

# Swim Smooth + The TEAM CORE's Rottnest Channel Swim Program:

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## 1. Top-10 Open Water Routes:

1. Rottnest Channel Swim (19.6km – simple due West!)

<http://www.gmap-pedometer.com/?r=2243548>

2. Cottesloe Middle Distance (3.0km – Pylon, Groyne, Grant Street reef and back)

<http://www.gmap-pedometer.com/?r=2243558>

3. Cottesloe Sprint Distance (1.5km – Classic Pylon to *Blue Duck* and back)

<http://www.gmap-pedometer.com/?r=2243567>

4. Cottesloe Long Distance (5.0km – Pylon, Groyne, Swanbourne SLSC + 200m and back)

<http://www.gmap-pedometer.com/?r=2243573>

5. City Beach (1.0km loop with in/out water turn)

<http://www.gmap-pedometer.com/?r=2243575>

6. City Beach to Scarborough and back (5 or 10.0km out and back route)

<http://www.gmap-pedometer.com/?r=2243580>

7. Sorrento SLSC to North Beach (7.5km – Beachton Street and back)

<http://www.gmap-pedometer.com/?r=2244268>

8. Leighton Beach to Port Beach and back (4.0km)

<http://www.gmap-pedometer.com/?r=2244295>

9. Leftbank to Bicton Baths and back (6.7km)

<http://www.gmap-pedometer.com/?r=2244308>

10. Dodgy Dummies to Canning Bridge and back (10.0km)

<http://www.gmap-pedometer.com/?r=2244326>

