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Explore The Shores Of New Jersey

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New Jersey's 130 miles of sandy beaches are beckoning visitors this summer. With direct flights and enviable weather during the summer months, the state is a great choice for those looking for an ultimate beach holiday with beautiful barrier islands and bays dotted with majestic lighthouses, fishing villages and scenic views.

The sandy beaches are the states most treasured prize and attract families, couples and friends, visiting to enjoy the sun, sand, water sports and beach side attractions.

Beach-Side Cities

[Atlantic City](#) is New Jersey's most famous coastal city. Visitors flock to enjoy the wide sandy beaches, the world-famous boardwalk (the first in the United States), world class casino resorts and fantastic dining and entertainment offerings.

Above: Atlantic City. Photo courtesy of the New Jersey Division of Travel and Tourism

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Other cities with beaches include the lively [Wildwoods](#), [Seaside Heights](#) with its two amusement piers, family favourite [Ocean City](#) and trendy [Asbury Park](#) all of which feature fun-filled boardwalks with entertainment, rides, shopping and dining.



Above: Asbury Park. Photo courtesy of the New Jersey Division of Travel and Tourism

Family beach holidays

Family options are in abundance along the coast of New Jersey. [Long Beach Island](#) is an 18-mile-long island strewn with small shore towns and long stretches of white sand which has been attracting families for generations. At Beach Haven, the island's main action centre, you'll find the water parks Fantasy Island Amusement Park and Thundering Surf Water Park & Adventure Golf.

At Wildwoods in southern New Jersey, in addition to an expansive beach, there are 38 blocks of exciting boardwalk attractions, including three incredible amusement piers, water parks and crazy golf, plus there is a weekly firework display every Friday during the summer. [Point Pleasant Beach](#) offers a boardwalk filled with arcades and rides, an aquarium and beach front amusement park and [Ocean City](#) has eight full blocks of family amusements.

Relaxing Beach Breaks

For a quieter beach experience [Spring Lake](#), [Ocean Grove](#) and [Stone Harbor](#) offer a more sedate stay. Here you can find historic lighthouses, preserved natural areas, inlets and bays.



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Above: Stone Harbor beach, Photo courtesy of the New Jersey Division of Travel and Tourism

Sedate [Cape May](#) is a charming town located at the southernmost point of the Jersey Shore, with a world renowned architectural legacy, many of its colourful Victorian homes (“Painted Ladies”) have been turned into boutique bed & breakfasts. Cape May is also home to grand Congress Hall which is America’s oldest seaside resort, dating back to 1816.



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Above: Cape May. Photo courtesy of the New Jersey Division of Travel and Tourism

The small towns of [Barnegat Light](#) and [Harvey Cedars](#), both located on the north end of Long Beach Island offer a laid-back, idyllic island getaway.

Active Beach Options

Adrenaline junkies are well catered for on the beaches of New Jersey. The state is home to some of the best [surfing](#) on the East Coast, the ocean typically remains warm through October and the excellent surfing is the result of the Atlantic Ocean's hurricane season which increases the swell. Great beach towns for surfing include [Manasquan, Belmar](#) and [Seaside Heights](#).



Above: Manasquan Beach. Photo courtesy of the New Jersey Division of Travel and Tourism

Beach-Side Birding

[Birding](#) enthusiasts flock to New Jersey. Cape May is particularly popular for this and is recognised as the place to go for Autumn bird watching, however the Cape's peninsular shape, proximity to ocean and bay, and diversity of habitat all blend to make the area a birding spot year-round, [South Cape May Meadows](#) in particular is a globally renowned birders paradise and at The Cape May Observatory visitors can join birdwatching trips to view more than 400 species of birds during fall migration.

The five-mile barrier beach of [Sandy Hook](#) is another excellent year-round birding location and is on the state's list of Important Bird and Birding Areas as well as on the National Audubon Society's list of globally significant Important Birding Areas. [Click here](#) to read more.

To start planning a New Jersey holiday, visit www.visitnj.org

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