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MONTAUK™

2017
Fall/Winter

featured

EVENT CALENDAR

Go Barbless

Montauk Salt Cave

Saltbox Restaurant Reviewed

Creative Edge Dance

OFF-SEASON SPECIALS

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m: 516.313.0685 | peter.moore@corcoran.com

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Designer
Ariana Jasuta
and friends
play in Kaileigh
Swimwear. See
her deal pg. 50.

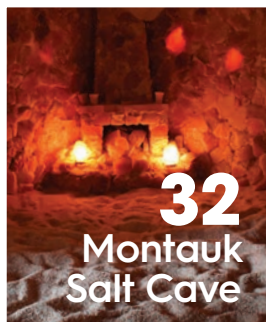
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32 Montauk Salt Cave



Saltbox Restaurant 40



Laura Cisco Creative Edge 44



72 Crush, Snip, and Tighten

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SUSAN CESLOW


Lic. Assoc. R.E. Broker

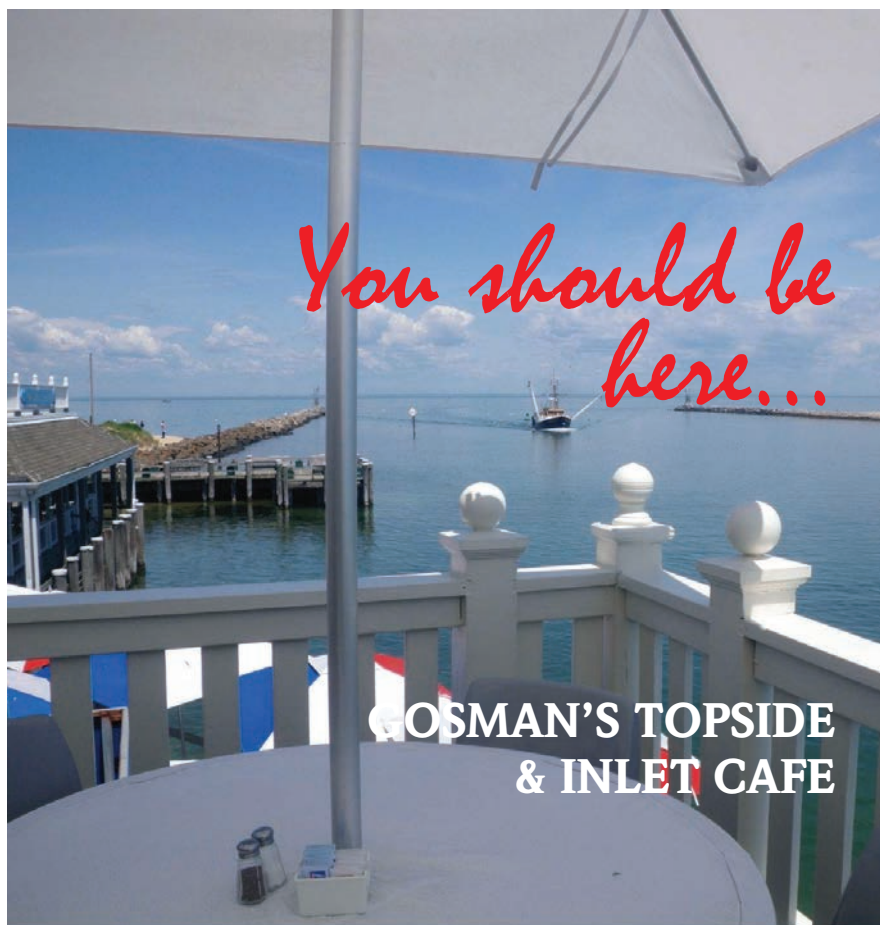
Office: 631.668.6565

Cell: 631.335.0777

susan.ceslow@elliman.com



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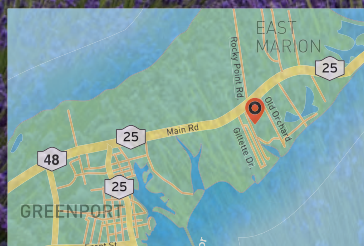
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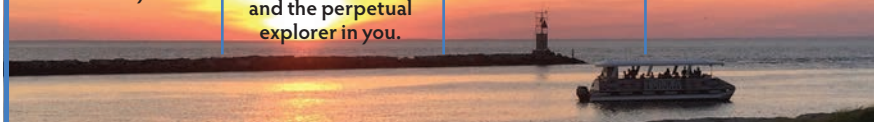
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Contributors



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.

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PUBLISHER..... Montauk Publishing, Inc.

MANAGING EDITOR..... Byor Kay Tyler

EDITOR-IN-CHIEF Carter Randolph Tyler

CREATIVE DIRECTOR..... Carter Randolph Tyler

DESIGNER..... Jack Shonkwiler

CONTRIBUTORS..... Keri Marino, Laura Marino, Liam Sullivan,

Debbie Tuma, Carter Randolph Tyler

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Although every effort is made to provide up-to-date information at the time of publication, 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. Printed in the USA.

Mailing address: P.O. Box 2544, Montauk, NY 11954

(917) 922-8656 • www.onmontauk.com • info@onmontauk.com

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The Tylers at the beach

Editor's Letter

Fall is our favorite time of year in Montauk. Fishing and surfing light up, nights get cooler while days remain warm, and the crowds thin out. But perhaps best of all, it makes visiting the End a bit more affordable. And while it's never cheap in Montauk, to be sure (don't you get what you pay for?), the relative affordability of fall is extending the Montauk season year after year as more visitors come east to take advantage of off-season pricing on everything from food to bikinis. After all, our beaches, trails, music and recreation are still around in the off-season, right?

We've created an Off-Season Specials section in this, our fall/winter book, to help

you find some deals and save a bit of coin while you're here or planning to visit. We love the Harvest offerings for off-season dinner! And how about hiking and biking with no mosquitos? No waiting in line for coffee at Montauk Market or for breakfast at Anthony's Diner. Vacancy, anyone?

And don't forget the Fall Festival in October where you can sample the best chowder on Long Island and score those great mugs. And striper season is here! If you're not crushing your barbs yet, recreational anglers, get on the bandwagon. We show you in this issue that fish of a lifetime can be had without barbs (or trebles).

Get out and enjoy Montauk off season!



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SPECIES	MIN. SIZE IN INCHES	DAILY POSSESSION LIMITS	OPEN SEASON
STRIPED BASS	28	1	APR. 15-DEC. 15
<i>Applies to Party, Charter Boats and Surfcasting</i>			
WINTER FLOUNDER	12	2	APR. 1-MAY 30
BLACKFISH	16	4	OCT. 5-DEC. 14
BLUEFISH (includes snappers)	NO MIN SIZE for first 10	15, no > 10 can be less than 12" TL	ALL YEAR
WEAKFISH	16	1	ALL YEAR
ATLANTIC COD	22	10	ALL YEAR
POLLOCK	19	NO LIMIT	ALL YEAR
HADDOCK	18	NO LIMIT	ALL YEAR
SUMMER FLOUNDER (FLUKE)	18	5	MAY 17-SEPT. 21
PORGY, <i>Party/Charter Boats</i>	10	30 45	MAY 1-DEC. 31 SEPT. 1-OCT. 31
BLACK SEA BASS	15	8 10	SEPT. 1-OCT. 31 NOV. 1-DEC. 31

EFFECTIVE JUNE 23, 2016

(For the most up-to-date and complete list go to dec.ny.gov)



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A person is shown from behind, in a yoga pose (Urdhva Dhanurasana or Upward Bow Pose) on a beach. Their arms are raised, and their hands are pressed together above their head, framing the bright sun which is low on the horizon. The sky is a mix of orange, pink, and blue, and the ocean waves are visible in the background. The person's silhouette is dark against the bright light of the sun.

UPCOMING EVENTS

The **ONMONTAUK.COM EVENT CALENDAR**
has full details on these and other happenings
On Montauk.



HAMPTONS INTERNATIONAL FILM FESTIVAL

@HamptonsFilm

October 5-9, 2017

Recurring Events Full details onmontauk.com

MON

SPORTS

- **Chair Yoga for Seniors at the Montauk Library**, Mondays and Wednesdays through Apr. 23, 2018
- **Strength Training for Seniors with Christie at the Montauk Library**, Mondays through Apr. 23, 2018
- **Tai Chi at the Montauk Library**, Mondays through Apr. 23, 2018

TUES

EDUCATION

- **Tech Tuesdays - Computer Basics at the Montauk Library**, Tuesdays through Apr. 24, 2018

WED

SPORTS

- **Chair Yoga for Seniors at the Montauk Library**, Mondays and Wednesdays through Apr. 23, 2018

THU

FOOD

- **Montauk's Farmers Market On the Green**, Thursdays through Aug. 31 and then Friday through Sept. 29, 2017

KIDS

- **Storytime at the Montauk Library**, Thursdays through Apr. 26, 2018

FRI

DANCE

- **Country Line Dancing for Beginners with Joel at the Montauk Library**, Fridays through Apr. 27, 2018

SAT

KIDS

- **Youth Recreation Grades 9-12 at Montauk Playhouse Gym**, Saturdays through Oct. 20, 2017





AUG 27

FESTIVAL

8-Day: Hampton Classic 2017 in Bridgehampton from 8/27-9/3

SEP 1

KIDS

"After-Beach" Jr. Tennis Clinics at Montauk Downs

LIVE MUSIC

San Fermin at The Surf Lodge

LIVE MUSIC

Surfside Restaurant

LIVE MUSIC

TJ Foscolo at Clam and Chowder House at Salivar's Dock

LIVE MUSIC

Nonstop to Cairo at TAUk at Trails End

RECREATION

SUP Surf, Tours, and Yoga with Corey's Wave

SEP 2

LIVE MUSIC

Josh Brussell at Clam and Chowder House at Salivar's Dock

LIVE MUSIC

Matt Wade at Zum Schneider

LIVE MUSIC

MUNA at The Surf Lodge

LIVE MUSIC

Bunktown Falls at TAUk at Trails End

SALE

2-Day:
Lions Club Craft
Fair on the Green
9/2-9/3

SALE

Women's Guild
Rummage Sale
at Montauk
Community Church

SEP 3

LIVE MUSIC

Matt Wade at
Zum Schneider

LIVE MUSIC

Oh Wonder
at The Surf Lodge

LIVE MUSIC

Emily Brooke
(American Idol
finalist) at
TAUK at Trails End

KIDS

Weekend Jr. Clinics
at Montauk Downs

SEP 4

LIVE MUSIC

Charles
Bradley and His
Extraordinaires at
The Surf Lodge

LIVE MUSIC

JJ Sansavarino at
Saltbox Restaurant

LIVE MUSIC

Miss Velvet & The
Blue Wolf at The
Surf Lodge

LIVE MUSIC

Lawrence Cooley
at TAUK at Trails
End

SEP 7

ART

Paint and Sip
with the Salty
Canvas at Clam
and Chowder
House at
Salivar's Dock

SEP 8

LIVE MUSIC

Obed Reggae at
TAUK at Trails End

SEP 9

FESTIVAL

2-Day:
5th Annual
Montauk Seafood
Festival at the
Montauk Marina
9/9-9/10

LIVE MUSIC

Swamp Cabbage
at Zum Schneider

LIVE MUSIC

Bunktown Falls
at TAUK at
Trails End

SEP 10

KIDS

Book Club:
Our Souls at Night
by Kent Haruf
at the
Montauk Library

SEP 15

LIVE MUSIC

Chickpeas at the
Montauk Library

SEP 16

LIVE MUSIC

Points East at
Zum Schneider

LIVE MUSIC

Full day of music
at The Great
Eastern Music
Festival 2017
at the Montauk
Lighthouse

LIVE MUSIC

Manny from the Twister at TAUk at Trails End

MEET & GREET

Breakfast with Robert Palmer Watkins and Hayley Erin from General Hospital at TAUk at Trails End

SEP 17

BENEFIT

Big Bucks Bonanza at the Montauk Fire Department

SEP 23

LIVE MUSIC

Cheap N Dirty at Zum Schneider

SALE

2-Day: Historical Society Craft Fair at Second House Museum 9/23-9/24

SEP 30

LIVE MUSIC

Undercover at Zum Schneider

OCT 1

KIDS

Field Day at Montauk County Park at Third House

SPORTS

MightyMan Montauk Sprint at Fort Pond

OCT 5

FESTIVAL

5-Day: 25th Annual Hamptons International Film Festival 10/5-10/9



OCT 7

FESTIVAL

2-Day:
The 36th
Fall Festival Clam
Chowder Contest
On the Green
10/7-10/8

FESTIVAL

Cash Catch On the
Green

FISHING

2-Day:
Star Island Yacht
Club's 8th Annual
Striped Bass
Tournament
at Star Island
Yacht Club &
Marina
10/7-10/8

OCT 8

SALE

Chinese Auction
on the Green

OCT 14

LIVE MUSIC

2-Day:
Oktoberfest
Montauk 2017 at
Zum Schneider
10/14-10/15

OCT 15

KIDS

Book Group - The
Indian Clerk (David
Leavitt) at the
Montauk Library

OCT 20

KIDS

Babies Boogie at the
Montauk Library

OCT 21

LIVE MUSIC

2-Day: Oktoberfest
at Zum Schneider
10/21-10/22

OCT 29

LIVE MUSIC

Music for Montauk
Fall Songbook at the
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NOV 3

ART

Robin Farnam
Photography
Reception
at the
Montauk Library

NOV 11

FESTIVAL

Annual
Veteran's Day
Flag Ceremony
on Main Street

NOV 23

SPORTS

2017 Youth Park
Clinics 41st Annual
"Run for Fun" Turkey
Trot Around Ft. Pond

NOV 25

FESTIVAL

2-Day:
Lighting of the
Lighthouse and
Annual Christmas
Party with
Santa
11/25-11/26

SALE

Christmas Fair at
Montauk Community
Church

SALE

Holiday Book Sale at
the Montauk Library

DEC 2

LIVE MUSIC

Christmas Caroling
at Zum Schneider

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2014 PAUMANOK CHARDONNAY

A medium bodied, barrel fermented chardonnay grown right here on Long Island. Rich melon and apple flavors with a crisp balanced finish cool down warm September afternoons. A crowd pleaser!

TOWN BRANCH BOURBON

Town Branch comes from a small town, just like Montauk, outside of Lexington, KY. It holds lavish and complex flavors that are smooth and sweet, with a long finish. We enjoy this neat, but it's great on the rocks or however you like. This is our go-to bourbon.



FRANCOIS CROCHET 2016 SANCERRE ROSE

This is one of our favorite roses this season and we think it's run isn't over! It is from sustainable farmed vineyards in the Sancerre region in France. It has delicious fruit flavors with a clean crisp finish. Great for warm days or cool fall nights.

2014 JUSTIN. JUSTIFICATION

A 2014 blend of cabernet franc and merlot. The grapes that make this delicious wine are all hand-picked during harvest time. This is a delicious wine to enjoy now or let age in your cellar. Perfect for a chilly fall night under the stars.



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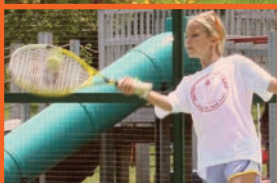
CAMP SOULGROW: A 501c3 non-profit camp located at Third House offers free creative workshops, adventures, and community activities year-round to all kids seven and over. campsoulgrow.org

KID'S SURF ACADEMY @ COREYSWAVE: Semi-private group lesson designed to get kids stoked on surfing as they learn different surfing techniques and styles (i.e., stand-up paddle surfing) alongside other kids with professional instructors. Previous instruction preferred, but not required. Ocean safety, surf etiquette, and environmental awareness are also taught. coreyswave.com • 516-639-4879.

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FALL 2017

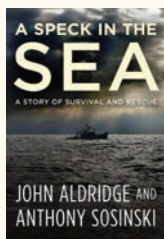
A SPECK IN THE SEA

By Anthony Sosinski, John Aldridge

**Nonfiction, Local
Topic, Adventure,
Survival**

*Real-Life Montauk
Thriller*

Four years ago, devastating news shook our little fishing town; a local lobsterman had fallen overboard in the early hours of the morning. "A Speck in The Sea" recounts the harrowing details of that summer day. This story of survival shows the risk and danger our fisherman face and the unity of our community when danger strikes.



Surf Shack

by Nina Freudenberger

**Nonfiction, Interior
Design**

Coffee table book

Surf shack is a beautifully curated collection of snapshots from some of the most well-designed surf culture homes anywhere. Containing pictures of homes from all different coastal parts of the world, this coffee table book is the perfect inspiration for decorating your Hamptons home.



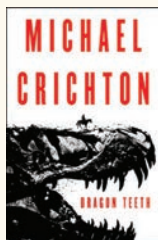
DRAGON TEETH

by Michael Crichton

**Historical Fiction,
Adventure**

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Set in 1876, "Dragon Teeth" follows the adventure of a college man digging for dinosaur bones in the Midwest. After wagering a bet with a fellow student at Yale University, William Johnson finds himself mixed up in the Indian wars that are raging through the west. While searching for the next big archeological discovery, Johnson is about to find out if this adventure was worth his wager.



THE WOMAN IN CABIN 10

by Ruth Ware

**Fiction, Mystery,
Thriller**

Beach Bag Book

Laura Blacklock is about to embark on a relaxing holiday aboard a luxury cruise. Upon boarding the ship, she is awed by its beautiful interior and looking forward to a few days on the water. The picture-perfect trip takes a change of course when Laura suspects a woman has fallen overboard. Who is this mysterious woman and why is Laura the only one who is aware of her disappearance?



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Here we lie on ergonomic lounge chairs, covered in soft red blankets, taking deep breaths of the world's purest healing salt in the Montauk Salt Cave. In this dark, serene space we can only see a soft orange and red glow on the walls emanating from the salt lamps around us. Overhead, in a roof made of 8 tons of salt from the Himalayan Mountains of Pakistan, are hundreds of tiny shining white lights that look like stars twinkling in the night sky.

By Debbie Tuma

“Overhead was
a roof made of
8 tons of salt.”

Photo: Carter Randolph Tyler

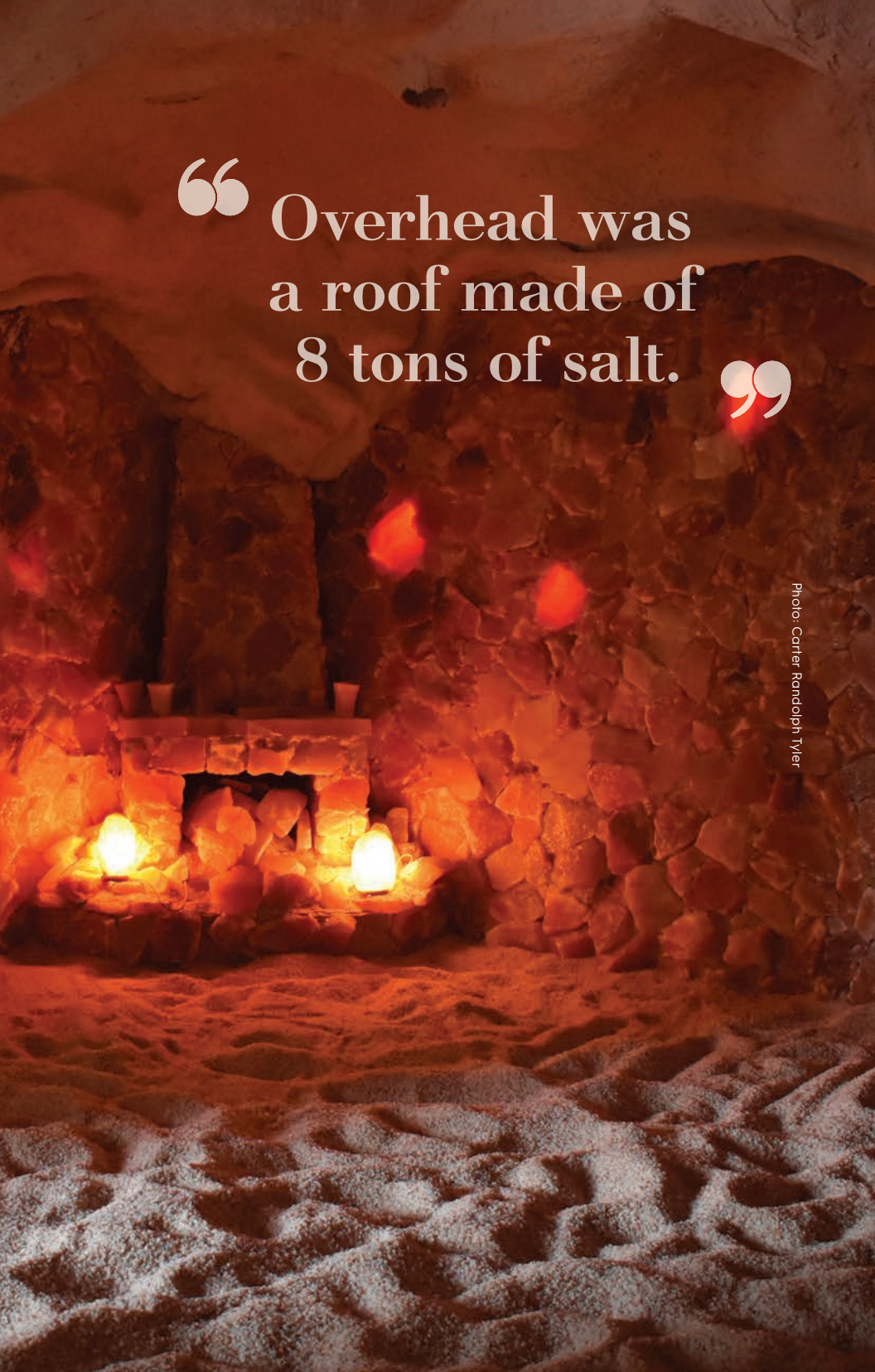




Photo: Debbie Tuma

Reiki Master Teacher Rodrigo Apiolaza does Reiki healing on a client at the Montauk Salt Cave

There are six women taking this therapeutic salt treatment from different places around Long Island. Their group had come down for the day to relax and unwind before hitting the beach. As I immersed my bare toes in the salt crystals on the floor of this cave, my mind wandered away from the usual stresses and I felt like I was floating. Mellow music played in the background.

Today we were in for a special treat, as Reiki Master healer Rodrigo Apiolaza, of Chile, was here to help clear and balance our energy fields. Standing in the darkened cave, he first led us in a guided meditation, telling us to “picture your body surrounded by a blue light.... see a crystal, and picture yourself going into it...” After the

meditation, he came to each person individually and ran his hands over their energy field, clearing away blocks and stress. Sometimes he sprinkled a little salt over us as he waved his arms.

Later, he explained that he tries to clear the “chakras” of the body, which are associated with different parts of our anatomy, and which hold in blocks and negative patterns that can limit us in our growth. He tries to free up the energy of the body, mind and spirit.

Throughout our 45-minute session in the salt cave, I noticed that I gradually felt lighter and much more relaxed, even centered. And it was 10:30 in the morning when I’m usually stressed beyond words. I am not a morning person. And while I don’t have breathing problems, thus no acute frame of reference...the air felt fresh and easy to take in, as though my lungs were tuned up.

Shannon Coppola, owner of the now-famous Montauk Salt Cave, explained to us beforehand that salt therapy is a natural way to heal many different health issues, primarily asthma, allergies, cystic fibrosis, and COPD. It is also helpful for people suffering from sinusitis, colds, and influenza. The salt can also be a remedy for skin conditions, Lyme disease, migraines and arthritis, along with digestive disorders. And it’s also a great way to relax and meditate, something I always need.



Shannon Coppola

Shannon and her husband, Peter Coppola, built the Montauk Salt Cave in 2015 to help their son recover from his severe allergies. “We were looking for something besides medicines,” she said, sitting at the front desk where she checks in people at hourly intervals. “We checked out a salt cave in New Jersey, and it really helped our son... he was finally able to sleep through the night, and his cough went away after just two visits.”

The Coppolas, who live full-time in Montauk, enlisted the help of Dr. Margaret Smiechowski, who has built salt caves around the country, the Thomas Lavin

"The air felt fresh and easy to take in, as though my lungs were tuned up."



Family Pic

Construction Company of Montauk, and Jose Carmona, an East Hampton carpenter, to build the Montauk Salt Cave. After visiting the family's Cave regularly, their 8-year-old son is now unmedicated but still comes once a week because he is allergic to goldenrod, found in Montauk.

"Our mission is to help people here. I'm excited that it's become a health and spiritual mecca," Shannon said, "as evidenced by the fact that people come here from all over the New York Metro and Long Island area for treatments."

Four of the women here today during my visit heard about the Montauk Salt Cave on Facebook and came out for a healing treatment. Suzanne Welch, 47, of Bellport, said she was on a quest to stop smoking so she wanted to clean out her lungs. "I loved the air...it was so much cleaner, and I have also started running," she said. Her friend, Nicole Francis, 42, of Bellport, said she could breathe better and that her skin felt lighter afterwards. Jodie Frace, of Lake Ronkonkoma, said, "I have had sinus infections, and I was able to breathe much better in there."

Shannon holds classes in the salt cave, including Restorative Yoga, Reiki and Singing Bowls. She even has an "Intro to Meditation and Reiki For Children" class. There is also a wonderful store in the front selling salt lamps and therapies, clothes, rocks and gems, soy candles, bags, totes, and handmade jewelry.

With the success of the Montauk Cave, Shannon and Peter have built two more: The Montauk Salt Cave West, at 169 New York Avenue in Huntington, and the Montauk Salt Cave Downtown, at 90 East 10th Street, between 3rd and 4th Avenues in Manhattan. Each will have two salt caves, one for adults and one for children. The Manhattan cave opens in September.

And why did she name them all after the "Montauk" Salt Cave? "I wanted to keep the Montauk vibe alive in all the caves...I even put up photographs of the Montauk Lighthouse, Ditch Plains surfers, and the old East Deck Motel in all of them," she said.

For more information on all the salt caves, call the Montauk Salt Cave, at 631-668-7258, or visit www.montauksaltcave.com, also on Facebook. Currently visits are \$40 per session, for 45 minutes, beginning at the top of each hour. ☺



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Saltbox Restaurant's Secret is Out

*Superstar Chef Nadia Ovalles Wields Umami, Spice,
and Creativity at Saltbox on Montauk Circle*

By Debbie Tuma

Walking into Saltbox you might get the impression that it's another Hamptons pub-style restaurant, replete with casually rustic and beachy accents, but you'd be wrong. Distinguishing Saltbox is its creative menu, food, and flavors created by Chef Nadia Ovalles.

She blends her keen sense of seasonings and spices to kick up the tastes of her seafood, meats and side dishes. A recurring thought as I ate was that Saltbox should not be keeping this girl a secret.

Saltbox Restaurant & Bar is tucked away inside one of Carl Fisher's original Tudor-style buildings across from the Montauk Tower on the village green. Although in its third year, Saltbox is still relatively new by Montauk standards. It replaced the popular O'Murphy's Pub, which was there for decades before moving to its present Montauk Harbor location. There



Executive Chef Nadia Ovalles and Manager Wayne Connolly with the former's famous Wingsss

“

Saltbox should
not be keeping
this girl a secret.



Photo: Carter Randolph Tyler

are small traditional tables and a few long picnic tables, a full, lively bar, and lots of nautical framed artwork of surfers, waves, mermaids, and fishermen on the walls. Its large windows look out on the Montauk Circle and the lovely village green. You can dine al fresco along the sidewalk

When asked about the name, "Saltbox," Nadia explained that the restaurant was named after the old saltbox cottages that remain sprinkled around Montauk. One of the better-known examples is Second

House Museum on Main Street just west of town.

"My food is a fusion of what Montauk has to offer, with a twist," Nadia says, taking a break from the hot kitchen on a recent summer evening. At 32, she has already cooked in some of the world's best restaurants, from her Caribbean roots to NYC's well-known eatery, Nobu 57, a blend of Asian and Peruvian cuisine, and the Italian restaurant, Marea. She got her start at the Art Institute of New York City.

Nadia explains that she's a specialist with umami,

aka “savory taste”, which is considered one of the five basic tastes (along with sweetness, sourness, bitterness, and saltiness). Commensurately her cooking honors all five human senses... and it shows in her creations at Saltbox with ridiculously tasty dishes for the palette that also delight our other senses, eyes included.

But I’m getting ahead. Wayne Connolly, the personable manager and bartender, came over that night and helped us select from a creative menu of specialty cocktails as preamble to Nadia’s delicacies. We tried the Ditch Punch, of Bacardi white rum, hibiscus, pineapple and fresh lime juice...light, smooth and summery, and the Aji Margarita, of Avion silver tequila, chili peppers, orange liquor, and lime juice...peppery, spicy and delicious. There is also a Mango Coconut Martini for the martini lovers and a Lazy Point Iced Tea, with citrus vodka. I sipped and marveled at the unique silverware on the table. It has a creative fishtail motif. Very Montauk.

To the food. Mark, our waiter, brought out a big bowl of Montauk Steamed Mussels in a light, spicy tomato broth, which was a nice change

from the usual white wine and garlic. The mussels were fresh and tender, served with soft warm bread for soaking up the incredible sauce. Mark then came over with some of Nadia’s special garlic fries, which have garlic mojo, cotija cheese, parsley, and a savory truffle mayo. Not just your usual French fries.

Sampling a few more appetizers, we chose the Tuna Poke, (in case you’re wondering, this is pronounced “po-kay”, OK?, and there is no accent over the e – I looked it up) which was chunks of fresh raw tuna, mixed with a tangy Chipotle mayo and served on fried pita triangles...savory, crunchy and delicious. Next up was a sight to behold; our waiter carried out two Lobster Sliders perched on a “hammock” above two Salty Bloody Marys. The Lobster Roll, or sliders, are also very fresh and a favorite at Saltbox. They go well with the zesty Bloody Marys, a great summer drink.

One of Saltbox’s most popular appetizers is Nadia’s signature dish, the crunchy, savory Chicken Wings. Nadia energizes them with a spicy Korean twist and pairs them with House ranch dressing. “All our sauces and dressings are made in-house,”

“Nadia energizes her signature wings with a spicy Korean twist.”

Photo: Carter Randolph Tyler

said Nadia, who works alongside her Sous Chef, Alex Figueroa.

My dining partner and I shared an entree of Seared Scallops, which was one of our favorites. It consisted of four giant sea scallops perfectly cooked so they were juicy and succulent, resting on a bed of warm quinoa salad with cilantro jalapeno aioli. The combination was original and divine.

We shared another entree of Clams Marinara with Pasta, which was no ordinary spaghetti with clam sauce. Nadia whipped up some fresh Korean spices and flavors, like Gochujang, for the red sauce, served over thin pasta with baby hard clams. "It's simple, but delicious," she said. "That's the trick."

After this wonderful meal we simply had no room for dessert,



Photo: Debbie Tuma

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Photo: Carter Randolph Tyler

Manager Wayne Connolly with garlic fries and baja fish tacos

but we hear the cheesecake and chocolate mousse cake are worth a trip by themselves. We'll have to head back soon.

The Saltbox Restaurant & Bar is open daily year-round and has live music in the summer from 7pm to 10pm. They feature many different musicians and styles. 99 South Edgemere Avenue, Montauk. Call 631-238-5727. www.montauksaltbox.com. ☺

meet a Montauker



Montauk Dance Scene Starts at Two

Laura Cisco left Queens as a kid and brought her love of dance to Montauk. Now she's inspiring the next generation of dancers with passion and world class instruction. We're lucky to have her.

By Liam Sullivan

At a young age, Montauker Laura Cisco couldn't stop moving. "I remember standing in front of the glass oven door in my family's kitchen, working on my dance moves. It was all I ever wanted to do," she says. "When I was eight my family moved to Montauk from Queens. There weren't any dance classes or studios then so my Mom would drive me back and forth to Queens just so I could follow my passion," she recalled.

When Laura entered East Hampton High School, she immediately got involved with musical theater and began choreographing the performances. Later, as she began applying to colleges, Laura had one laser-focus scholastic pursuit: Dance. "I remember telling my friends, who were also in the frenzy of picking a college, that my major was going to be dance. They gave me a strange look, like 'what are you going to do with a degree in dance?' I had no plan B!," she laughed.

After being accepted to Adelphi University, Laura immersed herself dancing five days a week - ballet and



Photo: Byor Kay Tyler

Laura Cisco with her biggest fan



Photo: Courtesy of Laura Cisco

Laura Cisco teaches on Main Street

**“What are you going to do with
a degree in dance?”**

modern - in the conservatory tradition. "It was exhausting, but for me it was heaven," she recalled.

After graduating she became the Cultural Arts Coordinator at the YMCA in East Hampton, teaching dance. At one point, she auditioned for the Rockettes but ultimately decided to pursue her true calling: teaching.

"Teaching children is a challenge," she said. "Each child learns differently so I adjust the way I teach to find the best way to help them achieve their personal best. That is the most rewarding part of this career," she explains.

As fate would have it, Laura eventually became the Musical Director at East Hampton High School, where she still stages one musical production per year, most recently *In the Heights* (2017) and *Rent* (2016). She also co-founded a non-profit



Photo: Carter Randolph Tyler

Laura Cisco in front of her dance studio.



Photo: Courtesy of Laura Cisco

Laura dancing at age 3 in Queens, NY

organization, the East End Young Arts Initiative, which is geared toward musical theater and enhancing the arts in our community. "Each year through our non-profit, we award scholarships to graduating seniors at East Hampton High School and we bring in professionals to do workshops with the students," she said.

In 2015, Laura took a personal plunge and opened Creative Edge Dance Studio on Main Street in Montauk. She teaches ages two and up. She is proud to be part of the Montauk business community and is grateful for the enthusiastic response from local students and their families. She encourages everyone to go after their dreams! 🌸

For more information, visit creativeeedgedance.com.



ON MONTAUK

Off-Season Specials

Bikinis and Shopping and Dining Oh My!

Stately Montauk Manor

Valid (10/9/17-3/15/18)

If you've never stayed at the Manor, now is the time with On Montauk's special offer.

The historic "Grand Dame" is centrally located with a great view of the harbor on its hilltop perch. Stately grounds for lounging or kid play, two magnificent pools (in and out), a spa, state-of-the-art meeting facilities, tennis, a health club, and putting green are available. Don't forget that the rest of Montauk is out there.

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Photo: Carter Randolph Tyler

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 sailing lessons abound, and crowds abate. Throw in Montauk staples like unrivaled surfing and fishing, a few great events like the Seafood Festival on September 9th and 10th, The Fall Festival & Clam Chowder Contest on October 7th, 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...

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LODGING



Wavecrest Resort

Valid Sun-Thu from (9/24/17-11/9/17)



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Stay 2 nights get 3rd night free, plus kids stay free thru November 9 at Wavecrest Resort, nestled in the rolling hills along Old Montauk Highway, right on the expansive ocean beach.

Watching sunsets, beach combing, surf casting, and relaxing are expected on Wavecrest's beautiful stretch of open beach. Beach attendants help with gear and many rooms have ocean views.

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Address:

170 Old Montauk Hwy, Montauk

Exclusions:

Holidays & Beach Dune building times.



Photo: Carter Randolph Tyler

Montauk Sands Motel

Valid Sun-Thu from (9/5/17- 10/19/17)



SPECIAL OFFER

Stay 2 nights and get 3rd night free thru October 19

The Sands Motel is throwing distance to the beach and is walkable to all the village's attractions, plus it has a spectacular pool open through mid September.

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Exclusions:

Subject to availability

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Valid Sun-Thu from (9/6/17-10/16/17)

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Exclusions:
9/21-9/24/17 (Rosh Hashanah Weekend)



SPECIAL OFFER

Stay 3 nights get
4th night free
thru October 16

Photo: Courtesy of Ocean Surf Resort

LODGING

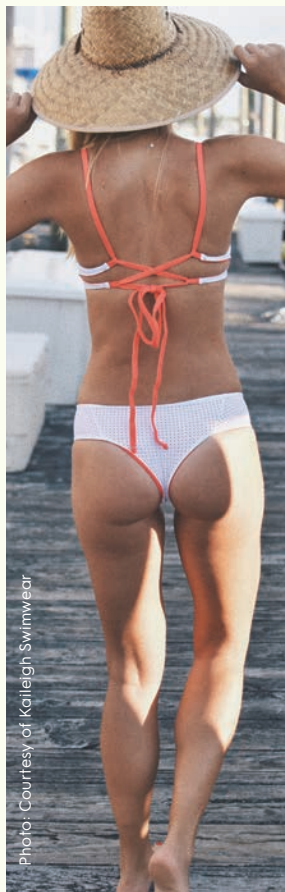


Photo: Courtesy of Kaileigh Swimwear



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Special:
Sunday, 10/15/17; 15% of proceeds go to The Retreat, a non-profit organization offering support for victims of domestic violence.

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SHOPPING

Sail Montauk

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Sail Montauk, an American Sailing Association affiliate, offers private sailing charters, sailing lessons, and certifications with US Coast Guard licensed instructors. Their hands-on style allows you (and your freeloading buddy) to do as much or as little as you like while learning to sail. All experience levels accepted for an exhilarating

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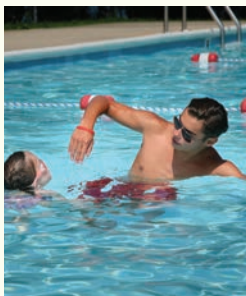


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Photo: Courtesy of Sail Montauk



Photos: Courtesy of Nancy Burns

Pathfinder Day Camp

Valid: Until Dec 1, 2017



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10% Off 2018

Newbies get 10% off the 2018 camp season at Pathfinder, which has been the pièce de résistance of Hampton's summer day camps for five decades, thru December 1, 2017.

Those halcyon days of carefree youth in simpler times still live at Pathfinder, an accredited children's summer day camp on five beautiful acres spanning Fort Pond Lake in bucolic Montauk. With a rich history spanning five decades, Pathfinder is a rare throwback to those traditional summer camps of yesteryear that linger in our memories. Owners Nancy & Gary Burns preside over a safe and nurturing environment where

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To Redeem:

☎ 631.668.2080 and mention **"On Montauk"** by December 1, 2017

Info:

Second House Rd, Montauk

Nancy@pathfinderdaycamp.com

RECREATION



Photos: Courtesy
of Laura Escobar



Westlake Fish House

Valid Thurs-Sun from 4-7p



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The 'BEAT THE CLOCK' Happy Hour
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Photo: Carter Randolph Tyler

East by Northeast

Valid Sun-Thurs from 5:30-7p



SPECIAL OFFER

Happy Hour on
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ENE has great deals on select appetizers and rolls, the raw bar, beer & wine, Sunday thru Thursday from 5:30p to 7p during the off-season.

East By Northeast, like it's cousin Harvest,
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directly adjacent.

Info:

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☎ 631.668.2872



**SPECIAL
OFFER**

Half Portions
& \$20 Wine
Bottles

Harvest on Fort Pond

Valid 10/10/17 to mid May 2018

The secret is out...Harvest kills it with off-season "half portions" of its giant servings and ten wines for only \$20, from October 10, 2017 thru mid-May 2018.

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 agreeable, 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.

Info:

11 S. Emery Street, Montauk

☎ 631.668.5574

DINING



Montauk Fall Staples

The Montauk Seafood Festival, September 9th, 10th

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, Salt Box, and Westlake Fish House, serving some of their best creations amidst live music and family entertainment, directly across from Uihlein's Marina in the harbor. 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.

Fall Festival and Clam Chowder Contest (those classic mugs!) on October 7th

The Montauk Chamber of Commerce's 36th 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 & more! Right on the green in the center of town. The Clam Chowder Contest is Saturday ONLY, October 7th, at 11 AM. For more info call 631 668-2428. Mugs will go on sale at the Chamber office on October 6th or they can be purchased the morning of the contest. Your purchase includes 2 cups of chowder.

Visit ONMONTAUK.COM for more off-season events and that's not nearly all!

Montauk Attractions

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 & 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): \$11 Adults, \$8 Seniors, and \$4 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: \$8 631-668-2544 • 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): \$11 Adults, \$8 Seniors, and \$4 Children up to 12.

MONTAUK INDIAN MUSEUM

On the grounds of Second House, the Indian museum showcases artifacts found in Montauk from 15,000 years of Indian habitation. Open Thursday-Sunday from 12-3pm in season. Adults \$5, children \$3. montaukindianmuseum.org

SUNSET CRUISES

Several companies offer cruises to the lighthouse or Fort Pond Bay to see the glorious Montauk sunset, including **Miss Montauk II** 631-668-1545, **Ebb Tide** 631-668-2818, **Elizabeth II Charters** 516-817-1939, **Susie E.** 631-523-8862, **November Rain** 646-335-7315, **MTK Cruises** 631-668-8079, and **Mon Tiki Sailing Catamarans** 631-668-2826.

WHALE WATCHING TOURS

Held on Sundays in July and August aboard the 140 ft. Viking Starship. Tours are led by Coastal Research and Education Society of Long Island (CRESLI) staff. Our offshore waters have fin, minke, humpback, sei and right whales, common white-sided dolphins, pilot whales, and thousands of pelagic birds. Reservations suggested. Depart 9:30am, returns 3:30pm. Contact **Viking Fleet** 631-668-5700, vikingfleet.com.

HITHER HILLS STATE PARK

Has weekly activities in season for adults and children including naturalist-led walks, campfires, baseball games, and open-air dancing. All open to the public. Non-campers pay a \$10 parking fee. 631-668-2554

BLOCK ISLAND

vikingfleet.com: 631-668-5700. A high-speed ferry takes one hour to get to Block Island. Daily service through Sept. 12, leaving at 10am and returning at 5pm, plus extra Sunday departures in July and August. The ferry docks at the Viking Fleet dock in Montauk Harbor and at Champlin's Marina on Block, where you will find bicycle and car rentals plus guided tours through the taxi services. Rent a bicycle or moped, or bring a bike with you on the ferry to see beautiful farms, stone fences, and high bluffs over the Atlantic Ocean.

For Complete Listings →

 **ONMONTAUK.COM**

ONMONTAUK.COM **57**



Beaches

Photo: Carter Randolph Tyler

DOGS are not allowed on the beaches 10am – 6pm from May 15 through September 15. No restrictions apply for the remainder of the year.

BEACH FIRES are allowed on main town beaches from 5pm – 12am but must be fully contained in a metal container. Other regulations apply. Go to onmontauk.com/beach-fire-regulations for a complete list of all requirements.

FOUR WHEEL DRIVE permits for the main town beaches can be purchased at the Town Hall Annex in the Montauk Playhouse. Free to town residents, they cost \$275 per year for non-residents. No vehicles allowed on the beaches 10am – 6pm, May 21– September 15. Other beaches around Montauk require various state or county driving permits. Read posted signs.

PUBLIC PARKING is free at the Kirk Park Beach, across from 7-11 and IGA Supermarket, and \$10 at Hither Hills State Park. Many hotels and motels provide temporary permits for their guests. Other beaches require a permit, free for residents, but \$375 per year for non-residents, for sale at the Town Hall Annex. The Hither Hills Neighborhood beach along Old Montauk Highway has four private parking areas for neighborhood residents only.

OCEAN SWIMMING CAN BE FUN, BUT THE POWER OF THE WATER CAN OVERWHELM EVEN EXPERIENCED SWIMMERS CAUGHT IN A STRONG current, or rip. To be safe, always swim at a beach with a lifeguard and never swim alone. Lifeguards are generally on duty at all public beaches from 10am–5pm through Labor Day.

AMSTERDAM BEACH

(remote, unspoiled, quiet, hike to access, 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 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 en route to Montauk Point. ehtps.org/amsterdam-beach-preserve/

DITCH PLAINS BEACH

(surfer spot, families, can get crowded, permit parking)

Popular with surfers, this beach is two miles east of the village on the ocean with parking by permit only at two parking areas. The super long break makes surfing ideal for newbies or veteran long-boarders. This iconic



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www.musicformontauk.org

Beaches

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.

EDISON BEACH

(sandy, walkable from village hotels, close to everything, limited parking)

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. Be mindful of the dunes, which were recently stabilized.

GIN BEACH

(sound side, calm, families, boat watching, walk to Shagwong point, permit parking)

At the end of East Lake Drive on Block Island 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, or take a walk on the jetty. Parking by permit only. Restrooms, outdoor showers, a concession trailer, lifeguards during the summer season, and a nearby restaurant provide all the family needs for a day at the beach.

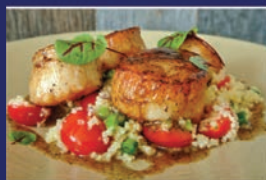
HITHER HILLS STATE PARK

(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.



brunch • lunch • dinner • open all year • live music



99 Edgemere Road (in town on the circle) 631.238.5727 montauksaltbox.com f

KIRK PARK BEACH

(main town beach with free parking area; wide, sandy, open, families)

West of the Village by the IGA supermarket, this sandy beach stretches over 500 feet. Park for free at Kirk Park parking lot. Public restrooms located next to the parking lot. Lifeguards, restaurants and stores are within walking distance, along with a park and picnic area across the street. The dunes were recently stabilized and stairways were put in place.

NAVY ROAD BEACH

(sound side, calm, pebbly, kayak launch, families, no facilities, permit parking)

On beautiful Fort Pond Bay at the end of 2nd House Rd. 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 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 Complete Listings →



ONMONTAUK.COM

**Beach
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and
Umbrella
rentals
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reserve
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8075**



Outdoor Activities— Watersports

BOATING & SAILING

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

PUFF "N" PUTT: 631-668-4473, in the Village rents sailboats, hobie cats, and pedal boats to take on Fort Pond.

MON TIKI SAILING CATAMARAN: 631-668-2826, day & evening outings amidst beautiful fluttering sails of large, 40-foot Polynesian-inspired catamarans; private charters, walk-on day sails and sunset cruises. MontaukYachtClub.com

SAIL MONTAUK: 631-522-5183, offers sailing lessons, charters, and bareboat rentals for individuals or



Photo: Courtesy of Sail Montauk

groups, plus a junior sailing program. MontaukYachtClub.com

CANOEING & KAYAKING

Canoe or kayak on Fort Pond, Fort Pond Bay, Lake Montauk, or one of Montauk's hidden ponds.

PUFF "N" PUTT: rent canoes & kayaks for Fort Pond.

UIHLEIN'S: rents ocean kayaks and plans excursions or lessons for the more adventurous.

Uihlein's Marina Motel & Boat Rentals

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Bachelor & Bachelorette,
Birthday Parties
and More



Tel: (631) 668-3799 | Fax: (631) 668-3798

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Outdoor Activities—Watersports

JET SKI, TUBING, WAKEBOARDING, & WATERSKIING

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.

KITESURFING & WINDSURFING

Napeague Harbor is one of the most popular places for kite/windsurfing in the northeast, with 360 degrees of sandy, uncrowded shoreline and miles of shallow, waist-deep water.

SNORKELING & SCUBA

The H.M.S. Culloden, a popular dive spot, is about a mile west of the Montauk jetties at Culloden Point. The English frigate "Culloden" sank in 1871 just 150 feet offshore and rests in about 20 feet of water.

STAND UP PADDLEBOARDING

SU paddleboarding is increasingly popular and great exercise, fun, and works everywhere: ocean, sound, & lakes.

PUFF N PUTT: rents SUPs for Fort Pond.

COREY'S WAVE: 631-639-4879, rents SUPs,

gives lessons, and tours; call them for details; info@coreyswave.com.

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 and you are a newbie, remember 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.

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



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Outdoor Activities—Landports



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GOLF

MONTAUK DOWNS: 631-668-5000,
nysparks.com/parks/29

Montauk Downs State Park is one of our
town's real sleepers; 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.

PUFF "N" PUTT: 631-668-4473, mini-golf
for the whole family, in town.

TENNIS & PICKLEBALL

MONTAUK DOWNS: 631-668-5000,
maintains six Har-Tru courts rentable by
the hour. A pro shop offers private lessons
and clinics for adults. East Hampton Town
owns tennis courts at two locations, one on
South Erie near the corner of Embassy in
the village, and clay courts at the Montauk
Racquet Club off West Lake Drive. Play
Pickleball at the Montauk Playhouse
631-668-1612. Beginners welcomed. All
equipment provided.

BICYCLING

MONTAUK BIKE SHOP: 631-668-8975, is
THE place for Montauk biking info. Call
them now to rent/buy trail or road bikes,
get advice on trails, and buy maps.
Montauk's wide side lanes make riding
particularly enjoyable. The most 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.
Bike trails in Hither Woods such as
Talkhouse Trail and Serpent's Back offer
several levels of difficulty.

TRIATHLON

MONTAUK BIKE SHOP sells equipment
and offers advice; 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

Outdoor Activities—Landsports

MONTAUK DOWNS FAQ

1. Tee times at the Montauk Downs are from sunrise to sunset, and so it varies throughout the year.
2. Fees Memorial Day through Labor Day \$43 weekdays /\$48 weekends.
3. Out-of-state residents – \$86 weekdays/ \$96 weekends.
4. Special twilight rate.
5. Senior discount available weekdays only.
6. Register a week in advance by calling the Tee Time Reservation system (668-1234).

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

EDDIE ECKER COUNTY 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.

For Complete Listings →

 **ONMONTAUK.COM**



Mon Tiki
MONTAUK'S CHARTER CATAMARANS

WALK-ON DAY SAILS & SUNSET CRUISES DAILY
\$65/adults \$45/kids

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- No experience necessary

@Montauk Yacht Club
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Come aboard our beautiful Polynesian-inspired sailing catamarans Mon Tiki and Largo for one of our regularly scheduled sailing trips and enjoy the scenic beauty of Montauk in a whole new way. Whether you're an old salt or a first-timer, the natural power and tranquility of wind and water offer an experience you'll never forget!

Buy tickets online at sailingmontauk.com or call (631) 668-2826

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Fishing

MONTAUK HARBOR

"Fishing Capital of the World" is proudly proclaimed as you enter Montauk Harbor. Montauk is the largest commercial harbor in New York State 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, all found off Montauk's shores. During the summer months the harbor is filled with boats of all sizes, pushing out to find the fish. Montauk also has the largest commercial harbor on Long Island with draggers, long liners, and other commercial boats plying the sea throughout the year.

PARTY-BOAT FISHING FOR FAMILIES AND GROUPS

Party or "head" boats are fun for the whole family. Experienced captains and crew provide fishing gear and advice. The flat-rate price includes everything except for food, drinks, and tips to the crew. Half-day trips, great fun for the kids, will take you inshore, they generally leave at 8am and then at 1pm. Full day trips leave according to the season, so check with each boat for their times. Modern equipment and experienced captains know how to put you in the action, whether for blues, flounder, fluke, or other popular fish. Reservations, particularly in the summer months, are recommended.

THE VIKING FLEET: Schedules half day inshore trips twice daily and also offers a full offshore schedule, nighttime striped bass, two day trips, and winter cod trips. 631-668-5700, vikingfleet.com

THE MISS MONTAUK II: The 85' Miss Montauk II is a boat that is ideal for open boat Montauk fishing year-round. Family run, Miss Montauk II has a comfortable cabin and lots of room on deck. 631-668-1545, missmontauk.com

EBB TIDE: Offers two half day trips daily on their 65' custom built boat and promises super fishing for the whole family. 631-668-

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2818, marlinfleet.com

LAZYBONES: Lazybones fishes in calm local waters with a clean vessel and a superior crew. It's famous motto is "Bring your lunch catch your dinner." She sails everyday from 8am-12pm and 1pm-5pm with reservations highly suggested. 631-668-5671, montauk-sportfishing.com/lazybones/

CHARTER BOATS FOR BIG GAME FISHING

Six-person charter boats will take you offshore for spectacular fishing for those big game fish — tuna, shark, marlin, and mahi mahi, when the warm waters of the Gulf Stream come close to Montauk's shores from late June through mid-October. Great fishing can be found for most of the year, depending on the species. When you hire a charter, you are also hiring the fish-finding expertise of a captain. Montauk's captains are legendary, and will give you a day on the water you won't forget. Call the boat to reserve.

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.

THE MONTAUK LAKE CLUB: 631-668-5705, on East Lake Drive, offers seasonal and transient dockage, a restaurant, and a spa.

MONTAUK INLET SEAFOOD: 631-668-3419, also on East Lake Drive, is a working dock and New York State's largest commercial fishing fleet. Inlet Seafood is home to the Inlet Seafood Restaurant.

MONTAUK MARINE BASIN: 631-668-5900, Montauk's most complete marina and shipyard offering seasonal and transient dockage for boats up to 80'. Charter fleet and free charter service available, a sport fishing headquarters. Located at 426 West Lake Drive

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BOATS AND CAPTAINS

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CAPTAIN KEITH	Keith Hunt (631-681-8873)
CUJO	Mike Elling (631-678-2127)
EBB TIDE	Tom Jordan (631-668-2818)
ELIZABETH II	Paul Bruno (516-817-1939)
LADY GRACE	Mario Melioto (516-768-6849)
LAZYBONES	Mike Vegessi (631-668-5671)
MISHELL II	Mike Saio (631-466-0694)
MISS MONTAUK	Jamie Quaresimo (631-668-1545)
MY JOYCE	Ken Hejducek (516-641-2138)
NOVEMBER RAIN	Jill Maganza (646-335-7315)
SUSIE E.	Burt Prince (631-523-8862)
VIKING FLEET	(631-668-5700)
WEE JACK	Scott Wymbs (631-668-1007)

TOURS

MTK CRUISES	(631-668-8079)
VIKING TOURS	(631-319-6003)

CRUISES & RENTALS

EBB TIDE	(631-668-2818)
ELIZABETH II	(516-817-1939)
MISS MONTAUK	(631-668-1545)
MON TIKI SAILING	(631-668-2826)
MTK CRUISES	(631-668-8079)
NOVEMBER RAIN	(646-335-7315)
SAIL MONTAUK	(631-522-5183)
SUSIE E.	(631-523-8862)
UIHLEIN'S MARINA	(631-668-3799)

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.

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: 631-668-5600, and **UIHLEIN'S MARINA:** 631-668-3799, carries a large selection of boating-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 and center consoles to take out into the harbor or sound.

For Complete Listings →
 **ONMONTAUK.COM**

Lady Grace V



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

Crush, Snip, and Tighten

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

By Carter Randolph Tyler

A person is shown from the side, wearing a wide-brimmed straw hat and a dark shirt, standing on a sandy beach. The background is a soft-focus view of the ocean and distant hills under a clear sky.

Here we go!! The 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.

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 boat side 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.



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

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 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.



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

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



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



Photo: Michael Wright

the hands of the most experienced angler, do bad damage to fish, and trebles...fuhgeddabouditt. 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.

Even if you don't share my culinary



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

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

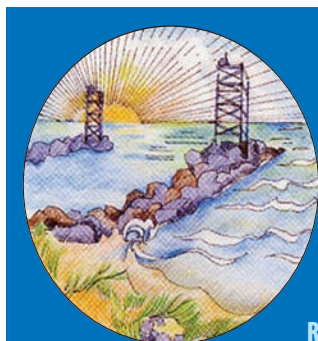
palm. With no barb, simply back out that errant hook, wherever it's stuck, and move on. If you thought dental insurance was a racket, you haven't lived through the financial machinations and mental pain of an emergency room visit. Fear of that is probably what compels many to clumsily try taking hooks 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. ☺



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Parks & Trails

AMSTERDAM BEACH PRESERVE (Great hike to the beach)

A 200-acre passive use park stretching from Ranch Road at Indian Field on the east to the Montauk Association houses (seven cottages designed by the firm of McKim, Mead and White in the 1880's) to the west. It is bordered on the north by Montauk Highway and extends southward to the Atlantic Ocean and the ocean beach. 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 unspoiled coastal beauty.

CAMP HERO STATE PARK

This 415-acre State Park is a decommissioned military installation converted to a state park in 2002 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 they 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. Park at Camp Hero Park (just west of the lighthouse) for trails and roads through Camp Hero. Parking fee is \$8 in

season. Open daily year-round from sunrise to sunset. You can also park your car on Camp Hero Road (a right turn four miles east of the village, not to be confused with the entrance to Camp Hero Park) to hike Point Woods Trail, one of Montauk's most beautiful trails, taking you south of the Montauk Highway all the way to the bluffs. Attractions: views of pristine beaches, cliffs, the lighthouse, military buildings, and an old maritime forest.

CULLODEN

This park is named after the HMS Culloden, a British 74-gun warship sailing with the Channel Fleet during the American Revolutionary War. The natural wooded area leading up to the shoreline of Culloden is also public. The trailhead is on the left side of Flamingo Road next to a small plaque commemorating the shipwreck. The marked trail from the parking area to Culloden Point is less than a mile. The natural wooded area and shoreline has seen little change from the days when the Montaukettts lived here in a world of hidden ponds, specimen trees, wetlands, and a beautiful shoreline. Attractions: Views of the bluffs at Culloden Point.

HIKING TIPS

1. Buy a trail map. Although major trails are marked, many divergent ones are not. At times during the year, leaf cover can mask main trails, making it easy to get lost on side trails or even deer paths.
2. After heavy rains some trails are completely or partially underwater. The **Montauk Bike Shop** in the village will answer any questions and sells trail maps.
3. **AVOID TICKS:** With a few simple precautions, hikers and walkers can enjoy walks through our beautiful woodlands and avoid the menace of ticks. Experts recommend that you stay on the trails, wear light colors, make sure you are well covered, and use an insect repellent. Ticks tend to congregate on tall grasses, so avoid walking through these areas. After you walk or bike, check the family for ticks, particularly tiny deer ticks, which may carry Lyme disease.

Parks & Trails

EDDIE ECKER COUNTY PARK (Great dog spot)

Located at the end of Navy Road near Rocky Point, the park has a parking lot, a dock suitable for fishing, and a rocky beach. Offers easy access to trails in Hither Woods Preserve. Good place for launching kayaks and canoes. Take your dogs to play. Open year round.

FORT POND HOUSE AT CAROL MORRISON PARK

The Fort Pond House and Carol Morrison Park are located on a four-acre site in the Shepherd's Neck area of Montauk overlooking Fort Pond. 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 park is open from dawn to dusk and the house is available for meetings and other events by appointment through the East Hampton Town Recreation Department.

HITHER HILLS STATE PARK

Located four miles west of the village of Montauk on Old Montauk Highway, with a two-and-a-half-mile beach along the Atlantic Ocean and 1,755 acres of parkland. Hither Hills has 168 campsites which can be reserved through ReserveAmerica.com, along with hiking and nature trails. Activities include ocean swimming, saltwater fishing, square dancing, guided nature hikes, and children's programs. Non-campers are welcome, but must pay a \$10 daily parking fee. Open year round

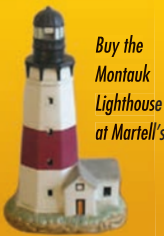
from sunrise to sunset. (631-668-2554). Hither Hills State Park along with Hither Woods Preserve and Lee Koppelman Nature Preserve form adjacent multi-use parks containing 3,000 acres with 18 different trails covering over 40 miles of terrain. Bike or hike to Fresh Pond, or take a beautiful coastal walk at Rocky Point; these loops are suitable for both walking and mountain biking. Here, trails, roads, and places retain their old colorful names. Even though the trails are blazed with color-coded markers, hikers should take maps. Park at either the overlook at Hither Woods, the recycling center (1.5 miles west of the village on Montauk Highway), or at the Navy Road (Eddie Ecker Park) parking lot. The **Montauk Bike Shop** in the village arranges group and corporate tours, rents mountain bikes, and gives advice. Attractions: Fresh Pond; trails skirting Block Island Sound, Napeague beach, and dunes.

KIRK PARK

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 Second House Museum and Montauk Indian Museum. The park hosts events year-round.

MONTAUK DOWNS STATE PARK

A 160-acre park that has an 18-hole public golf course (see Landsports). It also has a driving range, a putting green,



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Parks & Trails

and six Har-True tennis courts. A large outdoor pool and a wading pool for children is open in summer. 631-668-5000.

MONTAUK MOUNTAIN

A six-acre preserve area 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

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 the winter months. Park your car and set off on foot to explore the area. Ask for a Montauk Point State Park 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, a restaurant, a gift shop, and restrooms. Daily parking costs \$8. The Montauk Point Lighthouse, a museum run by the Montauk Historical Society, is open to the public 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 offshore from December through April. Attractions: beautiful rugged shorelines, migrating birds, hidden ponds, seals in the winter.

SHADMOOR STATE PARK

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. If you are coming by car, park in the parking lot at the

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entrance to the park. 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, though sometimes muddy, walk. A passive-use park, Shadmoor was home to two WWII gun emplacement sites trained on offshore waters to deter German submarines. A good family hike. Attractions: dramatic vistas of Montauk shoreline, sea and rolling waves, easy hike.

MONTAUK COUNTY PARK

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. A total of 1,126 acres features three and a half miles of color coded nature trails restricted for hiking (a self-guided nature trail brochure is available), five miles of bridle paths, a picnic area, freshwater fishing and canoeing at Big Reed Pond, surfcasting

Parks & Trails

on the outer beach (**Gin Beach** and **Shagwong Point**), and hunting in the winter, in season. Camping is permitted for up to seven days from April through November on the outer beach for four-wheel drive vehicles with permits that are self-contained trailers. Tents are not allowed. You must have a Suffolk County Green Card, suffolkcountyny.gov. The view of Big Reed Pond from the observation deck on the blue trail, will make you understand why Big Reed Pond is a Registered Natural Landmark. Attractions: hiking, views, fishing, camping.

WALKING DUNES

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 to the end of the paved road. Park your car here and take off on foot following the path to your right. Continue on this path and you will reach the dunes. A self-guided nature trail takes you on a three mile-long loop-trail with 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. Attractions: 80-foot high sand dunes, water birds, views of Napeague Harbor.

GUIDED HIKES

The East Hampton Trails Preservation Society conducts guided hikes year-round of Montauk's trails. Go to their web site: www.ehtps.org, for hike schedules, usually held on Saturdays. **The Concerned Citizens of Montauk**, 631-238-5720, offer outdoor activities throughout the year. Drop by their office at 6 South Elmwood Avenue in the village for advice or maps; it's your walk-in resource to everything outdoors. ccom-montauk.org.

For Complete Listings →

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ANTHONY'S PANCAKE AND WAFFLE HOUSE

710 Main Street

631-668-9705

Breakfast, Lunch

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ARBOR

240 Fort Pond Road

631-238-5430 • arbormontauk.com

Lunch, Dinner

This Mediterranean restaurant has a casual, chic vibe. Great outside seating, an impressive wine cellar, a 30 foot bar, communal table, and a sunken dining room with traditional seating. The farm-to-table menu of executive chef Pierre Sudre has small and large plates with fresh seafood, duck, and steak. Cheeseburgers and tuna sliders are lunch choices. Raw oysters, clams and chilled lobster are on the menu and a selection of home made pizzas. Arbor has 16 wines by the glass at the appropriate temperature, along with 12 beers on tap and over 50 wines by the bottle.

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BIRD ON THE ROOF

47 South Elmwood Avenue

631-668-5833

Breakfast, Lunch

Breakfast favorite. The seagull painted on the roof of this downtown classic A-frame points the way to one of Montauk's favorite breakfast spots. Enjoy eggs Benedict with smoked salmon or prosciutto, omelets, frittatas, or pancakes, and then browse through Bird's beach boutique for clothes and accessories. Dine indoors or on the patio or back garden from 8am-1:30pm, 7 days.

THE CLAM BAR

2025 Montauk Highway, Amagansett

631-267-6348 • clambarhamptons.com

Serving Noon 'til dark.

An outdoor restaurant stalwart on the Napeague Stretch (north side) west of the village with the freshest seafood and a Montauk vibe. Sit under an umbrella and soak in the atmosphere, listen to golden oldies, enjoy a bowl of clam chowder or dig into fresh local lobster. There is no better place to eat fresh local steamers or clams. A great selection of fresh fish and raw clams. Open April to November.

DURYEA'S LOBSTER DECK

65 Tuthill Road

631-668-2410 • duryealobsters.com

Lunch, Dinner

The view from the tables over Fort Pond Bay and Gardiner's Island is superb. Great outdoor Duryea vibe with 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.

Dining Out

GRINGO'S BURRITO GRILL

805 Montauk Highway
631-668-7500 • gringosburritogrillmtk.com

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Head to the east end of the village to get fresh, bespoke burritos, tacos, bowls and more, using house made salsa and guacamole. Featuring cilantro-lime chicken, marinated steak, fish, and build-your-own nachos. Breakfast burritos are a must. Beer, wine and sangria can be enjoyed on the patio.

HARVEST ON FORT POND

11 South Emery Street
631-668-5574 • harvest2000.com

Dinner

Great outside setting. One of Montauk's top restaurants, Harvest On Fort Pond has a well-deserved reputation as friendly and sophisticated. Situated on Fort Pond, Harvest also has a lovely herb and vegetable garden in which to dine alfresco. Jake Williams, the chef, prepares Tuscan fare served in family-style portions, emphasizing local seafood and homegrown produce. Harvest has a sophisticated bar and lounge serving creative cocktails and a view of the sunset over the pond. A great spot to host a wedding or other special event for up to 90 people. Dinner from 5pm daily.

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fish. Hoodoos is part of the Naturally Good team.

INLET CAFÉ AT GOSMAN'S DOCK

484 Westlake Drive

631-668-2549 • gosman.com

Lunch, Dinner

Great views, seafood, and outside seating right on the water. The Inlet serves daily specials and also prepares sushi with the fish brought right in to their dock. A picturesque outdoor bar has an extensive cocktail menu that specializes in frozen refreshments.

INLET SEAFOOD RESTAURANT

541 East Lake Drive

631-668-4272 • inletseafood.com

Lunch, Sunday Brunch

A beautiful waterfront restaurant with spectacular sunset views overlooking the sound, right at the end of East Lake Drive. Named one of the 10 best seafood restaurants on Long Island by Newsday in 2015, the Inlet is owned by six commercial fishermen from Montauk. Watch the boats cruise in and out of the Harbor while enjoying super fresh seafood, sushi and lobster caught daily from local fishing boats. Or watch the scene from the bar with one of their signature cocktails. Steaks, burgers and pastas are also on the menu. Inside and deck dining available.

M&R DELI

728 Montauk Highway

631-668-8600

Breakfast, Lunch, Dinner

Montauk's best deli! Located in the heart of town serving all the classics that will keep you coming back for more! Build your own salad bar, Specialty sandwiches,

panini, egg sandwiches. Open year round.

NATURALLY GOOD CAFÉ

779 Montauk Highway

631-668-9030 • NaturallyGoodCafe.com

Breakfast, Lunch, Natural Food Groceries

Healthy mainstay. A very popular year-round restaurant in the village serving healthy organic food. Breakfast features organic breakfast tortillas, oatmeal, pancakes and more. Homemade bread accompanies the soups at lunch, and the tuna sandwiches are made with the real thing. Specials made daily include homemade soups and veggie burgers, veggie stir-frys, burritos, salads, and wraps. Organic groceries also featured.

NAVY BEACH

16 Navy Road

631-668-6868 • navybeach.com

Lunch, Dinner

This laid-back, family-friendly beach-front restaurant and bar is on a beautiful stretch of beach on Fort Pond Bay. Enjoy casual coastal cuisine with an emphasis on sustainable seafood and local seasonal produce. Signature dishes include Local Catch Ceviche, Buttermilk Fried Chicken, and the Lobster & Clam Bake. Dine inside or at picnic tables outside on the beach and watch breathtaking sunsets over the water and the boats that moor offshore. A perfect place for weddings or other events. Open seven days in season.

PIZZA VILLAGE

700 Montauk Highway

631-668-2232 • pizzavillagemontauk.com

Lunch, Dinner

Pizza Village has been serving pizzas and other Italian dishes in the village since 1957.

Dining Out

Using the freshest ingredients everything is homemade daily. Offering three sizes of pies and a menu full of Italian family fare such as baked ziti, veal parmigiana, spaghetti and meatballs, and linguine with clam sauce. A friendly place where families are welcomed. Delivery and catering available. Open daily from 11:30am.

THE POINT BAR AND GRILL

697 Montauk Highway

631-668-1500 • pointbarandgrill.com

Lunch, Dinner, After Dark

This iconic watering hole and eatery with big-screen TV, sports features casual fare including wraps, burgers, mussels, and buffalo wings along with signature dishes, such as a 16-ounce steak and fresh Montauk seafood. Half price appetizers and drinks during happy hour Mon. through Fri. 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, Primavera is the best choice in Montauk for home-made Italian specialties and pizzas made in brick-lined ovens. The grandma pie is heaven for pizza lovers. Specialties like focaccia sandwiches, salads, soups, pasta dinners, pizza and even tiramisu are made from scratch. Open seven days, in season. Take-out only but tables are provided on the grass outside, great for a casual family lunch or dinner. Event catering.

SAMMYS

448 West Lake Drive

631-238-5707 • sammysmtk.com

Lunch, Dinner

Chef Sam Joyce's dockside restaurant is casual, family-friendly, and very Montauk. Local flavor lives in the famous Lobster Burger, Mary's Lobster Roll and Shrimp Po Boy, plus clams and oysters on the half shell, grilled steak, or soft tacos. Entrées available in smaller portions. Soups, salads, and sandwiches also available. Sit inside or on the patio and watch boats in the Harbor. Look for Sammy's food truck at the harbor entrance. Available for private parties. Open 7 days, in season.

WESTLAKE FISH HOUSE

352 West Lake Drive



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448 West Lake Drive • 631.238.5707 • SammysMTK.com

631-668-FISH (3474) • westlakefishhouse.com **Breakfast, Lunch, & Dinner**

This family friendly seafood restaurant in Montauk is located at the Westlake Marina, right next to the docks. Friends and families watch as fishing boats dock and unload their catch, while enjoying fresh cocktails and live music, on the water at the Westlake Marina. Award winning Chef Larry Kolar's extensive menu features local seafood, fish & chips, chowder, sushi, the Westlake Burger and the best kid's menu out there. Happiness is Westlake Fish House! Limited serving schedule during the off-season. Please call for details.

Bake Shops & Markets

MONTAUK MARKET

805 Montauk Highway
631-668-2071

BAKERY! BAKERY! Montauk Market, east end of town next to Martell's, is a superb bakery and market serving fresh made muffins, croissants, breads, bagels, flagels, cookies, bialys, pies and more. MM starts at 5am serving full breakfast, including egg white wraps, burritos, omelets, French toast, pancakes, fresh fruit salads, yogurt & granola, and natural veggie juices and smoothies. Lunch menu includes thirty different sandwich combos and homemade salads. Serving hot and cold platters for dinner with Italian specialties and Latin-American dishes. They'll make you a basket for the beach. Catering and bespoke specialty cakes and pies.

Convenience Stores

MARSHALL AND SONS

701 Montauk Highway
631-668-2990 • marshallandsons.com

This Main Street service station has a handy convenience store, open for coffee and snacks, summer drinks, plus cool,

imported beers, and fine humidor cigars. 5:30am -11pm, 7 days, in season.

Ice Cream/Candy/Sweets

JOHN'S DRIVE-IN
(50th Anniversary Year 2017!)

677 Montauk Hwy
631-668-5515

Lunch, Dinner

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. 11:30am-10pm.

FUDGE N'STUFF

41 S Edgemere Street

631-668-4724

On the Circle, just off Main Street, Fudge N'Stuff is jam-packed with goodies, including 30 different kinds of fudge, and, yes, they'll slice you a taste so you can sample until you find your favorite. An eye-popping assortment of old-fashioned penny candy, lollipops, gourmet jellybeans, cotton candy, hot popcorn, nuts, and chocolate-covered pretzels by the pound fill the shelves. Wonderful soft serve ice cream as well. Order an ice-cream cone, sundae, malt, or banana split, or a hot chocolate or cappuccino. They also sell piñatas for your parties. Cravings satisfied from 10am-11pm, 7 days in season.

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 Southampton Hospital. 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.

PLANETARY REFLEXOLOGY

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planetaryenergetics.com

631.668.6922 • 917.783.4929

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, owners of the Montauk Wellness Center, offer their 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 and packages are available. By appointment in our office and home visits.

For Complete Listings →

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montauksaltcave.com

WE ALSO OFFER PRIVATE REIKI, YOGA AND SINGING BOWLS.



Shopping

BEACH MYC

32 Star Island Road
631-668-3100

This bright and airy store located at the Montauk Yacht Club has a wide range of items from Tocca perfume, candles and soaps to Havaianas flip flops, accessories, and home decor. The home of the very popular Montauk Yacht Club jersey & signature sweats and totes. Bags, trendy fashion, hats, candy, toys and gifts stock the shelves.

BIRD ON THE ROOF

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

2 South Embassy Street
631-668-6452 • nativeplants.net

This Garden Center, located in a beautiful building in the village, specializes in native and organic plants. Come here for a large selection of annuals and perennials, vegetables, herbs, trees, bushes, and more. Potted plants, birdbaths, lawn sculptures, gift items, hammocks, outdoor kitchens, and local art are also for sale. James C. Grimes Land Design offers a number of different landscaping services, including new construction, design and consultation.

HOMEPORT FAMILY OF STORES

AT GOSMAN'S DOCK

484 West Lake Drive
MyMontauk.com

The Homeport family of stores at Gosman's Dock are four iconic stops you'll have to hit while in Montauk. **CAPTAIN KID** offers a great selection of toys and games. Hit eponymous **HOMEPORT** for gifts, home decor, jewelry, and clothing. **FISH CITY** offers nautical and Montauk themed gifts and treasures while **PIER GROUP** features quality, beachy clothing for men and women.



beachmyc

32 star island road
at the Montauk Yacht Club
631-668-3100

fashion • jewelry • beachwear • gifts

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Essences
soul healing through flowers
consultations and classes
in Montauk and Manhattan
Elizabeth Willoughby



planetaryenergetics.com
631.668.6922 • 917.783.4929
88 Glenmore Avenue, Montauk

HOMEPORT FAMILY OF STORES IN TOWN

Like the Gosman's location, Homeport shops in town are a must for quality shopping in Montauk. **HOMEPORT TOWN** features jewelry and gift items while **SHINE** is a great stop for women's clothing.

KAI-KAI SANDALS

771 Montauk Highway
631-668-4499 • kaikaisandal.com

Born and worn in Montauk since 2003, the custom Montauk soles leave impressions in the sand and on your feet. Available in

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

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631.668.2941/Cell: 516.658.0682

jdesous1@optonline.net

kailani

[khy-LAH-nee]
sea water + sky, *Hawaiian*



Aloha Spirit ★ Montauk Style

"Go in for the adorable I ♥ MTK canvas bags, and come out looking like you just made a trip to the islands."

—Editors' Pick, Hamptons Magazine

729C Montauk Highway, Montauk, New York 11954
(631) 668-1518 ★ www.shoptiques.com/Kailani

fashionable colors from kid sizes up to men's 15, Kai's sandals are designed by two-time All-American triathlete, Kai Costanzo. Made with natural, durable Brazilian rubber soles, supportive arches, and super-soft suede footbeds that mold to your feet, making them "the flip that doesn't flop." Ask about their "Swap Your Flop" renewable sandal offer. Kai-Kai also carries Sperry, Maui Jim, Ray-Ban, and quality Montauk sweatshirts and tees. On Facebook.

KAILANI

729C Montauk Highway

631-668-1518 • shoptiques.com/Kailani

Kailani on Main St. is Montauk's only boutique where you can find fun and fashionable clothing for the entire family plus an eclectic selection of gifts, and all affordable! For women, beach bags and trendy bathing suits, sterling silver jewelry and fabulous dresses. For men, sporty button downs, khaki shorts, and 41 North, a local line of shirts and hats. For kids, educational and fun coloring books and toys plus adorable screen printed shirts and sweatshirts. Gifts range from local artwork to fragrant soaps and candles, their distinct line of Montauk T-shirts and sweatshirts, tote bags and iPhone cases. Stop in to say "Aloha."

KATHRYN NADEAU CUSTOM FRAMING

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 mats and conservation framing to museum standards. Hand-crafted beveled mirrors are offered. Choose from a wide selection of fine moldings and mat boards. Ms. Nadeau will work with you to design customized, distinctive-finished pieces.

MARTELLS

809 Main Street

631-668-1248

In the village next to Montauk Fuels, Martell's offers a vast selection of souvenirs and gifts, plus newspapers, magazines, books, T-shirts, greeting cards, party supplies, stationery, and sundries. Shelves of toys, games, and craft supplies lure the kids. Buy the Montauk Lighthouse in miniature from the shop's historic American Lighthouse collection. Also trail books, guides, and Montauk Project books. **A**



vintage pink
beautiful unique gifts
vintage jewelry-yoga fashion
inspiration-candles-books
embrace your inner hippie
631-668-8200

Vintage Pink on facebook
787 B Montauk Highway
(behind Montauk Clothing Co.)

great source for quality cigars like Macanudo, H. Upmann, Don Diego, plus a wide variety of Dominican cigars. Watch YouTube: Martells at Montauk to learn more about their cigars.

MONTAUK BIKE SHOP

725 Montauk Highway
631-668- 8975 • montaukbikeshop.com

The mecca for bikes, trail maps and advice for biking in Montauk has a large selection of high-quality bikes, including road, mountain, hybrid touring models, tandems, youth, and trailers. Bike rentals available hourly, daily, or weekly. Offering custom-sized private or group guided tours or instruction plus corporate team building events. Need maps, parts, accessories, clothing, or repairs? You're covered.

MONTAUK SALT CAVE

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.

SUMMER STOCK

1 Gosmans Dock
631-668- 3243

A great collection of clothing and accessories for women and children awaits in this warm, friendly store in the Old Pilothouse at Gosman's Dock. Free People, Splendid, Ella Moss, Susana Monaco, Velvet, Bailey 44, Minnie Rose and more are attractively displayed. They carry casual and contemporary styles plus great jewelry and accessories. The Children's clothing section upstairs has sizes newborn to preteen. On Facebook.

VINTAGE PINK

787 Montauk Highway
631-668-8200

Mind, body, spirit, and vintage jewelry abound! Their 6th 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. Open 365 in the pink building behind Montauk Clothing Co.

WHITE'S DRUG & DEPARTMENT STORE

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.

WOODBINE COLLECTION

649 Montauk Highway
631-238-5338 • woodbinecollection.com

An art gallery that shows paintings, sculptures, photography and ceramics. It is open year round, representing both emerging and established artists from France, NYC, Texas and the Hamptons. Open 12pm-6pm daily, closed Tues. Also selling "Wear The Shark" T-shirts and hats. Find us on Facebook for the latest information.

For Complete Listings → 📍 **ONMONTAUK.COM**

Lodging

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

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

3 Star Island Road

631-668-2860 • 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

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

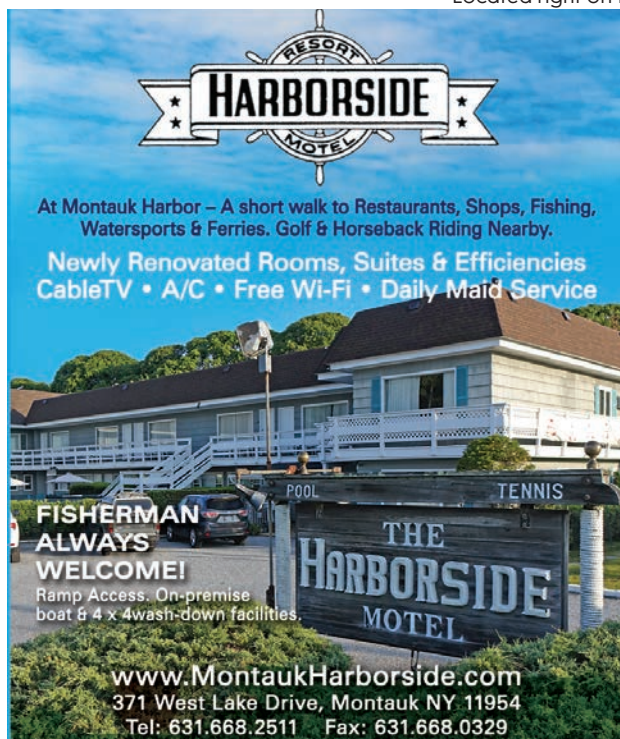
Main Street is just three blocks away from the ocean beach. All the hotels, motels and inns are an easy walk to many of Montauk's restaurants, shops, bars and nightlife. Many activities take place on the Village Green, within the circle, especially during the summer.

ATLANTIC TERRACE

21 Oceanview Terrace

631-668-2050 • atlanticterrace.com

Located right on the ocean and a short



HARBORSIDE RESORT & MOTEL

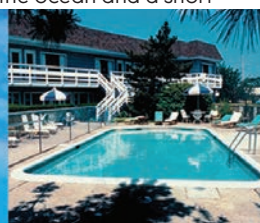
At Montauk Harbor – A short walk to Restaurants, Shops, Fishing, Watersports & Ferries. Golf & Horseback Riding Nearby.

Newly Renovated Rooms, Suites & Efficiencies
CableTV • A/C • Free Wi-Fi • Daily Maid Service

FISHERMAN ALWAYS WELCOME!
Ramp Access. On-premise boat & 4 x 4 wash-down facilities.

THE HARBORSIDE MOTEL

www.MontaukHarborside.com
371 West Lake Drive, Montauk NY 11954
Tel: 631.668.2511 Fax: 631.668.0329



POOL • TENNIS



BBQ • VOLLEYBALL



walk to the village, the stylish, family friendly Atlantic Terrace features 97 units with terraces or balconies, efficiencies and suites. Amenities include A/C, wi-fi, a pool, a coffee shop, and a lounging deck. Open May–October.

SANDS MOTEL

71 S Emery Street

631-668-5100 • montauksands.com

The family-friendly Sands is just 75 feet to the ocean beach and boasts a 50' pool. The 42 units include studios, efficiencies, and deluxe 2 1/2 room suites with full kitchens and private ocean view balconies, and a two bedroom newly renovated cottage, all with wi-fi and A/C. Open April–November.

STONE LION INN

51 Edgemere Street

631-668-7050 • harvest2000.com

Eleven newly decorated suites and duplexes, all with private balconies overlooking Fort Pond with A/C and kitchenettes. It's a quick walk to the village and ocean beaches. Restaurant and bar on premises. No children or pets. Open all year.

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.

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



- On the Beach
- In the town of Montauk
- Ocean-front efficiency rooms
- Private balcony/Sundeck
- Daily maid service
- Free wi-fi connections
- Heated pool on the beach

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. April thru October.

On Fort Pond

Fort Pond, a large freshwater lake, spans a distance from the village north to Fort Pond Bay on the Long Island Sound side of Montauk.

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.

SOLE EAST

90 Second House Road

631-668-2105 • soleeast.com

Sole 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.

For Complete Listings ➔ ONMONTAUK.COM



ON MONTAUK™

The On Montauk family of businesses make The End a
great place to visit, the best place to live.

123Delivery.net82 (631) 668-8075 • 123delivery.net	(631) 668-6452 • 2 S Embassy St
Anthony's Pancake Housemap, 82, 85 (631) 668-9705 • 710 Montauk Hwy	Fudge N Stuff Inc.map, 83, 87 (631) 668-4724 • 41 Carl Fisher Plaza
Arbormap, 64, 82 (631) 238-5430 • 240 Fort Pond Rd	Gringos Burrito Grillmap, 83, 84 (631) 668-7500 • 805 Montauk Hwy
Atlantic Terracemap, 11, 92 (631) 668-2050 • 21 Oceanview Terrace	Guild Hall27 (631) 324-4050 • 158 Main St, East Hampton
Beachmycmap, 51, 89 (631) 668-3100 • 32 Star Island Rd	Hampton Beach Service61 (631) 668-8075 • HamptonBeachService.com
Ben & Jerry'smap, 83, 86 (631) 668-9425 • 478 West Lake Dr	Hamptons International Film Festival23 (631) 324-4600 • hamptonsfilmfest.org
Bird On the Roofmap, 83, 84, 89 (631) 668-5833 • 47 S Elmwood Ave	Harborside Resort and Motelmap, 59, 64 (631) 668-2511 • 371 West Lake Dr
Blue Fin IVmap, 68, 69 (631) 668-9323 • michaelpottsiV@gmail.com	Harvest on Fort Pond15, map, 55, 84 (631) 668 5574 • 11 South Emery St
Captain Keithmap, 68, 70 (631) 681-8873 • 3 Star Island Dr	HomePort Townmap, 20, 89 (631) 238-5068 • 764 Montauk Hwy
Charter Boat Wee Jackmap, 67, 68 (631) 252-2536 • 352 West Lake Dr	Hoodoos17, map, 84 (631) 238-5791 • 38 South Etna Ave
Clam Barmap, 83, 84 (631) 267-6348 • On Montauk Hwy, Napeague	Inlet Café at Gosman's Dock7, map, 85 (631) 668-2549 • 484 West Lake Dr
Corcoran - Peter and Lois Moore4, map (516) 317-8727 • lois.moore@corcoran.com	Inlet Seafood-Marinamap, 67, 76 (631) 668-3419 • 540 East Lake Dr
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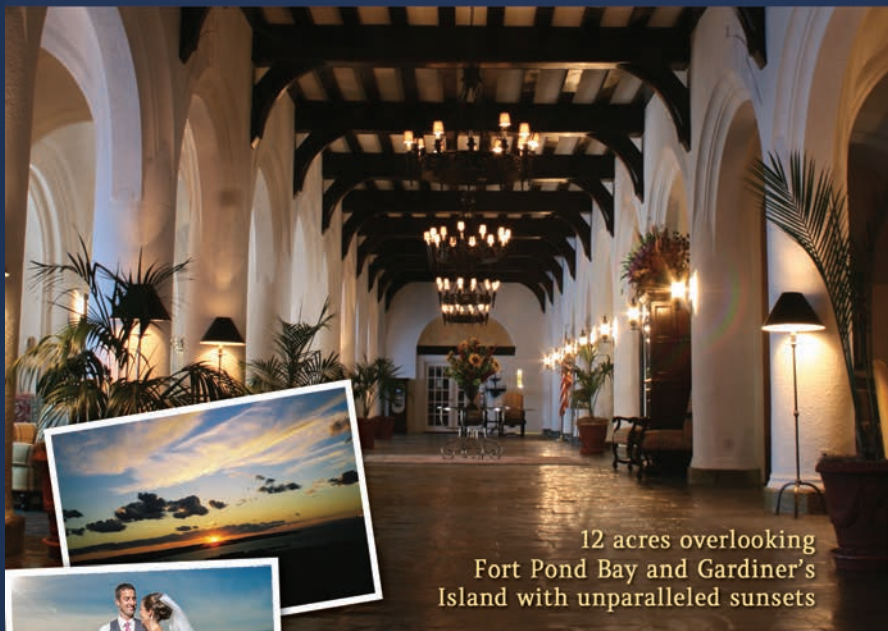
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