

FALL/WINTER
2018



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Meet Gaelin Rosenwaks

page 28

BOB MILLER'S SURFING TRILOGY SAFETY, ETIQUETTE, AND EXECUTION

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FALL/WINTER EVENTS CALENDAR

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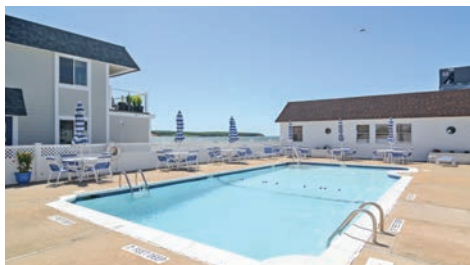
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JAN NELSON
Lic. R.E. Salesperson

O: 631.668.6565 | M: 631.905.4617
jan.nelson@elliman.com



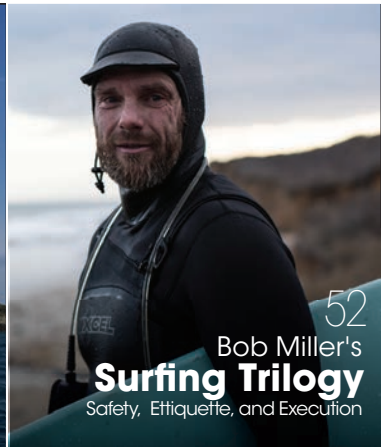
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Paton Miller, Out of Shinnecock 2017, oil



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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.



BOB MILLER devotes his life to life...as lifeguard, surfing instructor, ocean rescuer, and swim coach. Bob, a swimming prodigy from age 5, holds degrees in

Earth Science and oceanography from Stonybrook University and a Master's in Elementary Education and Special Education at Dowling College. He lives in Montauk full-time, sometimes traveling abroad to teach and heal.

ARIANA JASUTA grew up in Montauk, where she still resides and designs. She attended The Fashion Institute of Technology in NYC and The University of Vermont before starting Kaileigh Swimwear in 2014 after designing and sewing her first bikini at home. She continues to grow the bikini business and is expanding it to the west coast and Florida.



Photo-Jill Dalene Weber



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

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Letter *from* the Editor



Summer is back there

Fall at last is upon us in Montauk. How lucky we all are to be here in such a glorious time of year as the leisurely, hot and carefree weeks of summer (did I forget expensive?) transition to shorter, but more poignant, weekend getaways and day trips filled with fishing, surfing, gloriously uncrowded noshing, and some of the best deals all year. What's not to love about getting the best of the best at the best prices with the best weather, best fishing, best surfing, and least traffic? Check out our off-season specials section to score some deals.

And of course the fall has some great family-friendly traditions to behold... the Fall Festival, where you can taste the best chowders in NY and get those famous mugs...the Seafood Fest at the harbor, where local restaurants serve some their best seafood at a fraction of what you'd pay in summer. And there is SO MUCH more. Check out onmontauk.com/events... it's the best Montauk event calendar, period. Did I mention Montauk fishing and surfing in fall/winter...actually I don't have to.

Speaking of off-season, which I think is a misnomer...George's Lighthouse Café adds another year-round restaurant choice to Montauk's repertoire of great eateries. New ownership, a great new reasonably-priced menu, and a spruced-up family-friendly patio



Pumpkins on the horizon

with spectacular views will give us all great reason to head out to the point all year long. And that big fireplace in winter....

And we've compiled all of Bob Miller's 2018 surfing articles (safety, etiquette, and execution) into a three-part compendium that should be read by all. It's inside here, this book you're holding. Pass one on to all the surfers you know and get out there.

And we're truly excited to introduce you to Gaelin Rosenwaks, explorer and ocean lover extraordinaire. She's yet another spectacularly interesting and accomplished Montauker that deserves a little attention for all the great things she's doing (I mean physically doing...she's no wallflower with a computer) for our oceans and its wildlife. Is there something in our water? Well yeah, there is.

Get out there and enjoy Montauk in the off season, which for so many of us is the best season. And remember during those washout weekends and empty fishing trips...you're still on Montauk.

Carter Tyler



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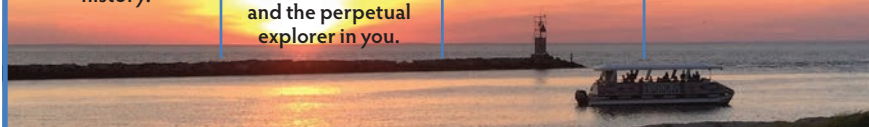
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and information about our Fishing Trips and Fun Cruises!

Montauk's shifting sands reveal some new destinations for 2018. Where to begin...?

New Eateries

HOOKED MTK – Hooked MTK is a locally owned, casual take out spot (or dine al fresco at their picnic tables) pioneered by Brian Mooney, formerly of the Clam Bar, just a short walk to the beach specializing in local seafood like steamed lobsters, lobster rolls, clams, oysters, steamers plus casual fare such as burgers, salads & kids meals. Grab a meal and hit the beach. Lunch, dinner, take out.
34 South Etna Ave. 631-668-2111.
hookedmtk.com



Photo: Ian Cooke

BREAKERS MTK – Breakers MTK is a laid-back eatery at Breakers Motel on a beautiful stretch of Old Montauk Highway, close to town, offering casual dining indoors and al fresco, poolside service, full bar, and take out. Weekend brunch beckons, as do wine, beer, and creative cocktails après beach. Breakfast, lunch. **769 Old Montauk Hwy. (631) 668-2525.**
breakersmtk.com



Photo courtesy of Breakers MTK.

MTK LOBSTER HOUSE – Diego Flores, formerly of Shagwong Tavern, brings his concept of fast, casual seafood to the space above Plaza Surf and Sport (former space of Soursop Tree Café) with dishes like lobster quesadillas, steamed mussels, and baked local clams. Burgers, too.
716 Montauk Hwy. 631-238-5703.
Mtklobsterhouse.com

Other

NIBI-MTK – Spring 2018 heralds NIBI's new flagship store in Montauk. Check out the latest boho chic fashions and the new men's collection plus a NIBI boho chic home line at **88 South Euclid Avenue. 917-371-3039.**
nibimtk.com

MONTAUK GENERAL STORE – “A shop back in time” features a little bit of everything a general store should have, including coffees, elegant pastries, teas, sweets, baked goods, and artisan cheeses. Bath and body products, games, gift boxes, and Montauk inspired gifts also abound in the quaint and friendly store, right on Montauk Highway in town.
669 Main Street. 631-668-0900.
mtkgeneralstore.com



Photo: Carter Randolph Tyler

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newyorkpilates.com/Montauk.

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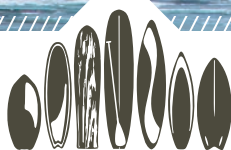
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NIBI-MTK
beachy boho chic boutique

A photograph of the interior of the NIBI-MTK boutique. The store is filled with various clothing items, including dresses, shirts, and hats, displayed on racks and mannequins. There are also baskets and other accessories on the floor. The store has a warm, rustic feel with wooden floors and walls.

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SPECIES	MIN. SIZE IN INCHES	DAILY POSSESSION LIMITS	OPEN SEASONS
STRIPED BASS <i>Applies to Party, Charter Boats and Surfcasting</i>	28	1	APR. 15 - DEC. 15
WINTER FLOUNDER	12	2	APR. 1 - MAY 30
BLACKFISH	16	4	OCT. 5 - DEC. 14
BLUEFISH <i>(includes snappers)</i>	No Min Size for first 10 12 TL for next 5	15, no > 10 can be less than 12" TL	ALL YEAR
WEAKFISH	16 10 filleted 12 dressed	1	ALL YEAR
ATLANTIC COD	22	10	ALL YEAR
POLLOCK	19	NO LIMIT	ALL YEAR
HADDOCK	18	NO LIMIT	ALL YEAR
SUMMER FLOUNDER (FLUKE)	19	3	MAY 17 - SEPT. 21
PORGY <i>On Party/Charter Boats</i>	10	30 45	MAY 1 - DEC. 31 SEP. 1 - OCT. 31
BLACK SEA BASS	15	3 8 10	JUN. 27 - AUG. 31 SEP. 1 - OCT. 31 NOV. 1 - DEC. 31

For the most up-to-date and complete list go to:
www.dec.ny.gov/outdoor/fishing.html

EFFECTIVE MAY 10, 2017



Summer Camps for kids

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pathfinderdaycamp.com
631-668-2080

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Kate Tempesta's Urban Golf Academy at Montauk Downs offers a range of full/partial day and weekly camps/programs for golf, tennis and swim for ages 3–8, plus evening golf camp for 8 and up. June 18–Aug. 31. Details/registration at **ktuga.com**
607-731-1886

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campsoulgrow.org

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coreyswave.com
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UPCOMING EVENTS

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



RECURRING EVENTS

THIS IS A PARTIAL LIST. FULL DETAILS AND OTHER LISTINGS
AT **ONMONTAUK.COM**

Monday

RECREATION

Hatha Yoga with
Tsuyumi at the
Montauk Library
through Dec.

Tai Chi at the
Montauk Library
through Dec.

30-Minute Guided
Meditation with
Tsuyumi at the
Montauk Library
through Dec.

Tuesday

EDUCATION

Tech Tuesdays
at the Montauk
Library through
Dec.

Thursday

EDUCATION

English
Conversation
Group at the
Montauk Library
through Dec.

FOOD

Montauk's Farmers
Market On the

Green through 9/13
and then Fridays
9/21 and 9/28

Friday

DANCE

Country Line
Dancing for
Beginners with Joel
at the Montauk
Library through
Dec.

RECREATION

Fitness with
Tsuyumi at the
Montauk Library
through Dec.

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.

Nancy Atlas

DAILY EVENTS

Photo: Carter Randolph Tyler

SEP 1 - SAT

LIVE MUSIC

FRENSHIP at The
Surf Lodge

SALE

2-Day: Lion's Club
Craft Fair on the
Green 9/1-9/2

SEP 4 - TUES

HEALTH

AARP Blood
Pressure Screening
at the Montauk
Library

SEP 5 - WED

EDUCATION

Senior Advocate
at the Montauk
Library

LIVE MUSIC

Nancy Atlas at The
Surf Lodge

SEP 6 - THURS

THEATRE

An Evening
of Magic with
Alexander Crown
(7:00p Or 9:00p) at
Gurney's Montauk

SEP 7 - FRI

LIVE MUSIC

Nancy Atlas

at George's
Lighthouse Café

SEP 8 - SAT

FESTIVAL

2-Day: 6th Annual
Montauk Seafood
Festival at Gurney's
Montauk Yacht
Club 9/8-9/9

LIVE MUSIC

Nancy Atlas at
Stephen Talkhouse

SEP 12 - WED

LIVE MUSIC

Rainy Day Blues:
Rhonda Denet

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in Concert at the Montauk Library
Rhoda Denet & The Silver Fox Trio at the Montauk Library

SEP 16 - SUN

BENEFIT

Big Bucks Bonanza at the Montauk Fire Department

EDUCATION

Book Group - The Gentleman in Moscow by Amor Towles at the

SEP 30 - SUN

RECREATION

MightyMan Montauk Sprint at Fort Pond Soccer Field, Montauk

OCT 2 - TUES

HEALTH

AARP Blood Pressure Screening at the Montauk Library

OCT 3 - WED

EDUCATION

Senior Advocate at

Nancy Atlas at Stephen Talkhouse

OCT 11 - THURS

LIVE MUSIC

Nancy Atlas at Stephen Talkhouse

OCT 14 - SUN

EDUCATION

Book Group - Transatlantic by Colum McCann at the Montauk Library

LIVE MUSIC

Concert featuring

THIS IS A PARTIAL LIST. FULL DETAILS AND OTHER LISTINGS AT **ONMONTAUK.COM**

Montauk Library

SEP 22 - SAT

LIVE MUSIC

Lynn Blue Band at The Stephen Talkhouse

SALE

2-Day: Historical Society Craft Fair at Second House Museum 9/22-9/23

SEP 23 - SUN

EDUCATION

Wind, War and The Duryeas Anne Costello McDowell, Speaker, at the Montauk Library

the Montauk Library

OCT 6 - SAT

FESTIVAL

2-Day: 37th Fall Festival Clam Chowder Contest On the Green 10/6-10/7

FISHING

2-Day: SIYC 9th Annual Striped Bass Tournament at Star Island Yacht Club & Marina 10/6-10/7

FOOD

2-Day: Montauk's Farmers Market On the Green 10/6-10/7

LIVE MUSIC

Katherine Addleman, classical pianist at the Montauk Library

NOV 6 - TUES

HEALTH

AARP Blood Pressure Screening at the Montauk Library

NOV 7 - WED

EDUCATION

Senior Advocate at the Montauk Library

NOV 10 - SAT

KIDS

Family Apple Pie with the Baking Coach at the

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.

Montauk Library

NOV 18 - SUN

EDUCATION

Book Group -
Commonwealth by
Ann Patchett at the
Montauk Library

NOV 22 - THURS

RECREATION

42nd Annual "Run
for Fun" Turkey Trot
Around Fort Pond

NOV 24 - SAT

SALE

Montauk

Community
Church Christmas
Fair at Montauk
Community Church

Montauk Library
Holiday Book Sale
at the Montauk
Library

NOV 25 - SUN

KIDS

Annual Christmas
at Lighthouse with
Santa

DEC 4 - TUES

HEALTH

AARP Blood

Pressure Screening
at the Montauk
Library

DEC 9 - SUN

EDUCATION

Book Group - When
the Emperor was
Divine by Julie
Otsuka at the
Montauk Library

DEC 14 - FRI

KIDS

Family Gingerbread
Houses at the
Montauk Library

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Battle of the Fantasy Girls Bands at Stephen Talkhouse*

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MAKO

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Gaelin filming Great White Sharks in Guadalupe Island, Mexico

THE ENTIRE WORLD IS HER MONTAUK

by Debbie Tuma
photos courtesy of Gaelin Rosenwaks

Explorer, Fisherwoman, and Filmmaker Gaelin Rosenwaks has done more in life to help our oceans and its wildlife than anyone you'll ever meet...even in bigger-than-life Montauk. She's a living legend, right under your snorkel.

The Grey Lady Restaurant in Montauk was packed one recent evening with people eating oysters and enjoying happy hour. But instead of the usual bar crowd, these were scientists and world travelers who were members of the Explorers Club in New York City.

They had come for a talk and slide show by one of their members, Gaelin Rosenwaks, of Montauk and Manhattan. This was the first of four weekly talks by the Explorers Club in August, which focused on different aspects of the ocean. Rosenwaks' presentation was called, "Tales of the Open Ocean—

"I saw these 60-foot waves breaking over the bridge of our 308-foot boat..."

Adventures at Sea." Grey Lady owner Ryan Chadwick, himself a boater, diver, and member of the Explorers Club, had brought this idea to his dockside restaurant.

Gaelin, who has been coming to Montauk with her family since childhood, is a marine scientist, explorer, photographer, filmmaker, and a presenter, who strives to

share her passion for the ocean, fishing and nature through her photos, words and videos. She started her own company, Global Ocean Exploration, which brings, as she says, "cutting edge expedition science" to the public.

Standing before a large screen, Rosenwaks began showing some of her many expeditions around the

Gaelin standing on an ice-covered Bering Sea with the US Coast Guard Ice Breaker Healy in the background parked in the ice during the Bering Sea Ice Expedition



world, from the Arctic to the Antarctic, on ice breakers that towered five stories over her five-foot two body. There she was, shooting pictures on the deck of an ice breaker boat in 60-foot waves on her first expedition, at only 22 years old.

"I was working at Woods Hole Oceanographic Institute in Massachusetts and I had the chance to go out on this research expedition to Antarctica for two months," said Rosenwaks, who was studying the overwintering patterns of Antarctic zooplankton. "It was one of the most physically and mentally challenging things I have ever experienced, but it set me up for handling anything," she said. "I haven't seen any seas of that height since I saw these 60-foot waves breaking over the bridge of our 308-foot boat during a big storm."

Rosenwaks has also traveled to the Arctic four times, on different expeditions, including in the Bering Sea, where she studied how seasonal ice affects the Bering Sea ecosystem. As a young woman, she has already been on over 20 scientific expeditions, including around Southeast Asia. She showed beautiful tropical photographs of Palau, in Micronesia, from where she recently returned. Some of her other expeditions were exploring seaweed farms of the Philippines, Arctic salmon, and Ocean Acidification of the Western Arctic Ocean.

"I've always loved ocean science," she said. "The ocean was always a theme for me, and that's why I loved coming



Fishing for snappers on the dock

to Montauk all my life. "I grew up in Manhattan and Norfolk, Virginia, and my parents and grandparents took me out to Montauk for every vacation. We rented a house in Montauk for many years and then we built our house about 10 years ago, so now I am here full-time."

Her parents, Zev and Stacy Rosenwaks, also attended her talk and photo show at the Grey Lady. "We all love going out on the boat, which we keep at Star Island, and we spend lots of time doing inshore and offshore fishing off Montauk," said her mother.

Gaelin Rosenwaks recalls catching her first fish at age 3. "I always loved fishing, but mostly throw them back in," she said. "We only take what we can eat." One of the reasons Gaelin feels comfortable traveling all over the world is that her father took the family on his travels as a medical doctor. "But of all the places I have been, Montauk is still the most special to me because it is the perfect balance—being near New York City, and being one of the most

beautiful places on the planet—it's where my soul feels happiest," she smiles.

And most of that joy comes from being in or on the water. Rosenwaks is a US Coast Guard certified boat Captain and a certified Rescue SCUBA diver. She started surfing at 16 at Ditch Plains, and she goes paddle boarding on Fort Pond Bay. She is also a big-time fisher-woman, but at the same time is concerned about overfishing and preserving species.

Rosenwaks jokingly referred to herself as a "full-on nerd." After high school in New York City, she studied biology and art history at the University of Pennsylvania and then she earned her Master's in Marine Biology and Marine Conservation at Duke. She spent much time exploring and photographing the Outer Banks, where she met famous author and scientist Carl Safina, of East Hampton.

"One of my big passions and areas of research focuses on the bluefin tuna. I met Carl tagging tunas in the Outer Banks," she said. "He wrote large portions of his books about bluefin tuna, and we now fish together, in Montauk." Carl Safina, also a member of the Explorers Club, was honored this August by the Veterinarians International organization, at the Bridgehampton Surf & Tennis Club, for his work with the natural world.

For her master's degree, Rosenwaks worked on a bluefin tuna project called, "Tag A Giant." She satellite tagged them to see where they were going in the ocean. "They are incredibly beautiful fish, with their silver, blue and gold—and they swim the entire ocean. They are strong, powerful, and mysterious."

She caught her first blue marlin in the Canyon, off Montauk three years ago. "It was amazing—it jumped a lot and was quite acrobatic—it was just one of those magical days offshore," she said.

Gaelin with a beautiful Striped Bass caught off of Montauk



In 2008, Rosenwaks left academics to start her own company, "Global Ocean Exploration," to bring cutting edge expedition science to the public through film, photographs and writing. "I felt that although scientists do great work, they could use some help communicating this work to the public. One way is through the visual image, in photographs and video," she explained. Her latest film, "Fishing for Science: Giant Trevally" is at <https://youtu.be/6bDaNXJtgFc>

Rosenwaks took her camera on all her expeditions and she later attended the International Center of Photography in Manhattan to learn more of the technical things she needs. She

“although scientists do great work, they could use some help communicating this to the public”

has exhibited her ocean, marine and wildlife photographs at many galleries, including the Depot Gallery in Montauk. She recently had an exhibit at Liman Gallery in Palm Beach, called, “Global Catch—Portraits of a Precious Resource.”

After witnessing tremendous declines in fisheries and the devastation of the oceans, she decided to document the diversity of the world's fish and how different cultures approach their consumption of seafood. Rosenwaks traveled to fish markets, restaurants, and docks around the world. “My 'Global Catch' exhibit captures the story of the love affair that different

cultures have with seafood, while highlighting the unsustainable nature of it—by over consuming and depleting the oceans,” she said.

Rosenwaks has a “Science at Sea” photo exhibit that has been traveling around the country, most recently at the Maritime Aquarium in Norwalk, CT. This exhibit will be at the Amagansett Life Saving Station, opening on August 25, with a preview on August 24. It runs through October 21, 2018, and the public is invited. 🐟

For more information about Gaelin, visit www.globaloceanexploration.com and www.gaelinrosenwaks.com and follow her @gaelingoexplore



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2018

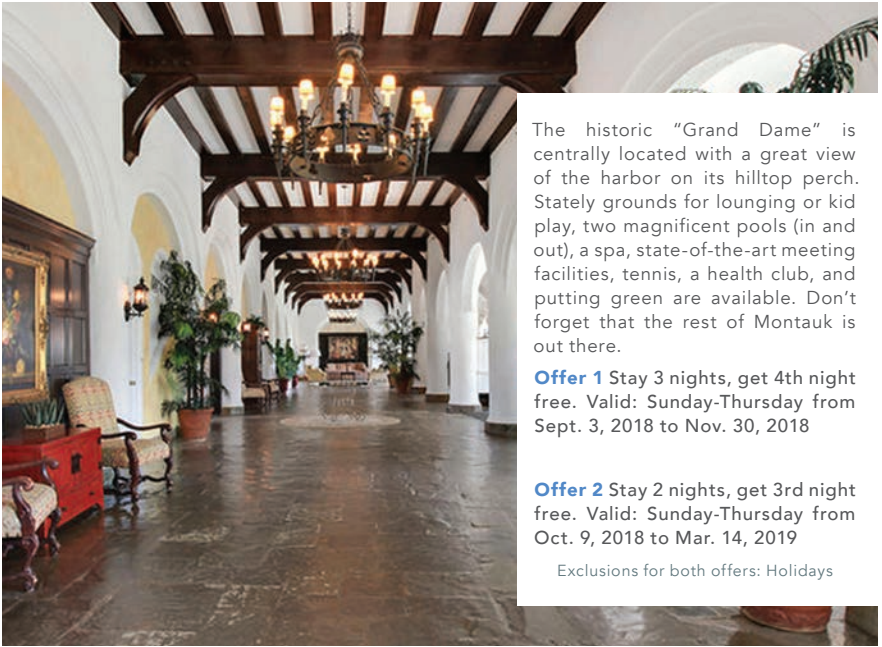
Off-Season Specials

Bikinis and Shopping and Dining Oh My! Welcome to the Off Season in Montauk, where nice weather endures (yes, it's often still warm enough for bikinis in September), great deals on everything from lodging to surfing lessons abound, and crowds abate. Throw in Montauk staples like unrivaled surfing and fishing, a few great events like the Seafood Festival on September 8th and 9th, The Fall Festival & Clam Chowder Contest on October 6th, 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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Offer 2 Stay 2 nights, get 3rd night free. Valid: Sunday-Thursday from Oct. 9, 2018 to Mar. 14, 2019

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To book, call Montauk Manor 631.668.4400 and mention "On Montauk."
236 Edgemere St., Montauk, • 631.668.4400 • www.montaukmanor.com



Solé East Resort / Stay 2 nights get 3rd night free

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

Offer Stay 2 mid week nights and get the 3rd mid week night free. Valid: Sept. 3, 2018 to close of the season.

Exclusions: Holidays and Groups



To book: call 631.668.2105 and mention "On Montauk"

90 Second House Road, Montauk • 631.668.2105 • www.soleeast.com

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

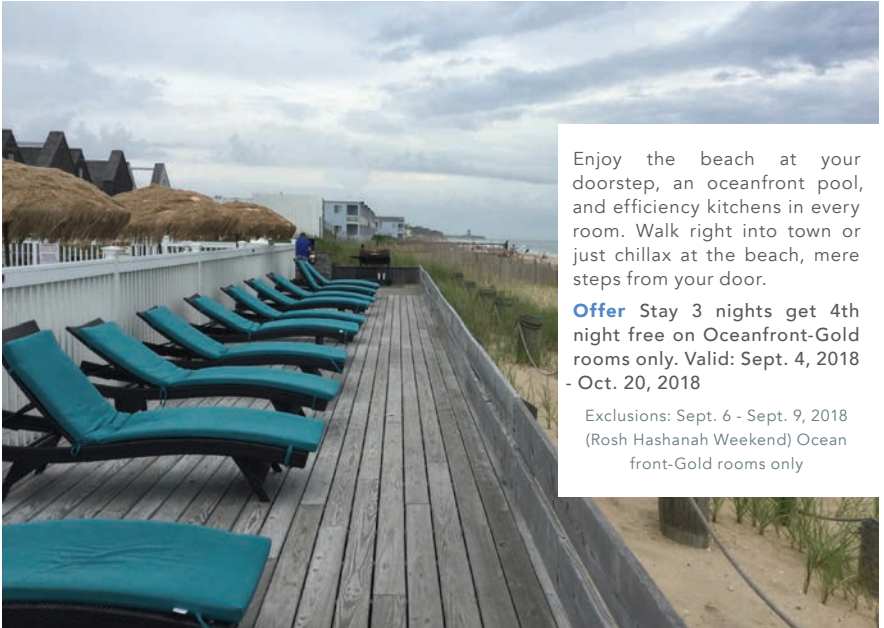
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107 S Emerson Ave, Montauk • 631.668.2105 • www.soleeast.com

The Oceanfront Ocean Surf Resort Stay 3 nights get 4th night free



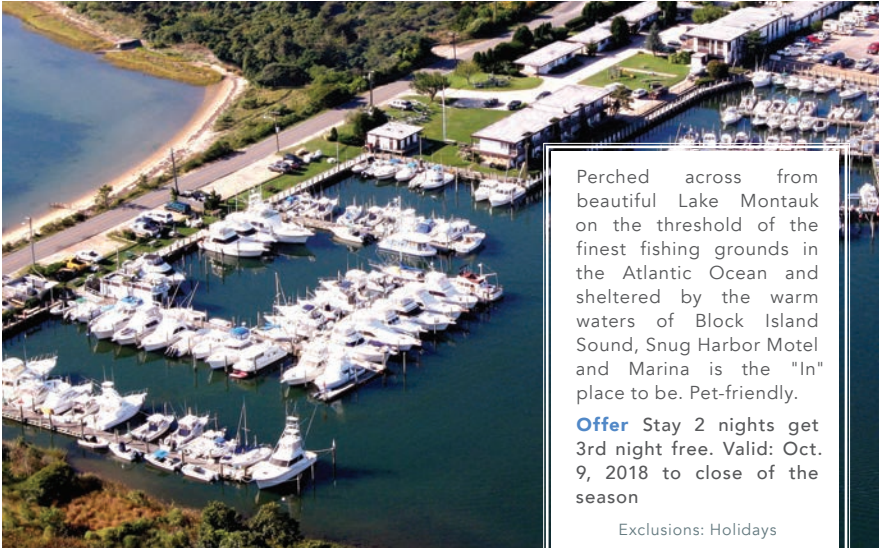
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Exclusions: Holidays

To book, call 631-668-2860

3 Star Island Road, Montauk, NY 11954 • 631.668.2860 • www.montauksnugharbor.com



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 campers build lifelong friendships and hone social, creative and athletic skills -- just as this family business has done for five decades.



Offer Newbies get 10% off the 2019 camp season at Pathfinder, which has been the pièce de résistance of Hampton's summer day camps for five decades. Offer ends Dec. 1, 2018.

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To Redeem, go to montikimontauk.com or call 631.668.2826

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631.668.2826 • www.montikimontauk.com

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Beachmyc / Offers up to 50%+ off select items

Save up to 50% or more on select items at Beachmyc, the gift shop at Gurney's Montauk Yacht Club, thru November.

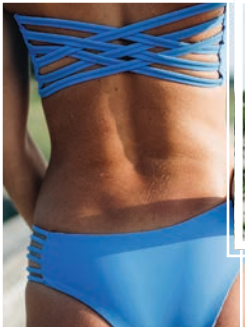
This elegant gift shop at Gurney's Montauk Yacht Club supplies casual and dressy clothing, gifts, jewelry, souvenirs and more.

Valid: until close of 2018 season (Nov. 2018)

32 Star Island Road, Montauk
631.668.3100

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Additional 15% off summer 2018 swimwear collection

AT KAILEIGHSWIMWEAR.COM

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Valid: until May 2019

To Redeem: go to www.kaileighswimwear.com and use code ONMONTAUK

Info: info@kaileighswimwear.com

Exclusions: Sale does not apply to full price items.

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

Offer The secret is out...Harvest kills it with off-season **"half portions"** of its **giant servings** and **ten wines for only \$20**. Valid: mid Oct. 2018 to mid May 2019.

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One bite and you're.....

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\$30 Lobster roll (or Tom Lob) with Clam Chowder Purchase

Offer \$30 Lobster roll (or Tom Lob) with clam chowder purchase

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www.hookedmtk.com

and don't forget these
MONTAUK FALL STAPLES

The Montauk Seafood Festival, September 8th, 9th

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 at Gurney's Montauk Yacht Club. 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 6th, 7th

The Montauk Chamber of Commerce's 37th 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, Oktoberfest foods, a free 30-horse carousel, the farmers market and more! Right on the green in the center of town. The Clam Chowder Contest is Saturday ONLY, October 6th, at 11AM. **For more info call 631.668.2428.** Mugs will go on sale at the Chamber office on October 5th or they can be purchased the morning of the contest. Your purchase includes 2 cups of chowder. **More at montaukchamber.com.**



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Photo: Tara Carson

**Congratulations to On
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the Mighty Montauk
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and thank you to
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making it all happen.**

John Carson of Long
Beach, NY came in 32nd
overall with a time of
2:13:10



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462 West Lake Drive
Montauk, NY 11954

STOKE YE @ GEORGE'S LIGHTHOUSE CAFÉ

There's a Real Restaurant at the Light House,
and it's Open All Year. Really.

by Sunny Davis

photos by Carter Randolph Tyler



Cafe's welcoming entrance

It's always a good thing to hear that a restaurant in Montauk is open and affordable YEAR ROUND! Enter George's Lighthouse Café. Yes, that staid snack stand...it's a real restaurant now. And a good one, at that.

How very convenient for the folks who live here all year (or come out on non-summer weekends) and appreciate the chance to exhale in the colder months and spend time with their families - or catch up with neighbors and friends that they never get to spend QT with in the summer. We need somewhere to GO. All summer George's has been pulling in crowds for

great food and live music on most nights (Nancy Atlas and the Sturdy Souls, recently). And again, they're NOT closing after LD!

I find the café to be a cozy spot in a communal space that offers a very welcoming setup, which is a great way to transform strangers into friends. Managed and operated by Mike Torriero and Amanda Feta, it is staffed with local folks who are anchored to the town and live here all four seasons. They've spruced the place up substantially, including plush turf on the outside back patio that overlooks the ocean. Bands play out there regularly, and kids roam safely.

Mike won a bid with NY State to operate the café in May of 2017. His successful bid was based on a commitment to run the café year round and have it available for community events, fundraisers,

holiday gatherings, concerts, etc. It is a public-use facility owned by NY State. Prior to that, it was known as the Lighthouse Café - that was really just a stop 'n snack kind of place until it's reinvention with Mike and Amanda.

Come here with the family - it's a great place to spend the day. There are old-fashioned board games, shuffleboard and a pool table - yes, the little ones can unplug from their devices and actually experience the joy of recreation and amusements from "the old days"! George's is also a





Inside the cafe

*The crackling of their wood-burning fireplace will
sooth you on a primal level*



George's Lighthouse Cafe Team



football-friendly atmosphere on the weekends and fans, they've got your back with essentials like chicken wings, onion rings, nachos, chili and a dozen different beers to choose from. Planned events this fall include a classic car show and a weekend of Christmas tree decorating and carols, each tree sponsored by a local business.

I think you'll enjoy the rewards of conversing with all types of people at their full-service bar which offers craft cocktails and excellent Bloody Marys. Wintertime libations like hot rum toddies and spiked hot chocolate will be available. Rose on tap will be available throughout the winter....yay!

The crackling of their wood-burning fireplace will sooth you on a primal level and promises to make the enjoyment of



Shrimp Zucchini Noodle Bowl



Owner and operator Mike Torriero

their cuisine even better. George's offers comfort favorites like creamy clam chowder, Fish and Chips, a Bass Sandwich or bracing local oysters, which are always amazing in the cooler season. But they've got elevated choices that are masterfully done, including Avocado Stuffed Tuna Tartar, Steamed Mussels (yes, both local), and a Shrimp Zucchini Noodle Bowl.

Stepping out to the Café's terrace overlooking the water is invigorating when there's a chill in the air. Watch the parade of boats during the fall fishing blitz, gaze at the surfers as they ride the churned-up waves in a SSW swell. Fix your eyes on the surfcasters down on the rocks as they pull mighty

One of Montauk's best places to watch the setting sun's fiery finale in winter



stripers and blues out of the foam. (Fishermen: you are most welcomed and the café will pack a lunch to go for you.) Every weekend in winter there are guided seal hikes around the lighthouse trails, and the café is a great post-hike spot - on returning you can vanquish the chill in your bones with a steamy mug of hot chocolate or a hearty soup.

If you're looking for a front-row seat for one of nature's best reality shows, the terrace is also an awesome spot for waterfowl and bird watching; rounding the point is their migratory highway, so to speak, and hearing them honk, quack and cackle in glee

Local Avocado Stuffed Tuna Tartare



as they pass by is always a delight. It's also one of Montauk's best places to watch the setting sun's fiery finale in winter as the lighthouse is awash in a golden orange-pink hue you only see at this time of year. It's stunning. I can't help but imagine how comfy it must be in front of George's roaring fireplace when the light powdery stuff starts to fall...would

it be like feeling tucked inside your own personal snow globe? The thought of that feels so elemental and satisfying...seeing the Point all frosted up and hearing the extraordinary sound of "granular slush" lapping the rocks on the shore...while tucking in to one of George's hot rum toddies, of course. 😊



The kitchen and bar are open from noon until sunset, 7 days a week (winter hours may change so please call ahead).

Tel: 631.668.2076

www.georgeslighthousecafe.com

Local Steamed Mussels



BOB MILLER'S SURFING TRILOGY

SAFETY, ETIQUETTE, & EXECUTION

Ocean Rescuer, lifeguard and surfer Bob Miller has imparted his water and surfing wisdom with On Montauk all through 2018. We compile it all here in a trilogy of knowledge you should live by, including his last piece on surfing execution, "Part III - Now let's hit the waves!"



Bob Miller surfs by the
Lighthouse in Winter 2018.
Photo: James Katsipis

Part I

Let's Talk Safety

After over a decade of teaching surfing, two decades of coaching swimming, and nearly three decades of lifeguarding, there is something I'd like to share, which boils down to this; we all want to have fun, right? That's it, story's over? Yeah...nah, we have only just begun. But the bottom line... is about having fun.

Remember the old saying that it's all fun and games until &#*! Well, this is a story trying to prevent the &#*!, and the way to do that is to put safety first. By this I'll suggest that you do something that you are hopefully doing anyway: be aware of your surroundings. First thing in any first aid response is to survey the scene, look for potential dangers, assess risks...*then* respond.

When we all walk down to the beach, we take a look at the crowd and decide where to place our things. Perhaps we can also ask ourselves a few things? Is it possible the crowd is in a particular place for a reason, would you think?

Possibly everyone is swimming in a particular place for a reason, perhaps...? An awareness and understanding of your environment is what we are asking for here.

What are things like surf conditions, rip currents, rocks, and jetties? These may seem like easy questions in isolation, but they are often ignored when fun is in the air. It's unfortunate that when we let

our guard down, the &#*! happens. This is where your own personal risk assessment should be working for you. For example, people with children should swim near a life guarded swimming area while surfers should not surf in this zone. Common sense, right?

Perhaps if we were all simply made more aware of dangers that we may, or may not, have realized



East Hampton Volunteer Ocean Rescue responds to distressed swimmers all year.



Teaching surf therapy with the Wounded Warriors.

were there all along, we'd be better able to prevent trouble. For example, we are all pretty aware that a surfboard is something that would probably hurt if it hit our, or anyone else's, head... yes? Okay, so... what should we do if at some point we lose our boards? ... cover our heads! As clever as children can be, they have taught me to call this a hand helmet... as in cover your head with your hands... kids really are amazingly brilliant!

Anyway, back to that board, which is a danger to those around you if you don't hold onto it, so... please keep a grip. Yes, hold onto it. Get flipped upside-down with it, but don't let go. It's a free ride back to the surface, which is where we can all do something we enjoy...breathe. Without your board you're still doing back flips underwater, board dragging you by the leg and perhaps endangering someone else. So please... **HOLD ONTO YOUR BOARD.** If you can't, put on your **HAND HELMET.**

Okay... that said, so what if the &#! does happen on the water? First, don't panic, this is just a story. Second, don't panic at the time of an incident. Panic is not good. I'm sharing these thoughts so you can think ahead about having a plan and not succumb to panic. So thank you, again, for not panicking, but instead keeping a level head and knowing how to ask for help.

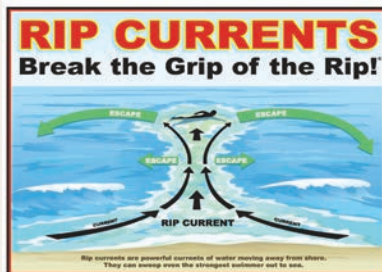


Note these location signs on the beach. 911 will ask you for the number in an emergency.

Would I be aware if someone needed help? How would I contact help? The answers should be known by every parent and, really, any beachgoer. Indeed, the town has a dedicated 911 response system for ocean emergencies for which I and about seventy other men and women carry pagers for rapid reaction. Behind this system is East Hampton Volunteer Ocean Rescue (EHVOR), which was created to respond quickly to emergencies with lifeguards and equipment to make ocean rescues.

If you do need to call 911, here is a big tip that many overlook: note the letter and number of the big ORANGE sign staked at every public beach entrance. The 911 operator will ask you for it, making our response time faster.

Simple awareness of our



IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.ausa.org



Don't panic, know this sign.

Let's work together to keep it safe. Hold onto those boards as best you can out there, and when you

"so what if the &#*! does happen on the water?"

surroundings... the surf, rips, rocks, lifeguards, and of course that big **ORANGE** sign... can make our summer fun safer. So please remember that old saying about how it's all fun and games until &#*!

can't, remember to cover your head, especially on the way back up to the surface.

Please be aware of your environment...just in case.



Bob Miller and his open water swimmers at Ditch Plains.

Part II

Let's Tauk Surf Etiquette

So.... the story goes... after forty years of catching waves (that I can remember) I'll share with you what I've learned. "Share", hmmm ... that was my mantra a few years back, so while out in the water surrounded by perhaps more than the usual crowd of local surfers, I'd find myself taking a deep breath in 2,3,4 ... and on the exhale remind myself to share.

Anyhow that is the sort of thing that this article is about. After coaching for over 25 years and specifically surfing the past 15 years I've learned to keep it simple. Some of you may be familiar with the acronym KISS, which stands for keep it simple silly (yeah right,) so I'll keep it silly, I mean simple.

When talking about surfing we can talk about 3 different things... safety, which we talked about in the last article (HOLD YOUR BOARD... COVER

YOUR HEAD), etiquette, which we will learn about in this article, and then we can talk surfing, but if you learn to be safe in the water and practice good etiquette... you can surf anywhere in any line-up around the world.

That said, I've often asked people what etiquette is.... and their answers are great! The dictionary defines etiquette as 'the customary code of polite behavior in society or among members of a particular profession or group,' & that group would be us...surfers.

With no one out in the ocean to

turns on the slide, a surfing line-up works like a queue - everyone gets a slide, I mean ride... or slide... whatever, y'all know what I mean, protocol.

These formalities with respect to surfing are as relevant today as they were back in the day when The Beach Boys put out their album, "Pet Sounds," and without a certain decorum, the ocean would be a much more dangerous place... which again brings us back to safety because if it's not safe and people aren't nice, surfing is much less fun.

Anyway ... let's get into this surf

"Everyone gets a slide, I mean ride"

police the line-up, this 'code of polite behavior' is not always understood, acknowledged, or perhaps even known, so I'm going to share.

I'm going to write down those unwritten rules of conduct, courtesies, & customs, which is not something new. Manners are something we've all learned in grammar school. Like taking

etiquette stuff.

Nicety numero uno is **DON'T DROP IN**. This means that you look both ways before taking a wave. It's like crossing the street, if you look one direction and someone is coming...you don't go, pull back on your board, sit on the tail, kick out of the wave. **DON'T DROP IN** and from our first article on safety, **HOLD**

ONTO YOUR BOARD.

Another rule of conduct is **DON'T BE A SNAKE**. This would mean to paddle around other surfers in the queue and basically cut the line. Imagine that slide again in the playground, and those surfers that are snakes would be the type that didn't want to wait their turn, pushing, pulling, causing drama, not good!! **DON'T BE A SNAKE**, please wait your turn and remember breath in 2,3,4 & ... "share."

Okay... courtesy #3 is to take **CAUTION ON THE INSIDE**. Here we mean when caught inside the breakers, to paddle towards whitewater to avoid a collision; and **ONLY IF IT IS SAFE TO DO SO**, paddle towards the shoulder of a wave to avoid a collision. Basically, do anything you have to get out of a surfers way that is riding, which brings us back again to our "safety tauk" from the spring On Montauk, & being aware of your surroundings.

Next, good form in the ocean is to **NEVER** lose or throw your board. My lifeguard Captain says, "back when there were no leashes, and if you couldn't swim and you lost your board you died, so... that really cut down on the crowds quite a bit." That makes for both good etiquette & good safety... **HOLD ONTO YOUR BOARD**.

Are you seeing patterns of formality here, like **WAIT YOUR TURN?** So, who's turn is it? The person waiting the longest, closest to the peak or furthest out, some would even say the first up, but it's really about polite decorum & sharing.

One last formal politesse please, if I may...? **SURF WITHIN YOUR**

ABILITY. As in if you're learning, please stay clear of the main surf zone, again please, take the time to learn how to control your surf board away from the crowd.

These are all ways to practice good surf etiquette, which again is defined as the customary code of polite behavior... so, please be aware of your surroundings, wait your turn, don't drop in, don't be a snake, and hold onto your boards.

Sent from my lifeguard stand...



Surfers Code Sign at
Ditch Plains



Bob Miller helps rescue refugees in Greece.

Part III

Now Let's Hit the Waves

So now that we have covered the basics in safety, HOLDING ONTO YOUR BOARD & COVERING YOUR HEAD, followed by some rules of etiquette like DON'T DROP IN or SNAKE another surfer, we can now begin to talk about surfing.

I'll begin by discussing how to control your surf board, where if you were to draw a line down the middle of your longboard, cutting it in half length wise, you will discover the center of buoyancy or balance of the board.

Hypothetically you would be able stand there on one foot, right in the middle of the board, but that is pretty difficult, so you can put the other foot down too, but it is that front foot that will control the speed of your board.

If you put weight on this front foot your board will move forward, as if it is the gas peddle and then the back foot would be the opposite or the brakes, like when you want to slow your board down, you put weight on that back foot.

That said, the same place you put your front foot is where your hands were when you pushed up on the board as you were standing up, therefore your hands also control the speed at which

you go.

If you keep your weight over your hands on your board it will continue moving forward but, if at this time, you put your knee down on the back of the board it will also be like putting on brakes and you will miss the wave you're going for.

So let's now get into your position on this surf board and the understanding that as you lay down you may need to slide forward or



Bob Miller in action

back on that board again depending on how fast you'd like to go.

If you look over your shoulder at the wave coming and you see that it is a bit big you can slide back a little, while if looking over your shoulder you see a small wave that you'd like, slide forward...and it is through remembering to do this, on every wave, you'll find more success.

Speaking of success, the more waves that you go for the more you will fail... I mean succeed, but it will be through this failure that you will learn to succeed, sort of like life, anyway....

When you decide that you are going to go for a wave you must keep in mind your surroundings, as in look where you are going, look to the left and right to see if someone is coming, and look behind you at the wave approaching.

If something does not look safe, if there are people in the way, please

change your direction, avoid other people, or even decide not to take the wave and wait for another one. If it looks good, then decide if you need to go faster or slower to catch the wave.

As you paddle for the wave, just before the wave comes up behind your feet, take two or three more hard paddles to keep your momentum going as you jump to your feet, with either your weight forward or back depending on the size of the wave.

If it's big wave you may want your weight on the back foot to slow it down and keep the nose of the board up or for a small wave keep that weight over the front foot until you've taken off.

Once you've made this initial adjustment of your weight, either

"If there is a large wave coming your way please do not just bail your board"

forward or back, you can then shift the weight, again, forward or back, to control the speed at which you are surfing and perhaps even begin to turn your board.

But... let's not get ahead of ourselves... we still need to get out into the ocean, beyond the breaking waves, before we can begin to catch clean green waves, or we'll be simply riding white water on the inside.

So as you enter the water you'll want to consider a few things, like where the bigger waves are breaking, if there is a rip current that can take you out there, and even the interval between waves and sets of waves.

Then when you enter the water it is important to keep your board pointing straight out toward the ocean or toward the beach. If your board is sideways when a wave hits you, your board may be flipped back at your head, and well ... that might be a bit painful.

Okay, so a wave is approaching you as you're walking into the water. If you are moving toward it with some momentum it will not push you backwards as far. If you stand still and let it hit you, well, then it is going to do just that, and likely knock you back.

The more momentum you have moving forward when you come in contact with the white water the less it will push you back. If you are on your board paddling when the white water gets to you, hold the rails with both hands and push yourself up so the water can pass beneath you.

If there is a large wave coming your way please do not just bail your board...remember our safety rule of holding onto your equipment. What you need to do is keep your momentum forward and, before the wave hits you, hold the rails and roll the board upside down.

This move is called a turtle roll and will allow this wave to crash down on the board, and not on your head, because now you are underneath it. The wave will push the board down under the wave and then your board will float back up on the other side, so hold on for the ride.

Now that you have gotten yourself out the back remember all the things we have covered so far about safety, etiquette, and surfing. Remember the

more waves you take the more chances you have to fall... I mean stand up, but it is through falling that we learn to stand, sort of like life.

Surfing is a wonderful pastime, sport, or even form of therapy for many people, that can last a lifetime. But remember that it can also end your life if you're not careful out there, so please keep safety in mind, and etiquette, while surfing in the ocean.

And if I may suggest taking a lesson when you're beginning so that you can be reminded of these things again. Perhaps even by me, Bob, who's been coaching surfing for over fifteen years @Air & Speed surf shop in Montauk. (Good promo aye?) 🏄



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serving breakfast, lunch, dinner with indoor/outdoor seating, Patio, Bar, Fresh Sushi.
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Westlake-Marina.com  

Located on West Lake Drive, Montauk Harbor (just north of Star Island Road)





Montauk Museums

MONTAUK POINT LIGHTHOUSE

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

LIGHTHOUSE MUSEUM AND GIFT SHOP

Located in the Lighthouse, the museum and the Gilmartin Galleries showcase the seafaring history of the Lighthouse, display historic documents, and offer guided tours. Open daily May 1 through Columbus Day, call for off-season times. Fees for Museum (includes access to Ocean and Surf museum): \$11 Adults, \$8 Seniors, and \$5 Children up to 12 and at least 41" tall; Children under 41" free, but they can't

go up the tower. New York State Parking fee: \$8
631-668-2544 **MontaukLighthouse.com**

MONTAUK OCEANS INSTITUTE AND SURF MUSEUM

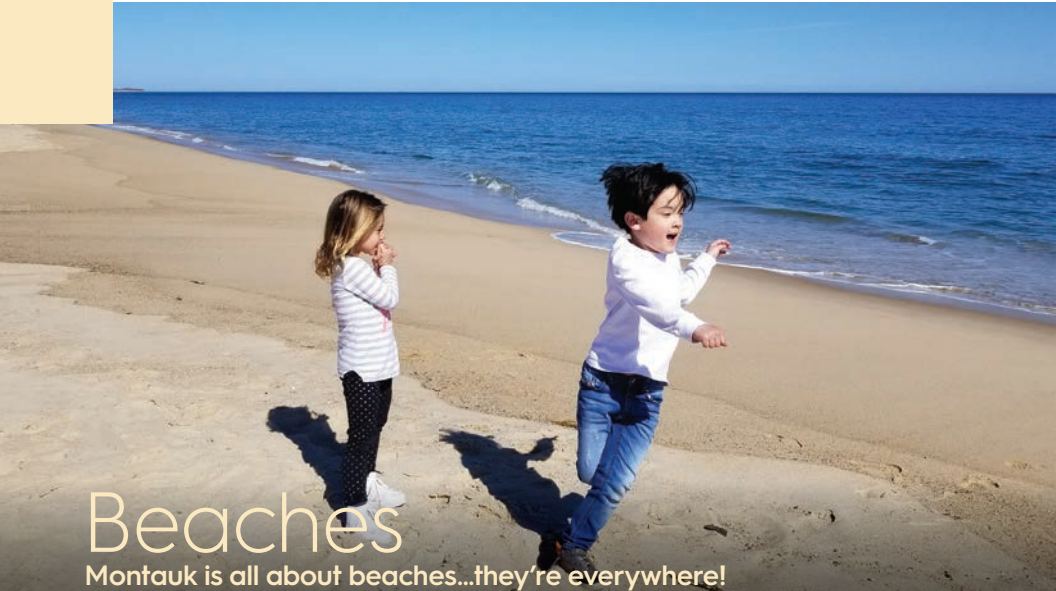
An exploration of Montauk surfing history and culture alongside an educational primer on marine science, oceanography and physical science. Located adjacent to the lighthouse in the fog signal building. Fees for Museum (includes access to Lighthouse Museum): \$11 Adults, \$8 Seniors, and \$5 Children up to 12.

MONTAUK INDIAN MUSEUM

On the grounds of Second House just west of town, 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.

montaukhistoricalsociety.org

For Complete Listings →
 **ONMONTAUK.COM**



Beaches

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

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

DOGS not allowed on most beaches 10am – 6pm, May 15 through September 15.

BEACH FIRES are allowed on main town beaches from 5pm – 12am but must be fully

contained in a metal container.

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

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

AMSTERDAM BEACH (must hike to access, remote, unspoiled, quiet, no facilities, dogs OK)

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

Beaches

fee. Nice playground, picnic tables, outdoor showers, restrooms, a changing area, and a general store.

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.

MONTAUK POINT STATE PARK BEACH

(public parking, views, facilities, rocky, hiking, explore, no lifeguards)

Not a traditional “beach”. Park at the lighthouse parking lot (fee during season), walk down to the rocky shoreline and enjoy majestic views of the lighthouse, watch surfcasters on the rocks, or meander around the hills overlooking the ocean. The fit can hike the rocky shoreline in either direction and enjoy unspoiled Montauk coastline or carefully cross atop the lighthouse revetment and watch the ocean’s relentless assault on the giant boulders

(note: the revetment is slated for overhaul and may be off-limits when construction starts).

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., over the railroad tracks. Great for launching kayaks, paddleboards, and small boats. A favorite spot for locals and families. The beach is pebbly, so take swim shoes. Parking by 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**



Photo: Eileen Chron

OUTDOOR ACTIVITIES

Watersports

CRUISES AND WATER TOURS

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

coastlines, catering to a variety of customers.

TOMOKO BOAT TOURS & EXCURSIONS: 631-668-8079, Cruisemontauk.com; harbor/lake history tours, sunset and stargazer cruises, lunch/swim tours, lake eco tours. At Gosman's Dock

VIKING TOURS: 631-668-5700, Vikingfleet.com; at Montauk Harbor; whale watching, sunset cruises, lighthouse and ecotours, ferry services and fishing; at Montauk Harbor

CATAMARAN MON TIKI CRUISES, CHARTERS: 631-668-2826, sailingmontauk.com; day & evening outings amidst beautiful fluttering sails of our fleet of

SAIL MONTAUK
Charters, Lessons & Sunset Sails
631-522-5183 www.sailmontauk.com

Outdoor Activities **Watersports**

Polynesian-inspired catamarans" as we now have 3 different boats ranging in size from 26' to 65' for different needs. At Gurney's Montauk Yacht Club

SAIL MONTAUK SAILING CHARTERS AND SAILING

SCHOOL: 631-522-5183, sailmontauk.com; offers sunset cruises, evening sails, sailing and swimming excursions, and sailing lessons for individuals or groups, plus a junior sailing program; at Gurney's

Montauk Yacht Club

BOAT/KAYAK LAUNCHING

WEST LAKE LAUNCHING

RAMP (Ocean) - on West Lake Drive (at Duryea Ave.) is an excellent multi-lane concrete ramp and dock into Lake Montauk/Montauk Harbor that accesses the sound. Parking by East Hampton town permit only. 25 trailer rigs accommodated. 631-324-4142

FORT POND FISHING

ACCESS SITE (Fort Pond Lake,

Vihlein's

Marina Motel, & Boat Rentals

Corporate,
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Birthday Parties
and More



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

444 West Lake Drive | P.O. Box 357 | Montauk, NY 11954

Small Craft, Kayaks) – on S. Erie St. next the soccer field has a single-lane hard-surface ramp into the lake for small craft and parking for multiple vehicles/trailers. Also appropriate for launching SUPs, kayaks, etc.

**CAROL MORRISON PARK
(Fort Pond Lake, Kayaks, etc.)**

– on Fort Pond (lake) is a great place to launch kayaks, canoes, SUPs, etc. for recreating on the calm lake. Limited parking; 128 Second House Rd. (turn on dirt road across from S. Debus Rd.);

631-324-2417

BOAT RENTING

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

CANOEING & KAYAKING

Canoe or kayak on Fort Pond (launch at Carol Morrison Park), Fort Pond Bay, Lake Montauk, or one of Montauk's hidden ponds. **UIHLEIN'S:** rents ocean

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



Visit our website at www.uihleinsmarina.com

Outdoor Activities Watersports

kayaks and plans excursions or lessons for the more adventurous.

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.

STAND UP PADDLEBOARDING

SU paddleboarding is increasingly popular and great exercise, fun, and works everywhere: ocean, sound, & lakes. **COREY'S WAVE:** 631-639-4879, rents SUPs, gives lessons, and tours; 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.

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



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Our spacious eco-conscious catamarans were inspired by traditional Polynesian designs. Take one of our daily scheduled trips, or book a private charter and create your own special seafaring adventure!

Buy Tickets Online: sailingmontauk.com
or call us at: (631) 668-2826

Sailing from: Montauk Yacht Club 32 Star Island Rd.

On-land

GOLF

MONTAUK DOWNS STATE

PARK: Pro shop, 631-668-1100; Reservations, 631-668-1234; parks.ny.gov/golf-courses/8/details.aspx; 50 S. Fairview Ave.; Montauk Downs State Park is a true sleeper; an 18-hole year-round public golf course named a Top 10 municipal course by Links Magazine in 2013. If that's not enough, add a driving range, putting green, pro shop, private lessons and clinics for adults and kids, a grill room, swimming pool, kids wading pool, and tennis. Club rentals

and lockers available.

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

TENNIS & PICKLEBALL

MONTAUK DOWNS TENNIS (6 Public Har-Tru Courts):

631-238-7160; montaukdowntennis.club; 50 S. Fairview Ave.; Molly Nolan and Rebecca Rubenstein run various clinics, lessons, and day camps for kids and



Photo: John Carlson

Outdoor Activities On-land



Montauk Bike Shop

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- ▶ COURTEOUS SALES & SERVICE
- ▶ GUIDED TOURS
- ▶ EXPERT BIKE FIT

www.montaukbikeshop.com

adults throughout the tennis season on the Downs' six Har-Tru courts, which are also rentable by the hour and for private lessons. Visit online or their on-site pro shop for details.

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

GOTHAM TENNIS ACADEMY IN MONTAUK (8 Private/Public Har-Tru Courts): 631-267-8525; 91 S. Fulton Drive (off West Lake Dr.); gothamtennis.com; A full array of tennis lessons, camps and court rentals.

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

equipment provided.

BICYCLING

MONTAUK BIKE SHOP: 631-668-8975; 725 Main St., is THE place for Montauk biking info. Call them to rent/buy trail or road bikes, get advice on trails, and buy maps. 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. See Parks and Trails.

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 followed. The Sprint Triathlon is held in July and the internationally renowned triathlon weekend held in September: the Sprint Mighty Man on Saturday followed by the Mighty Man

1/2 distance and Mighty Man Olympic on Sunday

SKATEBOARDING

THE MONTAUK SKATE PARK

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

PLAYGROUNDS

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

Eddie Ecker County Park 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.

BEACH WALKS

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

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

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

See our BEACHES section for more beach info. Other great walks would begin from Amsterdam Beach, Montauk Point, and Gin Beach. For beaches that are not publicly accessible or have restricted parking, On Montauk recommends renting a bike from the **Montauk Bike Shop (631-668-8975)**. (For the energetic, a great ride would be to Gin Beach from Town, then walk to Shagwong point.)

For Complete Listings →

 **ONMONTAUK.COM**



Gaelin with a beautiful fluke caught
in the waters off of Montauk

Photo courtesy of Gaelin Rosenwoks

Fishing

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

MONTAUK HARBOR

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

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Sailing from Viking
Dock in Montauk Harbor



PARTY-BOAT FISHING FOR FAMILIES AND GROUPS

Party or “head” boats are fun for the whole family. Experienced captains and crew provide fishing gear, advice, and know how to put you in the action. Prices typically include everything except food, drinks, and tips. Half-day trips, great fun for the kids, stay inshore and generally run 8am to 1pm. Full day trips leave according to the season, so check with each boat for their times.

LAZYBONES

Lazybones fishes in calm local waters with a clean vessel and a superior crew. Its 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/

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

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



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

ELIZABETH II CHARTERS: Captain Paul Bruno, ElizabethIICharters.com, 516-817-1939, Montauk Marine Basin, 45' Custom

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

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

NOVEMBER RAIN CHARTERS: Captain Jill Maganza, NovemberRainCharters.com, 646-335-7315, 646-423-8806, Westlake Marina, 43" Lowell

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

MARINAS

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

WESTLAKE FISHING

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

MONTAUK INLET

SEAFOOD: 631-668-3419, on East Lake Drive is a working dock and NY's

largest commercial fishing fleet. Inlet Seafood is home to the Inlet Seafood Restaurant.

SNUG HARBOR MOTEL AND MARINA: 631-668-2860, on Star Island, tucked into the calmest corner of Montauk Harbor, provides secure berths for small craft as well as those over 45ft. They offer seasonal and transient dockage, individual electric/water/cable, WIFI, bath house with washer/dryer and nearby boat launching.

SURFCASTING

Surfcasting in Montauk is epic and legendary, deservedly so. To do it successfully you'll need braided line at 30+ pound test and a nice selection of bucktails and plugs. Always crush your barbs, bring fish in quickly, and release safely what you won't keep. Cast out by Camp Hero, the Lighthouse, and Gin Beach, plus all the south side beaches from Montauk Point to Hither Hills campground. The top seasons for surfcasting are spring and fall, when stripers linger off Montauk before migrating, but our big blues can be found from July through October. Permits to park after hours at Camp Hero and the Montauk Point Lighthouse Parking Lot or on the beach by the Lighthouse

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631-668-9323 email michaelpottslv@gmail.com

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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 MARINA: 631-668-5600 and **UIHLEIN'S MARINA:**

NOVEMBER RAIN CHARTERS

43' Lowell

1-20 passengers



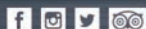
Full/Half Day • Twilight/Night
Inshore/Offshore • Sunset Cruises

Striped Bass • Bluefish • Fluke
Bottom Fishing • Shark • Tuna

Captain Steve
646.423.8806

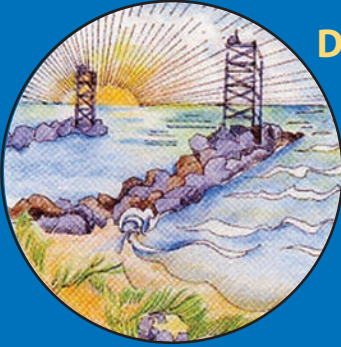
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631-668-3799, carry a large selection of boat-oriented fishing supplies and tackle.

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

BOAT RENTAL

UIHLEIN'S MARINA: 631-668-3799, is the place if you prefer the relaxation of fishing on your own. Rent skiffs and center consoles to take out into the harbor or sound.

For Complete Listings →
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PARKS & TRAILS

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

AMSTERDAM BEACH PRESERVE

(Great hike to the beach)

A 200-acre park stretching from Ranch Road at Indian Field on the east to the Montauk Association houses (seven cottages designed by McKim, Mead and White in the 1880's) to the west extends southward to the Atlantic Ocean. The natural topography, called "Montauk Moorlands," has tidal and freshwater wetlands interspersed throughout maritime shrub lands. This main trail head on Montauk Highway begins a one-mile hike to the ocean bluffs taking you through a holly arbor and across streams. The hilly trail affords peeks of ocean through the brambles and ends at the ocean beach and bluffs. This easy-to-navigate trail offers a unique reward of coastal beauty. A great hike to an unspoiled beach.

CAMP HERO STATE PARK

(Great spot for biking, hiking, exploring)

This 415-acre state park is a decommissioned military base and a National Historic Site (also the home of conspiracy theories linked to the Philadelphia project). Several buildings, bunkers, batteries, and an old radar building remain, although some are off limits to the public. Roads cross the park, along with an extensive system of trails for hiking, bicycling, horseback riding, a beach used by surfers and surfcasters, a picnic area with grills and an old maritime forest. To enter the park, bear right as you approach the lighthouse from the highway. Parking fee \$8 in season. Open daily year-round from sunrise to sunset. You can also park on Camp Hero Road (a right turn before Camp Hero

along the highway) to hike Point Woods Trail, one of Montauk's most beautiful trails, taking you south of the highway to the bluffs.

CULLODEN POINT PRESERVE

This park is named after the HMS Culloden, a British 74-gun, 170-ft warship that sank in 1781 about 200 yards from shore, where it still rests. A well-marked trail that takes about 2 hours to loop (a mile or less to the shoreline) leads from the parking area off Flamingo Avenue to a picturesque rocky beach on Fort Pond Bay. The trailhead is next to a small plaque commemorating the shipwreck. The natural wooded area and shoreline has seen little change from the days when the Montauketts lived here in a world of hidden ponds, specimen trees, wetlands and beautiful shoreline. Great views of the bluffs at Culloden Point.

EDDIE ECKER COUNTY PARK

(Great dog spot, launch kayaks, canoes)

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

CAROL MORRISON PARK & FORT POND HOUSE

(Launch kayaks, canoes, or picnic)

Carol Morrison Park, containing Fort Pond House, is located on a four-acre site overlooking Fort Pond with a grill station, benches, and open space for play. Steps down to the pond allow for launching

kayaks, etc. Carol Morrison was a well-loved conservationist and it is appropriate that this park, which narrowly escaped being sold to private developers in 2010, should be named after her. The house on the premises is available for meetings and other events by appointment through the East Hampton Recreation Department, 631-324-2417.

HITHER HILLS STATE PARK COMPLEX

(fish, play, hike, bike, facilities)

The large beachfront park along Old Montauk Highway sits on two-and-a-half-miles of Atlantic Ocean beach and boasts 1,755 acres of parkland that stretches to Napeague Harbor. Along with hiking and nature trails, it has 168 campsites that can be reserved through **ReserveAmerica.com**.

Activities include ocean swimming, saltwater fishing, guided nature hikes, and children's programs. Non-campers are welcome, but must pay a \$10 daily parking fee. Open year round from sunrise to sunset. (631-668-2554).

Hither Hills State Park, 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 stretching from the sound to the Atlantic. To access the trails north of the highway, park at either the highway 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

Parks & Trails

bikes, and gives advice. Bike or hike to Fresh Pond or take a beautiful coastal walk at Rocky Point. Even though the trails are blazed with color-coded markers, hikers should take maps. 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 MOUNTAIN

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

MONTAUK POINT STATE PARK

This 724-acre park at the site of the Montauk Point Lighthouse offers breathtaking views of the sea, Block Island Sound, and Block Island to the northeast, and is great for bird watching year round and seal watching in winter. Park then set off on foot to explore. Ask for a trail map at the toll booth. The park has surfcasting, five miles of marked and unmarked hiking trails, a picnic area with tables, a playground, restaurant, gift shop, and restrooms. Daily parking is \$8. The Montauk Point Lighthouse, a museum run by the Montauk Historical Society, is open daily in season. This park is contiguous with Camp Hero Park and the Sanctuary and there are

HIKING TIPS

Buy a trail map. Although major trails are marked, many divergent ones are not. Leaf cover can mask trails, causing confusion. Also, after heavy rains some trails may be muddy or inundated. The **Montauk Bike Shop** has maps and information.

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

several hiking trails that cross them. To the north of Montauk Highway, look for signs for Money Pond Trail, Oyster Pond trail and the Seal Haul Out Trail, where seals can be seen on the rocks just off shore in winter. Attractions: beautiful rugged shorelines, migrating birds, hidden ponds, seals in the winter. Also see WALKING DUNES.

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. About 30 percent of Shadmoor is freshwater wetlands with several small ponds hidden in the thickets. Trails and dirt roads lead to the bluffs from the entrance on Montauk Highway, offering an easy walk. A passive-use park, Shadmoor was home to two WWII gun emplacement sites trained on offshore waters to deter German submarines. A good family hike. Attractions: dramatic vistas of Montauk shoreline, 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. The park's 1,126 acres feature 3.5 miles of color coded nature trails restricted for hiking (a self-guided brochure is available), five miles of bridle paths, a picnic area, freshwater fishing and canoeing at Big Reed Pond, and surfcasting on the outer beach (**Gin Beach and Shagwong Point**). Camping is permitted for up

to seven days from April through November on the outer beach for vehicles with permits that are self-contained trailers. Tents are not allowed. The view of Big Reed Pond from the observation deck on the blue trail will make you understand why it's a Registered Natural Landmark. Attractions: hiking, views, fishing, camping.

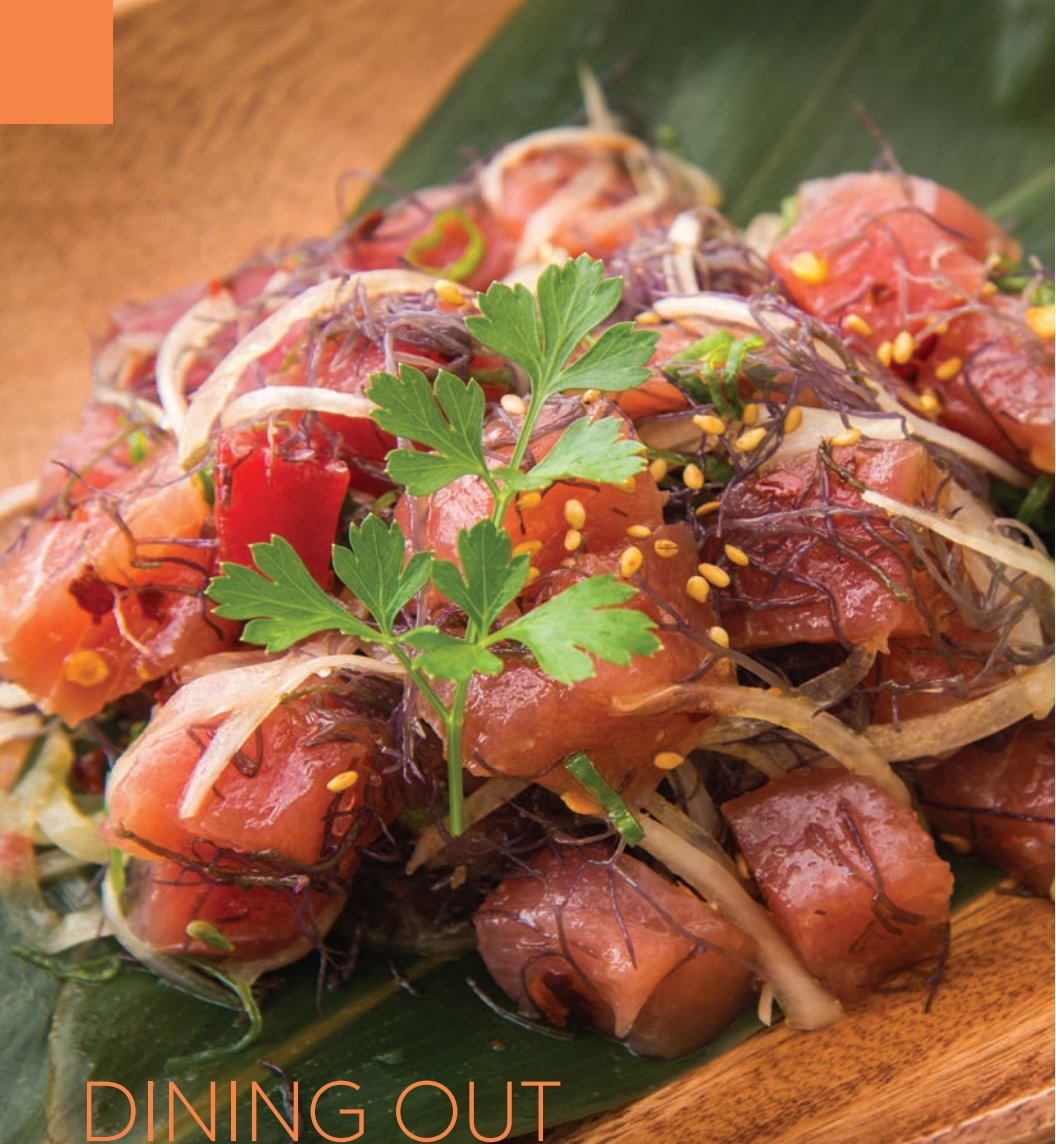
WALKING DUNES

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 and drive to the end of the paved road. Park here and follow the path to your right until you reach the dunes. A self-guided nature trail, the three mile loop has great views of Napeague Harbor and winds atop the ridge of the North Dune, which is the most active of the three parabolic, or U-shaped dunes. This area is a natural wonder and deceptively fragile so stay on the trails. 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. Check out ehtps.org for details. **The Concerned Citizens of Montauk**, 631-238-5720, preservemontauk.org, offer outdoor activities throughout the year. Drop by their office at 6 South Elmwood Avenue for advice or maps.

For Complete Listings →
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THE BACKYARD RESTAURANT at Solé East

90 Second House Road
631-668-9737
soleeast.com

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

R	Bird on the Roof	B
E	 	O
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T	<i>Serving Gourmet Breakfast All Day</i>	T
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N		
T		

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47 South Elmwood Avenue
631-668-5833

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

BREAKERS MTK

769 Old Montauk Hwy
(631) 668-2525
breakersmtk.com

NEW! Breakfast, Lunch: Location Location Location. Breakers MTK is a new, laid back, ocean-view eatery nestled into Breakers Motel along a beautiful stretch of Old Montauk Highway close to town, offering casual dining indoors and al fresco, poolside service, full bar, elevated grab & go offerings, and a signature take-out menu with online ordering. Weekend brunch beckons,



Breakers



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breakersmtk.com
631.668.2525

769 Old Montauk Highway

Dining Out

as do wine, beer, and creative cocktails après beach.

DURYEA'S LOBSTER DECK

65 Tuthill Road

631-668-2410

duryealobsters.com

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

EAST BY NORTHEAST

51 Edgemere Street

631.668.2872

Eastbynortheast.com

Dinner: Sister restaurant of Harvest on Fort Pond and sharing executive chef Jake Williams, ENE is influenced by both the Far East and the Northeast with serious steaks amidst creative, substantial sushi rolls and myriad fresh seafood specialties. Dine al fresco and/or enjoy the classy bar and lounge inside with nice sunset views alongside fort pond, adjacent to the newly renovated Stone Lion Inn.

HARVEST ON FORT POND

11 South Emery Street



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(631) 668-4272 • InletSeafood.com

541 East Lake Drive, Montauk, NY

631-668-5574

harvestfortpond.com

Dinner: An On Montauk favorite, Harvest On Fort Pond has a well-deserved reputation as a Montauk fave, suitable for all sets. Feed the ducks and HUGE fish off the Fort Pond dock while you wait for your table... the kids love it. Dine or drink in the lovely herb and vegetable garden under the stars. Chef Jake Williams prepares Tuscan fare served in LARGE family-style portions, emphasizing local seafood and homegrown produce. The sophisticated bar is popular with well-heeled locals and sports an impressive wine and beer selection. Dinner from 5pm daily.

HOOKED MTK

34 South Etna Ave.

631-668-2111

hookedmtk.com

NEW! Lunch, Dinner, Take Out:

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

**INLET SEAFOOD
RESTAURANT**

541 East Lake Drive



631-668-4272

inletseafood.com

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

NAVY BEACH

16 Navy Road

631-668-6868

navybeach.com

Lunch, Dinner: Sunset anyone? This laid-back, family-friendly 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 produce. Signature dishes include Local Catch Ceviche,

Dining Out

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pizzavillagemontauk.com

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Buttermilk Fried Chicken, and the Lobster & Clam Bake. Dine inside or on the beach and watch breathtaking sunsets and boats meandering offshore. Great wedding/event spot. Open seven days in season.

PIZZA VILLAGE

700 Montauk Highway

631-668-2232

pizzavillagemontauk.com

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

THE POINT BAR AND GRILL

697 Montauk Highway

631-668-1500

pointbarandgrill.com

Lunch, Dinner, Late Night: This iconic watering hole and eatery with big-screen TVs features casual fare including

wraps, burgers, mussels, and buffalo wings along with signature dishes, such as a 16-ounce steak and fresh Montauk seafood. 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... and more than just pizza, Primavera has superb homemade Italian specialties and specialty pizzas made in brick-lined ovens. The grandma pie is heaven. Specialties like focaccia sandwiches, salads, soups, pasta dinners, and even tiramisu are homemade. Takeout or eat on tables outside. The playground and ball field across the street are great outlets for the kids after dining. Event catering.

SWALLOW EAST

474 West Lake Drive

631-668-8344

swalloweastrestaurant.com

Lunch, Dinner: This Harbor area mainstay on Lake Montauk with nice views features New American small plates designed to be shared, including creative delicacies like butternut squash cappuccino soup, "mac & cheese" with orzo, peas, bacon and asiago cream sauce, or angus sliders

with tomato jam. Also available for private events, corporate dinners and weddings. Named after the swallow, a bird that chooses a mate for life and always returns home.

WESTLAKE FISH HOUSE

352 West Lake Drive

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. Watch fishing boats dock and unload their catch while enjoying fresh cocktails and frequent live music. The extensive menu features local seafood, fish & chips, chowder, sushi, the Westlake Burger and an impressive kid's menu.

Bakeries & Markets

MONTAUK MARKET

805 Montauk Highway

631-668-2071

Breakfast, Lunch, Dinner (plus food market): BAKERY! BAKERY! Montauk Market is a superb bakery and market opening at 5am serving fresh muffins, croissants, breads, bagels, flagels, cookies, bialys, pies, or full breakfasts like egg white wraps, omelets, fresh fruit salads, yogurt & granola, plus veggie juices and smoothies. Lunch includes endless sandwich combos and homemade salads while dinnertime features hot and cold platters, Italian specialties and Latin-American dishes. They cater and can make you a to-go basket for the beach!

MONTAUK BAKE SHOPPE

29 The Plaza A

631-668-2439

montaukbakeshoppe.com

Breakfast, Lunch: A Montauk institution is the Bake Shoppe. Fresh everything in the morning displayed for easy viewing in classic bakery style. Classic

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Freshly baked whole grain

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featuring Wedding Cakes
by Linda

includes-sugar free
and gluten free items



We ship baked goods nationwide
using overnight delivery only

montaukbakeshoppe.com 631.668.2439
29 The Plaza #A | Montauk

bakery items mingle with specialties like rugelach, quiche, and exotic cookie creations. Homemade doughnuts, cakes and...wow, those breakfast wraps are so big and juicy you could skip lunch. Coffee, juices, refreshments also. Takeout or grab a table outside and people watch.

MARSHALL AND SONS MARKET

701 Montauk Highway
631-668-2990
marshallandsons.com

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

Ice Cream/Sweets

BEN & JERRY'S
West Lake Drive Extension
at the Harbor
631-668-9425
benjerry.com/Montauk

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

FUDGE N'STUFF

41 S Edgemere Street
631-668-4724

Candy, Fudge, Ice Cream: Seen Willy Wonka? Fudge N'Stuff is jam-packed with goodies, including 30 different kinds of fudge, an eye-popping assortment of old-fashioned penny candy, lollipops, gourmet jellybeans, cotton candy, hot popcorn, nuts, and chocolate-covered pretzels. Craving soft serve ice cream, sundaes, malts, banana splits, hot chocolate or a cappuccino? No problem. Oh, piñatas too. 10am-11pm in season.

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



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.

Spas & Wellness

MEETING HOUSE LANE MEDICAL PRACTICE

679 Main Street

631-668-3705

southamptonhospital.org

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

MONTAUK SALT CAVE

552 West Lake Drive

631-668-7258

montauksaltcave.com

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

SPA at the MONTAUK LAKE CLUB

631-668-5705 ext 109

montauklakeclub.com/spa

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

For Complete Listings →
 **ONMONTAUK.COM**

MEETING HOUSE LANE MEDICAL PRACTICE

Michael GENEREUX, DO
C. Travis KOKE, DO
Nancy KEEGAN, NP

Comprehensive primary
medical care for all ages.

Open Monday—Friday
from 9am—5pm

In an emergency, call 911
(631)668-3705

679 Main Street, Montauk



Stony Brook Medicine

Vintage Pink



SHOPPING

BEACH MYC

**32 Star Island Road
631-668-3100**

This bright and airy store located at the Gurney's 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 GMYC jersey & signature sweats and totes. Bags, trendy fashions, hats, candy, toys & 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.



*Buy the
Montauk
Lighthouse
at Martell's*

MARTELL'S

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Gifts • Party Goods • Newspapers • Magazines • Souvenirs
Greeting Cards • Notions • Toys • Large Supply of Fine Cigars



Martells at Montauk about our Cigars



631-668-1248 • Main Street, Montauk
(next to Montauk Fuels)

Shopping

FORT POND NATIVE PLANTS

2 South Embassy Street

631-668-6452

nativeplants.net

This Garden Center, located in a beautiful building in the village across from the bus stop, specializes in native and organic plants. Come here for a large selection of annuals and perennials, vegetables, herbs, trees, bushes, mulch, fertilizers and much 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

At the Gosman's shopping promenade, locally-owned "Homeport" comprises four iconic stops you'll have to hit while in Montauk. **CAPTAIN KID** is Montauk's premier toy store with a great selection of Lego sets, games, beach toys and kid gifts & clothing. It shares space with **FISH CITY**, a mecca for T-shirts, sweatshirts, and souvenirs. The flagship **HOMEPORT** store is an iconic shop for home decor, gifts, and unique jewelry. **PIER GROUP** features quality, resort-style clothing for men and women. Also see **SHINE**.

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

MARTELL'S

809 Main Street

631-668-1248



beachmyc

32 star island road
at Gurney's Montauk Yacht Club
631-668-3100

fashion • jewelry • beachwear • gifts

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

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.

Jane's House Cleaning

Openings & Closings—
Weekly or Monthly
"It's Up To You"

Free Estimates

631.668.2941/Cell: 516.658.0682

jdesous1@optonline.net

Also trail books, guides, and Montauk Project books. A 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 customized private or group guided tours or instruction plus corporate team building events. Need maps, parts, accessories, clothing, or repairs? You're covered.

NIBI-MONTAUK

88 South Euclid Avenue

917-371-3039 • nibimtk.com

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

MONTAUK 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

Shopping

Himalayan salt lamps in various shapes and sizes, as well as jewelry and clothing.

SHINE

764 Montauk Hwy

631-668-8178

MyMontauk.com

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

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. 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.

For Complete Listings →

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Montauk

www.marshallandsons.com



Vintage Pink

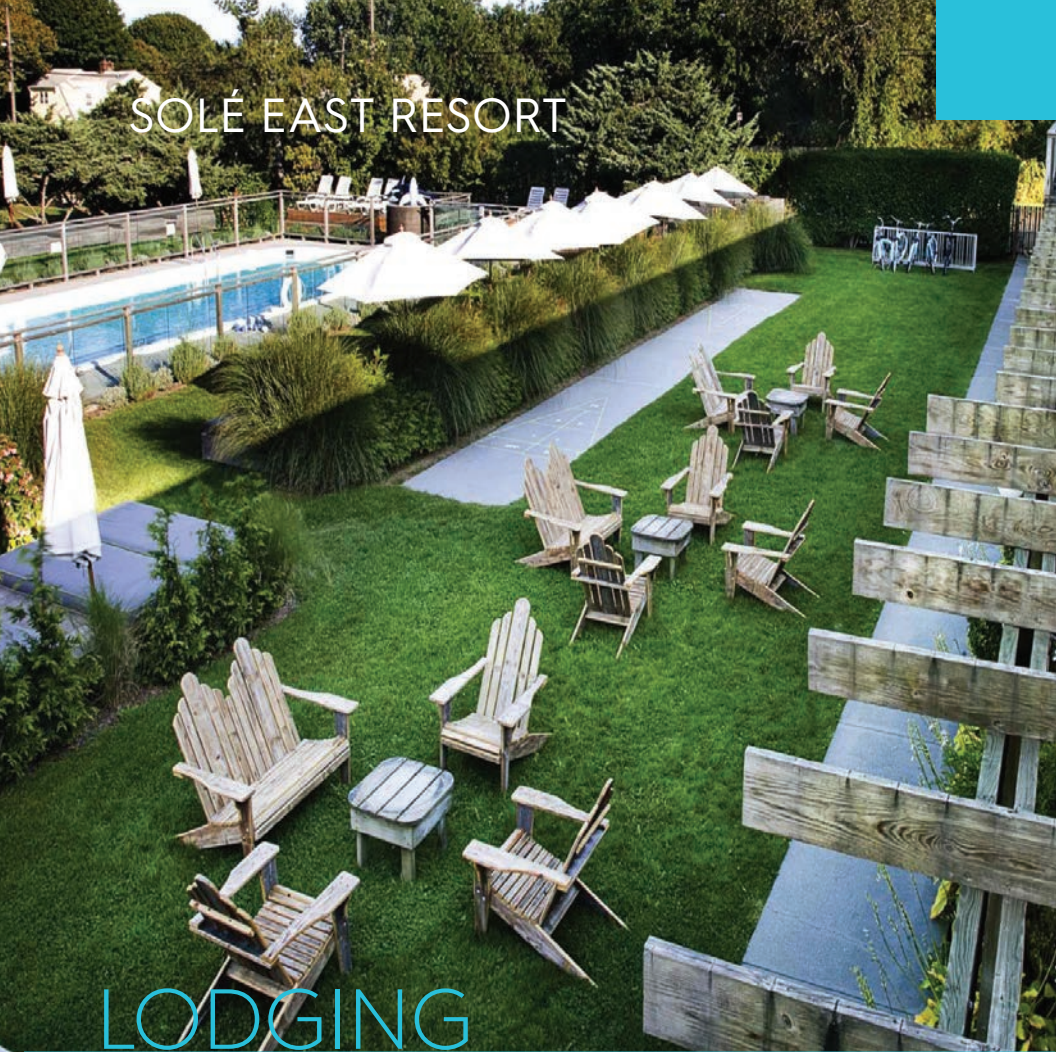
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**UNIQUE GIFTS • YOGA
FASHIONS • JEWELRY
CANDLES • INSPIRATION
MONTAUK APPAREL
AND SO MUCH MORE...**

**787 B Montauk Highway
(behind 'Montauk Clothing Co.' in town)
631-668-8200**



SOLE EAST RESORT



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 MOTEL AND MARINA

3 Star Island Road
631-668-2860
montauksnugharbor.com

Located on the water in the Harbor,

Lodging

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.

OCEAN SURF RESORT

84 South Emerson Ave.

631-668-3332

oceansurfresort.com

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

STONE LION INN

51 Edgemere Street

631-668-7050

harvestfortpond.com

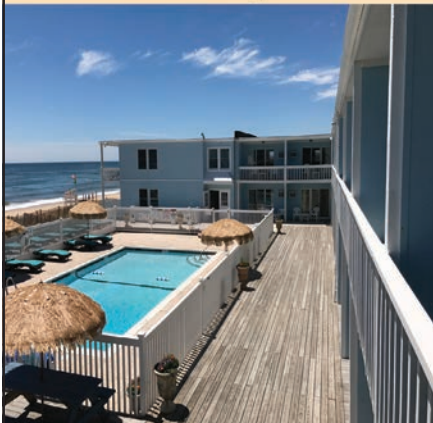
Eleven newly decorated suites and duplexes, all with private balconies overlooking Fort Pond with A/C and kitchenettes. It's a quick walk to the village and ocean beaches. Great restaurant/bar East by Northeast is on premises. No children or pets.

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.

OCEAN SURF RESORT

Montauk, Long Island



- ♦ Ocean Front Efficiency Rooms
- ♦ Heated Pool on the Beach
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- ♦ Walk to Town
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Call (631) 668-3332

www.oceansurfresort.com

BREAKERS MOTEL (AND RESTAURANT)

**769 Old Montauk Hwy
631-668-2525**

breakersmtk.com

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

LENHART'S COTTAGES

**421 Old Montauk Highway
631-668-2356**

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

On Fort Pond

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**



Sail Inn

**MOTEL • TAVERN
RESTAURANT**

King Size Bed
2 Queen Size Beds
King Size Bed + Jacuzzi

Daily Specials
Bar Snacks
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**548 West Lake Drive
Montauk**

631.668.2800



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GREAT MUSIC!**

**Steaks
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Around Town!
Kids Menu**

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4pm-7pm**

**1/2 Priced Appetizers
(Select Items Seasonal)**

1/2 Priced Drinks

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from 5-10pm
Open at Noon
Lunch Daily
Bar Menu Til
Midnight**

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\$3 Everything From 11...til

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

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631.668.4400

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