

BADWATER® CAPE FEAR ROUTE LANDMARKS (AS = Aid Station)

- 0.0 Start at Old Baldy Lighthouse 2nd lap distance) is below
Cross over creek bridge, then head east across island
- 3.2 **AS1:** Pass Race HQ at Bald Head Island Conservancy
Loop around east end of island via Station House Way
- 4.1 **AS1 (2nd time):** Pass Race HQ at Bald Head Island Conservancy
Head west on South Bald Head Wynd
- 6.1 Right / north on Stede Bonnet Wynd
- 7.2 Left / west on North Bald Head Wynd
- 7.6 Left / south on West Head Wynd
- 8.6 Becomes South Bald Head Island Wynd (east)
- 9.8 Left / north on Muscadine Wynd
- 10.3 Right / east on North Bald Head Wynd / Federal Road
- 10.8 Right / south onto North Carolina Coastal Reserve trail
- 10.9 Stay left at Loop Trail sign
- 11.0 Stay left onto Middle Trail
- 11.6 Hard right onto East Trail
- 12.15 Turn left at the end of trail onto road
- 12.17 Turn right at stop sign
- 12.21 **AS1 (3rd time):** U-turn at Race HQ at Bald Head Island Conservancy (31.8) **AS1 (4th time)**
- 12.25 Head west, briefly, on South Bald Head Wynd (31.84)
- 12.45 Turn left onto South Beach at Beach Access (32.04)
- 12.55 Turn left / east onto South Beach (32.14)
- 13.15 Turn left / north at Cape Fear onto East Beach (32.74)
- 14.05 Pass final / northernmost BHI staircase / house (33.64)
- 14.65 Bald Head State Natural Area sign up in the dunes on the left (34.24)
- 17.85 **AS2:** Enter Fort Fisher State Rec area beach fishing zone (37.44) **AS2 (3rd time)**
NOTE: 4x4 vehicles possible (generally parked) and fishing lines possible next 3.5 miles
- 18.85 "Crossover 4" sign (38.44)
- 19.8 "Crossover 3" sign (39.39)
- 21.25 "No Vehicles Beyond This Point" sign (40.84)
- 21.95 Turn left / west to Fort Fisher Ranger HQ wooden pathway (41.54)
- 22.0 **AS3:** U-Turn at Fort Fisher Ranger HQ: go south (41.59) **AS3 (2nd time)**
- 22.75 Enter Fort Fisher State Rec area beach fishing zone (42.34)
NOTE: 4x4 vehicles possible (generally parked) and fishing lines possible next 3.5 miles
- 24.25 "Crossover 3" sign (43.84)
- 25.15 "Crossover 4" sign (44.74)
- 26.18 **AS2 (2nd time):** End Fort Fisher State Rec area beach fishing zone (45.77) **AS2 (4th time)**
- 30.0 Pass first / northernmost BHI staircase / house (49.59)
- 30.4 Pass beach access, life preserver, 911 phone (49.99)
- 30.9 Pass life preserver signpost at **Cape Fear** and follow beach to right (50.49)
- 31.55 Exit beach at Beach Access 35 (51.14)
- 31.65 Turn right onto South Bald Head Wynd (51.24)
- 31.8 **AS1 (4th time):** U-turn at Race HQ at Bald Head Island Conservancy (51.39) **FINISH (5th time)**
Repeat miles 12.21 to mile 31.8 as above, for a total of 51.4 miles. (Second lap mileages are listed above in parentheses in the right column.)