

# Lands of the Book of Mormon

All locations are relative and for discussion purposes only. Any attempt to determine a specific location is not intended by the authors.

## Points of Interest

- The land of Nephi and the land of Zarahemla were nearly surrounded by water, implying the land was a peninsula (Alma 22:32).
- The Nephites had "hemmed in" the Lamanites on the south. This confinement was a factor in many conflicts and wars (Alma 22:33-34).
- The narrow strip of wilderness that separated the Lamanites in the Land of Nephi from the Nephites in the land of Zarahemla stretched from north to south with the sea bordering on both sides (Alma 22:27).
- Although many geographical features were to the east and west of the river Sidon, the river ran in a general northeast to southwest direction. The head of the river Sidon ran from the east towards the west (Alma 22:27).
- The wilderness area to the north of the river Sidon was called Hermounts, with similar characteristics to Mount Hermon in Syria, Lebanon and Israel (Alma 2:37).
- The area where the sea divides the land was probably a bay or strait (Ether 10:20).
- The hill Shim and the hill Cumorah were probably in the same area or valley (Ether 9:3).
- There were four seas identified by their cardinal direction (Hel. 3:8).
- The lands were grouped into the land southward and the land northward, and were divided by the small neck of land (Alma 22:33; 3 Ne. 6:2).

## Relative Distances

Locations	Days	Distance	Comments
Small Neck of Land (Alma 22:32; Hel. 4:7)	1.5 days	40-55 miles	The exactness of the time period suggests that this is a specific distance. It also suggests that a single person would be traveling with minimal provisions.
Land of Nephi to the waters of Mormon and return (Mosiah 18:4-6)	1 day	5-10 miles	This distance suggests people were traveling without animals and at a normal speed. There would also need to be sufficient time in the day for worship at the waters of Mormon.
Land of Mormon to land of Helam (Mosiah 23:3-4)	8 days	50-70 miles	The people leaving Mormon were moving their flocks and provisions, thus making their travel much slower. The wilderness terrain would have been rugged and difficult to traverse.
Land of Helam to land of Zarahemla (Mosiah 24:17-25)	13 days	150-170 miles	The people travelled one day to the valley of Alma before journeying an additional 12 days to reach the land of Zarahemla. These people were also traveling with their flocks and provisions.
Land of Melek north to land of Ammonihah (Alma 8:6)	3 days	45-60 miles	Alma appeared to be traveling alone and with minimal provisions.
Hill Amnihu to the Valley of Gideon (Alma 2: 19-24)	1 day	5-8 miles	The army of Alma were fighting and chasing the army of Amalici as they traveled this short distance. This challenge would suggest a much slower speed.

0 50 100 miles