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Local man swims 14.4 miles across Estero Bay

A local man became the first known person to swim Estero Bay on Sunday.

Dan Van Mouwerik swam the 14.4 miles from China Cove north of Cayucos to Spooner's Cove at Montana de Oro.



He is a sport swimmer, having swam across several lakes, including Lake Tahoe in 2011.

Van Mouwerik got into the water at about 6:00 Sunday morning and swam for about 8.5 hours across the bay.

"I'm profoundly relieved that that's over," he said after getting out of the water in Montana de Oro. "It was a pretty good swim. It was choppy in the middle. It got very cold at the end. There were pockets of super cold water."

Van Mouwerik said Estero Bay isn't the longest swim he's ever done, but it was challenging because of the cold water.

He said he saw dolphins and jellyfish in the water and his crew saw a whale. That crew consisted of a boat and a paddle boarder alongside him, which helped him to navigate.

"It was a good swim. I felt pretty strong the whole way," Van Mouwerik said. "I trained a lot for it and I had a great crew. I had my crew that I've always had with me for my other swims."

His two sons were part of the crew and one of them swam to shore with him.