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## Across the Lagoon Swim

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On the back of our very successful "Around the Island Swim", Lagoon Life continues to promote adventure/open water swimming in the Langebaan Lagoon. Our latest venture is a 6.5km swim across the lagoon from Kraal Bay to Langebaan Main beach. With the obvious tidal effect, sand banks and various channel options, this open water swim really gives credence to the concept of adventure swimming. A few weeks ago we got together with locals: "pearler" Dave, "faster in a polo" Rob, "rugby legend" Jake and "the windguru" Dimitri and cruised the route. What a blast! We feel this swim offers the complete package - freedom, challenge, orienteering and of course relative safety. Unlike our flagship "Around the Island Swim" we will require each swimmer to provide a second to paddle alongside them. In total we now have 3 great open water lagoon swims planned, so watch this space!