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The Best Off-the-Beaten Path Beach Hikes

Whether scaling a mountain or rounding a bend, nothing beats the sight of water from a hiking trail. These hikes offer dazzling beauty and get-away-from-it-all appeal.

By Joan Drammeh

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Photo: courtesy of the National Park Service

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New York: Fire Island National Seashore

About an hour east of New York City, hikers can find panoramic vistas, coastal plain ponds, harbor seals, and maritime grasslands. The Sunken Forest Nature Trail is a 1.5 mile boardwalk, but you'll want to focus on the 32 miles of Fire Island beach. Although your eyes will be drawn to the ocean and bay views, remember to look down to see the beach plum and beach heather along the way. For information, call 631-563-4354 or visit nps.gov/fiis/.

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