

Lands of the Book of Mormon

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



Hill Cumorah
 Cumorah • Hill Shim
 Antum • Fortified Defense Line
Land of Desolation
 Teancum • Narrow Pass by the Sea
 Desolation • Sea Divides the Land
 Narrow Neck of Land
 Narrow Passage
 Hagoth Launches Ships
Land of Bountiful
 Bountiful • Plains between the cities
 Mulek
 Jershon
 Antiparah • Hermounts
Land of Zarahemla
 Zarahemla • East Wilderness
 Mount Antipas
 River Sidon
 Head of River Sidon
 West Wilderness
 South Wilderness
 Sea West
 Narrow Strip of Wilderness
 Amulon
 Helam
 Valley of Alma
 Shemlon • Mormon
 Nephi • Hill North of Shilom
 Shilom
Land of Nephi
 Ishmael
 Sea East
 Lehi's Landing
Land of First Inheritance

Relative Distances

- Small Neck of Land: 1 to 1.5 days journey
- Nephi to Helam: 8 days journey
- Helam to Zarahemla: 13 days journey

