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Grab Your Board and Go

READY TO TAKE YOUR WORKOUT TO THE WATER? HANG TEN AT ONE OF THESE STELLAR SURF SPOTS.

Montauk, NY

Known as "The End" because it sits at the southeasternmost tip of Long Island, this laid-back beach town offers rugged coastline, wide-open beaches, and consistent, varied waves. Ditch Plains beckons beginners and veterans alike, but those looking for more epic waves can find them at Turtle Cove.

New Smyrna Beach, FL

With water temps typically in the mid-70s and nary a reef or rock in sight, this is one of the Sunshine State's most popular places to surf. Swells top out at 4 feet, helping first-timers get on famously, but the ramp-like breaks offer seasoned surfers the chance to show off their skills.

Santa Cruz County, CA

Ideal conditions are practically guaranteed here, thanks to 29 miles of coastline and an average of 300 days of clear skies annually. Get inspired watching the pros at Mavericks (where crests regularly reach more than 25 feet), then head to novice-friendly Cowell's Beach.