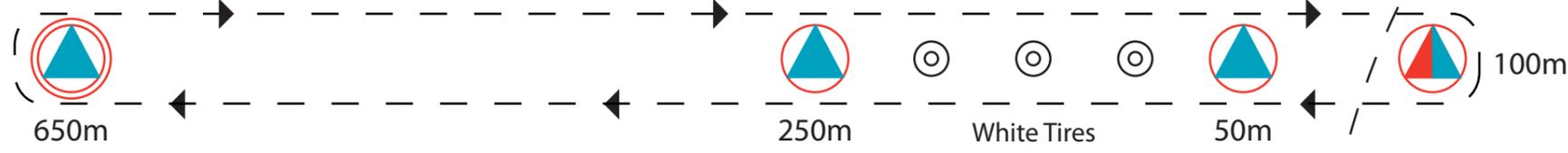


MANTEO RESORT

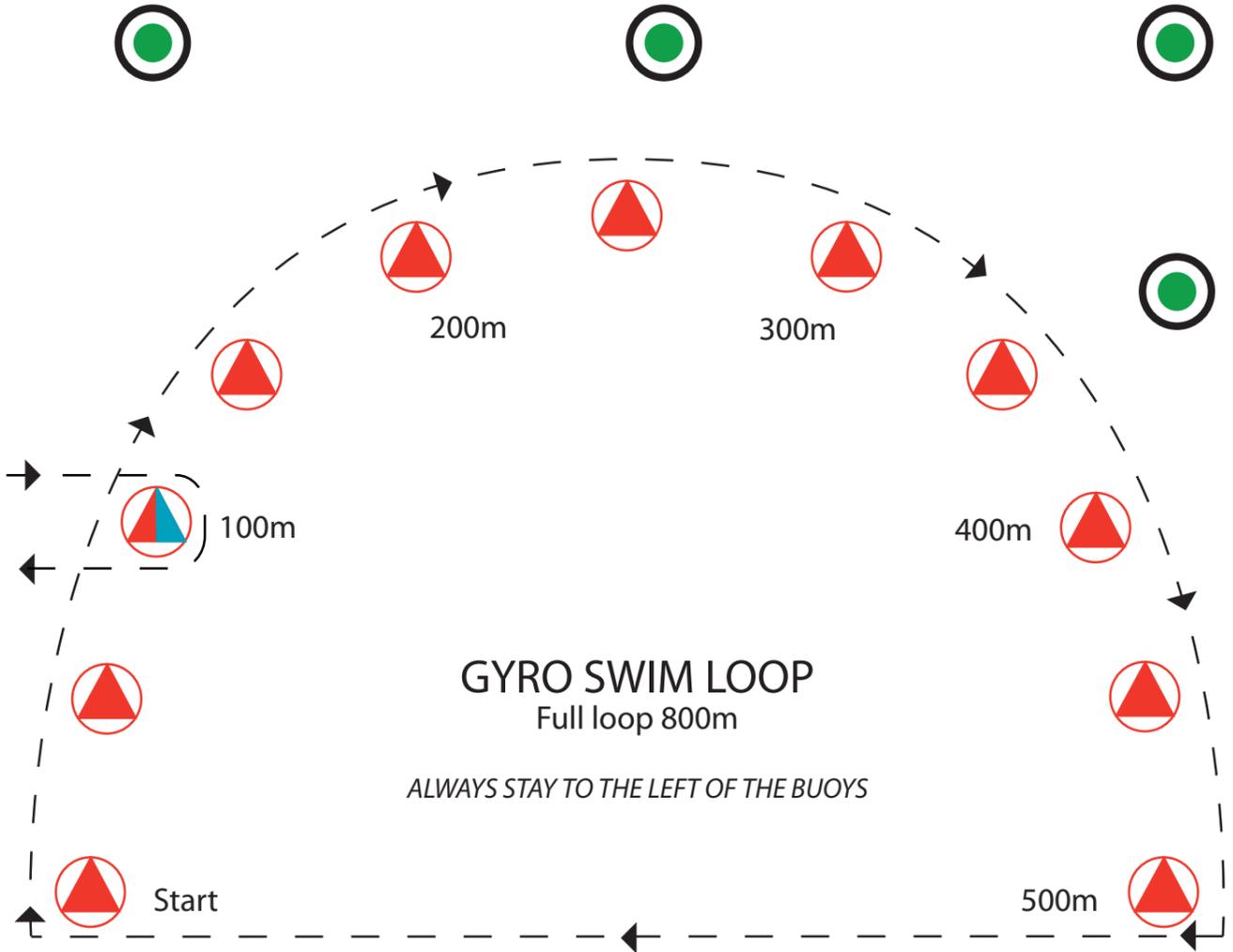


MANTEO MILE
1300m out and back

ALWAYS STAY TO THE LEFT OF THE BUOYS

Visit <http://www.acrossthelakeswim.com> for details and workouts

Outer barrier buoys
(keeps boats and water skiers away)



GYRO SWIM LOOP
Full loop 800m

ALWAYS STAY TO THE LEFT OF THE BUOYS

ROTARY BEACH

GYRO BEACH