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Learn more about our new Sea and Mountain Challenge in Jalisco and Nayarit

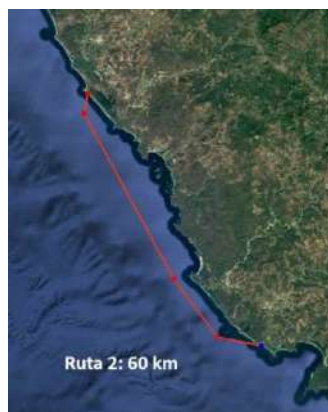
At the end of this year, date still to be confirmed, **four individuals** — members of Nado por las Ballenas and local athletes — will traverse **Sea and Mountain Routes**, covering a total distance of **444 km over 7-9 days** in and around Bahía de Banderas, in the states of Jalisco and Nayarit.

The athletes will pass through **nine protected natural areas and one potential protected area** (Los Arcos de Mismaloya), with the **goal** of showcasing the natural beauty of these places and highlighting their great importance for the conservation of biodiversity, natural resources, and ecosystem services.

The athletes will engage in various **sports activities**: swimming, paddle boarding, trail running, and mountain biking.

Sea Routes:

- **Route 1: 22 km. Islas Marietas National Park**, Nayarit. Sport activity: **Swimming**
- **Route 2: 60 km. Turtle Camps**, Jalisco. Sport activity: **Swimming**
- **Route 3: 120 km. Los Arcos**, circling Bahía de Banderas, Jalisco and Nayarit. Sport activity: **paddle boarding**





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Mountain Routes:

- **Route 4: 72 km.** Sierra de Vallejo–Ameca River Biosphere Reserve, Nayarit. Sport Activity: **Trail running and Mountain biking.**
- **Route 5: 82 km.** Connection between **Sierra de Vallejo–Ameca River - Paisaje Biocultural Landscape of the Western Sierra – Sierra El Cual**, Nayarit y Jalisco. Sport Activity: **Trail running and Mountain biking.**
- **Route 6: 88 km.** Sierra El Cuale, Jalisco. Sport Activity: **Trail running and Mountain biking.**

