



# SWIMMING

## Explore the land and immerse in the sea

For swimming beaches on Norfolk Island, Emily Bay Lagoon stands out as a top choice. It offers crystal-clear, shallow waters perfect for a sheltered ocean swim amidst the vibrant South Pacific coral reef. Swim like a local and swim the 'channel' between Emily and Slaughter bay (approx 1.5km both ways)

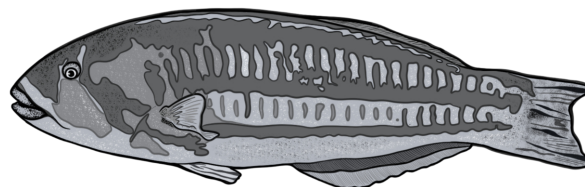
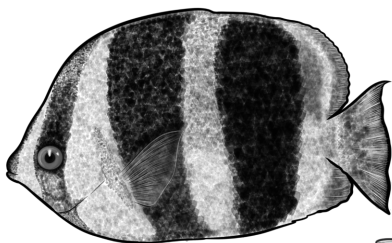
**Where to go** Emily & Slaughter Bay in the Kingson Area (See map over left for more details)

### Suggested Equipment

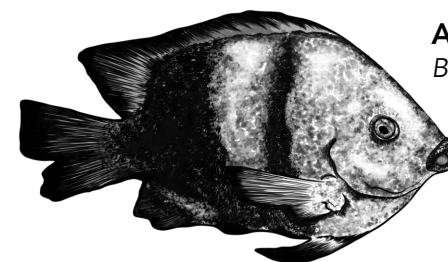
- ☐ Swimwear
- ☐ Googles & Swim Fins
- ☐ Anti Fog Spray
- ☐ Swim Cap
- ☐ Towel
- ☐ Rash Vest or Wetsuit
- ☐ Reef Friendly Sunscreen
- ☐ Adventure First Aid Kit
- ☐ Umbrella

### What you may find

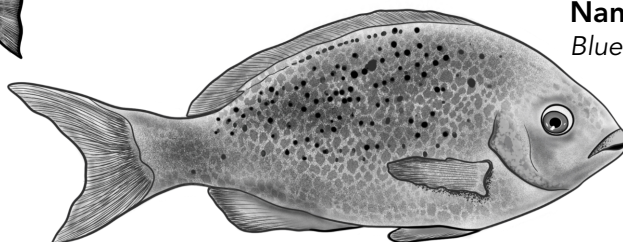
**Three-striped butterflyfish**  
*Chaetodon tricinctus*



**Pae've**  
*Thalassoma purpureum*



**Aatuti**  
*Banded Scalyfin*



**Nanwi**  
*Blue Drummer*



**Buhi**  
*Grey Moray*

### Sustainability tips

**Respect Marine Life:** Keep a safe distance from wildlife. Avoid touching, feeding, or disturbing animals to ensure their natural behaviours and habitats are preserved.

**Stay off the Reef:** When swimming, avoid stepping on or standing on coral reefs. Coral is delicate and can be easily damaged by physical contact.

**Use Reef-Safe Sunscreen:** Choose eco-friendly, reef-safe sunscreen to protect both your skin and marine ecosystems from harmful chemicals.

**Minimise Waste:** Bring reusable water bottles and bags to reduce plastic waste. Pack out everything you bring in, leaving no trace behind.

**Avoid Touching the Seafloor:** Glide over the coral and marine life without making contact to prevent damage to the delicate underwater environment.

**Follow Local Guidelines:** Adhere to local regulations and guidelines for snorkelling in protected areas to help maintain the health of the marine environment.

**Be Mindful of Your Gear:** Ensure your snorkel equipment is clean and free from contaminants that could harm marine life or ecosystems.

*By following these tips, you'll help protect the underwater world and ensure that future generations can enjoy its beauty as much as you do.*

