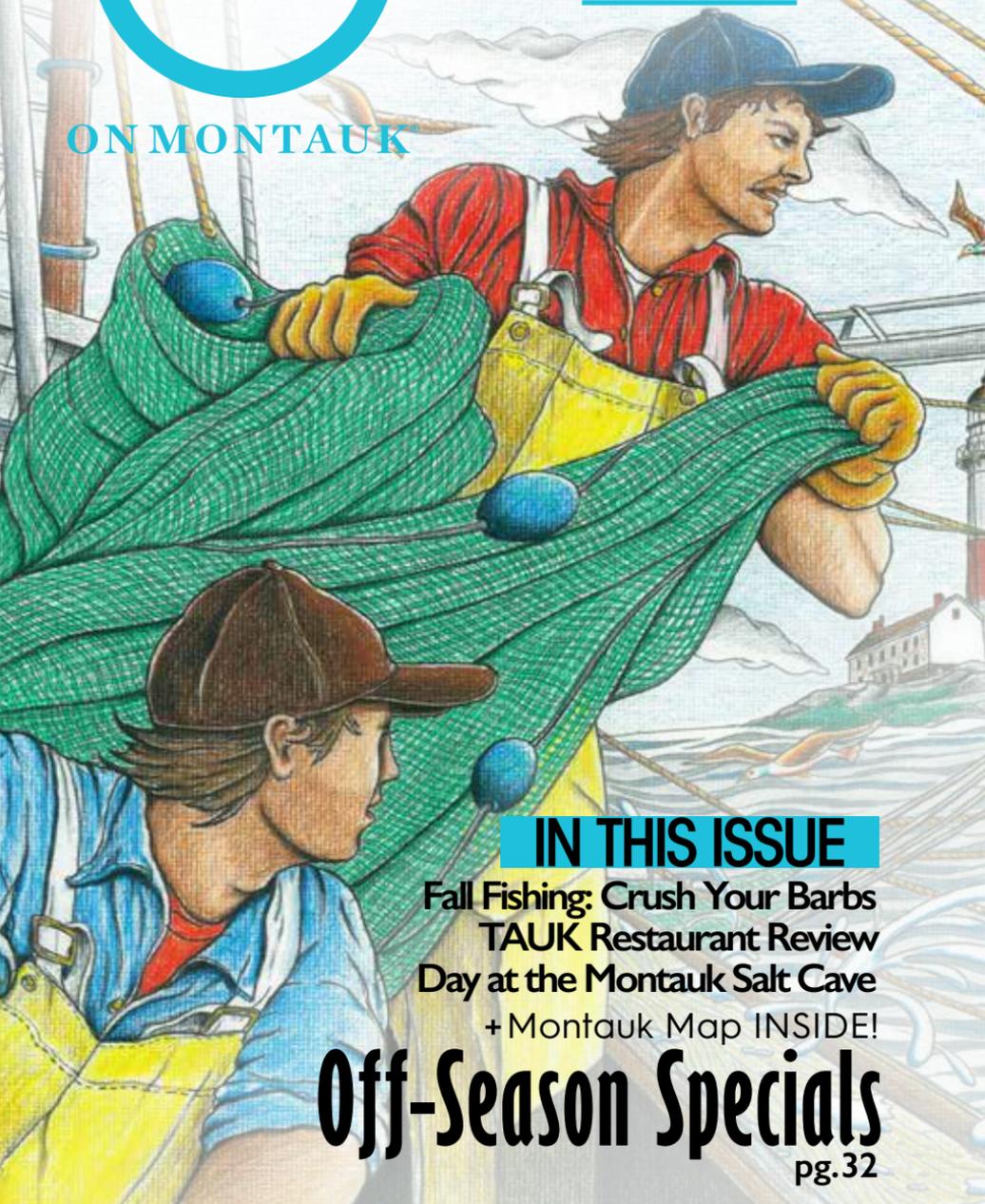




ON MONTAUK

Fall/Winter 2019  
**Montauk Event  
Calendar**



**IN THIS ISSUE**

Fall Fishing: Crush Your Barbs  
TAUK Restaurant Review  
Day at the Montauk Salt Cave  
+ Montauk Map INSIDE!

**Off-Season Specials**  
pg.32

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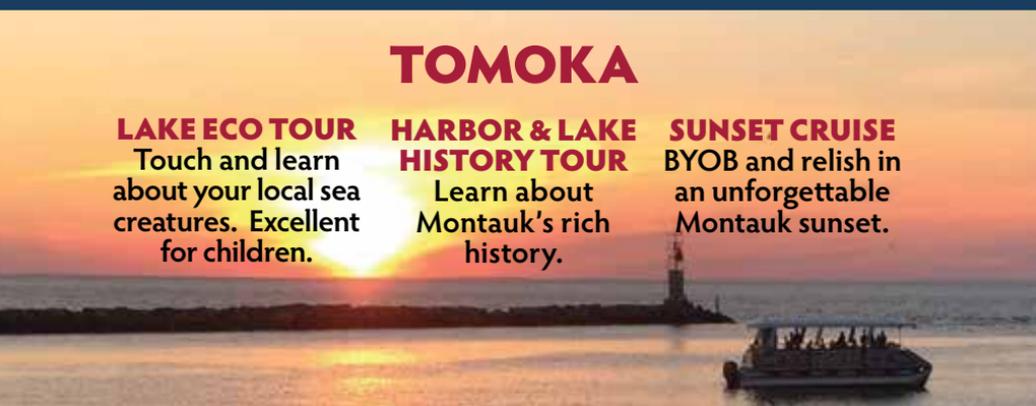
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# HAMPTONS INTERNATIONAL FILM FESTIVAL

VISIT

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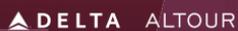
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# Contributors



**DEBBIE TUMA** is a journalist, and a third generation native of Montauk. Her family started the charter fishing industry in the 1940's, and later started Tuma's Dock in the 1950's. Her father, Captain Bob Tuma, ran his charter boat "Dawn" for 60 years. She works at WLNG 92.1 Radio Station and writes for the Daily News, Newsday, and East End papers.



**DAVE DAVIS** teaches preschool for the Head Start program at the Children's Museum of the East End in Bridgehampton, and is a featured columnist for the East End Beacon. His work with special-needs children and their families was the inspiration for a script about Autism titled, Everybody Knew, appearing on the award-winning TV-web series Front Seat Chronicles.



**LAURA WEIR** is a former editor at The Southampton Press and has been recognized by the New York Press Association for her work as a writer and editor at several newspapers. In 2009, she published her own magazine called Hamptons Journal. She has also worked as a television news writer, traffic reporter, and radio broadcaster. Laura is a member of the Kiwanis Club of East Hampton and lives in Wainscott.



**CHRISTINE MALECKI** is an East Hampton local and a senior at the University of Delaware. She is working on finishing her Bachelor of Arts in English and hoping to continue on to earn a Ph.D. in creative writing. Although she loves traveling, her favorite place will always be the beaches at home.



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# Letter from the Editor



Woo-hoo, empty beaches off season!

You're in Montauk at the best time of year...the off season. Funny it's called "off season" when for so many it's the "on season". Maybe it's called "off season" because Montauk is a little off, not on. More likely...I know...it's called off season because fewer people are around, generally. But this could get into quantity vs. quality and I'm not prepared to go there. So nominally, yes, fewer people are around the End in the fall and winter.

But that's changing, slowly but inexorably, as more and more people realize how special Montauk is...many of them decide to open businesses and raise families here, expanding the fabric of our great community. Montauk used to be hyper-

active from Memorial Day through Labor Day, catatonic all other times. Those are times of nostalgia for many, loneliness for others. I think the trend is good, though... better to have a vibrant year-round community than wax on, wax off. Better for business, better for kids, better for socializing.

I like that TAUk's newish owner keeps the restaurant open all year, much like Harvest does, even opening very late through fall and winter. He doesn't make a killing doing that, but he loves Montauk all year, not just "in season," so he makes it work.

Appropriately, we highlight many of Montauk's businesses that run fall/winter specials in this issue. Give this section a glance...you may find just what you're looking for. Great weather and great deals are an "off season" treat in Montauk.

As I ponder Montauk's progress, I almost forgot about fishing...one of the things that gives Montauk its identity. Fall is the time of wonders in the water as the strip-er run ignites. Some years are better than others, but a single year does not a trend make, so cross your fingers and hope for a "good" season whether you're a boater or surfcaster. Either way, be sure to crush those barbs and preserve the fish...and become a better fisherman (or woman!) in the process. Tight lines.

Carter Tyler



## On the Cover

### Fall

Art by Joe Chierchio. After a successful career as an Art Director, Joe made a transition into Fine Art. His award winning sculpture, drawings and paintings have been shown in galleries in New York City, The Hamptons and in Italy. For more info: [www.joechierchioart.com](http://www.joechierchioart.com)



### Winter/Spring

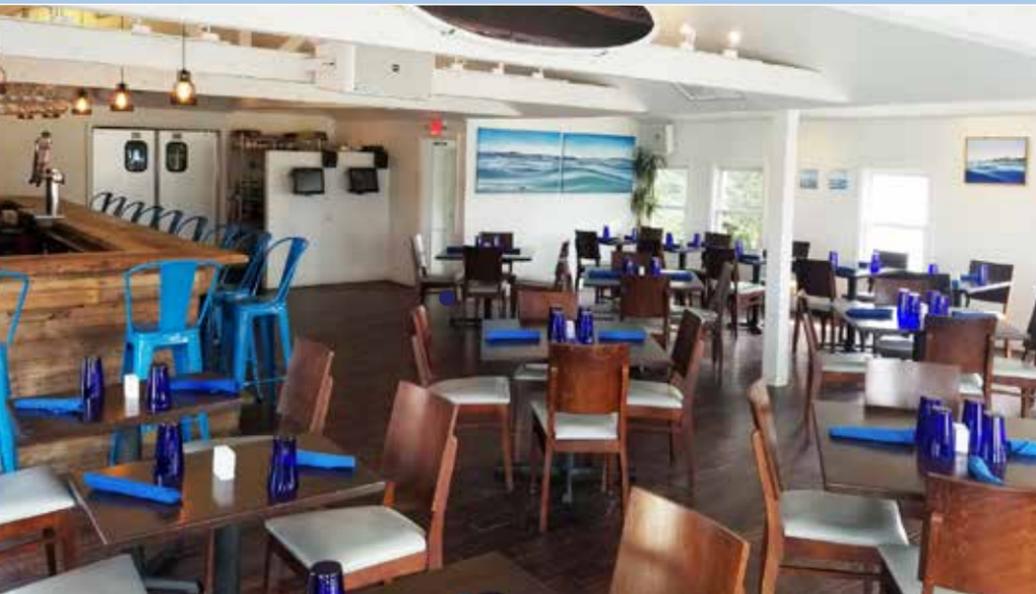
Persephone, the Goddess of Spring haunts Montauk beaches in ZIMA. Join the Neo Political Cowgirls Sunday, February 9, 2020 for ZIMA at 1:00pm-3:00pm. Details for this and other events at [onmontauk.com](http://onmontauk.com).



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## CIRCLE BURGER

(631) 238-5510;  
99 S. Edgemere on the Circle

This new eatery on the circle replaces Salt Box with hearty burger options for \$18 (Montauk Monster Burger anyone?), a bevy of appetizers (Montauk Street Corn perhaps?), seafood options like little neck clams, and enough salad and veggie options for all in your party to be happy. We've not tried it yet but have high hopes.

## ROUND SWAMP FARM

roundswampfarm.com/montauk  
71 S. Elmwood Ave.

This new edition to the gourmet food map in Montauk is a well-known name in foodie and farm-to-table circles in the Hamptons. Round Swamp Farm's reputation precedes it. Baked goods, cheeses, gourmet groceries and everything else you'd expect at a real country market where locals take healthy, delicious food for granted.

## NATURALLY GOOD SUSHI

naturallygoodsushi.com  
(631) 238-5791; 38 S Etna Ave.

Naturally Good Foods & Cafe is a Montauk staple (with a very loyal following) for healthy, delicious organic food so we're excited about the opening of Naturally Good Sushi on S Etna, next to Hooked. Creative veggie sushi options alongside the freshest fish, plus organic cold brew coffee, dessert treats, soups and salads. All naturally good.

## MARRAM

marrammontauk.com  
(631) 668-2050; 21 Oceanview Terrace

The famed Atlantic Terrace is reborn as Marram under the ownership of hospitality company Bridgeton, taking the new name from the wild grass that grows on the sand dunes surrounding the beautiful property. The redesigned space remains true to Montauk's natural, untouched landscape and will be chill. We think they'll get it right.

## PULCINELLA EAST

pulcinellaeast.com  
(631) 668-8441; 51 Edgemere St.

Pulcinella East is fine sit-down Italian dining in the beautiful space that previously housed East by Northeast. This new spot on the Montauk food map is an outpost of Pulcinella Neapolitan Pizzeria & Restaurant in Massapequa, brought forth by partners Carlos and Ciro, the latter hailing from Naples, Italy. They'll do events. We hear good things...

## TINY HARBOR ASIAN CAFE

tinyharborcafe.com  
(631) 668-8436; 440 Westlake Dr.

Montauk has needed an Asian restaurant for...a long time. Enter Tiny Harbor Asian Café, which opened in August. It's a sleek yet cozy eatery run by locals with impressive restaurant credentials and culinary know-how, but the prices are reasonable so your wallet can also enjoy your fix of Bao Buns (and many other dim sum), Dan Dan Noodles, and Bang Bang Chicken. Duck Confit Fried Rice, anyone?



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CURRENTLY SERVING  
THE EAST END  
AND BEYOND



## A Cave that Heals with the Salt of the Earth, Starting with a little Boy

by Laura Weir

The Montauk Salt Cave is no fad as all its loyal followers will attest. I decided to find out for myself.

**A**s someone with an interest in natural remedies, I was intrigued when I'd first heard of The Montauk Salt Cave. Since it opened in 2015, this therapeutic oasis on West Lake Drive

has been drawing loyal clients seeking the healing properties of the salt of the earth, said Salt Cave Owner and Founder Shannon Coppola, who opened The Cave after trying the natural therapy to treat her young son's respiratory problems.

a few sessions in a salt cave, she said her 4-year old son was able to sleep through the night. She said owning her own salt cave has allowed her to continue his treatments and help others with an array of ailments from asthma to allergies, anxiety, inflammation, and the common cold. The key is to just breathe inside a large room... made entirely of salt.

The air inside the cave is made up of negatively charged, ionized salt particles and trace elements of minerals like calcium, potassium, magnesium, iodine, copper, and iron. These can open the nasal passages and clear the lungs, allowing the body to flush out

"A friend said, 'you should try salt therapy,' but I didn't know what it was," Ms. Coppola told me, referring to the frustration she felt in repeatedly failing to find comfort for her child. Finally, after



(LEFT) OWNER, SHANNON COPPOLA, (ABOVE) TAROT AND YOGA GODDESS, DIANE FIERRO



REIKI MASTER AND SOUND PRACTITIONER, MEI LEUNG



REIKI MASTER, RODRIGO APIOLAZA



toxins. Ms. Coppola said many people experience noticeable improvements in their conditions after just one session in The Salt Cave, making them want to return. "We definitely have a crew of regular customers," said the Montauk resident, who also owns salt caves in Manhattan and Huntington.

I recently decided to try The Montauk Salt Cave for myself, as I can suffer from asthma and

inflammation. During my session, a Reiki master and a sound healing practitioner joined me and about 20 other guests in The Cave to provide additional healing benefits.

We entered The Salt Cave barefooted onto tiny salt pebbles that covered the ground. As I sat in my chair, I was gently pressed backwards into a reclining position before being lovingly tucked in with a warm blanket

by Reiki master and teacher Linda Knips. Ms. Knips performed hands-on healing for each of us in the session and explained that Reiki is a force of energy that helps keep your own energy flowing. It breaks up energy blocks and works on the emotional, spiritual, mental, and physical levels. It is the transfer of universal life, she said.

Maria Maier, a Tibetan Tones Sound Practitioner, delivered

## SOUND HEALING SPIRITUAL GUIDES, SHOKO TAMAI & ALFONSO MONTEZUMA



soothing affirmations accompanied by rhythmic vibrations she created using crystal singing bowls, forks, and chimes. Sound healing supports the body's natural healing ability through meditation, vibration, and relaxation, Ms. Maier told me. Using a scale that incorporates all of the body's chakras, she said notes can be blended to make particular sounds that target where healing is needed in the body and mind. She said sound can even promote spiritual awakening.

Following the approximately one-hour session in The Salt Cave, I absolutely felt a sense of relaxation and wellbeing. The cool, clean air inside The Cave and the light, soothing sounds raised

my sense of awareness and made me understand why this little oasis in the heart of Montauk has so many repeat customers.

The Montauk Salt Cave, at 552 West Lake Drive, is open every day between 10 a.m. and 6 p.m. Most sessions cost \$40 and packages are available. They also offer private sessions. In addition, The Salt Cave offers spa treatments, including massage, facials, waxing, brow shaping, and nail treatments. They also hold yoga classes on the salt in the cave. 😊

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<b>DECEMBER 6TH</b>	<b>DECEMBER 7TH</b>	<b>DECEMBER 8TH</b>
<b>7:00 P.M.</b>	<b>1:00 P.M. &amp; 7:00 P.M.</b>	<b>2:00 P.M.</b>

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# the events calendar

- Fitness
- Food
- Screening
- Kids
- Benefit
- Education
- Shopping
- Live Music
- Recreation



Nancy Atlas Project

RECURRING  
EVENTS

## SUNDAYS

(UNTIL 12/29)

- Sunday Football: \$4 Bloody Marys, \$4 cold cans at The Point Bar and Grill

## MONDAYS

- Hatha Yoga with Tsuyumi at the Montauk Library

- Tai Chi with Susan at the Montauk Library

## MONDAYS

(UNTIL 12/23)

- Monday Night Football: 50¢ wings, \$4 beer special during game at The Point Bar and Grill

## MONDAY, WEDNESDAYS AND FRIDAYS

- Stay Fit with Tsuyumi at the Montauk Library

## TUESDAYS

- Tech Tuesdays at the Montauk Library

## TUESDAYS

(UNTIL 10/22)

- Mahjong at the Montauk Library

## WEDNESDAYS

- Matinees at the Montauk Library

## THURSDAYS

(UNTIL 12/26)

- Thursday Night Football: 1/2 price wings, daily beer specials and \$4 whiskey shots at The Point Bar and Grill

## FRIDAYS

- Country Line Dancing for Beginners with Joel at the Montauk Library

- Chair Yoga with Tsuyumi at the Montauk Library

- Stay & Play at the Montauk Library

## FRIDAYS

(UNTIL 12/28)

- DJ Vinny K spins till late at The Point Bar and Grill



### SAT - SEP 7

- **KIDS** Drop in Back to School Craft at the Montauk Library

- **FESTIVAL** 2-DAY

8th Annual Montauk Seafood Festival 9/7-9/8

- **LIVE MUSIC** Nancy Atlas Project at the Surf Lodge
- **LIVE MUSIC** After Memphis at Shagwong Tavern
- **LIVE MUSIC** Lynn Blue Band at The Montauket

### SUN - SEP 8

- **THEATRE WORKSHOP** Women's Connective Workshops: Fall 2019 Triptych Series- Writing prompts, Discussion, Inspired Artistry led by Kate Mueth

### THURS - SEP 12

- **KIDS** Sharing Music With Lori at the Montauk Library

### FRI - SEP 13

- **FOOD** Montauk's Farmers Market On the Green
- **KIDS** Construct a Bee House at the Montauk Library
- **LIVE MUSIC** Nina Et Cetera at Shagwong Tavern

### SAT - SEP 14

- **SCREENING** Hamptons International Film Festival Presents HONEYLAND at Guild Hall, East Hampton
- **BENEFIT** 55th Annual Ride from NYC to Montauk For Multiple Sclerosis
- **LIVE MUSIC** Nancy Atlas Project at the Surf Lodge
- **KIDS** National Coloring Day at the Montauk Library
- **KIDS** Author Rosemary McKinley at the Montauk Library

### SUN - SEP 15

- **EDUCATION** Book Club - Fates & Furies by Lauren Groff at the Montauk Library
- **BENEFIT** Big Bucks Bonanza at the Montauk Fire Department

### THURS - SEP 19

- **BENEFIT** 12th Annual Golf Outing hosted by Children's Museum of the East End
- **KIDS** Garden of Eve Farm at the Montauk Library

### FRI - SEP 20

- **FOOD** Montauk's Farmers Market On the Green
- **LIVE MUSIC** Kathleen Fee at Swallow East

### SAT - SEP 21

- **KIDS** Big Truck Day at Children's Museum of the East End
- **SHOPPING** 2-DAY Historical Society Craft Fair at Second House Museum 9/21-9/22

### SUN - SEP 22

- **LIVE MUSIC** Concert featuring Quynh Nguyen, Classical Pianist at the Montauk Library

### THURS - SEP 26

- **KIDS** Sharing Music With Lori at the Montauk Library

### FRI - SEP 27

- **FOOD** Montauk's Farmers Market On the Green
- **KIDS** Lego Builders Club at the Montauk Library

### SAT - SEP 28

- **KIDS** Day Art at the Montauk Library
- **KIDS** Baby Gear Swap at Children's Museum of the East End

### SUN - SEP 29

- **TRIATHLON** MightyMan Montauk Sprint at Fort Pond Soccer Field, Montauk
- **EDUCATION** Climate Change Presentation

THIS IS A PARTIAL LIST. FULL DETAILS AND OTHER LISTINGS AT [ONMONTAUK.COM](http://ONMONTAUK.COM)

Before visiting any attraction or business listed, please call ahead to confirm hours of operation, admission prices, or any other information you may need to plan your activities.

with CCOM at the Montauk Library

### FRI - OCT 4

● **FOOD** Montauk's Farmers Market On the Green

● **LIVE MUSIC** Friday Night Hustle w/ Nancy Atlas & Friends at The Stephen Talkhouse, Amagansett

● **TEENS** Teen Tech and Pizza Night at the Montauk Library

● **LIVE MUSIC** Sloppy Sundays 11P till late with DJ Vinny K at The Point Bar and Grill

● **LIVE MUSIC** The Montauk Lifeguards at Westlake Fish House

● **RECREATION** Pool Party at Montauk Beach House

● **TRIATHLON** 24th Annual Lighthouse Sprint Triathlon & Relay

### SUN - OCT 6

● **BENEFIT** Pancake Breakfast to benefit Senior Holiday Dinner at Montauk Firehouse

### THURS - OCT 10

● **FILM FESTIVAL** 5-DAY Hamptons International Film Festival 10/10-10/14

### FRI - OCT 11

● **LIVE MUSIC** Friday Night Hustle w/ Nancy Atlas & Friends at The Stephen Talkhouse, Amagansett

### SAT - OCT 12

● **SHOPPING** Montauk Library Columbus day weekend sale at the Montauk Library

● **FOOD** 2-DAY 38th Fall Festival Clam Chowder Contest On the Green 10/12-10/13

● **LIVE MUSIC** Lynn Blue Band at George's Lighthouse Café

### SUN - OCT 13

● **THEATRE WORKSHOP** Women's Connective Workshops: Fall 2019 Triptych Series- Writing prompts, Discussion, Inspired Artistry led by Kate Mueth

### FRI - OCT 18

● **LIVE MUSIC** Friday Night Hustle w/ Nancy Atlas & Friends at The Stephen Talkhouse, Amagansett

● **TEENS** Teen Tech and Pizza Night at the Montauk Library

### SUN - OCT 20

● **EDUCATION** Book Club - Pachinko by Min Jin Lee at the Montauk Library

● **EDUCATION** Jeff Heatley Talk at the Montauk Library

### FRI - OCT 25

● **KIDS** Lego Builders Club at the Montauk Library

● **LIVE MUSIC** Friday Night Hustle w/ Nancy Atlas & Friends at The Stephen Talkhouse, Amagansett

### SUN - OCT 27

● **EDUCATION** Sagamore Hill: Theodore Roosevelt's Summer White House with author, historian Bill Bleyer at the Montauk Library

### TUES - OCT 29

● **KIDS** Amaryliss Planting! at the Montauk Library

### SUN - NOV 10

● **THEATRE WORKSHOP** Women's Connective Workshops: Fall 2019 Triptych Series- Writing prompts, Discussion, Inspired Artistry led by Kate Mueth

### FRI - NOV 15

● **BENEFIT** Girls Night Our Benefit 2019 at Gurney's Montauk

### SAT - NOV 16

● **LIVE MUSIC** Nancy Atlas Project at The Stephen Talkhouse, Amagansett

### SUN - NOV 17

● **EDUCATION** Book Club - Another Brooklyn by Jacqueline Woodson at the Montauk Library

### THURS - NOV 28

● **SPORT** 43rd Annual "Run for Fun" Turkey Trot Around Fort Pond

THIS IS A PARTIAL LIST. FULL DETAILS AND OTHER LISTINGS AT [ONMONTAUK.COM](http://ONMONTAUK.COM)

**FRI - NOV 29**

- **KIDS** Lego Builders Club at the Montauk Library

**SAT - NOV 30**

- **SHOPPING** Montauk Library Holiday Book Sale at the Montauk Library
- **RECREATION** 11th Annual Lighting of The Lighthouse

**SUN - DEC 1**

- **KIDS** Salsa Fun at the Montauk Library
- **RECREATION** 40th Annual Holiday Dinner for Montauk Seniors at the Firehouse

**SUN - DEC 8**

- **KIDS** Santa is Coming to Town! At the Montauk Fire House

**FRI - DEC 27**

- **KIDS** Lego Builders Club at the Montauk Library

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# TAUK

## @ TRAIL'S END

SERVES GREAT FOOD + MUSIC  
ALL YEAR LONG

### Montauk's Oldest Restaurant Getting Better with Age By Carter Randolph Tyler

TAUK is a Montauk staple that knows how to give back...serving till 2am in the fall will do that. Owner Michael Nasti, who purchased the iconic spot in 2015, keeps her open all year with great, reasonably priced fare, live music and DJs, and a loyalty program for locals.



**T**auk is such a Montauk staple it gets overlooked, which is absurd. I admit I'm guilty of it as well. It sits just off the circle like a pretty wallflower with some great surprises in store...you just have to saunter over. After dining there the other night, I'm here to tell you, Tauk is far from a historical footnote as Montauk's oldest restaurant; it's seriously good food, so get it on the agenda...as its open All YEAR.

First, there's a lot of good going on at Tauk; frequent live music in the chill back patio area that's outfitted with dining tables and loungy couches, a cozy dining interior with local art on the walls and a world class bar (music and DJs in here on most nights), and a voyeuristic front dining patio for those that want to people watch, or be watched...if that's your bag. We ended up on the back patio where a band was churning out soft covers...not too loud, though, we could talk no problem.

To the food. Tauk uses locally grown ingredients whenever possible...Michael will tell you about them when he wanders over to say Hi. Chef Joél Valentin, Michael's partner with 20 years behind him in the kitchen, has outdone himself with a refreshingly diverse and expansive menu that's not all about the sea. Seafood delicacies like the Lobster Bake and the Lobster Roll compete with multiple landlubber options like Eggplant Rollatini and the 8oz Homemade Burger. Appetizers are plentiful...from delicately spiced Fried Calamari to Buffalo Chicken Wings. Portions are genuinely



Joél Valentin and Michael



Homemade 8oz Burger

Lobster Bake





Tauk Location



Linguine with White Wine Clam Sauce

generous...another reason to take the family.

We chose the Mussels to start. They were gone in 60 seconds, probably a record for us mussel lovers. Rich, juicy, and light...despite the bread. Michael would not give up the secret flavor, but I'm still thinking of it. Next we tried the Homemade Zucchini Chips, which are really a great idea and very hearty. These lightly fried, thick cut wafers of zucchini could be a small entrée. A steal for \$10.

For mains we had the Seared Sea Scallops with Risotto and Asparagus in lemon butter. Again, scrumptious secrets going on there. This unique medley works superbly. We also had a special of Linguine with White Wine Clam Sauce, featuring a light broth that was delightfully garlicky, not overpowering, topped with about a dozen expertly cooked clams...not overcooked, as is often the case.

Seared Sea Scallops with Risotto and Asparagus in lemon butter

Michael has the right formula for Tauk, his first and only restaurant, which is a labor of love for him. He's there every night greeting diners and making folks feel at home. He bought it, after long negotiations, because he and his family drove past it every day for years going to their Montauk home and he didn't want it to become something un-Montauk. So far, so good, on that score. If that won't keep you coming back, the food will. See you at TAUk, open all year! 😊

**TAUK at Trail's End is open all year for lunch and dinner, and serving late night menu till 2am in season and through fall weekends. Check [taukattrailsend.com](http://taukattrailsend.com) for hours, menu, and live schedule; 631-238-5527.**





Homemade Zucchini Chips



Lobster Roll

Outdoor Lounge





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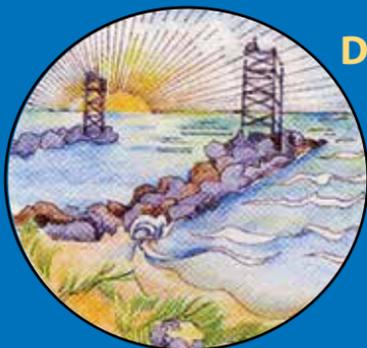
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# 2019

## OFF-SEASON SPECIALS

**Hotels and Shopping and Dining Oh My!** Welcome to the Off Season in Montauk, where nice weather endures (yes, it's often still warm enough for bikinis in September), great deals on everything from lodging to surfing lessons abound, and crowds abate. Throw in Montauk staples like unrivaled surfing and fishing, a few great events like the Seafood Festival on September 7th and 8th, The Fall Festival & Clam Chowder Contest on October 12th, and the Farmers Market on the Green every Friday, and you've got good reason to be here every weekend, a lifestyle choice made all the more affordable with...



Photo Credit: Carter Randolph Tyler

*Pictured!*

## **HARVEST ON FORT POND**

Harvest On Fort Pond is a Montauk staple that never disappoints in food or setting. In the off season, grab a table outside while the weather is still warm or cozy up in the warm pondside interior and enjoy half portions of their otherwise huge servings, plus ten wine selections for only \$20. Serious savings in one of Montauk's best restaurants.

Off-season "half portions" of its giant servings and ten wines for only \$20  
Valid: mid Oct. 2019 to mid May 2020

11 S. Emery Street, Montauk • 631.668.5574  
[www.harvestfortpond.com](http://www.harvestfortpond.com)



*See more specials!*





This hot, fashionable shop is the NIBI-MTK flagship store. The iconic name continues to grow and to redefine boho chic fashion on the East End with its unique collections and fashion lines, specializing in East Coast surf area fashion swimwear that fits the active lifestyle. Check out the new men's collection and a NIBI boho chic home line.



**Offer:** Columbus Day sale all week long 20% off all Fall items  
**Valid:** 10/14-10/18  
**Restrictions:** Not on sweatshirts - and denim

**2 Locations**

Montauk Main Boutique  
 88 South Euclid Avenue, Montauk

Bridgehampton  
 2450 Montauk Highway, Bridgehampton

<https://www.nibimtk.com>

PH: 917-371-3039 OR 631-702-5976



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# MontauKosher

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MontauKosher is the only Kosher food service in Montauk. We are the premier provider of Kosher delicacies and meals to guests of Gurney's resorts. All meals are made to order from our extensive menu. Take a look at what we have to offer the next time you have Kosher guests in Montauk!

**BOGO Challah offer!**  
Offer: Order one homemade Challah and get one free with mention of this ad.  
Valid: Now through April 2020.

Email [musia@jewishhamptons.com](mailto:musia@jewishhamptons.com) to place your order.  
[www.JewishMontauk.com](http://www.JewishMontauk.com) | @JewishMontauk | 631.377.0511

## MONTIKI CATAMARAN

Our Mon Tiki souvenir Picnic Pack includes 2 shatterproof Tritan stemless wine glasses and a roll up fleece blanket in a handy reusable grocery tote - your gift with any Small Charter booking through the end of the season.



Book one of our catamarans for a 2 or 3 Hour Private Charter at a special rate for up to 6 passengers  
Receive a Free Souvenir Picnic Pack with any Small Group Charter!

The open deck design of our catamarans offer plenty of room to stretch out and relax. We have coolers stocked with ice and a Bluetooth stereo for your playlist. Celebrate an occasion, or just a special time together! Valid: until end of the season.

To Redeem, go to [montikimontauk.com](http://montikimontauk.com) or call 631.668.2826  
Sailing From: Gurney's Montauk Yacht Club, 32 Star Island Road, Montauk 631.668.2826  
[www.montikimontauk.com](http://www.montikimontauk.com)

## TAUK AT TRAILS END

Lunch, Dinner, Late Night: Tauk At Trails End is a must-do restaurant with a formula that suits everyone... great food with generous portions is just a start. Add happy hour every day, frequent live music and DJ music, a comfortable outdoor dining grotto, convenient location in town, late-night hours, and on-site owner Michael greeting everyone to make sure they're at home in his corner of Montauk.



Off-season specials include:  
Burger Beer Night  
Taco Night  
Loaded Burger Night  
Prime Rib Night  
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Half Price Apps Night  
Valid: mid Oct. 2019 to May 2020

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## SECOND HOUSE RESTORATION

Second House is the oldest structure in Montauk, built in 1746. It is historically significant to Montauk's pastoral history when the shepherds and keeper of Second House were housed in the building and were responsible for tending the sheep to the west and the cattle to the east.

### VISIT US FOR THE DETAILED REPORT

Enjoy learning more about Montauk's rich and cherished pastoral history.



MONTAUK HISTORICAL SOCIETY

WE NEED YOUR HELP - Your donations and volunteerism will help us to restore this property to its appearance in 1896 when the last keeper left Second House.

The first phase of restoration funded by East Hampton

Town began in early March 2019.



[www.montaukhistoricalsociety.org](http://www.montaukhistoricalsociety.org)

# { hooked }

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# { MONTAUK MANOR }

## Get Free Nights / The Stately Montauk Manor

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**Stay 4 Consecutive Nights and Pay for Only 3 Nights! 1 Night FREE**  
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Exclusions: Black Out Dates & Conditions Apply



To book, call Montauk Manor 631.668.4400 and mention "On Montauk."  
236 Edgemere Street, Montauk, • 631.668.4400 • [www.montaukmanor.com](http://www.montaukmanor.com)



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Exclusions: Sept. 26 - Sept. 29, 2019 (Rosh Hashanah Weekend Ocean front-Gold rooms only)

To book, go to [www.oceansurfresort.com/reservation](http://www.oceansurfresort.com/reservation) and enter code 2019SEP/OCTSP

84 South Emerson Avenue, Montauk • 631.668.3332 • [www.oceansurfresort.com](http://www.oceansurfresort.com)

## HARBORSIDE

Stay 3 nights get 4th night free / Harborside Motel

The Harborside Resort Motel offers a pleasant, friendly atmosphere. On-premise pool and tennis, attractive rooms and efficiencies - each offering many amenities. Fishermen are always welcome at the Harborside. Free access to a neighboring boat ramp and plenty of parking for your boat and trailer. Complimentary wash-down service available, too!



Stay 3 consecutive nights get 4th night free.

Valid: Sunday-Thursday from Sept. 23, 2019 through Apr 2020

Exclusions: Black Out Dates & Conditions Apply

To book call: 631.668.2511, 371 W Lake Drive, Montauk • 631.668.2511 • [www.montaukharborside.com](http://www.montaukharborside.com)

## SNUG HARBOR



Perched across from beautiful Lake Montauk on the threshold of the finest fishing grounds in the Atlantic Ocean and sheltered by the warm waters of Block Island Sound, Snug Harbor Motel and Marina is the "In" place to be. Pet-friendly.

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Valid: Oct. 8, 2019 to close of the season

Exclusions: Holidays

3 Star Island Road, Montauk, NY 11954 • 631.668.2860 • [www.montauksnugharbor.com](http://www.montauksnugharbor.com)



## Solé East Resort

Stay 2 nights get 3rd night free same

About a 5-minute walk from Montauk's village and the beach, Solé East Resort is a hotel housed in a landmark American Tudor building with 60 renovated bungalow-like rooms, each one unique, and 7 garden cabana suites. A heated pool with oversized St Tropez style beds will keep you cool while your head bops to tunes being spun by the poolside DJ. Lush lawns and gardens with bamboo walkways complete the beach club feel. To indulge your gastronomic

palette there is the hip yet healthy Backyard, a full service restaurant bar & poolside lounge.



Offer Stay 2 consecutive mid week nights and get the 3rd mid week night free. Valid: Sept. 2, 2019 to close of the season.

Exclusions: Holidays and Groups

To book: call 631.668.2105 and mention "On Montauk"

90 Second House Road, Montauk • 631.668.2105

[www.soleeast.com](http://www.soleeast.com)



## Solé East Beach

Stay 2 nights get 3rd night free same

Solé East Beach, a 26-room motel in the heart of the Village of Montauk, is a gem, built in the early 70's. The rooms at Solé East Beach retain some of their unique 1970's vibe, with the perfect touch of updated renovations and stylish décor - and superior amenities right where you need them. On the beds and in the bath, you'll find luxuriously soft linens and towels and superb bath products. Flat-screen TV's and complimentary WiFi round it all out. This is as authentic cool as a beach place can get.



Offer Stay 2 consecutive mid week nights and get the 3rd mid week night free.  
Valid: Sept. 2, 2019 to close of the season.  
Exclusions: Holidays and Groups

To book: call 631.668.2105 and mention "On Montauk"  
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# AND DON'T FORGET THESE MONTAUK FALL STAPLES



## The Montauk Seafood Festival

September 7th & 8th

The Kiwanis Club of East Hampton and MTK Friends of Erin put on this great annual event that just gets better every year. It features dozens of seafood purveyors from around Montauk, including Duryea's, TAUk, and Westlake Fish House, serving some of their best creations amidst live music and family entertainment at Gurney's Star Island Resort and Marina. Proceeds go to Toys for Tots, Pediatric Trauma and other children's causes. Beer and wine also available. Rain or shine, cash only. More at [montaukseafoodfestival.com](http://montaukseafoodfestival.com).

## Fall Festival and Clam Chowder Contest (those classic mugs!)

October 12th & 13th

The Montauk Chamber of Commerce's 38th Annual Fall Festival and Saturday Clam Chowder Contest is a fall must-do in Montauk. Grab a mug or two of chowder, enjoy live music, LI beers and wine, Octoberfest foods, a free 30-horse carousel, the farmers market and more! Right on the green in the center of town. The Clam Chowder Contest is Saturday ONLY, October 12th, at 11AM. For more info call 631.668.2428. Mugs will go on sale at the Chamber office on October 11th or they can be purchased the morning of the contest. Your purchase includes 2 cups of chowder.

More at [montaukchamber.com](http://montaukchamber.com).



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**Hampton Ballet Theatre School**

Director: Sara Jo Strickland  
631-237-4810

HBTS 213 J Butter Lane/ HBTS/BHCH  
2357 Montauk Highway · Bridgehampton, N.Y. 11932  
[hbts07@optonline.net](mailto:hbts07@optonline.net) · [www.hamptonballettheatreschool](http://www.hamptonballettheatreschool)

Photo: 2019© Eric Striffler

# Kid Stuff

## Rainy Day Activities

Montauk is an outdoor place. Yes. But even in the rain it's great to be here...consider the alternatives: sitting on the LIE, delayed on the tarmac, etc. If you're not inclined to beach it in the rain and the kids are stir crazy after a few Netflix offerings, get out there and check out these East End places that'll take the edge off those indoor days in paradise.

### THE MONTAUK LIBRARY

The best local indoor place to take the kids for a few hours of fun. A great kid's room with books and videos for all ages plus a few computer terminals for online games. They also show movies and have a packed schedule of events for kids and adults. Check the calendar at [onmontauk.com](http://onmontauk.com) and/or the library website. [montauklibrary.org](http://montauklibrary.org); 631-668-3377; 871 Montauk Hwy

### THE MONTAUK LIGHTHOUSE

If you haven't done the lighthouse yet, get on it. Make your way to the top for great views...probably still great in the rain...and check out the fascinating museum that explains the seafaring history of the lighthouse, displays historic documents, and offers guided tours. Children under 41" are free, but they can't go up the tower. Parking fee \$8 until 4:30 in season; 631-668-2544; [MontaukLighthouse.com](http://MontaukLighthouse.com)

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### THE MONTAUK PLAYHOUSE

The Playhouse is a historic building across from the train station that houses a large basketball gymnasium (and several other entities) that is open to the public. They have a daily and weekly schedule of activities that includes free time. Call and/or pop in to see their schedule and shoot a few hoops. 631-324-2417; 240 Edgemere St.

# Other Nearby Rainy Day Options

## **CHILDREN'S MUSEUM OF THE EAST END (CMEE)**

The CMEE is a great place for kids ages 1-8 any time but especially on rainy days. Kids can enjoy multiple themed play areas for hours and a giant rumpus room full of soft mats and climbing structures. There's a separate soft hang-out area for pre-walkers. Multiple special programs throughout the summer, daily and weekly, plus an engaging staff make this a must-visit...even if you do wait for a rainy day. Entrance fees apply. CMEE.org; 376 Bridgehampton/Sag Harbor TnPk in Bridgehampton; 631-537-8250 (about 40 mins from Montauk).

## **EAST HAMPTON CINEMA**

The closest movie theatre to Montauk is the United Artists East Hampton Cinema with 6 screens showing first run features. We know, not in Montauk to see movies...but the rainy day thing, yeah. 30 Main St, East Hampton; moviefone.com/showtimes/east-hampton-ny/11937/theaters (about 25 mins from Montauk)

## **THE LONG ISLAND AQUARIUM**

Yes, it's a seriously good aquarium with a huge shark tank, sea lion show, and countless cool ocean creatures plus a magnificent butterfly room (they land on you!), and bird room (they land on you!). Touch rays, starfish, crabs, etc. and watch 20 lb. stripers meander safely about. There's also an arcade, spider monkey exhibit, and much more. A worthy day trip from Montauk, rain or shine. Hit the nearby Tanger Outlets if that's your bag. 431 East Main St. in Riverhead; 631-208-9200; longislandaquarium.com (about 1.2 hours from Montauk)

## **THE CLUBHOUSE IN E. HAMPTON (BOWLING, ARCADE, SPORTS)**

Bowl a few frames, let the kids (and you) enjoy some high-end arcade games, and watch sports on massive screens while having lunch, dinner or drinks. All this under one massive, thoughtfully partitioned roof next door to the East Hampton airport. A worthy alternative to keep the kids and adults occupied for a few hours if mother nature is out of sorts. 174 Daniel's Hole Rd. In East Hampton; ehitclubhouse.com; 631-537-2695 (about 20 mins from Montauk)

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Montauk is about nature...the beaches, water sports, fishing, trail walking, biking, etc. Here are a few more suggestions for the kids...figuring you've got the aforementioned covered...

## PLAYGROUNDS

Montauk has five great public playgrounds for traditional kid fun:

1) The Montauk School (enter at 2nd House Rd and S. Eaton)

2) Next to the baseball field, just off the circle (at S. Edgemere & S. Erie)

3) Hither Hills State Park (west of town on Old Montauk Highway)

4) Montauk Community Church (at S. Etna Ave. and S. Eta Pl.)

5) Montauk Lighthouse  
(lower parking area, also many grill stations).

# Kid Stuff Around Town

### **EDDIE ECKER COUNTY PARK (AKA THE DOG PARK)**

This park at the end of Navy Road (cross the railroad tracks, then turn left) is not a formal playground but a great open park space on Fort Pond Bay for frisbee, lawn games, running wild, walking the dog, etc. There's also a fishing pier jutting deep into the bay.

**MONTAUK LIBRARY** (see Rainy Day Activities)

**MONTAUK PLAYHOUSE** (see Rainy Day Activities)

### **MONTAUK SKATE PARK**

If you've never been there, Montauk Skate Park has a lot of personality. It is a "free" place open for interpretation by all who roll over its surface. The terrain is bumpy, weathered, and rough so riders should dial in their boards to find their own personal groove. There's even a major-league backyard styled pool for the "Gnardogs." Ride safe and know your abilities...and limits. North of downtown on Essex St. Open daily in spring/summer.

## TENNIS

### **MONTAUK DOWNS TENNIS (OPEN TO PUBLIC)**

Molly Nolan and her crew run various clinics, lessons, and day camps for kids and adults through the season on the Downs' six Har-Tru courts, which are also rentable by the hour and for private lessons. 631-561-1678; themontaukdownstennis.com; 330 Fairview Ave.

### **GOTHAM TENNIS (OPEN TO PUBLIC)**

The popular NYC tennis academy has opened a Montauk outpost sporting six Har-Tru clay courts. They'll be ready to go in July 2019 with a varied program to include lessons, clinics, kids' day camps and more. Details at 631-267-8525; gothamtennis.com; 91 S. Fulton Drive (off West Lake Drive).

### **PUBLIC COURTS IN TOWN**

East Hampton Town operates two first-come, first-serve courts at the very end of S. Erie St. (past the soccer field). All year. No lights. 631-324-2417

### **PUFF 'N' PUTT GOLF AND BOAT RENTALS**

Mini-golf and boat rentals on Fort Pond, across from IGA in town. Putt a few the rent a boat for some calm freshwater fun. No experience needed.

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631.800.9168 or  
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## WHEN SWEET TREATS ARE IN ORDER...

### FUDGE N'STUFF

Candy, fudge, ice cream, homemade treats... seen Willy Wonka? Oh, piñatas too. 10am-10pm / 7 days in season. 41 S Edgemere Street; 631-668-4724

### JOHN'S DRIVE-IN

A Montauk institution for amazing home-made ice cream and great old-school drive-in food. Their old-fashioned ice cream truck can be booked for parties! 677 Montauk Hwy in town; 631-668-5515

### BEN & JERRY'S

Ice Cream, Desserts, Coffee, the name speaks for itself. West Lake Drive in the Harbor; 631-668-9425; benjerry.com/Montauk

### FRO-YO & GELATO

Frozen yogurt in multiple tasty flavors with a robust and elegant toppings bar will thrill the kids, and you. Also a candy shop if the yogurt is too healthy; sit outdoors or inside. 435 Euclid Ave; 631-668-8393

## KID STUFF SHOPPING

### CAPTAIN KID

This toy-packed store at Gosman's Dock in the harbor is a great kid shop for all ages. 631-668-4319; 484 West Lake Dr.

### HAHA

Haha carries higher-level games and toys for kids plus a fun-filled section for grown-ups. 6 S. Etna in town; 631-668-3174; Haha.gift

See [onmontauk.com/events/category/kids/](http://onmontauk.com/events/category/kids/) for daily kid events in and around Montauk.

## Pathfinder Country Day Camp

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## HERE WE GO!!!

**T**he excitement, rush, sleepless nights, missed work, exhausting disappointment, and raw exhilaration of fall fishing in Montauk is upon us. Bass in the rips, on the rocks, under the light...albies exploding bait everywhere, monster blues pushing bunker onto the beach, arms turned to jelly...you know the routine. Fall fishing... yet another reason to love it here at the End.

For you recreational anglers, both ocean-going and shore-bound, this addictive, ritualistic pursuit of nature's bounty can be improved in myriad ways if you adopt the practice of crushing your barbs and clipping treble hooks into doubles, or replacing them altogether with singles. After all, barbed and trebled hooks are vestiges of ancient times when conservation was unknown and bringing fish home was not optional. Today, recreational angling is sport, pastime, addiction, and passion, not necessity, so eliminating those age-old hook elements born of raw need will deliver multiple benefits...with no downside. I've been doing this for years now and have become a much better angler for it, and virtually never lose fish, unless I want to.



# Fishing?

## Crush your barbs

Fish better, faster, and safer with crushed barbs and clipped trebles.

By Carter Randolph Tyler



On Montauk's Kay Tyler caught this monster weakfish on this 1.5 oz spoon with debarbed single bucktail hook

# Tight, Fast...Good; Slow, Lazy...Bad

Crushing and clipping down trebles (specifically, trebles should be replaced by singles for trailing hooks, cut to doubles when in the middle) compels you to keep your line tight the whole time during the retrieve, not just when the fish is running. Conscious of your newly barbless lure, you'll realize that what you thought was a tight line is tight only when the fish is pulling against you. You'll learn quickly to expect and anticipate those inevitable changes of direction and speed up your retrieve, sometimes dramatically, to keep the line tight. This gets the fish in much faster and naturally allows for much quicker release. Great stuff: more catches, cleaner releases, less exhausted fish, a better tactician.

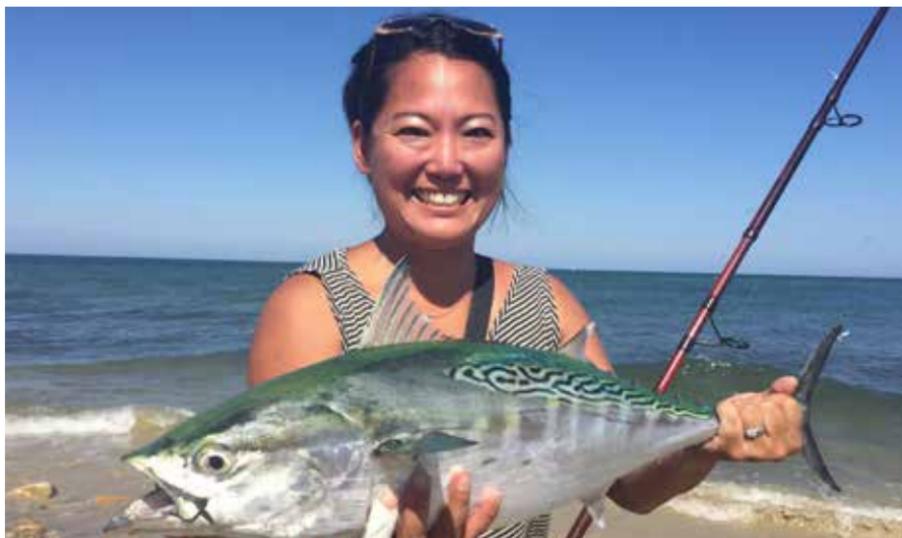
It gets better. Contrary to common belief, most fish don't just slip off easily from a barbless lure, much less from a treble that's been cut to a double... but you can let them off virtually any time, such as when you're targeting bass but the blues keep hitting. Once you've hooked a fish you don't want, just give it lots of slack for a few seconds so its panic subsides; it usually throws the hook now. If it doesn't, retrieve a bit till the line tightens and it gets another panic attack, add in a

few jerks followed by total slack. It'll get off. If not, bring it into the wash or boatside tight and then let it roll in the waves or flop around near the surface with slack again. If it's still on by this point (rare, in my experience) you'll have to unhook it, which is effortless with no barb.

People frequently say, "tough luck" or "keep it tight" when they see me "lose" lots of fish. When I tell them I'm not losing them, but just letting them off



Crush barbs with Lineman's pliers. Angle the pincers to avoid damaging the hook point.



On Montauk's Kay Tyler caught this Albie using this **debarbed Deadly Dick #1 with treble cut to a double**

because I don't want to waste time with blues while targeting bass, they light up. Similarly, when I'm having fun with blues hitting every cast, I usually get them into the wash and let them go rather than get my hands into it. This way I can catch twice the number of fish as the next guy who must drag each one in and unhook it with pliers.

## Dead Fish Don't Explode on Lures

Let's keep it real. Crushing barbs and cutting trebles down to doubles saves fish. Barbs, even in the hands of the most experienced angler, do bad damage to fish, and trebles...fuhgeddaboutit. Most fish we recreational anglers catch we don't keep. Many of us don't even eat fish. My family and I, it so happens, eat a lot of it, so fishing is both fun and a culinary delight. So, for me, every released fish is a potentially scrumptious meal down road. And since we have kids...it's another thrilling catch for them one day, too.



My favorite Gibbs Danny Surface Swimmer pulled in countless bass with this de-barbed hook array, including one body treble cut to a single. It's retired now.

Even if you don't share my culinary and succession baggage, keep in mind that every mangled fish released with barb or treble damage is one less that will breed, chase bait, and explode on your lure...meaning one less you might catch one day.

## Emergency Rooms Suck

A crushed barb of prevention is worth fifty pounds of cure. That is, you can't reel in fifty-pound cows if your favorite darter is stuck in your palm. With no barb, simply back out that errant hook, wherever it's stuck, and move on. If you thought dental insurance was a racket, you haven't lived through the financial machinations and mental pain of an emergency room visit. Fear of that is probably what compels many to clumsily try taking hooks out on their own, only to end up at the hospital anyway. One common assertion is to simply keep pushing an errant hook through the skin rather than trying to back it out. OK, imagine trying that with a treble, or even double, hook.

So don't wait until the inevitable happens, crush the barbs on every hook before you start using them.

## The Right Tool

Simple. Lineman's, or side-cutting, pliers, can do it all. Most other pliers can crush the barbs but lineman pliers can also easily cut the third hook off the treble with the wire cutter edge. Make sure you get the hook well into the crotch of the cutter and angle it properly...there isn't much room to do it wrong. It still takes elbow grease, but after a few you'll get the hang of it.

Get out there. Fast lines. 



Cut trebles down to doubles with Lineman's pliers, like so.

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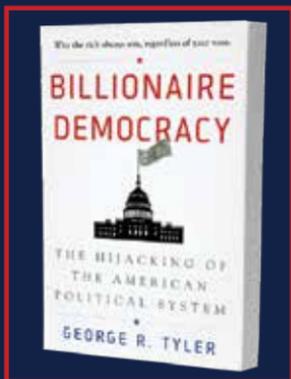
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# Montauk Museums

The Montauk Historical Society ([montaukhistoricalsociety.org](http://montaukhistoricalsociety.org)) tirelessly operates the following must-see historic landmarks in Montauk.

## MONTAUK POINT LIGHTHOUSE

**VIEWS VIEWS VIEWS!** Our magnificent lighthouse provides unforgettable 360° views of Block Island Sound, the Atlantic Ocean and beyond. The Montauk Point Lighthouse is the oldest lighthouse in New York, being authorized under George Washington in 1792. Completed in 1796, it still serves as an aid to navigation. It was designated a National Historic Landmark, in recognition of the property's national significance in the history of the United States, in 2012.

## LIGHTHOUSE MUSEUM AND GIFT SHOP

Located in the Lighthouse, the museum and the Gilmartin Galleries showcase the seafaring history of the Lighthouse, display historic documents, and offer guided tours. Open daily May 1 through Columbus Day; call for off-season times. Fees for Museum (includes access to Ocean and Surf museum): \$12 Adults, \$8 Seniors, and \$5 Children up to 12 and at least 41" tall; Children under 41" free, but they can't go up the tower. New

York State Parking fee: \$. 631-668-2544  
[MontaukLighthouse.com](http://MontaukLighthouse.com)

## MONTAUK OCEANS INSTITUTE AND SURF MUSEUM

An exploration of Montauk surfing history and culture alongside an educational primer on marine science, oceanography and physical science. Located adjacent to the lighthouse in the fog signal building. Fees for Museum (includes access to Lighthouse Museum): \$12 Adults, \$8 Seniors, and \$5 Children up to 12.

## MONTAUK INDIAN MUSEUM & SECOND HOUSE MUSEUM

Second House, the oldest structure in Montauk, is just west of town across from the Kirk Park parking. It houses the small but fascinating Indian Museum, showcasing artifacts found in Montauk from 15,000 years of Indian habitation. Open Thursday-Sunday from 12-3pm in season. Adults \$5, children \$3. [montaukhistoricalsociety.org](http://montaukhistoricalsociety.org)

For more, visit [OnMontauk.com](http://OnMontauk.com)



# Beaches

Montauk is all about beaches...they're everywhere!

Let's face it, you're surrounded. Get out there and explore. But keep it safe and always watch your kids in the water. The ocean beach can be rough and treacherous on certain days. Mind the rip currents and if in doubt, stay out. Lifeguards are generally on duty at most beaches from 10am-5pm through Labor Day. Please note lifeguard status when choosing your spots, and the orange location signs. The sound side beaches (north side of Montauk) are generally calmer.

**PARKING** is free at the Kirk Park Beach, across from the 7-Eleven, and Amsterdam Beach (limited) but a fee is charged at Hither Hills State Park and Montauk Point. Many other beaches, such as Ditch and Gin, require a parking permit, which is only available to residents and available at Town Hall Annex in the Montauk Playhouse. 631-668-5081.

**DOGS ARE NOT** allowed on most beaches 10am - 6pm, May 15 through September 15.

**BEACH FIRES** are allowed on main town beaches from 5pm - 12am but must be fully contained in a metal container.

**FOUR WHEEL DRIVE** permits for the main town beaches can be purchased at the Town Hall Annex in the Montauk Playhouse. 631-668-5081. No vehicles allowed on the beaches 10am - 6pm, May 15 - September 15. Other beaches around Montauk require various state or county driving permits.

## **AMSTERDAM BEACH (MUST HIKE TO ACCESS, REMOTE, UNSPOILED, QUIET, NO FACILITIES, DOGS OK)**

Walk the trail at Amsterdam Beach State Park and be rewarded by one of the most breathtaking vistas of unspoiled shoreline on the east coast. Meander along the intermittently sandy and rocky shoreline eastward or westward and be humbled. The 50-minute round-trip wooded hike to the beach includes a tunnel of American Holly and several exotic large oaks. Bring insect repellent and water as the beach has no facilities, no lifeguards...and probably no other people. Park (free) on the south side of Rt. 27 across from Deep Hollow Ranch. <https://www.amsterdam-beach-preserve/>

## **DITCH PLAINS BEACH (SURFER SPOT, FAMILIES, CAN GET CROWDED, LIMITED PERMIT PARKING)**

Popular with surfers, this beach is two miles east of the village on the ocean with parking by permit

only. The super long break makes surfing ideal for newbies or veteran long boarders. This iconic beach has beautiful cliffs rising at its western end at Shadmoor Park, restrooms, outdoor showers, lifeguards during the summer season, and concession trailers that serve more than just snacks. Parking restricted so arrange drop offs if you must drive.

## **EDISON BEACH (SANDY, WALKABLE FROM VILLAGE HOTELS, CLOSE TO EVERYTHING, LIMITED PARKING)**

Contiguous with Kirk Park beach at the heart of the Village at the end of South Edison Street, this popular beach has a lifeguard on duty during the summer months, restaurants, restrooms, and stores nearby. Limited public parking.

## **GIN BEACH (SOUND SIDE, CALM, FAMILIES, BOAT WATCHING, WALK TO SHAGWONG POINT, RESIDENT PERMIT PARKING)**

At the end of East Lake Drive on Block Island



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Sound and named for the cattle gins, or pens, that resided here for hundreds of years, Gin Beach is great for families with children, with gentle water and sandy beaches. You can watch the boats come in and out of Montauk Harbor. Parking by resident permit only so arrange drop offs if you must drive. Restrooms, outdoor showers, a concession trailer, and lifeguards during the summer season.

**HITHER HILLS STATE PARK (PUBLIC PARKING, MANY FACILITIES, SANDY, FAMILIES)**

Four miles west of town on Old Montauk Highway. Lifeguards daily from mid June-Labor Day. Non-campers pay a \$10 parking fee. Nice playground, picnic tables, outdoor showers, restrooms, a changing area, and a general store.

**KIRK PARK BEACH (MONTAUK'S MAIN TOWN BEACH; FREE PARKING; WIDE, SANDY, OPEN, FAMILIES)**

West of town at the IGA supermarket. Park for free at Kirk Park parking lot, which contains free public restrooms (across from 7-Eleven). Lifeguards; restaurants and stores in walking distance. If only in town for a few hours, this is the beach.

**MONTAUK POINT STATE PARK BEACH (PUBLIC PARKING, VIEWS, FACILITIES, ROCKY, HIKING, EXPLORE, NO LIFEGUARDS)**

Not a traditional "beach". Park at the lighthouse parking lot (fee during season), walk down to the rocky shoreline and enjoy majestic views of the lighthouse, watch surfcasters on the rocks, or

meander around the hills overlooking the ocean. The fit can hike the rocky shoreline in either direction and enjoy unspoiled Montauk coastline or carefully cross atop the lighthouse revetment and watch the ocean's relentless assault on the giant boulders (note: the revetment is slated for overhaul in 2019/2020 and may be off-limits when construction starts).

**NAVY ROAD BEACH (SOUND SIDE, CALM, PEBBLY, KAYAK LAUNCH, FAMILIES, NO FACILITIES, RESIDENT PERMIT PARKING)**

On beautiful Fort Pond Bay at the end of 2nd House Rd., over the railroad tracks. Great for launching kayaks, paddleboards, and small boats. A favorite spot for locals and families. The beach is pebbly, so take swim shoes. Parking by resident permit only. Dine waterside at Navy Beach, just down the beach. Boats and small yachts frequently moor in the bay.

**THE OTHER BEACHES (WALKABLE EVEN IF NOT PARKABLE)**

Montauk, surrounded by water on three sides, has many more beaches, but most of them are not protected by lifeguards and parking is not straightforward. For those who enjoy walking the beach, there are many options, as all beaches are public up to the high tide mark. A popular walk is from the village to Ditch Plains beach, where you see the cliffs of Shadmoor on the way. At high tide parts of the beach may be impassable.

For more, visit [OnMontauk.com](http://OnMontauk.com)



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# OUTDOOR ACTIVITIES



## Watersports

### CRUISES AND WATER TOURS

Sunset cruises, educational ecotours, seal/whale watching, stargazer cruises, lunch and swim tours, charter excursions, and a host of other iterations are increasingly available in Montauk's waters and along our beautiful, unspoiled coastlines, catering to a variety of customers.

**MTK CRUISES: SAILING, BOAT TOURS & EXCURSIONS:** 631-668-8079, [Cruisemontauk.com](http://Cruisemontauk.com); harbor/lake history tours, sunset and stargazer cruises, lunch/swim tours, lake eco tours. At Gosman's Dock.

**CATAMARAN MON TIKI CRUISES, CHARTERS:** 631-668-2826, [sailingmontauk.com](http://sailingmontauk.com); day & evening outings amidst beautiful fluttering sails of their fleet of Polynesian-inspired catamarans; they now have 3 different boats ranging in size from 26' to 65' for different needs. At Gurney's Montauk Yacht Club.

**SAIL MONTAUK SAILING CHARTERS AND SAILING SCHOOL:** 631-522-5183, [sailmontauk.com](http://sailmontauk.com); offers sunset cruises, evening sails, sailing and swimming excursions, and sailing lessons for individuals or groups, plus a junior sailing program; at Gurney's Montauk Yacht Club.

### BOAT RENTING

**UIHLEIN'S MARINA:** 631-668-3799, rent skiffs, bowriders, and center consoles. Their rental fleet ranges from 16ft to 31ft with all equipment for water skiing, tubing, wake boarding, and fishing. [Uihleinsmarina.com](http://Uihleinsmarina.com)

### CANOEOING & KAYAKING

Canoe or kayak on Fort Pond (launch at Carol Morrison Park), Fort Pond Bay, Lake Montauk, or one of Montauk's hidden ponds. UIHLEIN'S: rents ocean kayaks and plans excursions or lessons for the more adventurous.

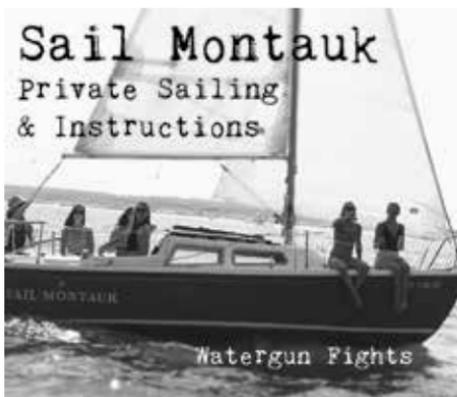
### JET SKI, TUBING, WAKEBOARDING, & WATERSKIING

**PECONIC WATER SPORTS MONTAUK:** 631-680-0111, [Peconicwatersports.com](http://Peconicwatersports.com)/Montauk; offering water sports lessons,

rentals and charters in Montauk. Enjoy their brand new malibu wakeboard boats to wakeboard, waterski, wakesurf and tube. At Star Island Yacht Club.

**UIHLEIN'S AGAIN!** 631-668-3799, rent jet skis for Block Island sound under the watchful eye of their instructors. Any boat you rent can handle tubing, wakeboarding and waterskiing.

### STAND UP PADDLEBOARDING



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### SURFING

Montauk is one of the East Coast's top surfing towns. The culture is magnified by surfer-themed restaurants and shops. Ditch Plains is the heart and soul of the surfer community. If you surf Ditch etiquette—the surfing areas are 250 feet in either direction to the east and west of the bathing beach. Surfers looking for bigger waves head to Camp Hero, a rock-studded patch of right breakers beneath the cliffs, and Turtle Cove, the farthest east and perhaps best Montauk break, just below the Montauk Lighthouse.

**COREY'S WAVE:** 516-639-4879, coreyswave.com, professional surfing instruction for all ages and abilities, private or group, plus guided surf trips, a kids' surf academy, and stand up paddleboard rental and instruction, plus group surfing events and parties.

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## On-Land

### GOLF

**MONTAUK DOWNS STATE PARK:** Pro shop, 631-668-1100; Reservations online at: <https://parks.ny.gov/golf/8/details.aspx>; 50 S. Fairview Ave.; Montauk Downs State Park is a true sleeper; an 18-hole year-round public golf course named a Top 10 municipal course by Links Magazine in 2013. If that's not enough, add a driving range, putting green, pro shop, private lessons and clinics for adults and kids, a grill room, swimming pool, kids wading pool, and tennis. Club rentals and lockers available.

**Fees:** \$43 weekdays, \$48 weekends (twilight \$26/\$29); Out-of-state residents, \$86 weekdays, \$96 weekends (twilight \$52/\$58). Senior discounts available.; Driving range: \$7 per bucket.

### TENNIS & PICKLEBALL

**MONTAUK DOWNS TENNIS (6 Public Har-Tru Courts):** 631-377-9623; [themontaukdowntennis.com](http://themontaukdowntennis.com); 330



## ON MONTAUK®

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Water Sports • Fishing • Sammy's Restaurant  
Motel & Cottage w/ Mini Golf Course



Visit our website at [www.uihleinsmarina.com](http://www.uihleinsmarina.com)

## Outdoor Activities On-Land

Fairview Ave.; Molly Nolan and her crew run various clinics, lessons, and day camps for kids and adults throughout the tennis season on the Downs' six Har-Tru courts, which are also rentable by the hour and for private lessons. Visit online or their on-site pro shop for details.

**GOTHAM TENNIS ACADEMY IN MONTAUK (6 Private/Public Har-Tru Courts):** 631-267-8525; gothamtennis.com; 91 S. Fulton Drive (off West Lake Dr.); The popular NYC tennis academy has opened a Montauk outpost sporting six Har-Tru clay courts. They'll be ready to go in July 2019 with a varied program to include lessons, clinics, kids' day camps and more. Open to the public.

**PUBLIC COURTS IN TOWN (2 Public Har-Tru Courts):** 631-324-2417; East Hampton Town operates two first-come, first-serve courts (also lined for pickleball) at the very end of S. Erie St. (past the soccer field). All year. No lights.

**PICKLEBALL @ MONTAUK PLAYHOUSE:** 631-324-2417; 240 Edgemere St.; Multiple levels of play and times available. Beginners welcomed. Stop by the Playhouse (across from train station) for updated scheduling and info. All equipment provided.

### BICYCLING

**The Montauk Cycle Co.** in the dock area has you covered. Rentals, tours, repairs: 631-668-8975; montaukcyclecompany.com.

**Montauk is cycling heaven.** A popular ride is to the lighthouse, about five miles from the village. En route detour to Camp Hero State Park where roads curve through secluded wooded areas near the ocean. Take a three-mile detour to Montauk Harbor on West Lake

Drive, a flat route with wide shoulders.

**Mountain bikers** can enjoy scenic rides over thousands of acres of parkland for the best mountain biking on Long Island. A great launch points is the Hither Woods trail head at the recycling center entrance about 1.5 miles west of town on Montauk Highway. More at Parks and Trails.

### TRIATHLON

See tri-guy.com or tri-gal.com. In 1983, a local Montauk motel owner (Harborside Motel), fisherman, and surfer named Robert Aaron staged one of the first triathlons, "The Mighty Montauk," now held every June. Several others followed. The Sprint Triathlon is held in July and the internationally renowned triathlon weekend held in September: the Sprint Mighty Man on Saturday followed by the Mighty Man 1/2 distance and Mighty Man Olympic on Sunday.

### SKATEBOARDING

**The Montauk Skate Park** near the village on Essex Street, a supervised park for skateboarders, recently renovated, is open from 9am to dusk in season.

### PLAYGROUNDS

Five great playgrounds in Montauk: 1) **The Montauk School** (enter at 2nd House Rd and S. Eaton); 2) next to the **baseball field** (at S. Edgemere and S. Erie Ave); 3) **Hither Hills State Park**; 4) **Montauk Community Church** (at S. Etna Ave. and S. Etna Pl.); 5) **Montauk Lighthouse** (lower parking area, also many grill stations).

**Eddie Ecker County Park (aka the Dog Park)** at the end of Navy Road is not a formal playground but a great open park space on Fort Pond Bay for frisbee, lawn games, running wild, walking the dog, etc.

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### BEACH WALKS

Montauk is surrounded by beautiful beaches. Get out there and walk, explore and unwind.

**From Town, East:** Walk the beach from town eastward towards Ditch Plains for nice views of cliffs with sporadic rocky and sandy shoreline. At times reaching as far as Ditch may be tough, so pay attention to the tides.

**From Town, West:** Walk westward from town and pass through the beautiful Hither Hills beach, which can only be reached by walking or from private parking lots for neighborhood residents. See beautiful cliffside properties as you walk and wide expanses of white sand. You'll eventually hit Gurney's and their beach party setup, further still hitting Hither Hills State Park. You could walk all the way to East Hampton and beyond if you're inclined.

See our BEACHES section for more beach info. Other great walks would

begin from Amsterdam Beach, Montauk Point, and Gin Beach. For beaches that are not easily accessible or have restricted parking, remember bicycles? For the energetic, a great ride would be to Gin Beach from Town, then walk to Shagwong point along the shoreline (bring water!).

### GUIDED HIKES

The **East Hampton Trails Preservation Society** conducts guided hikes year-round. Check out [ehtps.org](https://ehtps.org) for details. The Concerned Citizens of Montauk, 631-238-5720, [preservemontauk.org](https://preservemontauk.org), offer outdoor activities throughout the year. Drop by their office at 6 South Elmwood Avenue for advice or maps.

### BIKING TOURS

The **Montauk Cycle Company**, in the dock area offers tours around Montauk's parks and trails with rental bikes and/or a biking guide. Book in advance for any-sized group. Rentals, tours, repairs: 631-668-8975.; [montaukcyclecompany.com](https://montaukcyclecompany.com).

For more, visit [OnMontauk.com](https://OnMontauk.com)

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330 Fairview Ave

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# FISHING

If you're looking for fish, you came to the right place!

## MONTAUK HARBOR

"Fishing Capital of the World" is proudly proclaimed as you enter Montauk Harbor, the state's largest commercial harbor and home port for some of the greatest sport fishing on the East Coast. Fish offshore for shark, tuna, marlin, and mahi mahi, or stay inshore for flounder, fluke, porgies, bluefish, striped bass, and blackfish. Tight lines!

### PARTY-BOAT FISHING

FOR FAMILIES AND GROUPS

Party or "head" boats are fun for the whole family. Experienced captains and crew provide fishing gear, advice, and know how to put you in the action. One of Montauk's best bets is:

#### EBB TIDE

Captain Tom Jordan offers two half day trips daily on their 65' custom built boat and promises super fishing for the whole family. 631-668-2818; at Salivar's Dock in the harbor.

### CHARTER BOATS

FOR BIG GAME FISHING

Charter boats offer your group privacy and personal interaction with these experienced captains, who offer a range of different fishing trip options. Their reputations are about finding the fish and offering a great day on the water.

#### BLUE FIN IV

Captain Michael Potts, BlueFinIV.com, 631-668-9323; Star Island Yacht Club; 41' Custom Sportfisherman

#### CRUNCH TIME SPORT FISHING CHARTERS

Captain Thomas Ritner; 35' Henriques Maine Coaster; 631-295-7626, crunchtimesportfishing.com

#### ELIZABETH II CHARTERS

Captain Paul Bruno, ElizabethIICharters.com, 516-817-1939; Montauk Marine Basin, 45' Custom

#### LADY GRACE V

Captain Mario Melito, LadyGraceCharters.com, 516-768-6849, Westlake Marina, 42' Custom

#### MY JOYCE III

Captain Ken Hejducek, MyJoyceFishing.com, 631-641-2138, at Viking Dock, 41' Michael Fitz

#### NOVEMBER RAIN CHARTERS

Captain Jill Maganza, NovemberRainCharters.com, 646-335-7315, 646-423-8806, Westlake Marina, 43' Lowell

#### WEEJACK

Captain Scott Wymbs, WeeJack.com, 631-252-2536, Westlake Marina, 38' Duffy Custom.

## MARINAS

### UIHLEIN'S MARINA

631-668-3799, Family owned and operated, Uihlein's is a full-service marina, boat yard and recreation center, offering Jet Ski, boat, and slip rentals, and boat sales and service.

### WESTLAKE FISHING MARINA

631-668-5600, Family owned, located just north of Star Island Road, is home to 160 slips and 17 charter boats and a restaurant.

### MONTAUK INLET & SEAFOOD

631-668-3419, on East Lake Drive is a working dock and NY's largest commercial fishing fleet. Also superb Inlet Seafood Restaurant.

## SNUG HARBOR MOTEL AND MARINA

631-668-2860, on Star Island, in a calm corner of Montauk Harbor, provides berths for small craft and those over 45ft. They offer seasonal and transient dockage, individual electric/water/cable, WIFI, bath house with washer/dryer and nearby boat launching.

## SURFCASTING

Surfcasting in Montauk is epic and legendary, deservedly so. To do it successfully you'll need braided line at 30+ pound test and a nice selection of bucktails and plugs. **Always crush your barbs**, bring fish in quickly, and release safely what you won't keep. Cast out by Camp Hero, the Lighthouse, and Gin Beach, plus all the south side beaches from Montauk Point to

Hither Hills campground. The top seasons for surfcasting are spring and fall, when stripers linger off Montauk before migrating, but our big blues can be found from July through October. Permits to park after hours at Camp Hero and the Montauk Point Lighthouse Parking Lot or on the beach by the Lighthouse are sold at Montauk Downs, 631-668-5000. Purchase Gin Beach driving permits at the park office at the end of East Lake Drive. Note: A license (it's free) is required to fish beaches in NY State. Acquire your Marine Fishing License at [dec.ny.gov](http://dec.ny.gov).

## FRESHWATER FISHING

Bass, sunfish, perch, and walleyes inhabit Montauk's ponds and lakes. Fort Pond is the largest, but others are deep in the woods, like Oyster Pond in Montauk Point State Park or Fresh Pond in Hither Hills State Park. Fresh water fishing requires a license; ask at the NY State Park office at Montauk Downs. Fishing at Big Reed Pond in Theodore Roosevelt County Park requires a "Green Key" card, available at Montauk Downs.

## FISHING SUPPLIES

### WESTLAKE MARINA

631-668-5600 and UIHLEIN'S MARINA: 631-668-3799, carry a large selection of boat-oriented fishing supplies and tackle.

### PAULIE'S TACKLE

631-668-5520, in town is considered the surfcasters tackle shop. 131 S. Edgemere St.

## BOAT RENTAL

### UIHLEIN'S MARINA

631-668-3799, is the place if you prefer the relaxation of fishing on your own. Rent skiffs

For more, visit [OnMontauk.com](http://OnMontauk.com)

## Lady Grace V



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Sailing from Viking  
Dock in Montauk Harbor



## NY STATE DEPT. OF ENVIRONMENTAL CONSERVATION MARINE FISHING REGULATIONS

SPECIES	MIN. SIZE IN INCHES	DAILY POSSESSION LIMITS	OPEN SEASONS
<b>STRIPED BASS</b> <i>Applies to Party, Charter Boats and Surfcasting</i>	28	1	APR. 15 - DEC. 15
<b>WINTER FLOUNDER</b>	12	2	APR. 1 - APR. 30
<b>BLACKFISH</b>	16	2 3	APR. 1 - MAY 30 OCT. 11 - DEC. 9
<b>BLUEFISH</b> <i>(includes snappers)</i>	No Min Size for first 10 12" TL for next 5	15, no > 10 can be less than 12" TL	ALL YEAR
<b>WEAKFISH</b>	16 10" filleted 5 12" dressed 6	1	ALL YEAR
<b>ATLANTIC COD</b>	22	10	ALL YEAR
<b>POLLOCK</b>	19	NO LIMIT	ALL YEAR
<b>HADDOCK</b>	18	NO LIMIT	ALL YEAR
<b>SUMMER FLOUNDER (FLUKE)</b>	19	4	MAY 4 - SEPT. 30
<b>PORGY</b> <i>On Party/Charter Boats</i>	9	30 45	MAY 1 - DEC. 31 SEP. 1 - OCT. 31
<b>BLACK SEA BASS</b>	15	3 7	JUN. 23 - AUG. 31 SEP. 1 - DEC. 31

For the most up-to-date and complete list go to:  
[dec.ny.gov/outdoor/7894.html](http://dec.ny.gov/outdoor/7894.html)

EFFECTIVE June 20, 2018



## PARKS & TRAILS

Montauk is surrounded by water, and trails... that meander through acres of unspoiled parks that serve us and our wildlife. White-tailed deer, foxes, raccoons, woodchucks, squirrels, opossums, and chipmunks abound. Watch for deer while driving! Rare and majestic birds also frequent the End. You may spot an osprey, red-tailed hawk, piping plover, or even a bald eagle. Sizable concentrations of migrating birds rest in the waters off Montauk Point while seals inhabit our rocky shores during the winter months. Gannets torpedo into the ocean in fall seeking baitfish. You get the picture...you're in a natural paradise. Trail Maps are available at the Town Hall Annex in the Montauk Playhouse. Be mindful of ticks!

### **AMSTERDAM BEACH PRESERVE** **(Spectacular hike to unspoiled beach)**

A 200-acre park stretching from Ranch Road at Indian Field on the east to the Montauk Association houses (seven cottages designed by McKim, Mead and White in the 1880's) to the west extends southward to the Atlantic Ocean. The natural topography, called

"Montauk Moorlands," has tidal and freshwater wetlands interspersed throughout maritime shrub lands. This main trail head on Montauk Highway begins a one-mile hike to the ocean bluffs taking you through a holly arbor and across streams. The hilly trail affords peeks of ocean through the brambles and ends at the ocean beach and bluffs. This easy-to-navigate trail offers a unique reward of coastal beauty. A great hike to an unspoiled beach.

### **CAMP HERO STATE PARK** **(Great spot for biking, hiking, exploring)**

This 415-acre state park is a decommissioned military base and a

National Historic Site (also the home of conspiracy theories linked to the Philadelphia project). Several buildings, bunkers, batteries, and an old radar building remain, although some are off limits to the public. Roads cross the park, along with an extensive system of trails for hiking, bicycling, horseback riding, a beach used by surfers and surfcasters, a picnic area with grills and an old maritime forest. To enter the park, bear right as you approach the lighthouse. Parking fee \$8 in season. Open daily year-round from sunrise to sunset. You can also park on Camp Hero Road (a right turn before Camp Hero along the highway) to hike Point Woods Trail, one of Montauk's most beautiful trails, taking you south of the highway to the bluffs.

### **CULLODEN POINT PRESERVE** **(Great hike through natural habitat)**

This park is named after the HMS Culloden, a British 74-gun, 170-ft warship that sank in 1781 about 200 yards from shore, where it still rests. A well-marked trail that takes about 2 hours to loop (a

## Parks & Trails

mile or less to the shoreline) leads from the parking area off Flamingo Avenue to a picturesque rocky beach on Fort Pond Bay. The trailhead is next to a small plaque commemorating the shipwreck. The natural wooded area and shoreline has seen little change from the days when the Montaukets lived here in a world of hidden ponds, specimen trees, wetlands and beautiful shoreline. Great views of the bluffs at Culloden Point.

### **EDDIE ECKER COUNTY PARK**

#### **(Great dog spot, launch kayaks, canoes)**

Located at the end of Navy Road (cross the train tracks, turn left), the large, open park has a fishing pier, rocky beach and offers easy access to trails in Hither Woods Preserve. A good place for launching kayaks and canoes into Fort Pond Bay. Take your dogs to play. Open year round. Free parking.

### **CAROL MORRISON PARK & FORT POND HOUSE**

#### **(Launch kayaks, canoes, or picnic)**

Carol Morrison Park, containing Fort Pond House, is located on a four-acre site overlooking Fort Pond with a grill station, benches, and open space for play. Steps down to the pond allow for launching kayaks, etc. Carol Morrison was a well-loved conservationist and it is appropriate that this park, which narrowly escaped being sold to private developers in 2010, should be named after her. The house on the premises is available for meetings and other events by appointment through the East Hampton Recreation Department, 631-324-2417.

### **HITHER HILLS STATE PARK COMPLEX**

#### **(Fish, play, hike, bike, facilities)**

The large beachfront park along Old Montauk Highway sits on two-and-a-half-miles of Atlantic Ocean beach and boasts 1,755 acres of parkland that stretches to Napeague Harbor. Along with hiking and nature trails, it has 168 campsites that can be reserved through ReserveAmerica.com. Activities include ocean swimming, saltwater fishing, guided nature hikes, and children's programs. Non-campers are welcome, but must pay a \$10 daily parking fee. Open year round from sunrise to sunset, 631-668-2554.

### **HITHER HILLS STATE PARK COMPLEX HITHER WOODS PRESERVE AND LEE KOPPELMAN NATURE PRESERVE**

These adjacent multi-use parks, contiguous with Hither Hills State Park, contain 3,000 acres with 18 different trails covering over 40 miles of terrain stretching from the sound to the Atlantic. To access the trails north of Montauk Highway, park at either the highway overlook at Hither Woods (a large pull-off), the recycling center (1.5 miles west of the village on Montauk Highway), or at the Navy Road (Eddie Ecker Park) parking lot. Bike or hike to Fresh Pond or take a beautiful coastal walk at Rocky Point. Even though the trails are blazed with color-coded markers, hikers should take maps.

### **KIRK PARK**

#### **(Close to town, free parking)**

This quaint three-acre park, just west of the village, is maintained by the Montauk Village Association. It includes Fort Pond, which is the second largest freshwater lake on Long Island, a picnic area, a pavilion on Fort Pond, and it's next to the Second House Museum (the oldest structure in Montauk) and Montauk Indian Museum.

### **MONTAUK MOUNTAIN**

#### **(A vanishing natural element with rare plants)**

Montauk Mountain Preserve contains one of the few remaining maritime grasslands in New York and supports some of the state's rarest plants. It contains three extremely rare denizens of this distinctive and disappearing habitat: bushy rockrose, Nantucket shadbush, and New England blazing star. DO NOT TOUCH OR DISTURB these specimens. The six-acre preserve is maintained by the Nature Conservancy. To get there, follow Second House Road north 0.7 miles to an asphalt road on the left. Park at the end of the asphalt road by the Nature Conservancy sign. The preserve is at the end of the road past the last house on the right.

### **MONTAUK POINT STATE PARK**

#### **(Lighthouse, fishing, hiking)**

This 724-acre park at the site of the Montauk Point Lighthouse offers breathtaking views of the sea, Block Island Sound, and Block Island to the northeast, and is great for bird watching

year-round and seal watching in winter. Park then set off on foot to explore. Ask for a trail map at the toll booth. The park has surfcasting, five miles of marked and unmarked hiking trails, a picnic area with tables, a playground, restaurant, gift shop, and restrooms. Daily parking is \$8. The Montauk Point Lighthouse, a museum run by the Montauk Historical Society, is open daily in season. This park is contiguous with Camp Hero Park and the Sanctuary and there are several hiking trails that cross them. To the north of Montauk Highway, look for signs for Money Pond Trail, Oyster Pond trail and the Seal Haul Out Trail, where seals can be seen on the rocks just off shore in winter. Attractions: beautiful rugged shorelines, migrating birds, hidden ponds, seals in the winter. Also see WALKING DUNES.

### HIKING TIPS

Buy a trail map. Although major trails are marked, many divergent ones are not. Leaf cover can mask trails, causing confusion. Also, after heavy rains some trails may be muddy or inundated. Get a trail map from the town's website; <http://ehamptonny.gov/DocumentCenter/View/1648/Trail-Guide-East>

**Avoid Ticks:** Experts recommend to stay on trails, wear light colors, be well covered, and use insect repellent. Ticks tend to congregate on tall grasses, so avoid such areas. After you walk or bike, check everyone for ticks, particularly tiny deer ticks, which may carry Lyme disease.

### SHADMOOR STATE PARK

**(Easy hiking, great ocean views, WWII structures)**

Located two miles east of the village on Montauk Highway, this 99-acre tract of land has a half mile of ocean frontage where tall clay cliffs plunge down to a pebble strewn beach. About 30 percent of Shadmoor is freshwater wetlands with several small ponds hidden in the thickets. Trails and dirt roads lead to the bluffs from the entrance on Montauk Highway,

offering an easy walk. A passive-use park, Shadmoor was home to two WWII gun emplacement sites trained on offshore waters to deter German submarines.

### MONTAUK COUNTY PARK

**(Hiking, views, fishing, camping)**

Two entrances: one at the end of East Lake Drive just north of the airport, where the park office is located, and the other at Third House, three miles east of the village on Montauk Highway. The park's 1,126 acres feature 3.5 miles of color coded nature trails restricted for hiking (a self-guided brochure is available), five miles of bridle paths, a picnic area, freshwater fishing and canoeing at Big Reed Pond, and surfcasting on the outer beach (Gin Beach and Shagwong Point). Camping is permitted for up to seven days from April through November on the outer beach for vehicles with permits that are self-contained trailers. Tents are not allowed. The view of Big Reed Pond from the observation deck on the blue trail will make you understand why it's a Registered Natural Landmark.

### WALKING DUNES

**(Self-guided dune hike, unspoiled nature)**

Part of Hither Hills State Park on the east side of Napeague Harbor, the Walking Dunes reach a height of 80 feet as they slowly move southeast. To get to the dunes, head west on Montauk Highway and turn right at Napeague Harbor Road and drive to the end of the paved road. Park here and follow the path to your right until you reach the dunes. A self-guided nature trail, the three mile loop has great views of Napeague Harbor and winds atop the ridge of the North Dune, which is the most active of the three parabolic, or U-shaped dunes. This area is a natural wonder and deceptively fragile so stay on the trails.

### GUIDED HIKES

The East Hampton Trails Preservation Society conducts guided hikes year-round. Check out [ehamptonny.gov/DocumentCenter/View/1648/Trail-Guide-East](https://ehamptonny.gov/DocumentCenter/View/1648/Trail-Guide-East) for details. The Concerned Citizens of Montauk, 631-238-5720, [preservemontauk.org](http://preservemontauk.org), offer outdoor activities throughout the year. Drop by their office at 6 South Elmwood Avenue for advice or maps.

For more, visit [OnMontauk.com](http://OnMontauk.com)



# DINING OUT

TAUK at Trail's End: Fish of the day

## ANTHONY'S PANCAKE AND WAFFLE HOUSE

710 Main Street  
631-668-9705

Breakfast, Lunch: An On Montauk top choice. Anthony's is a Montauk classic serving breakfast and lunch since 1952 with vintage charm. A great choice for families or dine solo at the bar. Reasonably priced (for Montauk!). Say hi to Anthony at the door. Takeout available. Open daily 7am-2pm.

## THE BACKYARD RESTAURANT at Solé East

90 Second House Road  
631-668-9737

[soleeast.com](http://soleeast.com)

Breakfast, Lunch, Dinner: A spectacular hidden gem in a beautiful setting appropriate for all sets. S'mores at the fire pit, anyone? The menu features fresh catch from local fishermen and organic meats and vegetables, all creatively done. Dine

## Anthony's Pancake & Waffle House

A Popular  
Breakfast & Lunch  
Spot for over  
60 Years

"Where Breakfast is Served All Day"

Happy 67<sup>th</sup>  
Anniversary!

Old Fashioned French Toast  
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Bagels & Nova Lox  
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Fruit-filled Pancakes  
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Eggs Benedict  
Varieties of Omelettes  
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Varieties of Wraps

**A Must Stop in Montauk Since 1952...No Long Lines...Seating up to 100  
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in or outside in the gardens, or lounge poolside and enjoy a cocktail. Open late.

**BIRD ON THE ROOF**

**47 South Elmwood Avenue**  
**631-668-5833**

Breakfast, Lunch: An On Montauk breakfast favorite with style and creative twists on traditional fare. Dine inside or out. They do eggs right! Look for the seagull painted on the roof of a giant A-frame. After eating, browse through Bird's beach boutique for clothes and accessories. 8am-1:30pm, 7 days.

**DURYEA'S LOBSTER DECK**

**65 Tuthill Road**  
**631-668-2410**  
**duryealobsters.com**

Lunch, Dinner: The views over Fort Pond Bay are superb in this hottest of hot spots. No better sunset. Great dockside dining and outdoor vibe with the yacht set and a classic menu including grilled or steamed lobster, fresh local fish and Duryea's famous lobster roll, also a Clam Bake, small plates, salads, raw platters, and a kids' menu. Look for the giant boats.

**EI TACO OLÉ**

**805 Montauk Highway**  
**631-668-2071**  
**thetacoole.com**

NEW! Lunch, Dinner, Take Out: An On Montauk favorite, El Taco Ole is a desperately needed addition to the Montauk food scene. Hefty and tasty taco and/or burrito platters with rice and beans for \$9.99 include veggie, fish and meat choices. Simple, filling, and affordable. Sit in the rear grotto on cozy picnic tables or in front and people watch on main street... or beach it.

**HARVEST ON FORT POND**

**11 South Emery Street**  
**631-668-5574**  
**harvestfortpond.com**

Dinner: An On Montauk favorite, Harvest On Fort Pond has a well-deserved reputation as a Montauk fave, suitable for all sets. Feed the ducks and HUGE fish off the Fort Pond dock while you wait for your table...the kids love it. Dine or drink in the lovely herb and vegetable garden under the stars. Chef Jake Williams prepares Tuscan fare served in LARGE family-style portions, emphasizing local seafood and homegrown produce. The

sophisticated bar is popular with well-heeled locals and sports an impressive wine and beer selection. Dinner from 5pm daily.

**HOOKED MTK**

**34 South Etna Avenue**  
**631-668-2111**  
**hookedmtk.com**

Lunch, Dinner, Take Out: One bite and you're...HOOKED! An On Montauk favorite. Montauk's newest coastal eatery showcasing our renowned local seafood has already earned a loyal following with its great menu and reasonable prices, featuring a raw bar with Montauk pearl oysters and clams, local steamers, grilled fish, fish & chips, fish tacos and crab cakes, and yes...lobster rolls! Add burgers, chicken, soups, salads and sides galore. Casual and close to the beach, go take-out and hit the sand or grab a patio table.

**JOHN'S DRIVE-IN**

**77 Montauk Highway**  
**in town; 631-668-5515**  
**johnsdriveinmontauk.com**

Lunch, Dinner, Ice Cream: Go here now. Continue reading this guide over ice cream and a fishwich! A Montauk institution serving genuinely awesome burgers, fries, and all the best diner items you can think of (like the fishwich), plus the best homemade ice cream on long island, with 20+ flavors. The lines don't lie... and yes, it's worth the wait. Hit Harvest for dinner in their bucolic garden on the pond then walk over to John's for a nightcap of succulent Cherry Vanilla ice cream...you'll call the real estate broker on the way home.

<b>R E S T A U R A N T</b>	<b>Bird on the Roof</b>	<b>B O U T I Q U E</b>	
			
	<b>RESTAURANT • BEACH SHOP</b>		
	<i>Serving Gourmet Breakfast All Day</i>		
	<i>From 8am to 1:30pm Daily</i>		
	<b>Patio Dining</b>		
	<b>Boutique open until 5pm</b>		
	<b>631-668-5833</b>		

## Dining

### **INLET SEAFOOD RESTAURANT**

**541 East Lake Drive**

**631-668-4272**

**[inletseafood.com](http://inletseafood.com)**

Lunch, Dinner, Sunday Brunch: For boat lovers! A beautiful waterfront restaurant at the end of East Lake Drive with spectacular sunset views overlooking the sound. Named one of the 10 best seafood restaurants on Long Island by Newsday in 2015, Inlet is owned by six commercial fishermen from Montauk. Watch the boats cruise in and out of the Harbor while enjoying fresh seafood, sushi and lobster caught daily from local fishing boats or enjoy signature cocktails from the bar. Land lubbers be advised, their steaks, burgers, and pastas are superb.

### **MONTAUKET**

**88 Firestone Road**

**631-668-5992**

Drinks, Dinner, Late Night: Sunset views! This iconic family-owned bar/restaurant/hotel is a local favorite serving casual seafood fare (lobster rolls & calamari, etc.), great drinks and killer sunsets in an old-school Montauk cliff-side setting

overlooking Fort Pond Bay. Laid back and chill, with local bands like Jettykoon frequently playing. Get there before sunset to score a choice patio spot for the views.

### **NATURALLY GOOD FOODS AND CAFÉ**

**779 Montauk Highway**

**631-668-9030**

**[naturallygoodcafe.com](http://naturallygoodcafe.com)**

Breakfast, Lunch, Organic Groceries: Naturally Good has been serving healthy and organic foods since 1985, featuring fresh fruit and vegetable juices, smoothies, healthy salads, organic coffee/tea and vegan baked goods. Daily specials include veggie burgers, veggie stir-frys, and a variety of wraps. Try The Bruce, made with local yellow-fin tuna piled high and served on 7-grain bread. Eat outside in the private garden or inside in the shade.

### **NAVY BEACH**

**16 Navy Road**

**631-668-6868**

**[navybeach.com](http://navybeach.com)**

Lunch, Dinner: Sunset anyone? This laid-back, family-friendly restaurant and bar is on a beautiful stretch of beach on Fort



# INLET SEAFOOD

Restaurant & Sushi Bar

*Nightly Dinner and  
Sushi Specials!*

## WATERFRONT DINING

Spectacular Sunset Views • Indoor Outdoor Seating  
Serving Lunch & Dinner  
Open February thru November

**(631) 668-4272 • [InletSeafood.com](http://InletSeafood.com)**  
541 East Lake Drive, Montauk, NY

Pond Bay. Enjoy casual coastal cuisine with an emphasis on sustainable seafood and local produce. Signature dishes include Local Catch Ceviche, Buttermilk Fried Chicken, and the Lobster & Clam Bake. Dine inside or on the beach and watch breathtaking sunsets and boats meandering offshore. Great wedding/event spot. Open seven days in season.

### PIZZA VILLAGE

**700 Montauk Highway**  
**631-668-2232 pizzavillagemontauk.com**

Lunch, Dinner, Late Night: Pizza Village, a Montauk staple, has been serving fresh, homemade pizzas and other Italian dishes in the village since 1957. Grab a slice, but don't ignore their full menu of Italian family fare such as baked ziti, veal parmigiana, spaghetti, and linguine with clam sauce. Table service or takeout. Delivery, catering available. 11:30 to late. Online ordering available!

### THE POINT BAR AND GRILL

**697 Montauk Highway**  
**631-668-1500**  
**pointbarandgrill.com**

Lunch, Dinner, Late Night: This iconic watering hole and eatery with big-screen TVs features casual fare including wraps, burgers, mussels, and buffalo wings along with signature dishes, such as a 16-ounce steak and fresh Montauk seafood. Sloppy Sundays \$4 everything from 11p till late with DJ Vinny K, from May thru Labor Day. See all MLB games and in the Fall enjoy NFL Sunday Ticket. Open daily and late

### PRIMAVERA PIZZA

**54 South Erie Avenue**  
**631-668-1601**

Lunch, Dinner: Across from the baseball field... and more than just pizza, Primavera has superb homemade Italian specialties and specialty pizzas made in brick-lined ovens. The grandma pie is heaven. Specialties like focaccia sandwiches, salads, soups, pasta dinners, and even tiramisu are homemade. Takeout or eat on tables outside. The playground and ball field across the street are great outlets for the kids after dining. Event catering.

### TAUK AT TRAILS END

**63 South Euclid Avenue**  
**631-238-5527**  
**taukatrailsend.com**

Lunch, Dinner, Late Night: Tauk At Trails End is a must-do restaurant with a formula that suits everyone... great food with generous portions is just a start. Add happy hour every day, frequent live music and DJ music, a

**ORDER ONLINE**  
**PIZZAVILLAGEMONTAUK.COM**

# PIZZA VILLAGE

**WE DELIVER!**  
 Call  
**631-668-2232**

*Our 63rd Year*  
 Serving Montauk for Three Generations

**Full Italian Menu**  
**Fresh Salads**  
**Wine & Beer**  
**Catering**  
**Eat-In**  
**Take-Out**  
**Kid Friendly**  
**Assorted Slices**  
**12", 14", & 16" Pies**



**"Voted BEST PIZZA"**

**700 MONTAUK HIGHWAY**  
**pizzavillagemontauk.com**

# The Montauket

**HOTEL • RESTAURANT • BAR**

**631.668.5992**

**88 Firestone Road, Montauk**

*Serving Lunch & Dinner*  
*May thru June, Thurs.–Fri.*  
*After June, 7 days a week*

*Local Catch of Fresh Fish*  
*Outdoor Dining*  
*Special Children's Menu*  
*Live Music*



   
 @montauket\_hotel

**Enjoy Sunsets Overlooking**  
**Gardiner's Island & Fort Pond Bay**

## Dining

comfortable outdoor dining grotto, convenient location in town, late-night hours, and on-site owner Mike Nasti greeting everyone to make sure they're at home in his corner of Montauk.

### WESTLAKE FISH HOUSE

352 West Lake Drive

631-668-FISH (3474)

[westlakefishhouse.com](http://westlakefishhouse.com)

Breakfast, Lunch, & Dinner: This family friendly seafood restaurant in Montauk is located at the Westlake Marina, right next to the docks. Watch fishing boats dock and unload their catch while enjoying fresh cocktails and frequent live music. The extensive menu features local seafood, fish & chips, chowder, sushi, the Westlake Burger and an impressive kid's menu.

### BAKERIES & MARKETS

#### MONTAUK BAKE SHOPPE

29 The Plaza A

631-668-2439 [montaukbakeshoppe.com](http://montaukbakeshoppe.com)

Breakfast, Lunch: A Montauk institution is the Bake Shoppe. Fresh everything in the morning displayed for easy viewing in classic bakery style. Classic bakery items mingle with specialties like rugelach, quiche, and exotic cookie creations. Homemade doughnuts, cakes and...wow, those breakfast wraps are so big and juicy you could skip lunch. Coffee, juices, refreshments also. Takeout or grab a table outside and people watch.

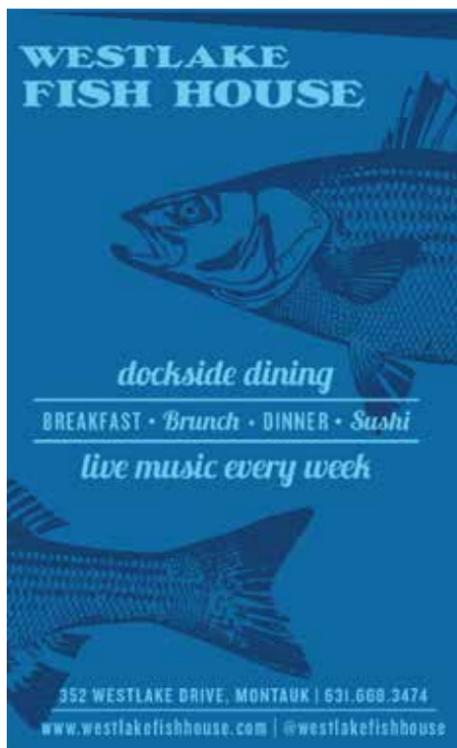
#### MONTAUK MARKET

(OPENS 5AM!)

805 Montauk Highway

631-668-2071

Breakfast, Lunch, Dinner, BAKERY!



Many new vegetarian options in 2019. Montauk Market is a superb bakery and market opening at 5am serving fresh muffins, croissants, breads, bagels, flagels, cookies, bialys, pies, or full breakfasts like egg white wraps, omelets, fresh fruit salads, yogurt & granola, plus veggie juices and smoothies. Lunch includes sandwich combos and homemade salads; dinnertime features hot and cold platters, Italian specialties and Latin-American dishes. They cater and can make you a to-go beach basket

#### MARSHALL AND SONS MARKET (CIGARS!)

701 Montauk Highway

631-668-2990

[marshallandsons.com](http://marshallandsons.com)

This Main Street service station has a handy convenience store with coffee and snacks, summer drinks, plus cool, imported beers and fine humidor cigars. Pop in while strolling or after filling up.

## Marshall & Sons Service Station

COMPLETE AUTO SERVICE  
REPAIRS • MAINTENANCE  
TOWING • FLAT BED  
CONVENIENCE STORE  
BBQ TANKS • HUMIDOR  
FINE CIGARS

631-668-2990

701 Montauk Highway  
Montauk

[www.marshallandsons.com](http://www.marshallandsons.com)



552 West Lake Drive, Montauk | 631.668.9463 | finestkindwines.com

free delivery (\$75 min)  
order online



open 7 days a week  
open late Jun-Aug

## ICE CREAM/SWEETS

### BEN & JERRY'S

West Lake Drive Extension at the Harbor

631-668-9425

[benjerry.com/Montauk](http://benjerry.com/Montauk)

Ice Cream, Desserts, Coffee Bar: An institution in Montauk serving Vermont's Finest, GMO free and fair trade ice cream, frozen yogurt, fresh fruit sorbets, soft serve and non-dairy desserts. Visit the adjoining espresso bar featuring locally roasted fair trade organic coffee and an assortment of teas, treats, gift items, and the East End's largest variety of B&J's "pints to go!"

### CELLI'S CHOCOLATE CHIPS (AVAILABLE AT HOOKED MTK)

757-208-0541

[cellischocolatechips.com](http://cellischocolatechips.com)

CELLI'S has been baking delicious cookies for over 20 years, only in small batches using the finest organic ingredients. Try them and you'll be Hooked, which is also where you'll find them in Montauk, at 34 South Etna Avenue, or order online for fast shipping.

### FUDGE N'STUFF

41 S Edgemere Street

631-668-4724

Candy, Fudge, Ice Cream: Seen Willy Wonka? Fudge N'Stuff is jam-packed with goodies, including 30 different kinds of fudge, an eye-popping assortment of old-fashioned penny candy, lollipops, gourmet jellybeans, hot popcorn, nuts, and chocolate-covered pretzels. Craving soft serve ice cream, sundaes, malts, hot chocolate, hot coffee, iced coffee and hot tea? No

problem. Oh, piñatas too. 10am-10pm / 7 days in season.

## BEVERAGES

### FINEST KIND WINES AND LIQUORS (OPEN SUNDAY)

552 West Lake Dr. (next to Salt Cave)

632-668-9463; [Finestkindwines.com](http://Finestkindwines.com)

Order Online! Open Sunday! This elegant wine shop in the harbor area takes online orders and will deliver free. They offer a wide selection of both domestic and imported wines (and spirits) with an extensive list of Long Island selections. Order online or pop in for expert selections and advice

### WHITES LIQUOR AND WINE (IN TOWN)

771 Montauk Highway; 631-668-2426

Whites is chocked full of wines and other spirits, including Sake, and is a Montauk classic. They'll deliver free and have great staff that know the massive inventory well.

For more, visit [OnMontauk.com](http://OnMontauk.com)

Focaccia Sandwiches, Pizza, Pasta, Salads, & Entrees  
all made from the freshest, home-made ingredients.  
Tiramisu made from scratch.

Open 7 days, in-season • 668-1601  
54 S. Erie Avenue, Montauk NY (across from Soul Cycle)

# SHOPPING

## **BIRD ON THE ROOF (RESTAURANT, BEACH BOUTIQUE)**

**47 S Elmwood Avenue**

**631-668-5833**

Bird On The Roof, a terrific combination of shop and restaurant, is a Montauk institution. Before or after breakfast or anytime at all, shop at the Bird Boutique for the latest in dresses, outfits, casual wear, jewelry, beachwear, hats, shoes, and bags. Get lost in their large selection of Montauk sweats and tees for the entire family.

## **FORT POND NATIVE PLANTS (PLANTS, LAWN, GIFTS)**

**2 South Embassy Street**

**631-668-6452**

**nativeplants.net**

This beautiful garden center and shop specializes in native and organic plants, including a large selection of annuals and perennials, vegetables, herbs, trees, bushes, mulch, fertilizers and more. Potted plants, birdbaths, lawn sculptures, gift items, hammocks, outdoor kitchens, and local art as well. James C. Grimes Land Design offers a number of different landscaping services, including new construction, design and consultation.

## **HAHA (TOYS, GAMES, FUN)**

**6 S. Etna Avenue**

**631-668-3174**

**Haha.gift**

Montauk's newest must-visit gift shop from power couple Tom and Georgia Flight offers grown-up (keep it clean, people) fun stuff in one section and choice toys and games for kids in the other. A great new shopping spot for any family that can embrace the shops inspiration: "as soap is to the body, so laughter is to the soul."

## **HOMEPORT FAMILY OF STORES AT GOSMAN'S DOCK (CLOTHES, TOYS, GAMES)**

**484 West Lake Drive**

**MyMontauk.com**

At the Gosman's shopping promenade, locally-owned "Homeport" comprises four iconic stops you'll have to hit while in Montauk. CAPTAIN KID

is Montauk's premier toy store with a great selection of Lego sets, games, beach toys and kid gifts & clothing. It shares space with FISH CITY, a mecca for T-shirts, sweatshirts, and souvenirs. The flagship HOMEPORT store is an iconic shop for home decor, gifts, and unique jewelry. PIER GROUP features quality, resort-style clothing for men and women. Also see SHINE and HAHA.

## **KATHRYN NADEAU CUSTOM FRAMING (FRAMING, ART)**

**34 South Etna Street**

**631-668-6383**

Kathryn Nadeau, a Certified Picture Framer, has served Montauk for over 20 years. Using the latest techniques, the shop focuses on high-quality custom framing, decorative

## Fort Pond Native Plants



Landscape Design &  
Garden Center  
with a large selection of  
native plants, and unique  
garden & gift items

**631-668-6452**

2 S. Embassy Street  
nativeplants.net

mats and conservation framing to museum standards. Ms. Nadeau is now offering a digital image printing service for your photos on metal, plexiglass or canvas and your summer memories can then be shipped directly to your home. Ms. Nadeau will work with you to design customized, distinctive-finished pieces as well as customized mirrors.

**NIBI-MONTAUK (FASHION, SWIMWEAR, ACCESSORIES)**

**88 South Euclid Avenue**  
**917-371-3039**  
**nibimtk.com**

This hot, fashionable shop is the NIBI-MTK flagship store. The iconic name continues to grow and to redefine boho chic fashion on the East End with its unique collections and fashion lines, specializing in East Coast surf area fashion swimwear that fits the active lifestyle. Check out the new men's collection and a NIBI boho chic home line.

**MONTAUK CYCLE COMPANY (BIKES, GEAR, TOURS, RENTALS)**

**463 W Lake Drive**  
**631-668-8975**  
**montaukcyclecompany.com**

The go-to place in Montauk for anything biking. Aside from selling bikes such as Fuji, SE,

and Tuesdays, plus loads of gear, they do repairs, rentals and will give tours.

**MONTAUK SALT CAVE (GIFTS, JEWELRY, CLOTHING)**

**552 West Lake Drive**  
**631-668-7258**  
**montauksaltcave.com**

This cute, interesting shop at the entrance to the Salt Cave has salt-related products like Himalayan salt lamps in various shapes and sizes, as well as jewelry and clothing.

**SHINE (CLOTHING, JEWELRY, ACCESSORIES)**

**764 Montauk Highway**  
**631-668-8178**  
**mymontauk.com**

Shine, in the prestigious Homeport family of stores, is a vital Montauk boutique for women's clothing, jewelry and accessories. They keep the selection fresh and vibrant, so stop in often for unique, fun pieces for every budget. Westward Ho!...Shine recently expanded with a sister location on Bridgehampton Main Street.

At Gosman's Dock

**HOMEPORT**  
Home Decor and Gift

**CAPTAIN KID**  
Toys

**FISH CITY**  
Nautical Souvenirs

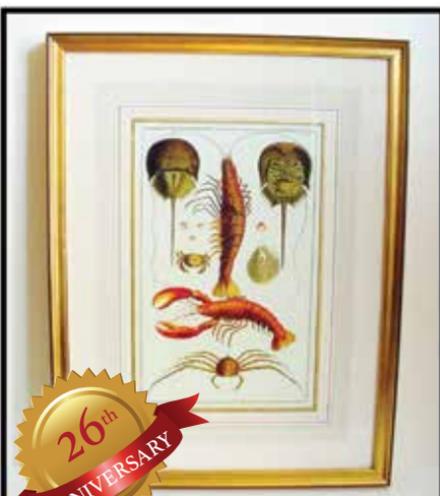
**PIER GROUP**  
Clothing

On Main St  
764 Montauk Hwy

**HOMEPORT TOWN**  
Jewelry

**SHINE**  
Womens Clothing

[www.MyMontauk.com](http://www.MyMontauk.com)



**KATHRYN NADEAU**  
**CUSTOM FRAMING**

Member of Professional Picture Framers Assoc.

34 So. Etna Ave., Montauk 631-668-6383  
Next to 'Hooked MTK,' above Continental Mkt  
Entrance & parking in the back

**VINTAGE PINK (GIFTS, CLOTHING, JEWELRY)**

787 Montauk Highway  
631-668-8200

Mind, body, spirit, and vintage jewelry abound! Their 9th season in the pink cottage. Listen to Far Eastern music and browse through antiques, china, vintage sterling silver jewelry, and crystal. VP carries candles, Buddhas, incense, inspirational items, Jade yoga mats, books, greeting cards, Hardtail yoga clothes, natural life T-shirts, pom pom pants and shorts, and much more. The pink building behind Montauk Clothing Co.

**WHITE'S DRUG & DEPARTMENT STORE**  
**(GIFTS, PHARMACY, GAMES, EVERYTHING!)**

95 Carl Fisher Plaza  
631-668-2994

Montauk's only full-service pharmacy also stocks everything from cosmetics to high quality giftware, vitamins, newspapers, special occasion cards, books and magazines, appliances, jewelry and an extensive swimwear and clothing collection for adults and kids. Everything for a stay at the shore including toys, games, towels, bedding, postcards, and sunscreens.

For more, visit [OnMontauk.com](http://OnMontauk.com)



**VINTAGE PINK**

CHARMING GIFTS • VINTAGE JEWELRY  
FASHION • ZEN HOME & GARDEN  
VEGAN LEATHER HANDBAGS  
YOGA APPAREL

**631.668.8200**

787B MONTAUK HIGHWAY, MONTAUK  
(BEHIND MONTAUK CLOTHING CO.)



@VINTAGEPINKMONTAUK



# LODGING

OCEAN SURF RESORT

## IN THE HARBOR

Montauk Harbor, on the north, or bay side, of Montauk, has restaurants near the water or docks, upscale shopping, and is home to many of Montauk's charter, party, and commercial boats. Whale-watching tours, ferries to Block Island and New London, and sunset cruises originate here.

## HARBORSIDE RESORT AND MOTEL

371 West Lake Drive

631-668-2511

[montaukharborside.com](http://montaukharborside.com)

Twenty-seven tastefully decorated, air-conditioned rooms, studios and suites, with kitchenettes and wi-fi. Amenities include a pool and tennis courts. A short distance to Montauk Harbor. Open March-December.

## SNUG HARBOR MOTEL AND MARINA

3 Star Island Road

631-668-2860

[montauksnugharbor.com](http://montauksnugharbor.com)

Located on the water in the Harbor, 34 units from poolside bedrooms to Harbor-side apartments, offering air conditioning, Wi-Fi, a pool, and BBQ. Snug Harbor is also a full-service marina. Pets allowed in some units. Open March-November.

## UIHLEINS MOTEL

10 Wells Avenue

631-668-3799; [uihleinsmarina.com](http://uihleinsmarina.com)

Friendly small motel with 7 units equipped with full kitchens, flat screen TV, Wi-Fi, A/C. Grounds have BBQs, a putting green with mini golf course, play area and room to relax. Discount on boat rentals. Open all year.

## IN MONTAUK VILLAGE

Main Street is just three blocks away from the ocean beach. All the hotels, motels and inns are an easy walk to many of Montauk's restaurants, shops, bars and nightlife. Many activities take place on the Village Green, within the circle, especially during the summer.

## OCEAN SURF RESORT

84 South Emerson Avenue

631-668-3332; [oceansurfresort.com](http://oceansurfresort.com)

Right on the beach and in the village, Ocean Surf Resort's location is unassailable. Add peaceful surroundings, extraordinary scenery and superb accommodations and you've scored. A variety of rooms to choose and endless options for fun in the town and on the sand, which is right outside the door.

## ON OLD MONTAUK HIGHWAY AND IN NAPEAGUE

West of town the undulating Old Montauk Highway is flanked by bucolic Hither Hills and Hither Woods neighborhoods on one side (north), and wide, beautiful Atlantic Ocean beaches on the other (south). Great views and wide, sandy, uncrowded beaches abound here.

## BREAKERS MOTEL (AND RESTAURANT)

769 Old Montauk Highway

631-668-2525; [breakersmtk.com](http://breakersmtk.com)

Boutique motel with chic eponymous eatery, Breakers sports some of the most striking ocean views and amazing food in Montauk. This legendary seaside property built in the 50s and recently revitalized offers 25 rooms, direct beach access, a choice new café & bar, a private ocean-view guest lounge, guest wellness programming, and poolside service. The beach on this stretch of sand is wide and gorgeous. Morning beach runs, nightly bonfires...it'll work.

## LENHART'S COTTAGES

421 Old Montauk Highway

631-668-2356

Spectacularly situated, charming cottage complex amidst undulating, manicured grounds directly across the street from the beautiful Hither Hills beach. Twelve cottages with kitchens, ocean views, A/C, and log-burning fireplaces. There is a pool, gardens and lots of lawn space. Open all year. Lenhart's has a loyal following of returning guests and pets.

## WAVECREST ON THE OCEAN

170 Old Montauk Highway

631-668-2141

wavecrestonocean.com

A spectacular location right on a stretch of secluded ocean beach. Seventy units with pool, tennis, kitchen, and A/C. Studios and suites, all with private terraces overlooking the ocean. Open April thru October.

## ON FORT POND AND BAY AREA

### MONTAUK MANOR RESORT

236 Edgemere Street

631-668-4400

montaukmanor.com

Historic, grand building with a beautiful vaulted rotunda and old-world character on a 12-acre hill with views of Gardiner's Bay and Block Island Sound. One of Montauk's most storied structures. Ample parking on site with shuttle bus services. 140 studio, one, two, and three bedroom apartments with indoor and outdoor pools, tennis, kitchens, A/C, and wi-fi. A restaurant on premises serves guests and the public. Open all year.

### MONTAUKET

88 Firestone Road

631-668-5992

Drinks, Dinner, Late Night: Sunset views! This iconic family-owned bar/restaurant/hotel is a local favorite serving casual seafood fare (lobster rolls & calamari, etc.), great drinks and killer sunsets in an old-school Montauk cliff-side setting overlooking Fort Pond Bay. Laid back and chill, with local bands like Jettykoon frequently playing. Get there before sunset to score a choice patio spot for the views.

### SOLÉ EAST

90 Second House Road

631-668-2105; soleeast.com

Solé East is a hip spot with a stunningly beautiful courtyard containing a full-service restaurant and lounge, swimming pool and expansive lawn with mature trees and landscaping. Entertainment and weekend pool parties feature in season. 60 renovated rooms, one-bedroom suites, and 7 garden suites. Heated pool, gardens with wood-burning fire pits, wi-fi, IPOD docking stations. Popular for receptions and wedding parties. Pets welcome. May thru October.

## SPAS & WELLNESS

### COREY'S WAVE

516-639-4879

coreyswave.com

If you want to learn how to surf, call Kristin at Corey's Wave or reserve online. Fitness instruction for all abilities will get you started and you can learn the basics at your favorite beach or perfect your skills in more challenging waters. Stand up Paddle Board instruction is also offered...a great way to get fit.

### MEETING HOUSE LANE MEDICAL PRACTICE

679 Main Street

631-668-3705

southamptonhospital.org

Located in the village next to The Point restaurant, this medical practice provides comprehensive primary medical care for all ages. Affiliated with Stony Brook Medicine. Open from 9am-5pm Mon. through Fri.

### MONTAUK SALT CAVE

552 West Lake Drive

631-668-7258

montauksaltcave.com

Salt therapy, or Halotherapy, clears toxins from our lungs and nasal passageways. The saturated air in the salt cave provides relief from many respiratory ailments, and also gives a sense of peace and serenity. The walls are built with all pink Himalayan salt rocks and the floor is covered with salt. Sessions are 45 minutes. Sit in a zero gravity chair, relax and breathe. They also offer Reiki, Sound Healing with crystal singing bowls, massages, and weekend events. A great gift shop as well. Open Thurs. through Tues. Closed Wed. Call for hours and appointments. Open all year.

### SPA at the MONTAUK LAKE CLUB

631-668-5705 ext 109

montauklakeclub.com/spa

Robert and Maureen Jacob Bonavolta, former owners of the Montauk Wellness Center, offer services at the picturesque, serene Montauk Lake Club. From deeply relaxing treatments to clinical sessions, pre and post sports, to pain management and injuries. Ultrasonic and microcurrent skincare to expert brow styling, waxing and spray tanning. All facials and massages are personalized and performed by caring licensed professionals. Monthly specials available. By appointment in our office and home visits.

For more, visit [OnMontauk.com](http://OnMontauk.com)

# WHITE'S

Drug and Department Store



**Everything you need and more!**

Pharmacy

Summerwear

Souvenirs

Toys & Games

T-shirts & Sweats

All Things Beach

Stationery

Appliances

**ON THE PLAZA, MONTAUK (631) 668-2994**

Summer Hours: 8:00am-10:00pm 7 Days a Week

Pharmacy: Mon-Sat 10:00am-6:00pm

MC-Visa-Amex-Discover

Visit **NEXT DOOR** for Fashion, Accessories and Footwear  
Juniors, Misses, & Men's Clothing 631.668.1183



MARINA - RESTAURANT - SWIMMING POOL - SPA - GUEST ROOMS - GYM

# MONTAUK LAKE CLUB

& Marina

MEMBERS ONLY

[MONTAUKLAKECLUB.COM](http://MONTAUKLAKECLUB.COM)

IG: @montauklakeclub

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# Hope has a new address.

**Introducing The Phillips Family Cancer Center. Changing Lives. Saving Lives.** Now, our community has advanced, comprehensive cancer care with seamless access to leading oncologists and clinical trials at Stony Brook University Cancer Center. Right here in Southampton, cancer specialists are providing personalized cancer care in a state-of-the-art healing environment with the only linear accelerator on the East End. Cancer changes everything. The Phillips Family Cancer is changing cancer care on the East End.

## **The Phillips Family Cancer Center**

[phillipsfamilycancercenter.stonybrookmedicine.edu](http://phillipsfamilycancercenter.stonybrookmedicine.edu)  
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