Distances Associated With Book of Mormon Travel

Estimating travel distances in the Book of Mormon is very subjective and leaves a lot to the imagination. A group of strong men traveling on open land is a whole different than traveling in a jungle with families (elderly, children, pregnant women etc.) that are herding sheep and carrying tents and grain. The latter is typical with some of the peoples migrating from the Land of Nephi to the land of Zarahemla.

The lower right hand chart was created to establish guidelines on what one might expect in various travel conditions and the chart to the right is the result of applying the guidelines to actual examples in the Book of Mormon. The green suggests a favorable correlation between the two. The red is a strange occurrence in the Book of Mormon when a group of men got lost.

Travel Rate Guidelines/Standards
Kilometers Per Day

Travel Capabilites	Level of Difficulty			
	Very Difficult	Difficult	Moderate	Easy
Slow	4	9	14	20
Normal	7	14	21	30
Fast	10	20	30	40

These guidelines compare favorably with the Sorenson model.

List of Significant Travel Occurrence Found in the Text of the Book of Mormon

#	Traveler	Destinations		Conditions		BoM	Travel		Kilometers		
		Beginning	Ending	People	Land	Days	Air	Actual	K/Day	Standard	Variance
1	Alma	Valley of Alma	Land of Zarahemla Central Peten	Slow	Difficult	12	100	110	9.2	9.0	1.0
2	Alma	Helam Tactic	Valley of Alma San Juan	Slow	Moderate	1	11	14	14.0	13.0	1.1
3	Alma	Mormon Bio del Qetzal	Helam Tactic	Slow	Difficult	8	26	50	6.3	7.0	0.9
4	Ammon	Zarahemla Ceibal	City of Nephi Tzalcom	Fast	Very Difficult	40	160	180	10.0	7.0	1.4
5	Limhi Explores	City of Nephi Tzalcom	Jaredite Territory	Fast	Difficult	Many					No days mentioned
6	Nephite	East End Fortification	West End Fortification	Normal	Difficult	1	12	12	12.0	14.0	0.9
7	Alma	Land of Melek Aquateca	Ammonihah Itzimte	Normal	Moderate	3	69	74	24.7	23.0	1.1
8	Limhi	City of Nephi Tzalcom	Land of Zarahemla Ceibal	Slow	Difficult	Many					No days mentioned