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## Down the Shore

Monday, June 28, 2010 8:00AM - 4:00PM

NJGS Leaders: Helen Rancan and Bill Graff

Come and explore three fantastic Atlantic Ocean views only New Jersey can offer!

First, our trip will take us to Mount Mitchill (266 feet above sea level); the highest natural point on the Atlantic between southern Maine and the Yucatan Peninsula. Enjoy a unique view of New York Harbor, honor local victims of 9/11, discuss local land slumping and see Sandy Hook peninsula from afar.

Then we will stop at the Twin Lights of Navesink. These two lighthouses-in-one have stood as a sentinel over the treacherous coastal waters of northern New Jersey since 1828. Come tour the lighthouse, climb the northern light tower and explore the maritime museum. The museum shop offers several items for all age groups, however, it does not accept credit cards (cash and personal checks only).

Our final and longest stay will be at Sandy Hook, a special part of the Gateway National Recreation Area. Come enjoy the cool ocean water and the warm beach sand, hunt for seashells and explore the Museum at the Visitors' Center. Enjoy birding? Sandy Hook provides the prime spot to watch many shore species which use Sandy Hook as a permanent residence or as a stop along The Atlantic Flyway.

**Inclement weather:** The trip is scheduled, rain or shine. If we have inclement weather, the trip will include Mount Mitchell and the Twin Lights. The Sandy Hook stop will include a visit to the Museum and Visitors' Center only. We will then spend the afternoon in Red Bank. This beautiful example of a coastal town offers fine art galleries, world class shopping and gourmet and casual dining.

**Cost:** The trip will cost \$45, which includes transportation only. Lunch is on your own at the concession stand at Sandy Hook or in downtown Red Bank under inclement conditions.

**How many people:** Registration is limited to 50 people.

**Facilities:** There are portables at Mount Mitchill and water closets at Twin Lights. There are full facilities at Sandy Hook, including showers for bathers.

### Web Links

Mount Mitchill Scenic Overlook, Atlantic Highlands  
[www.monmouthcountyparks.com/page.aspx?id=2534](http://www.monmouthcountyparks.com/page.aspx?id=2534)

Twin Lights of the Navesink  
[www.twin-lights.org](http://www.twin-lights.org)

Sandy Hook  
[www.nps.gov/gate/index.htm](http://www.nps.gov/gate/index.htm)

Red Bank  
[www.Visit.redbank.com](http://www.Visit.redbank.com)