ON MONTAUK®

ANNUAL SPECTACLE ADDS HUMPBACK WHALES FURTHER WONDERMENT WINICK DIAMONDS and Books? Oh My! P. 20

Emeralds and Rubies.

MONTAUK FISHING Remains Hot but Striper Conservation is Still Important

TO MONTAUK P. 16

COMMUNITY GARDEN too, at THE MONTAUK **Franquility is Downtown**

ntauk Visitors. o, are Beautiful Oceangoing

ERM WHALES,

MONTAUK MAP & 2023 EVENT CALENDAR

hooked

LUNCH & DINNER LOCAL · SEAFOOD · TO GO montauk, ny

bait g lures	Ouart	locally dug	
New England Clam Chowder 7	18	*Montauk Pearl Oysters 1/2 doz.	
Manhattan Clam Chowder 7	18	*Local Clams on the half shell 1/2 doz. 8 doz.	
Kick'n Crab & Corn Chowder 9	20	Local Steamers	MP
Lobster Bisque 9	20	boats	
	4	served with fries	
	3 2	Fish 'n' Chips	17
	8	Fried Shrimp	16
occarried Flassels III write while & garne T	0	Fried Soft Shell Crab Sandwich	16
salads		Crab Cakes	14
Add Chicken +5, Shrimp +7, Fish +12 or Lobster Sa	alad +27	Fried Whole Belly Clams	18
Hooked House Salad	15	Fried Scallops	14
kale, quinoa, cranberries, cotija cheese & orange segments with cranberry citrus vinaig	rette	Fried Clam Strips	13
Beet & Baby Arugula Salad	13	Fishwich	15
baby Arugula, beets, walnuts, aged Irish chedd			
with a blood orange & shallot vinaigrette		off the hook	
Kale Caesar Salad	13	served with fries	
hooked on lobster		*Hamburger	14
Lobster Salad Roll	32	*Cheeseburger add bacon +2	15
served with coleslaw	32	BBQ Baby Back Ribs	17
Tom Lob	32	Grilled Chicken Sandwich	14
vine ripened tomato stuffed with lobster salar	d	Veggie Burger	14
Lobster Mac & Cheese	16		
Whole Local Steamed Lobster	MP	hook ups	
served with mussels & corn - ask about		French Fries	4
sizes and prices		Sweet Potato Fries	5
locally hooked		Coleslaw	4
*Grilled Tuna, Swordfish or Mahi Mahi	20	Corn on the Cob	3
served over greens or as a sandwich with frie	es	Mac & Cheese	6
*Tuna Poke Bowl	15		
raw ahi tuna, pickled cucumber, shitake mushrooms & scallions, served over soba noo	ndles	guppies (kids)	
in a southwestern cilantro vinaigrette	JUIC3	served with fries	
Fish Tacos	13	Fish Bites 9 Grilled Cheese	9
two with broccoli slaw, mango salsa & sriracha	mayo	Chicken Goujons 9 Hot Dog	9

*Consuming raw or undercooked meats, poultry, seafood and shellfish may increase your risk of foodborne illness.

Before placing your order, please inform us if a person in your party has a food allergy. Menu items and prices subject to change.



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CONTENTS

EVENT CALENDAR	24
MONTAUK MAP after	34
KIDS STUFF	42
MONTAUK MUSEUMS	50
BEACHES	51
WATERSPORTS	55
OUTDOOR ACTIVITIES	59
FISHING	63
PARKS & TRAILS	67
DINING OUT	72
SHOPPING	76
SPAS & WELLNESS	77
LODGING	78
SERVICES	00









35 Montauk Fishing



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Mike is a writer and fisherman who grew up in Southampton. He writes the weekly fishing column for the East Hampton Press and fishes from the beaches of Montauk every chance he can get. Mike changes vehicles frequently to confuse legions of trainspotting anglers who would otherwise follow him, shamelessly, to fishing hot spots throughout the year.



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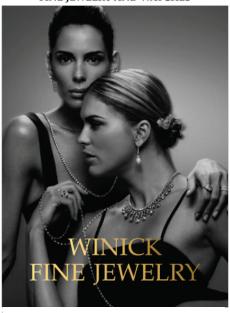
Montauk's Rabbi is seeking surf lessons.*

This fact hasn't been verified yet, but in other important news, we want to invite you to drop by Chabad of Montauk. You'll get a warm, diverse Jewish community with perks like unlimited challah, Jewish songs, and a Rabbi that you can definitely out surf.



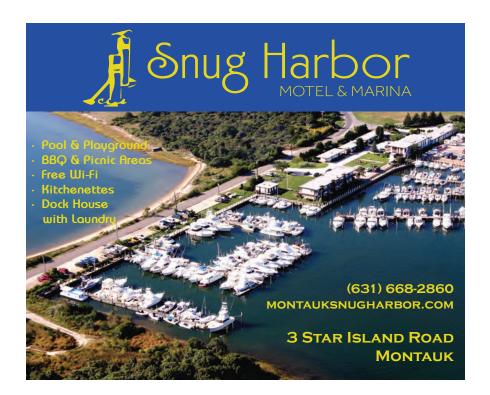
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Summers in Montauk are already peaceful, playful, and visually stunning. How about adding some of nature's most spectacular creatures, humpback whales, breaching just off-shore for all to see?

That would be too much to ask for. Or would it?

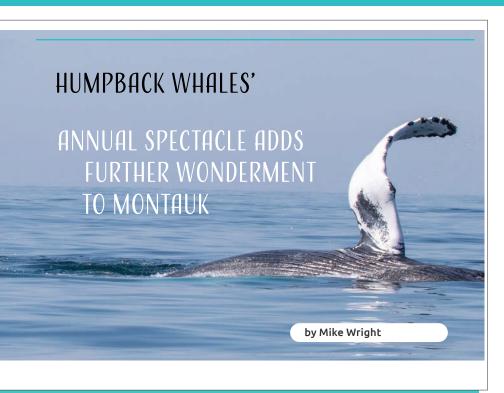
Montauk's ocean beaches have always been a great place to spend the day just soaking up your surroundings in this holiday heaven. The sand between your toes, the warm sun, the cornucopia of beautiful people and interesting characters who flock to our shores.

But in recent summers there has also been another sight to behold, one that is becoming an increasingly common addition to the human carnival on land: whales. Humpback whales, specifically, among a smattering of other species, have put on quite a show off the beaches of Montauk in the last several summers – lunging from the water,

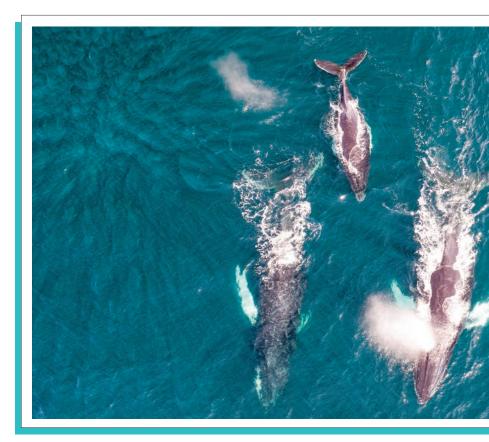
their mouths agape as panicked baitfish fling themselves into the air in a desperate attempt to escape becoming a breakfast.

On most mornings and many afternoons during the last few summers the whale breaching displays have stunned and delighted crowds of awestruck beachgoers, who streamed to the waters edge to get as close to the leaping leviathans as possible.

Whales have always been in the background of our shorelines, but it's been decades since they were this prevalent just a few hundred feet off our bathing beaches, a phenomenon







that has gotten more and more common in the last several years.

Since the days when they were nearly hunted to extinction, the Atlantic's whale populations have gradually grown (with the exception of the critically endangered northern right whales).

"Breaching whales have stunned and delighted beachgoers"

Humpback whales are now the second most common species of whale in the western Atlantic and also the most

recognizable because of their uniquely long, white pectoral fins that they tend to show off a lot...sometimes slapping them on the water's surface.

It's not just increasing abundance that has brought whales back to our shores, but also a huge increase in the number of baitfish that whales like to eat – especially a fish species called menhaden, more commonly know as "bunker."

Since 2012, when commercial harvest of bunker for use in things like fish oil pills was greatly curtailed, the number of bunker along the Northeast coastline has exploded. These fish gather in



dense schools, sometimes very close to the beach, that can blacken the water for acres.

In most summers now, there are bunker schools spread out all along the shoreline from Montauk to Hampton Bays. Whales can set upon them anywhere in that stretch, but they do seem to have preferences and will feed in the same general area for several days or weeks.

The best time of day for finding whales feeding on a bunker schools during the last few summers has proven to be in the mornings – usually a couple hours after sunrise, so from about 7 a.m. to about 9 a.m. – and early to mid-afternoons. The spectacle is hard to miss if you're near the beach and the feeding starts! So this summer, don't just take in the human sights during your time in Montauk, go find some of Mother Nature's other beautiful creatures in action.



Emeralds and Rubies... and Books? Oh My!

by Carter Tyler

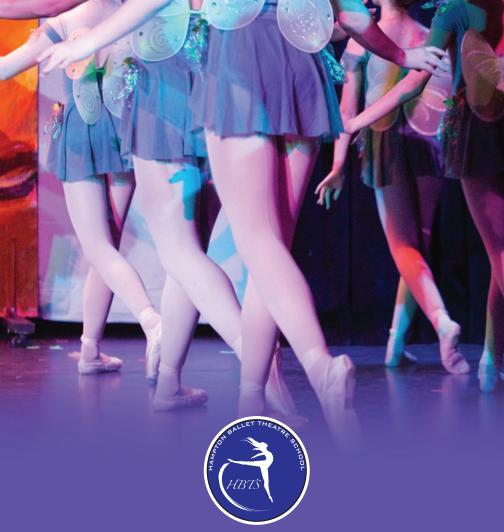
Winick Fine Jewelry, on Main Street just east of the circle, is naturally Montauk chill. It should be, after all, because its owners, Richie and Sandra Winick, have been in the community about 30 years and are now raising their family in the End. You'll catch them at Ditch when they're not educating customers in the shop.

The Winicks are the real deal, not opportunists taking a wild swing. The must-visit store, which took over prime space vacated by the print shop a few years' back, carries everything from important watches and fine jewelry to bridal and engagement rings. Basically all things jewelry on par with anything you'd find in the city. How's that, you ask? Richie's family has been a mainstay in the city's diamond industry for almost 7 decades. He is currently operating the family business, Manny Winick and Son, on 47th street in the Diamond District. That's how.

But the Main St. location is a Montauk shop, with a Montauk vibe, look, and feel. The beautiful counter array is, well, very cool, almost as cool as the vintage and rare books and records that Richie collects, all for sale. Local artists, too, get some respect at the shop, with considerable wall space devoted to displaying their works, all also for sale. Richard Silver's photography was featured at my recent visit. Speaking of selling, empty your jewelry boxes and come redesign or just cash in. No need to head west with seasoned jewelry pros right here in Montauk.

The Winick's attractive and welcoming shop is a great addition to the fabric of the End and is proof that high-end retail and Montauk chill can co-exist beautifully. Well done, Richie and Sandra. Don't believe me? Go see for yourself.





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The Events Calendar



RECURRING EVENTS 2023



WELLNESS & FITNESS

 Gentle Chair Yoga and Tai Chi at the Montauk Library

RECREATION

 Mah-Jong & More (board games, cards) at the MontaukLibrary





FILM

Movies at the Montauk Library

RECREATION

- Nancy Atlas at The Surf Lodge
- Knitting & Crochet Club at the Montauk Library

EDUCATION

 Basic Conversationak Italian with Ciochino Balduci at the Montauk Library



WELLNESS & FITNESS

Floor Yoga

SHOPPING

Montauk Farmer's Market on the Green



KIDS

Lego Club at the Montauk Library

WELLNESS & FITNESS

• Gentle Chair Yoga at the Montauk Library

SHOPPING

 Woman's Guild Rummage Sale hosted by The Montauk Community Church





HEALTH

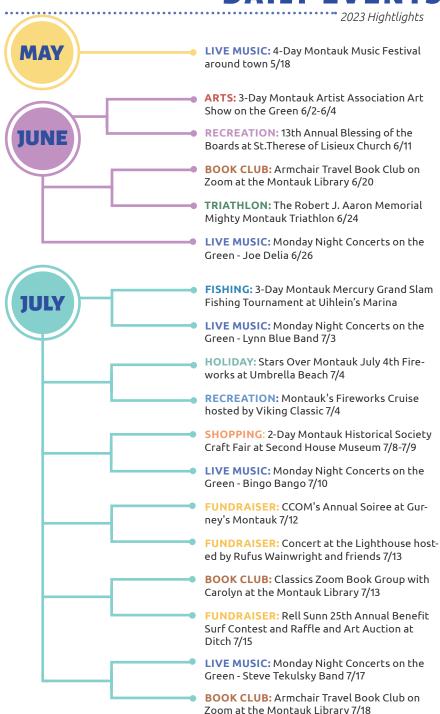
Alzheimer's Support Group at the Montauk Library

KIDS

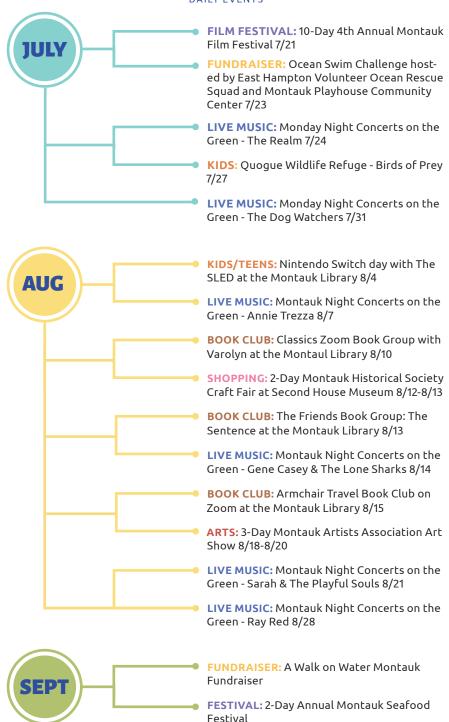
Saturday movies at the Montauk Library

PLEASE NOTE: Before visiting any attraction or business listed, please call ahead to confirm hours of operation, admission prices, and any other information needed to plan your activities. For the most up-to-date listings, please visit us at **OnMontauk.com**.

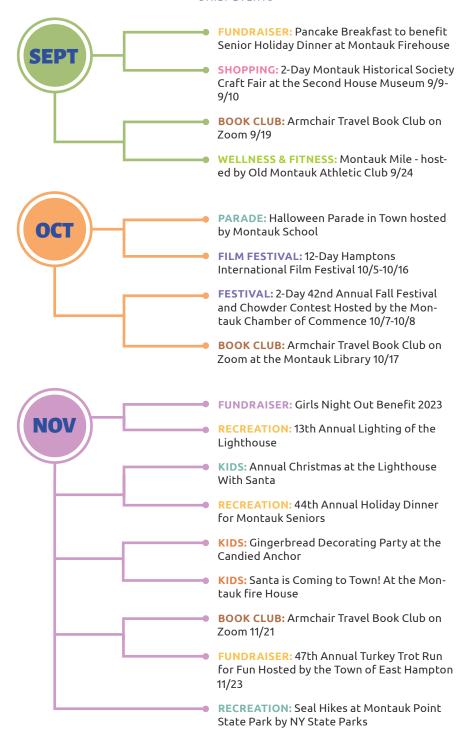
DAILY EVENTS



DAILY EVENTS



DAILY EVENTS







What many visitors may not know prior to arriving in Montauk, is that there exists an oasis of fertile land, a "place for growth" if you will, known affectionately as the Montauk Community Garden...right in town.

When one plans a trip to Montauk, some of the more obvious reasons for choosing this coastal paradise may be its picturesque sandy beaches, world-class fishing, historic landmarks like the lighthouse, or for Ditch Plains, one of the top surf breaks on the entire East Coast. Enter, now, the Montauk Community Garden, located in the village on the grounds of The Little Flower School only two blocks north of the ocean.

The idea for such a community-serving endeavor arose from a spirited conversation at a nearby watering hole some 15 years ago between two venerable locals, Martha Reichert and Susan Vitale. It would take weekly deliveries of fresh produce to entice Father Mike at the rectory before the final go-ahead would be granted from the diocese of Rockville Center to create a manageable garden. on church property, that would ultimately serve those in need. Over the years "The Garden" expanded and now includes the freshest of organic vegetables, flowers, and herbs one can find this far out on the east end.

On the very first day of spring I had the pleasure of speaking with Greg Donohue of the Oceans Institute at the Montauk Lighthouse, who serves as team leader of an incredibly dedicated crew of volunteers that tend to all facets of The Garden's maintenance from April to mid-

November. To say that this group of hearty, compassionate individuals from various backgrounds is top-notch would be a severe understatement.

For many, The Garden has not only become a weekly commitment to serving a greater purpose, but also one of personal growth as well. When asked what makes this place so special, Greg was quick to comment: "It's all about community and growth. We're known for bringing people together, whether it's the local Girl Scout troop or families with young, inquisitive children."

"THE GARDEN" NOW INCLUDES THE FRESHEST OF OR-GANIC VEGETABLES.

Open to the public from 9 am to 12 noon each Saturday, one is typically greeted with a smile by Rikki Kuehn, who tends



GREG DONOHUE



FROM LEFT TO RIGHT: DEREK BARBANTI, ANDREA MAVRO, BRIAN GLADSTONE, DAVE, GREG DONOHUE, VICTORIA PHILIPS, BOB DONOHUE, RIKKI KUEHN

to the array of harvested offerings located at the entrance to the property. Patrons and visitors alike are encouraged to "come on in and get a little dirty," all-the-while picking up a few gardening tips from Greg if one so chooses. Equally enchanting is the flower garden located opposite the vegetables, frequently attended to by longtime local Cheryl Erb.

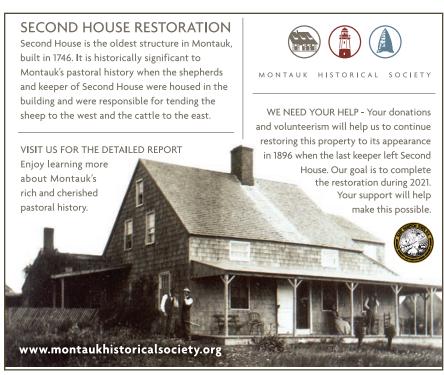
Enough couldn't be said about the support provided by those even outside of Montauk, with regular donations of seeds and additional produce from the likes of Balsam Farms, Amber Waves, nationally acclaimed landscape designer Jane E. Lappin and the farming family of Andy Babinski from Water Mill.

Continuing tradition, at the end of the season, the sales from all vegetables and flower arrangements will be donated to the Montauk Food Pantry (locat-

ed in the lower level of the school next door), in addition to Meals on Wheels, for which The Garden's treasurer, Bill Becker, personally makes deliveries.

Unlike previous years where their pre-season fundraiser was held at a local food establishment, this past March, Derek Barbanti, one of The Garden's volunteers, posted a GoFundMe account, inviting folks to donate money for much-needed fencing repairs. irrigation and various supplies. As of spring 2023, The Garden has raised over \$5,000 from nearly 60 donors; quite a resounding show of support from those who believe in its mission. If you wish to make a donation, the GoFundMe account has been left open and can easily be reached by entering "Montauk Community Garden" into the site's search box. Not unlike The Garden itself, it too is a place for growth. (A)







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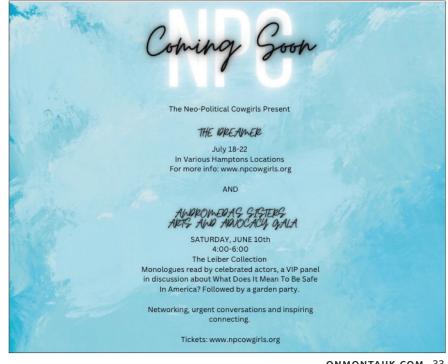






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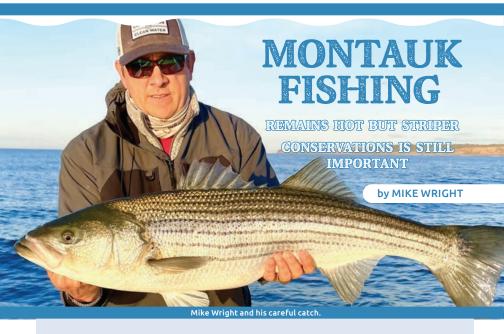


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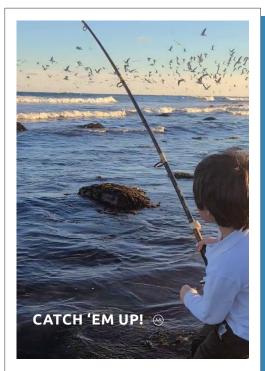
Outstanding fishing the last few years in and off Montauk continues to inspire anglers with the realistic chance of taking home "keeper" sea bass, fluke, and yes, stripers - the fish that made Montauk the "surfcasting capital of the world." Striper numbers are strong in our waters but declining overall, so keep only what you'll eat and safely release the rest.

The summer of 2023 is sure to be another great season on the water in and around Montauk. Fishing for exciting game fish like striped bass and tuna, and delicious table fare like fluke, black sea bass and porgies is Montauk's oldest pastime and one that has really shown its glory in recent seasons.

In the summer of 2022, the fishing for bluefin and yellowfin tuna within sight of the Montauk Lighthouse was outstanding and many of Montauk's charter boats and private boats were coming back to the dock daily with big hunks of glistening tuna for all to take home to their grills and sushi rollers.

Fluke fishing has been excellent, too, in recent seasons and catching some "keepers" is as easy as buying a ticket on one of the harbor's half-day party boats, like the Viking. If you want to maximize your dinner options, a full-day charter on a boat like Crunch Time, or one of the dozens of other charters, will give a skilled captain the time to hit the fluke and sea bass grounds for ceviche, catch a couple stripers for fish on the grill, and top off the cooler with some porgies for fish tacos.

"The species' population is in a sort of precarious position at the moment"



But, of course, striped bass are the fish that made Montauk the "Surfcasting Capital of the World" and a destination for those seeking to catch trophy sized fish for their wall (now, their Insta feed). The opportunities to catch them are limited only by how adventurous you are and how much sleep you need.

There is one critical point worth making with regard to striped bass. The species' population is in a sort of precarious position at the moment so some reasonable attention to conservation is needed. The "stock," as it is known in scientific lingo, is fairly large and there are plenty of stripers to be caught, especially in the waters around Montauk! But their numbers have been on a steady decline since the early 2000s and scientists are currently trying to figure out how to rebuild the overall population to a sustainable level.

A big part of the problem is that over the last 15 years or so striped bass have had a bad track record on the spawning grounds. The fish that spawn in the headwaters of the Chesapeake Bay have had only a couple good years where they produced large new year-classes of juvenile stripers.

One of those years was in 2015 and the fish born that year now make up a significant portion of the overall population and are also just reaching



"keeper" size. Because of that, the number of stripers taken home by anglers in 2022 doubled from the year before.

That's great news for hungry anglers as long as we treat the stock responsibly. Taking home fish to eat is a great idea, but please make sure you are only taking as much as you can use. New anglers might not understand how much meat you actually get off a fish, even one small keeper striper is plenty for dinner for four people.

If you are just fishing for fun and catching and releasing some stripers, please take care to unhook them gently, don't keep them out of the water for more than 30 seconds, and release them carefully. If you can take a minute to revive them, even better. In 2023, only stripers between 28 and 35 inches may be kept, at one per day per angler.

So have a great time on the water, take home your dinner, and send the ones you won't consume quickly back to be caught again another year.





SPEAKING OF WHALES... SPERM WHALES, TOO, ARE BEAUTIFUL OCEANGOING MONTAUK VISITORS

by Gaelin Rosenwaks

Montauk's own Gaelin Rosenwaks, world renowned marine scientist and ocean explorer who has been featured on Discovery Channel, National Geographic, and Outside Magazine, is an inspirational local with a world-class repertoire of expeditions, books, and photography to share. From as early as she can remember, Montauk inspired her love of the ocean, marine creatures, and the natural world. She never takes for granted Montauk's beauty, open space and wildlife.

Staring into the eye of a sperm whale is a powerful experience. I was just a toddler when my mother took my brother and me to visit a young whale that had stranded near Robert Moses. State Park, NY. I was immediately captivated. A patrol had found this whale stranded in the surf on a chilly day in April 1981. He was sick but very much alive, so they brought him into a nearby boat basin where people flocked to get a glimpse of him. The voung whale was nicknamed Physty, a play on the scientific name of sperm whales, Physeter macrocephalus, and how "feisty" he was in the basin.



Physty was 25 feet long and around 5 years old when he was found in the breaking waves, suffering from pneumonia. He received antibiotics and was released nine days later. It was a monumental achievement. Sperm whales were often sighted in the waters southeast of Montauk during whale watches and studies during the 1980s and are still frequently sighted by fishermen in the deep offshore waters off NY.

Unlike the humpbacks, we aren't likely to see a healthy sperm whale from the beach, but they do frequent our coast



... locked in a gaze with a pregnant female for over 25 minutes

off the continental shelf.

I will never forget the first time I looked into Physty's enormous eye and he looked back. It is one of my first memories and remains as vivid today as it was then. Here was a mysterious creature that came from the ocean. What else could be in the ocean's depths? That moment inspired my curiosity and ultimately my life's work.

After years working as an ocean scientist, photographer and storyteller, I decided to embark on a mission to reconnect with sperm whales and learn more about where Physty should have been when he stranded. I headed to Dominica, a small island in the Eastern Caribbean, permits in hand, to photograph and film the resident population of sperm whales and ultimately learn about Physty.

On the very first day, I found myself locked in a gaze with a pregnant female for over 25 minutes. She seemed to welcome me into her world, clicking

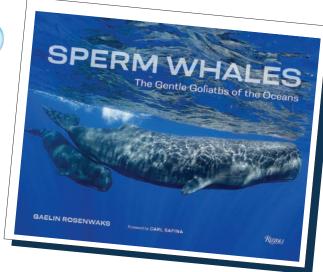
on me, sizing me up and never letting me out of her sight. I had connected with Physty when I was a toddler, and now I found myself in a dance underwater with this whale. Time stood still as she swam slowly next to me trying to get closer and closer.

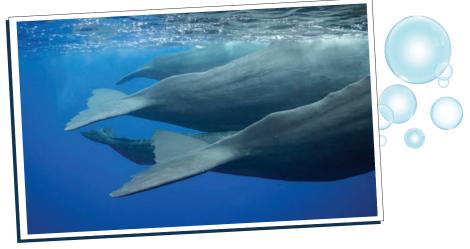
I have returned to Dominica many times now to be with the whales, and every expedition yields new insights into the behaviors and family dynamics of sperm whales. I have had the privilege of babysitting a baby whale while its mother hunted, witnessed babies nursing and experienced other tender moments between the whales.

This has been a powerful chapter in my life. I hope that this story will encourage people to care about our ocean and natural world, while inspiring kids, particularly young women, to pursue their passions. The ocean needs us.



Gaelin tells this story in a new book, "Sperm Whales: The Gentle Goliaths of the Oceans," (Rizzoli, 2022), gaelinrosenwaks.com, IG @gaelingoexplore, Facebook. com/globaloceanexploration







HOMEPORT

HOUSEWARES, BOOKS, HOME DECOR, GIFTS, AND TOYS

A Montauk institution for over 30 years, Homeport is Montauk's best destination for shopping, with a curated collection of art, books, toys, and gifts for everyone in the family (including the baby and the dog). Located right on the green, Homeport is always worth a visit whenever you are in town.

Discover the hidden gem of a bookstore in the expansive lower level. Proud to be locally owned and operated and open year round.

» 85 THE PLAZA, MONTAUK

SHINE

Shine is Montauk's premier apparel store for men and women. With brands like Free People, Pura Vida, Rails, and Tommy Bahama, there is always something to make your time in Montauk a little more stylish and fun. We also have an amazing collection of jewelry and bohemian decor. Proud to be locally owned and operated and open year round

» 764 MONTAUK HWY, MONTAUK





We are committed to keeping Montauk the special place you love to visit.

KID'S STUFF SUMMER



ON LAND

PATHFINDER COUNTRY DAY CAMP

631-668-2080

pathfinderdaycamp.com

The pièce de résistance of Montauk camps since 1964 provides a traditional summer day camp experience for children 4–12. Located on 5 acres bordering Fort Pond. Flexible scheduling; door-to-door bus pickup and drop-off.

NEO-POLITICAL COWGIRLS THEATER GAMES CAMP

631-748-8307

npcowgirls.org

Kate Mueth's renowned dance, theatre and storytelling company, the Neo-Political Cowgirls, offers one day theatre games camps for boys/girls ages 8-13. Dates and locations TBD at time of printing so check the website for details. An OM partner.

HAMPTON BALLET THEATRE SCHOOL WEEKLY INTENSIVES

631-237-4810

hamptonballettheatreschool.com

The HBTS In Bridgehampton offers weekly summer dance intensives with daily ballet classes and various other fun and exciting forms of dance; kids with dance experience age 5 and up are eligible. Intensives run by HBTS Director, staff and guest teachers. An OM partner.

CHILDREN'S MUSEUM OF THE EAST END (CMEE) PROGRAMS

631-537-8250

cmee.org

The CMEE in Bridgehampton is a valuable East End resource for kids. They offer multifarious daily and weekly camps/programs for ages 2-9, most for the younger set (2-5). Way too many to mention, so check out the website for full details. An OM partner.



ON THE WATER

KID'S SURF ACADEMY® **COREYSWAVE**

631-668-9283

coreyswave.com

Semi-private 2-hour group lessons designed to get kids stoked on surfing alongside other kids with professional instructors at Ditch. Private lessons available and Spring/Fall specials for local school kids. Ocean safety, surf etiquette, and environmental awareness are taught.

SAIL MONTAUK SAILING CAMP

631-522-5183

sailmontauk.com

Learn sailing with Sail Montauk's certified professionals; Memorial weekend basic sailing course plus two-week sessions throughout the summer; hands-on

instructions learning the basics with 4-5 students per boat, then racing and games! Ages 9-16, 478 West Lake Dr.

CATAMARAN MON TIKI

631-680-2826

sailingmontauk.com

Outings are offered free of charge on Tuesdays throughout the summer, for kids 10-15 years of age (up to 4 children per workshop). Sailing workshops are hosted by Captain David Ryan the founder of the Montauk Catamaran Company, and builder of the Mon Tiki catamarans. Wakesurfing, waterskiing. wakeboarding, and tubing are taught to kids ages 5-14 by certified professionals; no experience required; most time is spent on the boats where all equipment is included.



with daily ballet classes and other fun and exciting forms of dance, children 5 and up with dance experience are eligible. Classes are taught by HBTS director, staff and other quest teachers

Ballet Only AUG 14-18 | AUG 21-25 Ages 13-18

Mixed Dance Style AUG 28 - SEPT 1 Ages 9-18

Mini Dance Intensive

July 10-14 and/or Aug. 7-11 Ages 5-8

631.237.4810 | 213 J. Butter Ln, Bridgehampton www.hamptonballettheatreschool.com | hbts11932@gmail.com

HAMPTON BALLET THEATRE SCHOOL

KID'S STUFF RAINY DAY FUN



even in the rain it's great to be here! If you're not inclined to beach it in the rain, these East End attractions will take the edge off indoor days in paradise.

THE MONTAUK LIBRARY

871 MONTAUK HWY

631-668-3377

montauklibrary.org

The best local indoor place to take the kids for a few hours of fun. The newly renovated library has an expanded kid's room with books and videos for all ages. The library also shows movies, hosts concerts, and maintains a packed schedule of various events for all ages. Check the calendar at the library website.

THE MONTAUK LIGHTHOUSE

631-668-2544

montaukLighthouse.com

If you haven't done the lighthouse yet, get on it. Make your way to the top for great views...still great even in the rain... and check out the fascinating museum that explains the seafaring history of the lighthouse, displays historic documents, and offers guided tours. Children under 41" visit free, but are not allowed to enter the tower. Parking fee \$8 until 4:30 in season.

THE MONTAUK PLAYHOUSE

240 EDGEMERE ST.

631-324-2417

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

OTHER NEARBY RAINY DAY OPTIONS

CHILDREN'S MUSEUM OF THE EAST END (CMEE)

about 40 mins from Montauk 376 BRIDGEHAMPTON/SAG HARBOR TURNPIKE IN BRIDGEHAMPTON 631-537-8250

CMEE.ora

The CMEE is a great place for kids ages 1-8 any time but especially on rainy days. Kids can enjoy multiple themed play areas for hours and a giant rumpus room full of soft mats and climbing structures. There's a separate soft hang-out area for pre-walkers. Multiple special programs throughout the summer, daily and weekly, plus an engaging staff make this a mustvisit...even if you do wait for a rainy day. Entrance fees apply.



THE SOUTH FORK NATURAL HISTORY MUSEUM AND NATURE CENTER (SOFO)

about 40 mins from Montauk 377 BRIDGEHAMPTON/SAG HARBOR TURNPIKE IN BRIDGEHAMPTON 631-537-9735

SOFO.ora

Across the street from the Children's Museum in Bridgehampton, the SOFO is a family-friendly natural history museum of exploration and discovery for kids and adults. It's full of nature exhibits (with many live creatures) and sits adjacent to the six-mile trail system of the Long Pond Greenbelt. Great staff can help first-time visitors navigate the options and explain the many educational programs held throughout the year.

EAST HAMPTON CINEMA

about 20 mins from Montauk 30 MAIN ST. EAST HAMPTON fandango.com/regal-ua-east-hamptoncinema-aabka/theater-page

The closest movie theatre to Montauk is the United Artists East Hampton Cinema with 6 screens showing first run features. We know, you're not in Montauk to watch movies...but the rainy-day thing, yeah.

AQUARIUM

about 1.2 hours from Montauk 431 EAST MAIN ST. IN RIVERHEAD 631-208-9200 longislandaquarium.com

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

THE CLUBHOUSE IN E. HAMPTON

Bowling, Arcade, Sports, Food In East Hampton, about 25 minutes from Montauk

174 DANIEL'S HOLE RD. - 631-537-2695 ehitclubhouse.com

Bowl a few frames, let the kids (and you) enjoy some high-end arcade games, and watch sports on massive screens while having lunch, dinner or drinks, All this under one massive, thoughtfully partitioned roof next door to the East Hampton airport. A great way to keep kids and adults occupied for a few hours. if mother nature is out of sorts.

KID'S STUFF AROUND TOWN



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 Park4. Montauk Lighthouse

(lower parking area, also many grill stations)

EDDIE ECKER COUNTY PARK

aka The Dog Park

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

Gotham Tennis Camp

Montauk is about nature...the beaches, water sports, fishing, trail walking, biking, etc. Here are a few more suggestions for the kids...

BASEBALL DIAMONDS

Two little league baseball diamonds are available for public use just north of the circle in town (unless local team has scheduled events).

SOCCER FIELD

Across from the baseball diamonds, north of the circle, is a wide open soccer field that's available for any type of open recreation, soccer included!



MONTAUK SKATE PARK

North of downtown on Essex Street montaukskateparkcoalition.org

It is a 20,000 square feet custom concrete park with four main features: A flow bowl: a street section: a snake run: and the kessler pool. It also has an array of other skateable features including rails, manual pads and natural granite boulders. The park is designed for all levels of skaters and is open during daylight hours.

KID FRIENDLY TRAILS

See Parks & Trails section, page 69.

TRAILS AT SHADMOOR

Many easy, kid friendly trails wind throughout Montauk. Among the easiest spots for kids and less energetic adults to "hike" is at Shadmoor. Park in the free lot iust east of town on the right and stroll your way down to the spectacular bluffs (about 15 mins) and check out an old WWII pillbox along the way.

TENNIS

MONTAUK DOWNS TENNIS

Open to the Public

330 FAIRVIEW AVE 631-561-1678

mtktennis.com

The Downs run various clinics, lessons and day camps for kids and adults through the season on the Downs' six Har-Tru courts, which are also rentable by the hour and for private lessons.

GOTHAM TENNIS

Open to the Public

91 S. FULTON DR. (OFF WEST LAKE DR.) 631-267-8525

gothamtennismtk.com/summer-tennis-camp/

Now in their 16th year in the Hamptons and NYC, their programs are known for instilling a lifelong love of tennis in young players, while developing friendships, skills, good sportsmanship and confidence. For an added bonus. why not drop your child off at camp and indulge yourself with a private lesson or adult clinic? Full and half day options.

HITHER HILLS RACOUET CLUB

2145 MONTAUK HWY (ON THE STRETCH) 631-377-9623 montauktennis.club

Open to the public. Memberships are available but not needed to play at this very friendly club. Molly Nolan and her crew run various clinics, lessons and day camps for kids and adults through the season. Children that attend Montauk, Amagansett, Springs and East Hampton Schools always receive a free membership!

PUBLIC COURTS IN TOWN

631-324-2417

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



SWEET TREATS

CANDIED ANCHOR

721 MONTAUK HWY IN TOWN 631-668-8038

candiedanchor.com

Located in the heart of Montauk, the Candied Anchor is a 1950's sweet shop with a modern sensibility. Equal parts classic Americana and organic Bohemia. The Anchor is sure to delight even the most stubborn sweet tooth. In it, you'll find party supplies, baked confections, ice cream, quirky retro gifts, and, of course, all the candy you could possibly want.

FUDGE N'STUFF

41 S. EDGEMERE ST. 631-668-4727

Candy, Fudge, Ice Cream: Seen Willy Wonka? Fudge N' Stuff is jam-packed with goodies, including 30 different kinds of

fudge, an eye-popping assortment of old-fashioned penny candy, lollipops, gourmet jellybeans, hot popcorn, nuts, and chocolatecovered pretzels. Craving soft serve ice

cream, sundaes and malts? Oh, piñatas too!

JOHN'S DRIVE-IN

677 MONTAUK HWY IN TOWN 631-668-5515

A Montauk institution for amazing homemade ice cream and great old-school drive-in food. Their old-fashioned ice cream truck can be booked for parties!

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 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.



Famous Jelly Croissants from the Montauk Bake Shoppe

MADE FROM SCRATCH ON PREMISES

PASTRIES

Famous Jelly Croissant Cakes • Pies • Cookies

ARTISINAL BREADS Freshly baked whole grain

CUSTOM CAKES featuring Wedding Cakes by Linda

Includes sugar-free and gluten-free items



montaukbakeshoppe.com • 631.668.2439 We ship baked goods nationwide 29 The Plaza #A · Montauk using overnight delivery only

KID FRIENDLY MENUS

BREAKFAST

LUNCH

Breakfast Wraps

Soups • Wraps

prepared with

CATERING

Famous Montauk Beach

Villa Italian Specialties

24 hour advance notice

HARVEST

11 SOUTH EMERY ST. IN TOWN 631-668-5574

harvestfortpond.com

That plain buttered pasta never gets old. It's available as a last resort and sure to please the little ones. Of course other kid staples are available - in kid portions too.

HOOKED MTK

34 SOUTH FTNA AVE IN TOWN 631-668-2111

hookedmtk.com

For your water or land loving kids, Hooked has you covered on a variety of kid sized portions all summer long with all your beach side must haves. Make sure they try the "fish bites," yummm! Bathing suits are welcome, seating at outdoor picnic tables.

JOHN'S DRIVE-IN

677 MONTAUK HWY IN TOWN 631-668-5515 johnsdriveinmontauk.com

Move over ice cream, hello John's Burger! Don't forget the fries, onion rings and milk shake to wash that down.

Have a bite at this vintage classic (it's ok to make a mess) eatery in Montauk for over 55 years. Seating indoors and outdoor picnic tables.

NATURALLY GOOD CAFE

779 MONTAUK HWY IN TOWN 631-668-9030

naturallygoodcafe.com

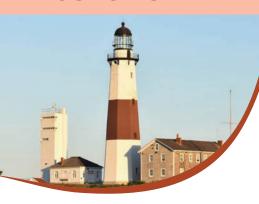
It's ok to for you to pretend that the pizza bagel that junior is eating is an indulgence - but it's actually healthy for you! That's what makes Naturally Good Cafe a staple in every Montauker's diet. It's amazingly good for you, and the kids would never know.

THE POINT BAR AND GRILL

697 MONTAUK HWY IN TOWN 631-668-1500 pointbarandgrill.com

This is not just Montauk's favorite year round sportsbar, it's also a family restaurant offering a kids menu that will make everyone happy. It's an easy time with something for everyone.

MUSEUMS



MONTAUK POINT LIGHTHOUSE

VIEWS VIEWS VIEWS!

631.668.2544 montaukhistoricalsociety.org/montaukpoint-lighthouse/

Our magnificent lighthouse provides unforgettable 360° views of the surrounding waters and land. The Montauk Point Lighthouse is the oldest lighthouse in New York: authorized by George Washington in 1792. Built in 1796, it still serves as a federal aid to navigation. It was designated a National Historic Landmark in 2012.

LIGHTHOUSE MUSEUM & GIFT SHOP

The museum, housed in the Keeper's Residence, focuses on lighthouse, maritime and local history, and includes exhibits about keepers' lives, erosion and erosion control at Montauk Point, shipwrecks, fishing and indigenous peoples. Group tours available by appointment; please call 631.668.2544 to book.

MONTAUK OCEAN'S INSTITUTE

The Ocean's Institute, located in the

Courtesy of Montauk Historical Society.

former fog signal building east of the lighthouse tower, features changing exhibitions about marine science, oceanography, and conservation. Don't miss our interactive virtual aquarium of Montauk undersea life, opening Memorial Day! Please check our website for opening times.

Fees: (includes access to Lighthouse Museum and Oceans Institute): \$15 Adults, \$10 Seniors, and \$5 Children up to 12 and at least 41" tall; Children under 41" are free, but they can't go up the tower. New York State Parking fee: \$8.

SECOND HOUSE MUSEUM

631.668.5340 montaukhistoricalsociety.org/secondhouse-museum/

Second House, built in 1797 to house livestock keepers, is the oldest dwelling in Montauk. It is located just west of town, across from the Kirk Park parking. Come stroll through the grounds, and be sure to join us at our Craft Fair weekends in July, August and September.

INDIAN MUSEUM

631.903.9603 montaukhistoricalsociety.org/montaukindian-museum/

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



PARKING A fee is charged at Montauk's town beach, a.k.a. Kirk Park Beach (adjacent to IGA supermarket), Hither Hills State Park, and Montauk Point, Many other beaches, such as Ditch and Gin, require a parking permit, which is only available to residents and available at Town Hall Annex in the Montauk Plavhouse 631-668-5081.

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

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

FOUR WHEEL DRIVE permits for the main town beaches can be purchased at the Town Hall Annex in the Montauk Playhouse 631-668-508.

NO VEHICLES allowed on the beaches 10am - 6pm. the Thursday before Memorial Day -September 15. Other beaches around Montauk require various state or county driving permits.

AMSTERDAM BEACH

Must Hike To Access, Remote, Unspoiled, Quiet, No Facilities, Dogs Ok

ehtps.org/amsterdam-beach-preserve/

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 lifequards...and probably no other people. Park (free) on the south side of Rt. 27 across from Deep Hollow Ranch.

DITCH PLAINS BEACH

Surfer Spot, Families, Can Get Crowded, Limited Permit Parking

Popular with surfers, this beach is two miles east of the village on the ocean with parking by permit only. The super long break makes surfing ideal for newbies or veteran long boarders. This iconic beach has beautiful cliffs rising at its western end at Shadmoor Park, restrooms, outdoor showers, lifequards during the summer season, and concession trailers that serve more than just snacks. Parking restricted so arrange drop offs if you must drive.



EDISON BEACH

Sandy, Walkable From Village Hotels. Close To Everything, Limited Parking

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

GIN BEACH

Sound Side, Calm, Families, Boat Watching, Walk To Shagwong Point, Resident Permit Parking

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

HITHER HILLS STATE PARK

Public Parking, Many Facilities, Sandy, Families

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

KIRK PARK BEACH

Montauk's Main Town Beach; Wide, Sandy, Open, Families

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

MONTAUK POINT STATE PARK BEACH

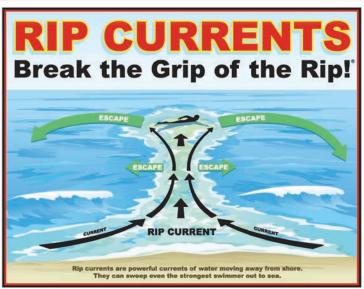
Public Parking, Views, Facilities, Rocky, Hiking, Explore, No Lifeguards

Not a traditional "beach". Park at the lighthouse parking lot (fee during season), walk down to the rocky shoreline and enjoy majestic views of the lighthouse, watch surfcasters on the rocks, or meander around the hills overlooking the ocean. The fit can hike the rocky shoreline in either direction and enjoy unspoiled Montauk coastline or carefully cross atop the lighthouse revetment and watch the ocean's relentless assault on the giant boulders. NOTE: the revetment is slated for overhaul in 2022/3 and may be off-limits in areas due to construction.



Ditch Plains courtesy of CoreysWave





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.usla.org



ENJOYING THE BEACHES ON MONTAUK: SAFETY FIRST

Montauk is all about beaches! 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.



NAVY ROAD BEACH

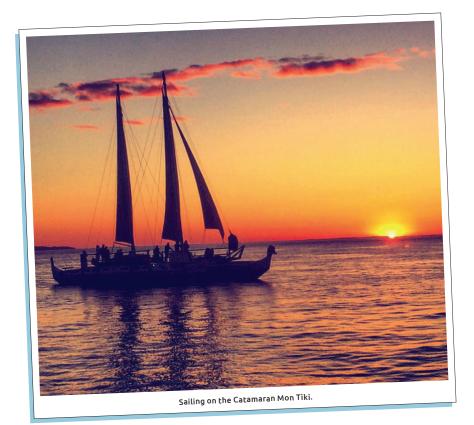
Sound Side, Calm, Pebbly, Kayak Launch, Families, No Facilities, Resident Permit Parking

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

THE OTHER BEACHES

Walkable, even if not parkable

Montauk, surrounded by water on three sides, has many more beaches, but most of them are not protected by lifequards 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.



WATERSPORTS



Sail Montauk Fleet

CRUISES & 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 alona our beautiful, unspoiled coastlines. caterina to a variety of customers.

CATAMARAN MON TIKI

Catamaran large and small group sailing & lessons at Montauk Yacht Club 631-668-2826

sailingmontauk.com

Inspired by traditional Polynesian designs, our eco-conscious catamarans are the only US Coast Guard certified sailing vessels in Montauk, Book a private charter and create your own special seafaring adventure. Enjoy a relaxing day sail, swim with our included SUP paddle boards, or take in a sunset cruise on the bay. Whether you're a group of 1-100 passengers, we've got a catamaran adventure that's right for you!

SAIL MONTAUK

Sailing charters & sailing school at Montauk Yacht Club.

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. Also, they are introducing a Women's Sailing Workshop this summer. They're doing two sessions. Each session is 4 classes, held on Wednesday evenings at the Montauk Yacht Club.





BOAT RENTALS

UIHLEIN'S MARINA

631-668-3799

Uihleinsmarina.com

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.

JET SKI, TUBING, WAKEBOARDING, & WATERSKIING

UIHLEIN'S MARINA

631-668-3799

Uihleinsmarina.com

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, and lakes.



COREYSWAVE

631-668-9283

info@coreyswave.com

Rents SUPs, gives lessons, and tours. See SURFING below.

SURFING

COREYSWAVE

631-668-9283 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.





PRÎVATE & GROUP LESSONS 7 DAYS/WEEK STAND-UP PADDLE · SURF FITNESS & TRAINING KIDS' SURF CLASSES · PARTIES & ÉVENTS

(631) 668-9283 (sms) INFO@COREYSWAVE.COM

@COREYSWAVE





A fresh and dynamic approach to classical music, for everyone Visit our website for details

www.musicformontauk.org





SURFING ON MONTAUK: DITCH ETIQUETTE

Montauk is one of the east coast's top surfing towns, with a culture celebrated by many 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 rockstudded patch of right breakers beneath the cliffs, and Turtle Cove, the farthest east and perhaps best Montauk break, just below the Montauk Lighthouse.

OUTDOOR ACTIVITIES



GOLF

MONTAUK DOWNS STATE PARK

50 S. FAIRVIEW AVE. PRO SHOP: 631-668-1100 Reservations online at:

parks.ny.gov/golf/8/details.aspx

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. Senior discounts available. Driving range: \$8 per bucket.

TENNIS & PICKI FBALL

MONTAUK DOWNS TENNIS

6 Public Har-Tru Courts

330 FAIRVIEW AVE 631-377-9623

themontaukdownstennis.com

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

GOTHAM TENNIS ACADEMY IN MONTAUK

8 Private/Public Har-Tru Courts 91 S. FULTON DRIVE (OFF WEST LAKE DR.) 631-267-8525

aothamtennismtk.com

Celebrating its 16th year in NYC and the Hamptons, Gotham Tennis Academy is one of the leading operators of tennis clubs and innovative tennis programs in NYC and the Hamptons. Gotham's Montauk outpost features eight pristine Har-Tru courts and a scenic viewing area on the grounds of a beautiful nature preserve. Gotham Tennis Academy is known for innovation in teaching tennis to players of all ages and levels. Gotham junior programs and camps emphasize fundamentals, while stressing sportsmanship, hard work and fun. Gotham adult clinics balance competitive play with fun drills, strategy and instruction.

PUBLIC COURTS IN TOWN

2 Public Har-Tru Courts 631-324-2417

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



PICKLEBALL @ MONTAUK PLAYHOUSE

240 EDGEMERE ST. 631-324-2417

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

631-668-8975 montaukcyclecompany.com

The Montauk Cycle Company in the dock area has you covered. Rentals, sales. tours, repairs and advice.

BIKING TOURS

631-668-8975

montaukcyclecompany.com

The Montauk Cycle Company, in the dock area. offers tours around Montauk's parks and trails with rental bikes and/or a biking guide. Book in advance for anysized group. Rentals, tours, repairs.

TRIATHI ON

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



SKATFBOARDING

The skatepark is a 20,000 sq ft custom concrete park built by Pivot Custom. The park has four main features: A flow bowl; a street section; a snake run; and the kessler pool. The park is designed for all levels of skaters and is open during daylight hours. montaukskateparkcoalition.org/

PLAYGROUNDS

See list of playgrounds on page 46.

EDDIE ECKER COUNTY PARK

aka the Dog Park

At the end of Navy Road is not a formal playground but a great open park space on Fort Pond Bay for frisbee, lawn games, running wild, walking the dog, etc.



Full Service Bike Shop Sales · Repairs · Rentals **Biking Tours Available**

for small or large group (book in advance)

■ Image: Im

463 West Lake Drive | In the Harbor montaukcyclecompany.com | 631-668-8975





East Hampton trails.

CYCLING ON MONTAUK

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

Mountain bikers can enjoy scenic rides over thousands of acres of parkland for the best mountain biking on Long Island. A great launch point is the Hither Woods trail head at the recycling center entrance about 1.5 miles west of town on Montauk Highway. Learn more at Parks & Trails, page 67.



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 vou're inclined.

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

GUIDED HIKES

The East Hampton Trails Preservation Society conducts guided hikes yearround. 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.



Take a walk from Gin Beach to Shagwong Point.



If you're looking for fish, you came to the right place! "Fishing Capital of the World" is proudly proclaimed as you enter Montauk Harbor. The state's largest commercial harbor, it is the 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.

Tiaht lines!

CHARTER BOATS FOR BIG GAME FISHING

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

CRUNCH TIME SPORT FISHING CHARTERS

631-295-7626

crunchtimesportfishing.com

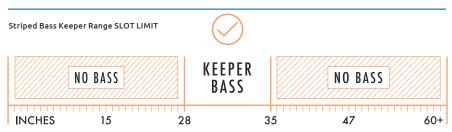
Captain Ritner and his 48 ft Rose Brothers is outfitted with top quality fish finding, radar and chart plotting systems. Their professional mate(s) work hard before and after your trip is over to ensure the best possible experience. They go above and beyond US Coast Gaurd requirements to ensure the safest experience possible.

VIKING FLEET

462 WEST LAKE DRIVE

631-668-5700 https://vikingfleet.com/ferry-service/

Located in Montauk Harbor, we offer a variety of services on the water: Yearround legendary fishing trips. Seasonal interstate passenger fast ferry service. Fun excursions like whale watching and sunset cruises. Private charters!







Remember to crush your barbs when fishing with lures...

Whether on boats or shore, crushing your barbs will make you a better fisher and save fish by reducing unhooking injuries. Also, its MUCH faster to unhook without barbs, which gets your lure back in the action faster. Perhaps surprisingly, you won't lose many fish. Try it...crushing barbs is sooo hot right now!

And don't forget... circle hooks are now REQUIRED in NYS if you are using live or dead bait.



This de-barbed swimmer with trebles cut to doubles caught countless blues and bass from shore before retiring.



Crush your lure barbs to save fish and become a better fisher. Dare you.

MARINAS

MONTAUK YACHT CLUB

855-318-8768

When you become a Member of Safe Harbor, you have access to their entire network of premium locations, amenities, events and unparalleled boating lifestyle opportunities.

SNUG HARBOR MOTEL & MARINA

631-668-2860

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

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 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.

FISHING SUPPLIES

WESTLAKE MARINA

631-668-5600

Carry a large selection of boat-oriented fishing supplies and tackle.

PAULIE'S TACKLE

131 S. EDGEMERE ST. 631-668-5520

Considered the surfcasters tackle shop.





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.

SURFCASTING TIPS

Surfcasting in Montauk is epic and legendary, deservedly so. To do it successfully you'll need braided line at 30+ pound test and a nice selection of bucktails and plugs.

Always crush your barbs, bring fish in quickly, and release safely what you won't keep. Cast out by Camp Hero, the Lighthouse, and Gin Beach, plus all the south side beaches from Montauk Point to Hither Hills campground.

The top seasons for surfcasting are spring and fall, when stripers linger off Montauk before migrating, but our big blues can be found from July through October. Permits to park after hours at Camp Hero and the Montauk Point Lighthouse Parking Lot or on the beach by the Lighthouse are sold at Montauk Downs, 631-668-5000.

Purchase Gin Beach driving permits at the park office at the end of East Lake Drive.

Note: A license (it's free!) is required to fish beaches in NY State. Acquire your Marine Fishing License at dec.ny.gov

SALTWATER FISHING

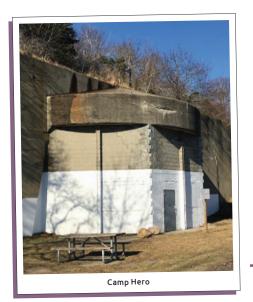
EFFECTIVE MAY 1, 2023

NY STATE DEPT. OF ENVIRONMENTAL CONSERVATION MARINE FISHING REGULATIONS			
SPECIES	MINIMUM SIZE	DAILY POSSESSION LIMITS	OPEN SEASONS
Striped Bass Applies to Party, Charter Boats & Surfcasting	no < 28", and no > 35"	1	APR. 15 – DEC. 15
Winter Flounder	12"	2	APR.1-MAY30
Blackfish	16"	2 3	APR. 1 – APR. 30 OCT. 11 – DEC. 9
Bluefish	No Min. Size	3 - individuals 5 - party/charters	ALL YEAR
Weakfish	16", 10" filleted, 12" dressed	1	ALL YEAR
Atlantic Cod	21"	10	ALLYEAR
Pollock	19"	NO LIMIT	ALLYEAR
Haddock	18"	NO LIMIT	ALL YEAR
Summer Flounder (Fluke)	18.5"	4	MAY 1 – OCT. 9
Porgy	9.5" 10.5"	30 - individuals 40 - party/charters	MAY 1 – OCT. 31 SEP. 1 – OCT. 31
Black Sea Bass	16.5"	3 - individuals 6 - party/charters	JUN. 23 – AUG. 31 SEP. 1 – DEC. 31



For the most up-to-date and complete list, go to: www.dec.ny.gov/outdoor/7894.html

PARKS & TRAILS



Montauk is surrounded by water, and trails meandering through acres of unspoiled parks. White-tailed deer, foxes, raccoons, woodchucks, squirrels, opossums, and chipmunks abound. Watch for deer while driving! Migrating birds rest in the waters off Montauk Point, while seals inhabit our shores during winter and gannets torpedo into the ocean in the fall. Trail maps are available at the Town Hall Annex in the Montauk Playhouse. Be mindful of ticks

AMSTERDAM BEACH **PRESERVE**

Spectacular hike to a pristine, unspoiled beach

A 200-acre park stretching from Ranch Road at Indian Field on the east to the Montauk Association houses (seven cottages designed by McKim, Mead and White in the 1880's) to the west extends southward to the Atlantic Ocean. The natural topography, called "Montauk Moorlands," has tidal and freshwater wetlands interspersed throughout maritime shrub lands. This main trail head on Montauk Highway begins a one-mile hike to the ocean bluffs taking you through a holly arbor and across streams. The hilly trail affords peeks of ocean through the brambles and ends at the ocean beach and bluffs. This easy-tonavigate 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 tower remain, although most are off limits to the public. Roads cross the park, along with an extensive system of trails for hiking, bicycling, horseback riding, a beach used by surfers and surfcasters, a picnic area with grills and an old maritime forest. To enter the park, bear right as you approach the lighthouse. Parking fee \$8 in season. Open daily year-round from sunrise to sunset. You can also park on Camp Hero Road (a right turn before Camp Hero along the highway) to hike Point Woods Trail, one of Montauk's most beautiful trails, taking you south of the highway to the bluffs.



STAYING SAFE: A TICK PRIMER

We all know that that Lyme Disease is transmitted through infected blood from a Blacklegged, or Deer, tick bite. Deer ticks require the presence of white-tailed deer to successfully complete their life cycle, hence the name. Ironically, ticks do not pick up the Lyme bacterium from deer but from other animals among the 300 species they bite.

Local experts at End Tick & Mosquito Control recommend spraying your property and doing a "tick check" anvtime vou have been in or near typical tick danger areas such as tall grass and leaf litter. Check for ticks under your arms, your groin and behind your ears. Afterwards, shower as soon as possible.

If an attached tick is found, it should be removed carefully and promptly by gently and slowly pulling the tick out by grasping its head with tweezers. Use of insect repellants with high levels of DEET on your skin and repellants containing Permethrin on your clothing will also greatly reduce the threat. If you must go into tick areas, wear long sleeves and long pants, pull socks over pant legs and tuck in your shirt.

Be aware, alert, and safe as you enjoy Montauk!



CULLODEN POINT PRFSFRVF

Great hike through a natural habitat

This park is named after the HMS Culloden, a British 74-gun, 170-ft warship that sank in 1781 about 200 yards from shore, where it still rests. A well-marked trail that takes about 2 hours to loop (a 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 plague 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 (cross the train tracks, turn left), the large, open park has a fishing pier, rocky beach and offers easy access



HIKING TIPS

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

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.

from sunrise to sunset, 631-668-2554.

pay a \$10 daily parking fee. Open year round

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 wellloved 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 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

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

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

KIRK PARK Close to town

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



GUIDED HIKES

The East Hampton Trails Preservation
Society conducts guided hikes year-round.
Check out ehtps.org for details. The
Concerned Citizens of Montauk, 631-2385720, preservemontauk.org, offer outdoor
activities throughout the year. Drop by
their office at 6 South Elmwood Avenue
for advice or maps.

MONTAUK MOUNTAIN A vanishing natural element with rare plants

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

MONTAUK POINT STATE PARK

Lighthouse, fishing, hiking

This 724-acre park at the site of the Montauk Point Lighthouse offers breathtaking views of the sea. Block Island Sound, and Block Island to the northeast, and is great for bird watching vear-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 contiquous with Camp Hero Park and the Sanctuary and there are several hiking trails that cross them. To the north of Montauk Highway, look for signs for Money Pond Trail, Oyster Pond trail and the Seal Haul Out Trail. where seals can be seen on the rocks just off shore in winter. Attractions: beautiful rugged shorelines, migrating birds, hidden ponds, seals in the winter. Also see WALKING DUNES, next page.



SHADMOOR STATE PARK Easy hiking, great ocean views, WWII structures

Located two miles east of the village on Montauk Highway, this 99-acre tract of land has a half mile of ocean frontage where tall clay cliffs plunge down to a pebble strewn beach. About 30 percent of Shadmoor is freshwater wetlands with several small ponds hidden in the thickets. Trails and dirt roads lead to the bluffs from the entrance on Montauk Highway, offering an easy walk. A passive-use park, Shadmoor was home to two WWII gun emplacement sites trained on offshore waters to deter German submarines.

MONTAUK COUNTY PARK Hiking, views, fishing, camping

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

WALKING DUNES Self-guided dune hike, unspoiled nature

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



DINING OUT



Lobster Rolls at Hooked MTK

THE BACKYARD RESTAURANT AT SOLÉ EAST

Open late!

90 SECOND HOUSE ROAD 631-668-9737 soleegst.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.

DURYEA'S MONTAUK

65 TUTHILL ROAD 631-668-2410 duryeas.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.

HARVEST ON FORT POND

Dinner from 5pm daily

11 SOUTH EMERY STREET 631-668-5574 harvestfortpond.com

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

Open year round.

HOOKED MTK

34 SOUTH ETNA AVENUE 631-668-2111 hookedmtk.com

Lunch, Dinner, Take Out: One bite and you're...HOOKED! An On Montauk favorite. Montauk's newest coastal eatery showcasing our renowned local seafood has already earned a loyal following with its great menu





and reasonable prices, featuring a raw bar. with Montauk pearl oysters and clams, local steamers, grilled fish, fish & chips, fish tacos and crab cakes, and yes...lobster rolls! Add burgers, chicken, soups, salads and sides galore. Casual and close to the beach, go take-out and hit the sand or grab a patio table.

NATURALLY GOOD **FOODS & CAFÉ**

779 MONTAUK HIGHWAY 631-668-9030 naturallygoodcafe.com

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

Open year round.

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. Online ordering available!

Open year round.





THE POINT BAR AND GRILL

697 MONTAUK HIGHWAY 631-668-1500

pointbarandgrill.com

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

Open year round.

THE SURF LODGE RESTAURANT

183 EDGEMERE STREET 631-483-5045

thesurflodge.com

Surf Lodge draws inspiration from the ocean's daily bounty and locally grown ingredients, sourcing sustainable local seafood from the fishing boats of Montauk Harbor and produce from the farms of the East End and North Fork of Long Island. They're committed to reducing their impact on the environment and are proud to have eliminated single-use plastics from their kitchen and on-site. Reservations only.



Yellow Fin Tuna at Gosman's Fish Market

BAKERIES & MARKETS

GOSMAN'S FISH MARKET

Farm fresh produce, homemade products, specialty items and more

484 WEST LAKE DR 631-668-5645

gosmans.com/fishmarket.html

Gosman's retail market features the freshest and best selection of seafood in Montauk and on the east end of Long Island. Locally caught fish direct from our own docks to you! We have specialty seafood flown in daily from around the world making many exciting options available for amateur and professional chefs alike.

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 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 & SONS MARKET CIGARS!

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. **Open year round.**



TONY'S MEAT MARKET

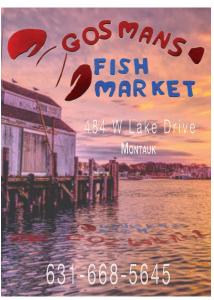
Located at the former Gaviola's Market

541 WEST LAKE DRIVE 631-483-5040

TONYSMTK.COM

ocated in the heart of Montauk Harbor across from the Viking Fleet, at what was once "Gaviola's Market" and then "The Market", Tony's Meat Market is committed to keeping the old-world traditions of butchery alive serving its local community. You'll find prime cut quality meats, flavorpacked specialty sausages, burgers, hot foods, specialty sandwiches, along with fresh coffee, beer, artisanal breads, groceries, and more.

Open year-round.





HELPING PEOPLE MEET BASIC NEEDS IN MONTAUK

FOR HELP, VISIT: WWW.MONTAUKFOODPANTRY.ORG

HOW TO HELP

EMAIL

ALICE@MONTAUKFOODPANTRY.ORG

MAIL CHECKS PAYABLE TO

MONTAUK FOOD PANTRY P.O. BOX 997. MONTAUK. NEW YORK 11954

Monetary donations are fully tax deductible. We are a 501(c) 3 non-profit organization.

SHOPPING



CAPTAIN KID

Childrens toys and gifts

85 THE PLAZA IN TOWN 631-668-3174

MyMontauk.com

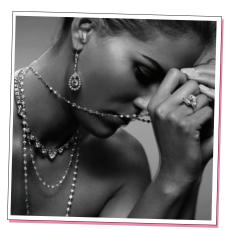
Captain Kid, Montauk's most beloved toy store, may have left its longtime location in the Montauk Harbor, but it can be found alive and kicking in the sprawling lower level of Homeport in Montauk town. Featuring a great collection of LEGOs, plush toys, children's books, and apparel, Captain Kid is still a must-visit for the young and the young at heart.

HOMEPORT

Books, housewares and unique gifts 85 THE PLAZA IN TOWN 631-668-3174

MyMontauk.com

If you only visit one shop in Montauk, this is the one. A local institution for over 30 years, Homeport has a wide selection of housewares, art, gifts, and books. The lower level is a hidden gem of a bookstore with games and toys that has gained an enthusiastic following since its opening



Winick Diamonds

in 2021. We are proud to be locally owned, operated, and **open year-round.**

MONTAUK CYCLE COMPANY

Bikes, gear, tours, rentals 463 WEST LAKE DRIVE 631-668-8975

montaukcyclecompany.com

The go-to place in Montauk for anything biking. Aside from selling bikes such as Fuji, SE, and Tuesdays, plus loads of gear, they do repairs, rentals and will give tours.

Open year round.

SHINE

Clothing, jewelry, accessories 764 MONTAUK HIGHWAY IN TOWN 631-668-8178

mymontauk.com

If you've been to Montauk, you know that Shine has the best selection of women's and men's apparel in a wide range of prices and styles. We feature Free People, Tommy Bahama, Pura Vida, Rails, and many more brands that will help put the sparkle into your step. We are proud to be locally owned and operated. **Open year-round.**

WINICK DIAMONDS

Fine and estate jewelry, antique and valuable finds

771 MONTAUK HIGHWAY IN TOWN 917-853-9823

winickdiamonds.com

Winick Fine Jewelry is a must for anyone looking to buy or sell important vintage and contemporary jewelry, bridal or engagement pieces, or watches while in Montauk. The feel-good shop exudes a Montauk vibe, also selling vintage books and records, plus local artists' works. The Winick family is 70 years in the fine jewelry business and 30 years in Montauk, so buy with confidence.



COREYSWAVE

631-668-9283 coreyswave.com

If you want to learn how to surf, call Kristin at CoreysWave 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 aet fit.

GURNEY'S MONTAUK RESORT AND SEAWATER SPA

290 OLD MONTAUK HIGHWAY 631-668-1892 gurneysresorts.com

Experience diverse wellness treatments at Gurney's breathtaking seaside location. Enjoy distinct wellness traditions and innovations including seawater and marinebased therapies, hydrotherapy and contrast bathing, advanced skincare, and therapeutic bodywork. Call for more information, pricing, and to book your treatment. Open year round.

SPA AT THE MONTAUK LAKE CLUB

211 EAST LAKE DRIVE 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 their office or home visits.



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 & 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 & MARINA

3 STAR ISLAND ROAD 631-668-2860 montauksnugharbor.com

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

ON OLD MONTAUK HIGHWAY AND IN NAPEAGUE

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

LENHART'S COTTAGES

421 OLD MONTAUK HIGHWAY 631-668-2356

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

Open year round.



WAVECREST ON THE OCEAN

170 OLD MONTAUK HIGHWAY 631-668-2141

wavecrestonocean.com

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

FORT POND AREA

MONTAUK MANOR RESORT

236 FDGFMFRF STRFFT

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. 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 year round.

SOLÉ EAST

90 SECOND HOUSE ROAD 631-668-2105

soleeast.com

Solé East is a hip spot with a stunningly beautiful courtyard containing a full-service restaurant and lounge, swimming pool and expansive lawn with mature trees and landscaping, 60 renovated rooms, onebedroom suites, and 7 garden suites. Heated pool, gardens with wood-burning fire pits, Wi-Fi, IPOD docking stations. Pets welcome. May thru October.

THE SURF LODGE

183 FDGFMFRF STRFFT 631-483-5045

thesurflodge.com

Formerly just a simple Irish divebar in Montauk, it has been transformed into one of the hippest spots in the Hamptons, in part thanks to a now-legendary outdoor summer concert series that takes place on a deck overlooking Fort Pond. Free Wi-Fi, free bike rentals and restaurant on premises.



Montauk Manor Resort



SERVICES

Beware.



Did you know?

Most people are bitten by ticks picked up in their own yard. Ticks can spread serious diseases to people and pets. A single tick bite could put you at risk for six different diseases. According to scientists at Stony Brook University, "Tick-borne infections have reached epidemic proportions on LI." You can prevent illness by checking your body carefully, promptly removing any ticks found and showering soon after spending time outdoors. Ticks must make direct contact with a host (that's you) and feed slowly until engorged with blood.

Protect your family.

Since 1997. East End Tick & Mosquito Control has provided the most effective, year-round, tick-prevention program possible, using the most environmentally-responsible methods available. Tick and mosquito control is our only business, not a sideline like it is for so many others claiming to be "experts." Knowledge and experience matters. Let us help you keep your family safe. Call us today for a free estimate.

PROUDLY HELPING KEEP MONTAUK'S ROADS CLEAN AND PRISTINE. LITTER REMOVAL NEXT 1 MILE **EAST END**

CK CONTROL kControlcom



East Hampton 631-324-9700 Tick & Mosquito

Stony Brook Southampton Hospital Regional Tick-Borne Disease Resource Center PROUD SUPPORTER

CONTROL

1 NouTube tickcontrol.com



EAST END TICK & MOSOUITO CONTROL

EAST HAMPTON 631-324-9700

tickcontrol.com

These are the folks to call if you're worried about ticks and mosquitos. Beginning in 1997, East End Tick developed an effective, environmentally-sensitive, innovative program for tick eradication. They have partnered with Stony Brook Southampton Hospitals' Tick-Borne Disease Resource Center. Services large or small in Montauk.

JANE'S HOUSE CLEANING

516-658-0682

Weekly or monthly maintenance, openings and closings. Call for a free estimate.

HAMPTON HOPPER

The easiest way to get around the Hamptons.

hamptonhopper.com

The Hampton Hopper is an app-based transportation network that makes it affordable, easy, and fun to get around the Hamptons in the Summer. They operate a

House Cleaning

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

Free Estimates

Cell: 516.658.0682 idesous1@optonline.net

free local route in Montauk that includes 15 stops between Hither Hills and the docks, including various hotels and points downtown, provided with funding from the Town of East Hampton. They also operate commuter routes, as part of the South Fork Commuter Connection, that help people get to work in Southampton, East Hampton, Amagansett, and Montauk. See map on pg. 34.

MARSHALL & SONS AND PRADO BROTHERS **PLUMBING & HEATING**

701 MONTAUK HIGHWAY 631-668-9169

marshallandsons.com

Marshall & Sons Fuel Oil, a full-service fuel oil delivery company, offers service in conjunction with Prado Brothers Plumbing & Heating. Marshall & Sons Service Station offers full and self-serve Shell gasoline, diesel fuel, and kerosene, as well as a convenience store. The MER Service Corp. is at your service for vehicle maintenance, repairs, indoor storage, towing and NY State Inspections.

TWIN FORKS PEST CONTROL

EAST HAMPTON 631-324-9020

twinforkspestcontrol.com

Whether it flies, crawls or walks, if it bugs you, call Twin Forks Pest Control and they'll make it disappear! This family-owned firm offers a free, no-obligation wholehouse pest inspection. Even if you don't have an immediate pest problem, this thorough, free inspection by their highly-trained, licensed technicians will give you peace of mind.

AUTO REPAIR

See Marshall & Sons listing.

Marshall & Coux Cervice Station

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

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VIKING FERRY

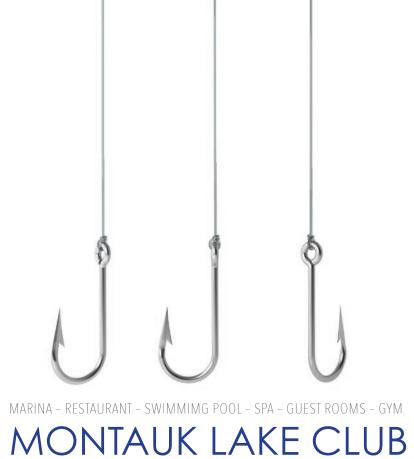
462 WEST LAKE DRIVE 631-668-5700

vikingfleet.com/ferry-service/

Located in Montauk Harbor, they offer a variety of services on the water: year-round legendary fishing trips, seasonal interstate passenger fast ferry service and fun excursions like whale watching and sunset cruises.







& Marina

MEMBERSONLY

MONTAUKLAKECLUB.COM IG: @montauklakeclub

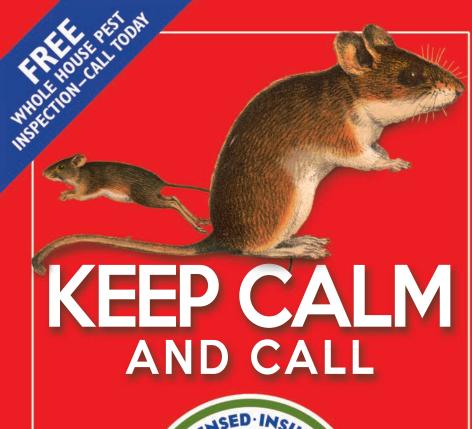
PRESENTED BY

THE SURF LODGE

Wednesday Sunset Sessions NANCY ATLAS

STARTING MAY 31 RAIN OR SHINE







6313249020



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ON MONTAUK®

Emeralds and Rubies... and Books? Oh Mv! WINICK DIAMONDS

P. 20

HUMPBACK WHALES' ANNUAL SPECTACLE ADDS

Further Wonderment to Montauk

P. 16

SPERM WHALES.

too, are Beautiful Oceangoing Montauk Visitors

P. 38

Tranquility is Downtown, too, at THE MONTAUK **COMMUNITY GARDEN**

P. 28



MONTAUK MAP & 2023 EVENT CALENDAR THE

