BADWATER® CAPE FEAR ROUTE LANDMARKS

0.0  Start at Old Baldy Lighthouse  
      Cross over creek bridge, then head east across island  

3.2  **CP1**: Pass Race HQ at Bald Head Island Conservancy  
      Loop around east end of island via Station House Way  

4.1  **CP1 (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 **CP1 (3rd time)**: U-turn at Race HQ at Bald Head Island Conservancy  

12.25 Head west, briefly, on South Bald Head Wynd  

12.45 Turn left onto South Beach at Beach Access  

12.55 Turn left / east onto South Beach  

13.15 Turn left / north at Cape Fear onto East Beach  

14.05 Pass final / northernmost BHI staircase / house  

14.65 Bald Head State Natural Area sign up in the dunes on the left  

17.85 **CP2**: Enter Fort Fisher State Rec area beach fishing zone  
      NOTE: 4x4 vehicles possible (generally parked) and fishing lines possible next 3.5 miles  

18.85 “Crossover 4” sign  

19.8 “Crossover 3” sign  

21.25 “No Vehicles Beyond This Point” sign  

21.95 Turn left / west to Fort Fisher Ranger HQ wooden pathway  

22.0 **CP3**: U-Turn at Fort Fisher Ranger HQ: go south  
      NOTE: 4x4 vehicles possible (generally parked) and fishing lines possible next 3.5 miles  

22.75 Enter Fort Fisher State Rec area beach fishing zone  

24.25 “Crossover 3” sign  

25.15 “Crossover 4” sign  

26.18 **CP2 (2nd time)**: End Fort Fisher State Rec area beach fishing zone  

30.0 Pass first / northernmost BHI staircase / house  

30.4 Pass beach access, life preserver, 911 phone  

30.9 Pass life preserver signpost at Cape Fear and follow beach to right  

31.55 Exit beach at Beach Access 35  

31.65 Turn right onto South Bald Head Wynd  

31.8 **CP1 (4th time)**: U-turn at Race HQ at Bald Head Island Conservancy  
      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.)  

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