

Twelve Journeys between the Cities of Nephi and Zarahemla

Key Scriptures Omni 1; Mosiah 7–8; 24; Alma 17; 27; Helaman 5–6

Explanation This chart lists the twelve recorded journeys between the cities of Nephi and Zarahemla, as well as other pertinent information, such as the dates, purposes, and leaders of the expeditions. The purpose of many of these journeys was to seek safety in another part of the land. Other journeys along this route were made for missionary purposes. Apparently this journey became a common one, and the road became a main thoroughfare, as merchants in 29 B.C. traveled back and forth to sell their wares (see Helaman 6:8).

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Leader	Reference	Approximate Date	Length of Journey	Direction	Purpose of Journey	Size of Group
Mosiah ₁	Omni 1:12	200 B.C.		N	flee Lamanites	all who would hearken to the word of the Lord
“stiffnecked man”	Omni 1:28	195 B.C.		S	reclaim their inheritance	large number
Zeniff?	Omni 1:28	194 B.C.		N	regroup	50 people
Zeniff	Omni 1:29	193 B.C.		S	try again to reclaim their inheritance	considerable number
Limhi	Mosiah 8:7–8	121 B.C.	many days	N	seeking deliverance from bondage	40 people
Ammon	Mosiah 7:1–5	121 B.C.	40 days	S	inquire of their brethren	16 people
Alma the Elder	Mosiah 24	145–121 B.C.	21 days	N	escape from bondage	205 people with animals
sons of Mosiah	Alma 17	91 B.C.	many days	S	missionary work	4 people
sons of Mosiah	Alma 27:14	77 B.C.		N	flee attackers	many Anti-Nephi-Lehies
Lehi and Nephi	Helaman 5:16	30 B.C.		S	missionary work	2 people
Lehi and Nephi	Helaman 6:7	29 B.C.		N	return home	many people
merchants	Helaman 6:8	29 B.C.		all	to get gain	