



**CALL TO ACTION FOR
OCEAN HEALTH**

EPIC SWIM | WORLD'S FIRST GLOBAL EXPEDITION SWIM SERIES
IN HONOR OF DUKE KAHANAMOKU, THE ORIGINAL WATERMAN
 Stage One | Maui | July 7 to August 7 | 160 Miles - 250km

UPDATED EXPEDITION OUTLINE ESM 2024

DAY	DATE	Distance	ACTIVITY/ROUTE
Thu	7/4		Swimmers start to arrive on Maui
Fri	7/5		Swimmers arrive on Maui + M
Sat	7/6		Drive to Hāna (arrive noon)
Sun	7/7	20KM	Blessing + START SWIM 9AM : HANA to KE'ANAE
Mon	7/8	25KM	KE'ANAE to MALIKO
Tue	7/9	25 KM	MALIKO BAY to KAHAKULOA
Wed	7/10	0	Rest day
Thu	7/11	10 KM	KAHAKULOA to HONOLUA
Fri	7/12	10 KM	HONOLUA to KA'ANAPALI
Sat	7/13	0	LOKAHI Day "Swim Together" with public
Sun	7/14	0	Rest day
Mon	7/15	20 KM	KA'ANAPALI to OLUWALU
Tue	7/16	30 KM	OLUWALU to WAILEA
Wed	7/17	0	Rest Day - Wailea with Bikes
Thu	7/18	0	Rest Day - Drive out to Hana
Fri	7/19	0	Rest Day - Rest day in Hana
Sat	7/20	15 KM	HANA BAY to KIPAHULU
Sun	7/21	15 KM	KIPAHULU to NU'U
Mon	7/22	25 KM	NU'U to KANAIO
Tue	7/23	5 KM	KANAIO to LA PEROUSE
Wed	7/24	0	Rest day
Thu	7/25	15 KM	LA PEROUSE to WAILEA
Fri	7/26	0	Contingency day
Sat	7/27	10 KM	WAILEA to KAHO'OLAWE - END SWIM - Celebration