

## August 2022 Sunday Morning Open Water Group Swims at West Neck Beach

West Neck Beach [a/k/a Quentin Sammis Beach] is a protected bay swim venue located a few miles north of Huntington Village. For GPS purposes use **450 West Neck Road, Lloyd Harbor 11743**.

Beach access gates open around 7:45AM. Restrooms and outdoor showers are on site.

Swim Across America swim course director Rob Ripp (631-335-4629) and Excel coach David Kaufman (917-449-3774) are the usual group leaders for WNB swims.

Wearing a brightly colored swim cap and an open water swim safety buoy is high recommended. Wetsuit is not necessary (very warm water!). Bring clear goggles for cloudy day and tinted goggles for sunny day. Remove your vehicle from the WNB parking lot by 10AM (resident sticker required after 10am).

8:00AM on Sunday 21 August high tide 7:50am sunrise 6:09am

8:00AM on Sunday 28 August low tide 6:41am sunrise 6:16am

**Directions from the West:** Take the LIE/495 to Exit 41 Routes 106/107 North. Bear **RIGHT** at fork to continue north on Route 107 Jericho/Oyster Bay to Route 25A Northern Boulevard. Turn **RIGHT** onto 25A Northern Blvd. and drive east for about five (5) miles. Just past Cold Spring Harbor Lab at bottom of hill, bear **LEFT** to continue on 25A. Continue east 1-2 miles through Village of Cold Spring Harbor to Huntington Village. At bottom of hill (St. Patrick's on right) in Huntington Village turn **LEFT** onto West Neck Road (CitiBank on corner) and drive north to beach on left. See map below for additional reference.

**Directions from the East:** Take LIE/495 to Exit 51 North. Turn **RIGHT** onto Deer Park Avenue and go north about two miles. After Northern State Parkway underpass, bear **LEFT** (Dix Hills Fire Dept. on right) and continue north about a 1/2 mile. Cross Route 25/Jericho Turnpike (Deer Park Avenue becomes Park Avenue). Continue north on Park Avenue about two (2) miles and cross railroad tracks. Four traffic lights after RR tracks at bottom of hill turn **LEFT** onto Route 25A Main Street (Village Green on your left). Continue west on Route 25A Main Street, pass YMCA and Town Hall into Huntington Village. Three traffic lights after Starbucks on right turn **RIGHT** onto West Neck Road (CitiBank on corner) and drive north to beach.

