

| 2022 NENTOA Cruise Itinerary Three Week | | | | | |
|--|-----------|---------------------------|---------------------------|------------|------------------------|
| Day | DATE | FROM | TO | Dist. (NM) | Time (Hrs. at 8.0 kts) |
| SAT | 7/23/2022 | Home Port | Captains Choice | ? | ? |
| SUN | 7/24/2022 | Marion, MA | Scituate, MA | 45 | 5.63 |
| MON | 7/25/2022 | Scituate,MA | Gloucester, MA | 25 | 3.13 |
| TUE | 7/26/2022 | Gloucester, MA | Casco Bay, ME | 78 | 9.75 |
| WED | 7/27/2022 | | Casco Bay, ME | | 0.00 |
| THUR | 7/28/2022 | Casco Bay, ME | Boothbay Harbor, ME | 30 | 3.75 |
| Fri | 7/29/2022 | | Boothbay Harbor, ME | | 0.00 |
| SAT | 7/30/2022 | Boothbay Harbor, ME | Rockland, ME | 39 | 4.88 |
| SUN | 7/31/2022 | | Rockland, ME | | 0.00 |
| MON | 8/1/2022 | Rockland, ME | Camden, ME | 7 | 0.88 |
| TUE | 8/2/2022 | | Camden, ME | | 0.00 |
| WED | 8/3/2022 | Camden, ME | Warren, Island, ME | 7 | 0.88 |
| THUR | 8/4/2022 | Warren, Island, ME | Belfast, ME | 10 | 1.25 |
| Fri | 8/5/2022 | | Belfast, ME | | 0.00 |
| SAT | 8/6/2022 | Belfast, ME | Castine, ME | 10 | 1.25 |
| SUN | 8/7/2022 | Castine, ME | Tenants Harbor, ME | 32 | 4.00 |
| MON | 8/8/2022 | Tenants Harbor, ME | South Bristol Harbor, ME | 24 | 3.00 |
| TUE | 8/9/2022 | South Bristol Harbor, ME | Casco Bay, ME* | 30 | 3.75 |
| WED | 8/10/2022 | Casco Bay, ME | Kittery, ME/Portsmouth,NH | 45 | 5.63 |
| THUR | 8/11/2022 | Kittery, ME/Portsmouth,NH | Scituate, MA | 55 | 6.88 |
| Fri | 8/12/2022 | Scituate,MA | Onset, MA | 39 | 4.88 |
| SAT | 8/13/2022 | Onset, MA | Captains Choice | ? | ? |
| SUN | 8/14/2022 | Captain's Choice | Home Port | ? | ? |

*Alternate: Go to Biddeford Pool instead of Casco Bay, adds 12 NM from South Bristol Harbor
Yellow highlighting indicates different ports and/or dates than other itineraries.