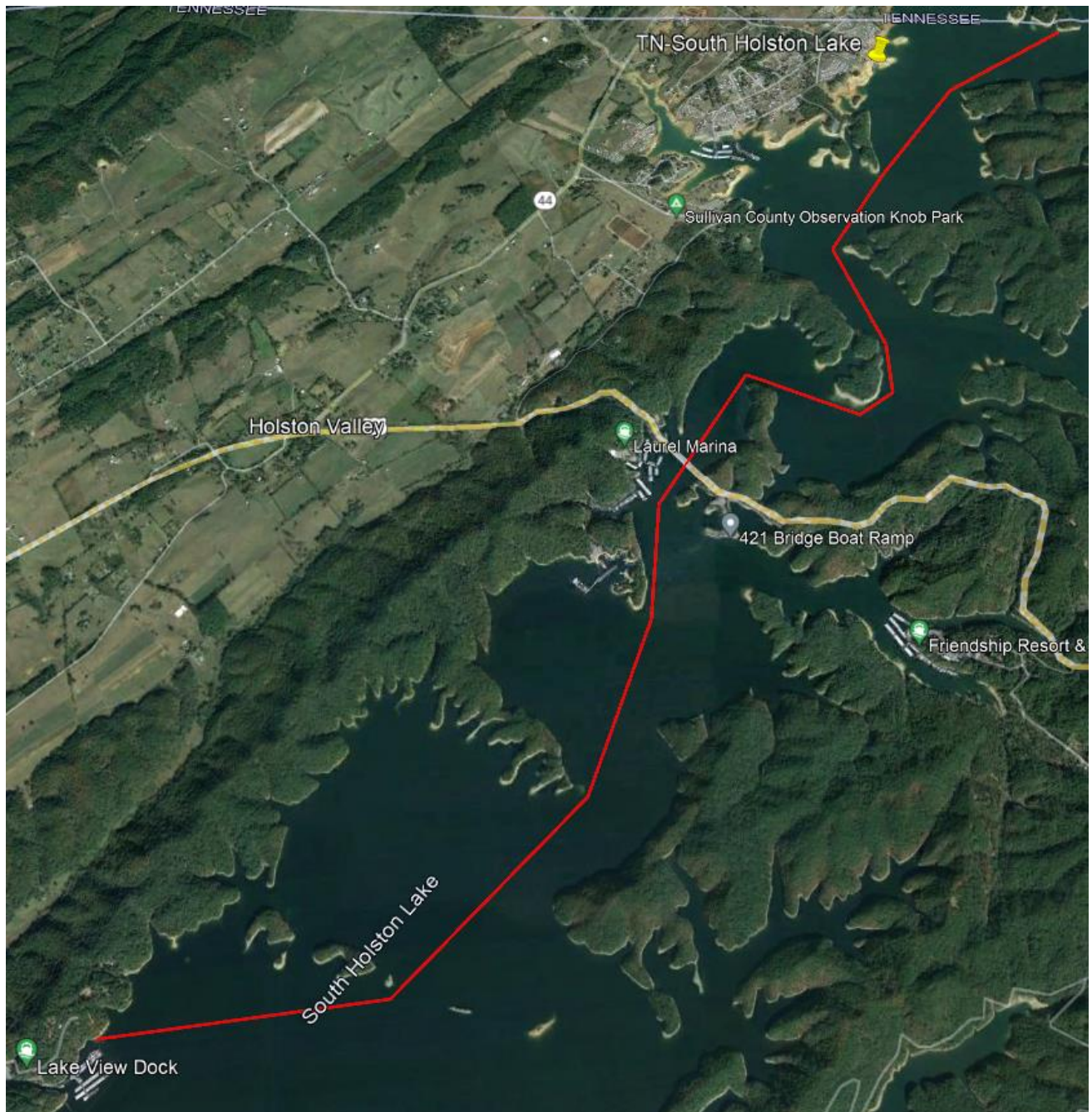
Body of Water: South Holston Lake-TN

Route Type: One Way

Start Location: Beach at coordinates listed: (36.593718, -82.015503)

Finish Location: Next to Lake View Dock (36.532528, -82.078105)

Min. Route Distance: 6.60 Miles, 10.64 K





Day 17 – Swim 34

North Carolina

(Charlotte)

Route Definition

Body of Water: Lake Norman

Route Type: One Way

Start/Finish Location: Beatty's Ford Park Public Access (35.482400, -80.956371)

Begin at Beatty's Ford Park Public Access Ramp. Proceed to circle unnamed island at (35.445910, -80.931188) Clockwise. Return to start location.

Min. Route Distance: 6.47 Miles, 10.43 K





Day 17 – Swim 35

South Carolina

(Charlotte, NC)

Route Definition

Body of Water: Lake Wylie

Route Type: Island Loop, Bridge Finish

Start Location: Allison Creek Boat Ramp (35.041980, -81.089662)

Finish Location: Route 274 Bridge (35.049890, -81.097983)

Begin at Allison Creek Boat Ramp. Proceed to circle Goat Island island at (35.027885, -81.045324) Clockwise. Proceed to the finish location, crossing under Route 274 Bridge.

Min. Route Distance: 6.59 Miles, 10.62 K





Day 18 – Swim 36

Georgia

(Clayton)

Route Definition

Body of Water: Lake Burton

Route Type: Island Loop

Start/Finish Location: Anchorage Marine Boat Ramp (34.856570, -83.515294)

What

Begin at Anchorage Marine Boat Ramp. Proceed around Island CCW at (34.846188, -83.560908) \ Proceed SE to the island at (34.838620, -83.551782) keeping it on the left hand side. Return to the start location.

Min. Route Distance: 6.59 Miles, 10.62 K





Day 18 – Swim 37

Alabama

(Guntersville)

Route Definition

Body of Water: Lake Guntersville

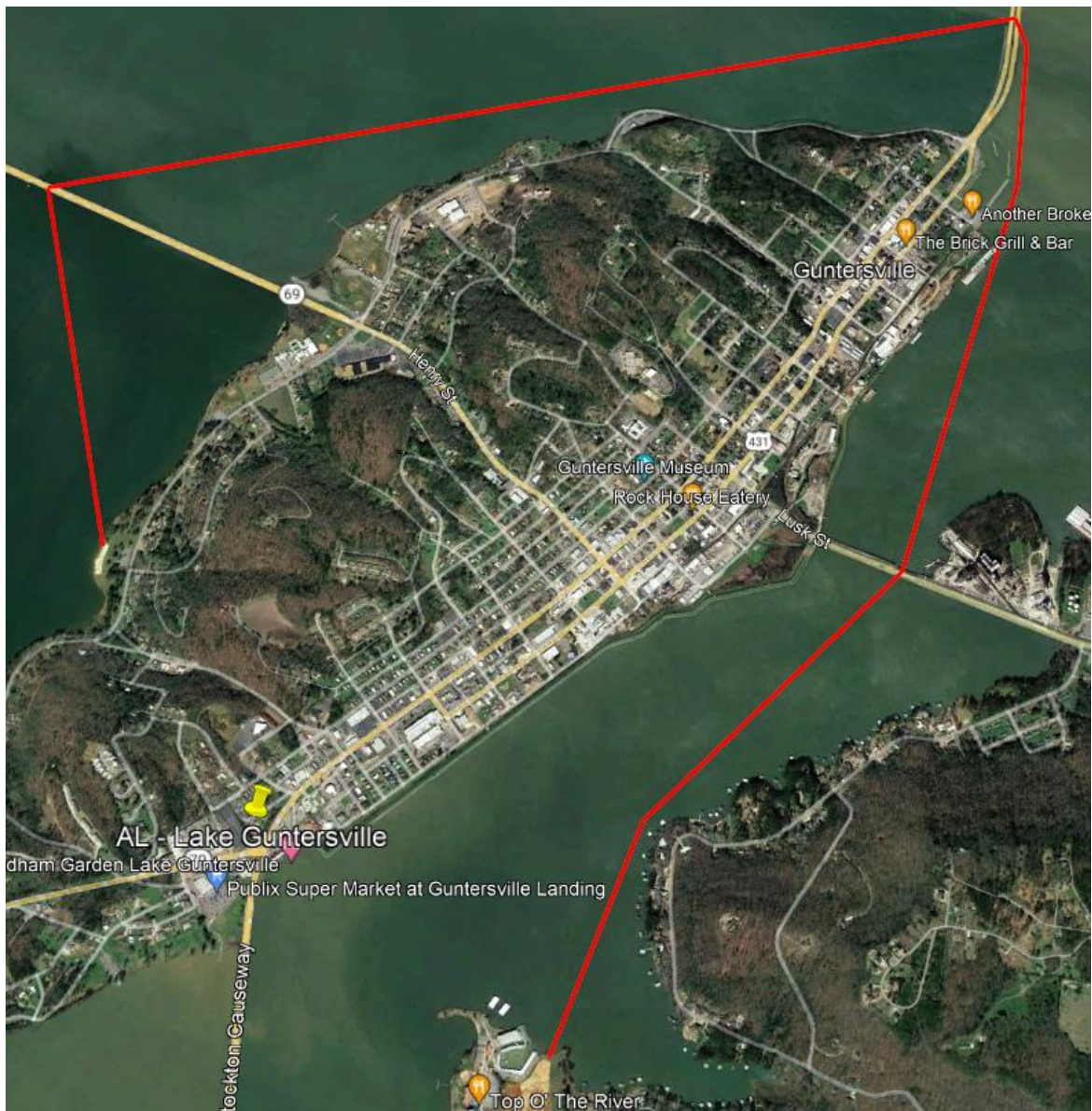
Route Type: One Way

Start Location: Val Monte Boat Ramp (34.330240, -86.303214)

Finish Location: Sunset Drive Trail Beach (34.344175, -86.323738)

Begin at Val Monte Boat Ramp. Cross under three bridges, shortest distance through the opening of the bridges. Route 227 Bridge, then Route 431 Bridge, Then Route 69 Bridge.

Min. Route Distance: 6.34 Miles, 10.22 K





Day 19 – Swim 38

Florida

(Destin)

Route Definition

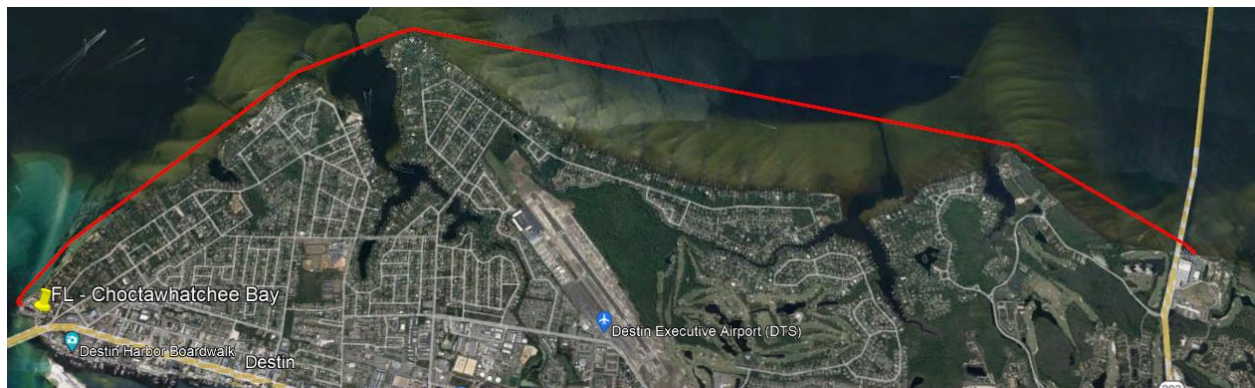
Body of Water: Choctawhatchee Bay

Route Type: One Way

Start Location: Destin Marina (30.396971, -86.515565)

Finish Location: Legendary Marina (30.402892, -86.424416)

Min. Route Distance: 6.29 Miles, 10.14 K





Day 19 – Swim 39

Mississippi

(Bay St. Louis)

Route Definition

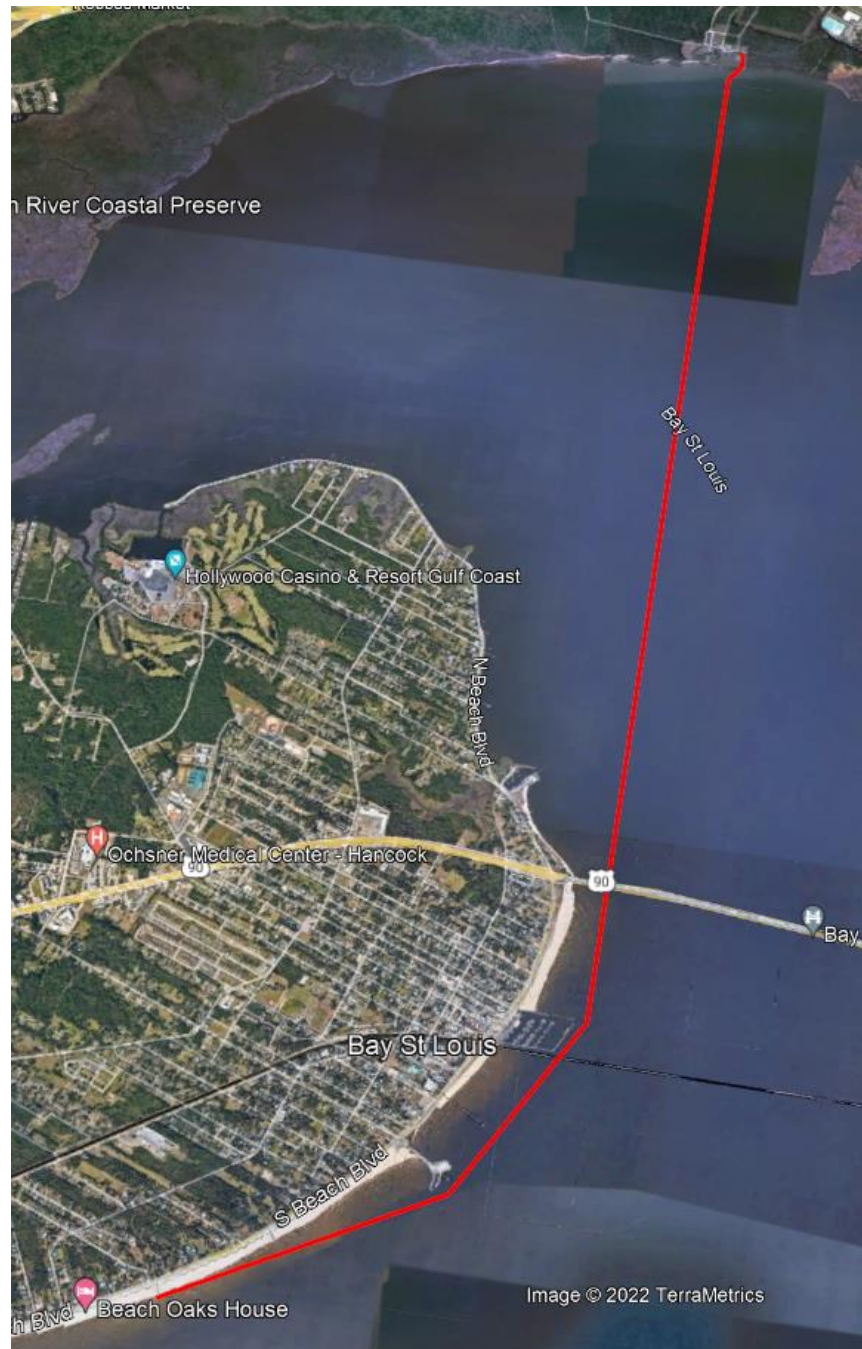
Body of Water: Bay St. Louis

Route Type: One Way

Start Location: Dera Park Boat Ramp (30.377041, -89.319311)

Finish Location: Beach on west side of canal at coordinates listed (30.293828, -89.343458)

Min. Route Distance: 6.29 Miles, 10.14 K





Day 20 – Swim 40

Louisiana

(Florien)

Route Definition

Body of Water: South Toledo Bend Reservoir-LA

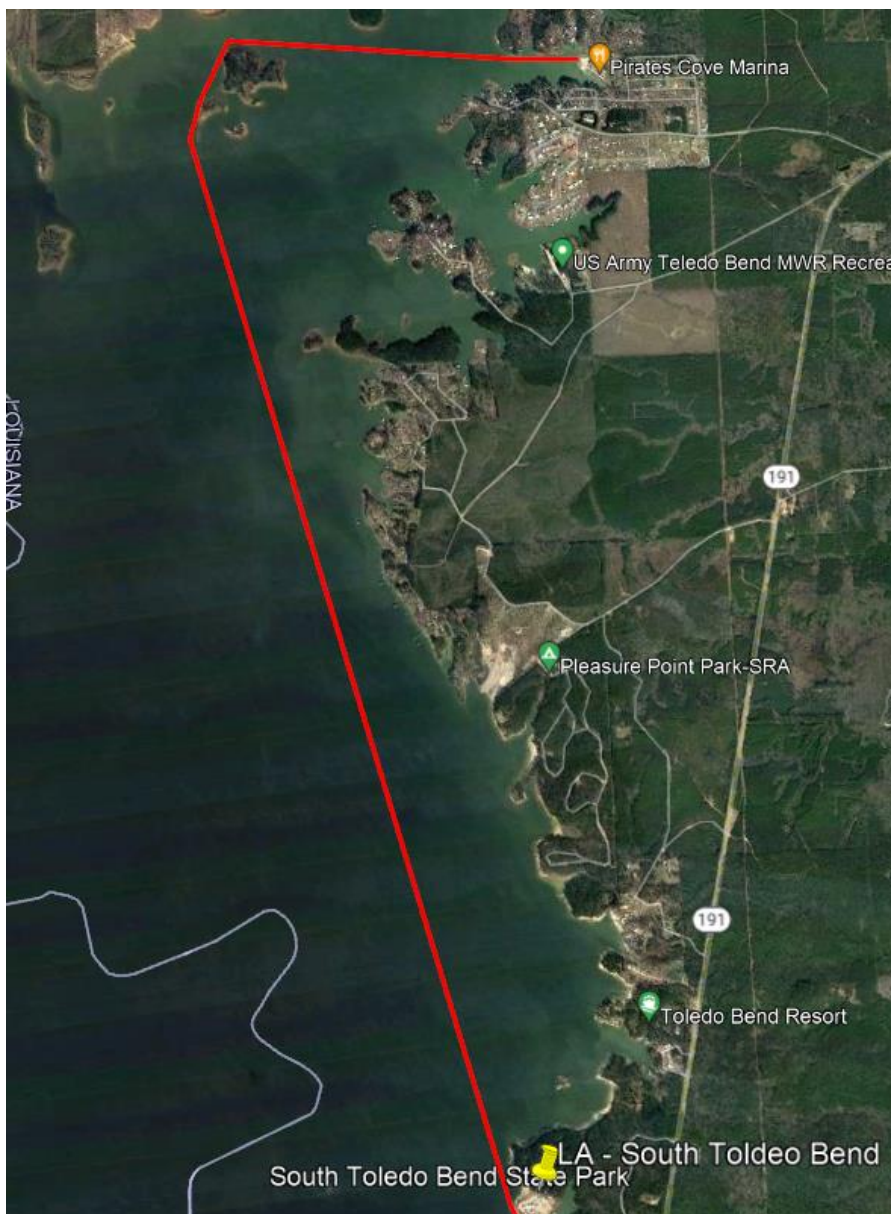
Route Type: One Way

Start Location: Toledo Bend Marina (31.213288, -93.581105)

Finish Location: Pirates Cove Marina (31.280368, -93.574666)

Begin at Toledo Bend Marina. Proceed to finish location, keeping island at (31.281594, -93.598876) on swimmers' right.

Min. Route Distance: 6.50 Miles, 10.48 K





Day 20 – Swim 41

Texas

(Fairmount)

Route Definition

Body of Water: South Toledo Bend Reservoir-TX

Route Type: One Way

Start Location: Willow Oak Boat Ramp (31.211638, -93.733346)

Finish Location: Six Mile Boat Ramp (31.238887, -93.755967)

Min. Route Distance: 6.30 Miles, 10.16 K





Day 20 – Swim 42

Oklahoma

(Broken Bow)

Route Definition

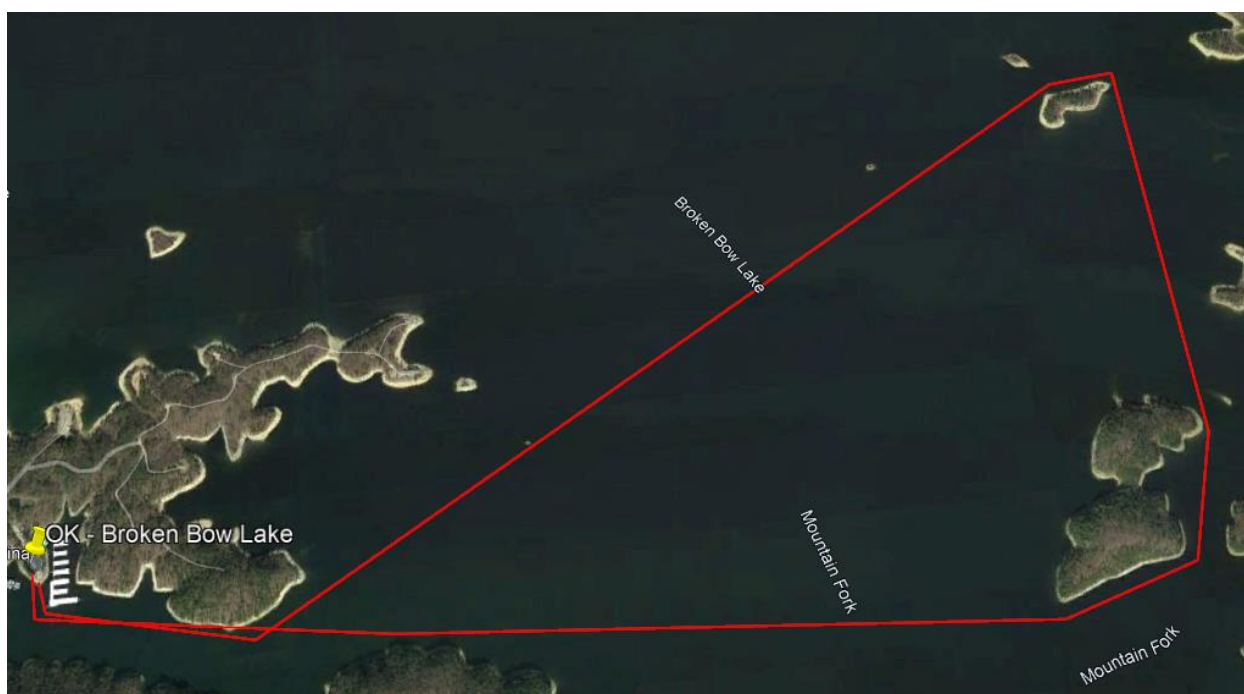
Body of Water: Broken Bow Lake

Route Type: Island Loop

Start/Finish Location: Beavers Bend Marina Boat Ramp (34.161690, -94.712615)

Route Description: Proceed around unnamed island at (34.164393, -94.674295) keeping island on left. Proceed around unnamed island at (34.177444, -94.674276) keeping island on left. Return to starting location.

Min. Route Distance: 6.29 Miles, 10.14 K





Day 21 – Swim 43

Arkansas

(Bentonville)

Route Definition

Body of Water: Beaver Lake

Route Type: Island Loop

Start/Finish Location: Prairie Creek Marina Boat Ramp (36.355954, -94.051384)

Route Description: Proceed around unnamed island at (36.341458, -94.008041) keeping island on left (CCW). Return to starting location.

Min. Route Distance: 6.36 Miles, 10.26 K





Day 21 – Swim 44

Missouri

(Branson)

Route Definition

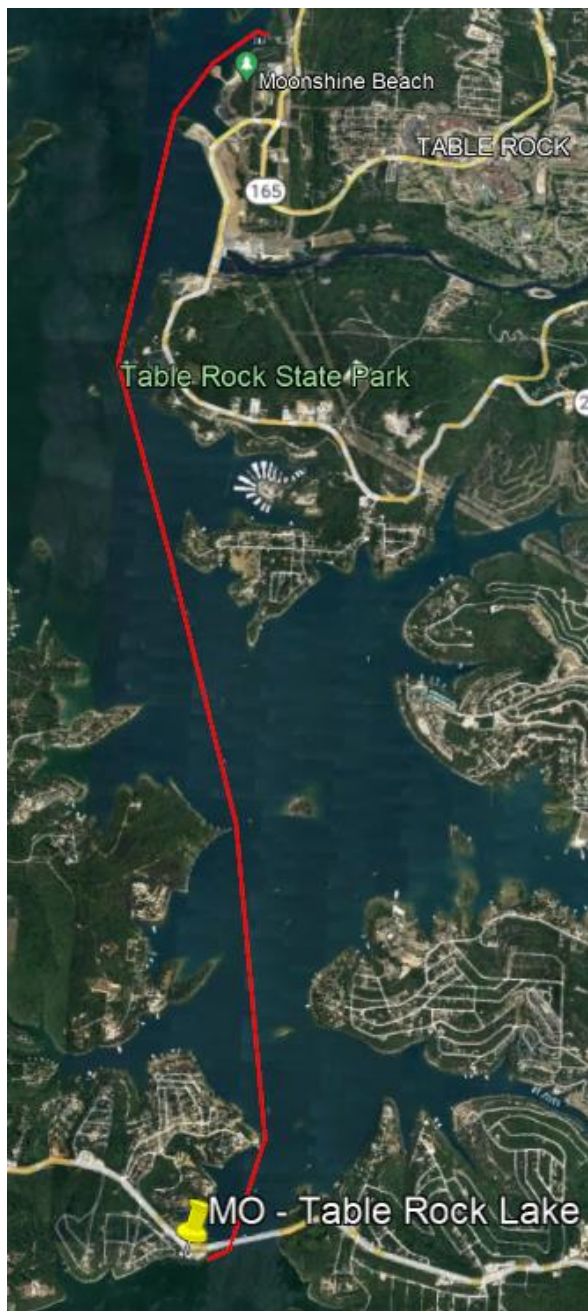
Body of Water: Table Rock Lake

Route Type: One Way

Start Location: Chateau Marina (36.614210, -93.307202)

Finish Location: Beach at D'Monaco Resort Ramp (36.525990, -93.306484)

Min. Route Distance: 6.34 Miles, 10.58 K





Day 22 – Swim 45

Kansas

(Russell)

Route Definition

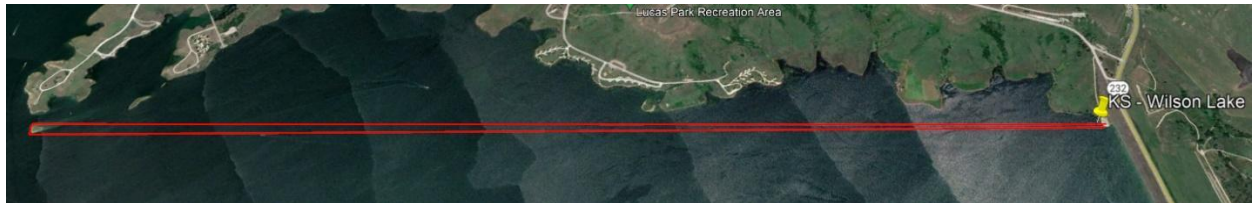
Body of Water: Wilson Lake

Route Type: Island Loop

Start/Finish Location: Ramp Near Route 232 (38.967448, -98.501066)

Route Description: Start at listed location. Circle unnamed island at (38.927930, -98.528720) CCW. Return to start location.

Min. Route Distance: 6.26 Miles, 10.09 K





Day 22 – Swim 46

Nebraska

(Alma)

Route Definition

Body of Water: Harlan County Lake

Route Type: One Way

Start Location: North East Boat Ramp (40.085264, -99.216755)

Finish Locations: Pheasant Point Boat Ramp (40.084776, -99.329552)

Min. Route Distance: 6.59 Miles, 10.62 K





Day 23 – Swim 47

Colorado

(Fort Collins)

Route Definition

Body of Water: Horsetooth Reservoir (Follows Route of Horsetooth Reservoir Swim)

Route Type: One Way

Start Location: Satanka Cove Horsetooth North Boat Ramp (40.599693, -105.176207)

Finish Locations: Horsetooth Reservoir South Bay Campground (40.514114, -105.155319)

Min. Route Distance: 6.2 Miles, 10 K





Day 23 – Swim 48

New Mexico

(Rutheron)

Route Definition

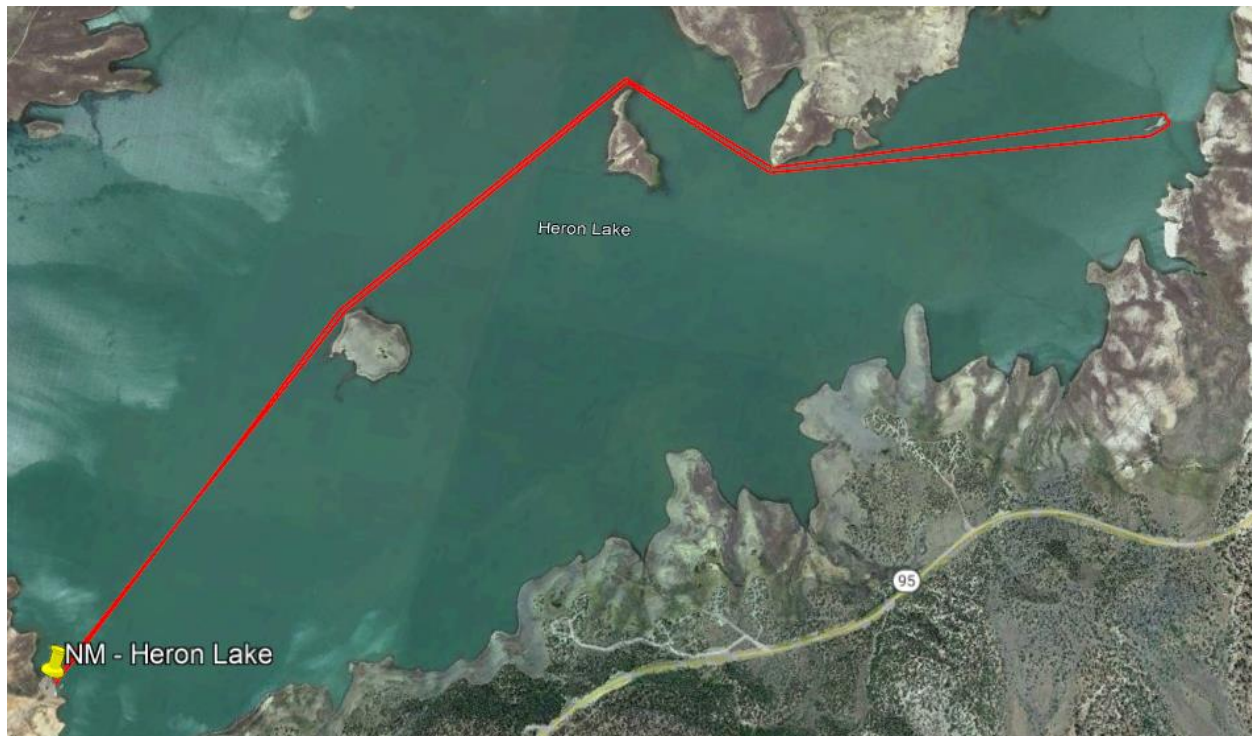
Body of Water: Heron Lake

Route Type: Island Loop

Start/Finish Location: Heron Lake Boat Ramp (36.669624, -106.707117)

Route Description: At start keep island at (36.682784, -106.700892) on right. Keep island at (36.692807, -106.693204) on right. Circle island at (36.695837, -106.671044) CCW. Return to start location keeping previous islands on left.

Min. Route Distance: 6.39 Miles, 10.30 K





Day 24 – Swim 49

Utah

(Wahweap, AZ)

Route Definition

Body of Water: Lake Powell

Route Type: Island Loop

Start/Finish Location: Stateline Boat Ramp (37.004749, -111.495852)

Route Description: At start keep marina breakwaters on left. Circle Lone Rock (37.027383, -111.534046) CCW. Return to start location.

Min. Route Distance: 6.28 Miles, 10.13 K





Day 24 – Swim 50

Arizona

(Phoenix)

Route Definition

Body of Water: Lake Pleasant

Route Type: Island Loop

Start/Finish Location: Castle Creek Boat Ramp (33.906079, -112.308192)

Route Description: Start at listed location. Circle South Barker Island (38.927930, -98.528720) CW then circle Ariel Island CW and return to start location.

Min. Route Distance: 6.44 Miles, 10.38 K

