

HAPPY AS A CLAM
SEAN, FARMER

My favorite spot would be the new Bellport inlet. I grew up sailing over there as a kid when it was called 'Old Inlet Beach.' I went over there the day after hurricane Sandy hit—I was probably one of the first people to see it right after the storm. To see land like that so profoundly change in a lifetime is pretty epic. It's rare to have such a huge geological transformation take place in our lifetime, you know? It doesn't happen that often. My parents live on Bay Road and we've seen such a change in different types of fish and sea life in the bay since the breach opened. Whenever I go over there, I sail around, fish, hang out, surf—I don't sail through it—I'm not brave enough. It's a pretty dynamic place, that's what I like about it.

HOLD YOUR HORSES
MARNA, HORSE LOVER

Horses are my passion—I adopt and rescue horses that are either retired or in need. I also have a horse-riding club where I teach young kids to ride. I would recommend taking a ride in the Post-Morrow trail for some true Brookhaven flavor—there are 100 or so acres of preserved land there and man or beast is welcome to walk the trails! I usually go at the end of the day—my husband and I each take a horse in the evening hours after work—the summer is a nice time to go because you can ride until about 8:30 pm. We usually see a lot of deer, and it's funny because there's something about being on a four-legged hooved animal that makes the deer less flighty and they tend to stick around more. We finish at the end of Bay Road and ride into the water—there's a sandy bottom there, which is key. There's a lot of beautifully preserved sea grass that you can spot while riding through the bay.

IT TAKES TWO TO CANOE
JOE, CARMANS RIVER EMPLOYEE

I would encourage people to experience some Long Island rivers—the Connetquot River, the Peconic River, and the Nissequogue River. I also love the Peconic Bay, specifically the southern part of it. Indian Landing is probably the best place to swim—but some people avoid swimming there because there have been years of challenges with pollution and what not. It has bounced back to some degree but I would be cautious about swimming there on a regular basis. And of course, I would recommend Carmans River—when you paddle around here you're entering a federal wetland. It's probably the most undeveloped waterway on Long Island. It's a couple thousand acres of protected government land and the wildlife is just beautiful. We want people to fall in love with the river like we have. We paddle in and paddle out, making sure not to leave a footprint. You can also come here for a full moon paddle. It's really hard to find this kind of abundant nature on Long Island—I'm a Long Island guy forever.

REAP WHAT YOU SOW
CHRIS, MUSTARD SEED CAFÉ PROPRIETOR

I have an all-organic and biodynamic café and we farm on the premises, always trying to bring awareness to a younger generation. I have woofers that come from all over the world and I usually recommend that they take a nature walk at Havens Estate Nature Preserve—it's a little further down from the farm on Montauk Highway. There's no specific time of year to go—just whenever I feel like taking a walk—although it is pretty beautiful in the wintertime when snow is falling. I like to walk down on the south side where it's all wooded but then opens up to the water. There's usually a good amount of fallen wood there—you can find some nice pieces of old driftwood by the shore. It's Long Island so most of the trees there are old oaks and cedars.

HIGH AND DRY
FRAN, EASTERNER MOTEL OWNER

One of my favorite spots is Scallop Pond which is close by, just north of the motel. I started going there as an adult when a friend in their 80s taught me how to kayak—it was the perfect place to learn because the water is very calm as the pond is protected inland. I usually go in the fall—I would recommend September. There are gorgeous Lilly pads and a lot of birds. It is a very serene and peaceful place and it hasn't changed at all since I first started going there.

RED RIGHT RETURN
RANDALL, SCULPTOR

I like the coves just west of the lighthouse in Montauk. It's a beautiful part of the coast—I stand-up paddleboard all year round there, yes, even in the dead of winter. I paddle on a board that Billy Hamilton built for me—it's the prettiest stand-up paddleboard in the world with a 2000-year old red wood deck. You know, I've been paddling before it became what it is today. I once paddled to Gardiners Island from the Springs. But in Montauk, I paddle along the coast—in calm seas or in rough seas—it's pretty rocky there so when you're standing on the board there's a lot to look at—rocky reefs, harbor seals, grey seals and sometimes big schools of bluefish. The grey seals are much larger and more aggressive, occasionally they can get within 3 or 4 feet of my board and they really give me a hard look. I live in the Springs but I've been going to this spot for maybe, 40 years—I've been on the water since I was 11 years old. Of course, there's a lot less sand on the beach than there used to be.