



# VANDERBILT

## SPRING AT VANDERBILT 2026

An essential guide to discovering  
Long Island through the lens of Vanderbilt

[www.vanderbiltli.com](http://www.vanderbiltli.com)



THE VANDERBILT

# YOUR EFFORTLESS, INSPIRING, *and* UNFORGETTABLE SPRING STAY

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This curated spring guide was designed with you in mind, offering a detailed look at everything Vanderbilt has to offer, from property highlights and thoughtful amenities to a calendar of exclusive on-site events and experiences. Inside you'll also find our personal recommendations for the best dining, shopping, and cultural attractions in the area, along with helpful tips to make the most of your time in and around Long Island. Think of it as your personal concierge in print • a go-to guide to elevate your extended stay with style, ease, and just the right touch of luxury.

We're so glad you're here. Let spring begin.

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# FITNESS CALENDAR

## **MONDAY: TOTAL BODY CIRCUIT TRAINING – 7:40 a.m. (Nej)**

*A Full Body Focused Circuit Training Session That Will Get Your Heart Rate Up and Challenge You!*

## **TUESDAY: YOGA – 8:00 a.m. (Kasha)**

*Incorporates Movement And Breath To Create A Vinyasa Flow. Specifically Catered To Improve Balance, Flexibility, Strength And Endurance!*

## **WEDNESDAY: CIRCUIT TRAINING – 8:00 a.m. (Andre)**

*Interval Training Session With A Focus On Form That Incorporates Various Modalities As You Flow From Exercise To Exercise.*

## **SATURDAY: CIRCUIT TRAINING – 9:00 a.m. (Andre)**

*Interval Training Session That Incorporates Various Modalities As You Flow From Exercise To Exercise.*

## **SUNDAY: LOW IMPACT CIRCUIT TRAINING - 9:00 a.m. (Bez)**

*A Full Body Interval Training Workout That Keeps The Tempo High and The Impact Down As You Move And Burn In This Challenging Full Body Workout.*

**Personal Training - Boxing - Kick Boxing - Self Defense - Stretch Therapy**

**To schedule a COMPLIMENTARY ASSESSMENT please contact...**

**Tommy Bastardi**

**Phone: (914) 406-3476**

**Email: [Tommy@TruthAndBeautyFitness.com](mailto:Tommy@TruthAndBeautyFitness.com)**



*Fitness Center*



*Yoga Room*

•Resident events and fitness classes are subject to change.  
Please reference an updated schedule in the Fitness Center or at the Concierge desk.

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# GOLFING ON LONG ISLAND

## EISENHOWER PARK

Directly across from The Selby, features 18-hole golf courses – Red, White, and Blue – all open to the public. In addition to the golf courses, Eisenhower Park offers a driving range and other recreational facilities. Tee times can be booked through the Nassau County Gold website or by contacting the park directly

1899 Hempstead Turnpike, Westbury, NY 11590 | 516-572-0327

## BETHPAGE STATE PARK – BLACK COURSE (FARMINGDALE)

Renowned globally, the Bethpage Black Course is a challenging track that has hosted major tournaments, including the U.S. Open and PGA Championship. It's set to host the Ryder Cup in 2025. Known for its difficulty, it's recommended for experienced golfers.

99 Quaker Meeting House Road, Farmingdale, NY 11735 | 516-249-0701





### TOWN OF OYSTER BAY GOLF COURSE

Golfers can enjoy a challenging round at this public course with a variety of holes and a social atmosphere.

1 S Woods Rd, Woodbury, NY 11797 | 516-677-5980

### HARBOR LINKS GOLF COURSE

Situated on the North Shore, Harbor Links offers both an 18-hole championship course and a 9-hole executive course. It's praised for its facilities and commitment to service.

1 W. Fairway Drive, Port Washington, NY 11050 | 516-767-4816

### MONTAUK DOWNS STATE PARK GOLF COURSE

Located at the eastern tip of Long Island, this course offers a scenic and challenging experience, often influenced by coastal winds. It's favorite among locals and visitors alike.

50 S Fairview Ave, Montauk, NY 11954 | 631-668-5000

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# SIGHTSEEING

## GOLD COAST MANSIONS

Don't miss the historic Gold Coast mansions, once home to America's wealthiest families during the Gilded Age. These grand estates offer a glimpse into opulent architecture, lush gardens, and the inspiration behind *The Great Gatsby*.

## SANDS POINT PRESERVE (13.5 MI)

127 Middle Neck Rd, Sands Point, NY 11050 | (516) 571-7901

## COE HALL AT PLANTING FIELDS ARBORETUM (12.6 MI)

1395 Planting Fields Rd, Oyster Bay, NY 11771 | (516) 922-9210

## OLD WESTBURY GARDENS (2.9 MI)

71 Old Westbury Rd, Old Westbury, NY 11568 | (516) 333-0048

## OHEKA CASTLE (11.8 MI)

135 W. Gate Dr, West Hills, NY 11743 | (631) 659-1400

## VANDERBILT MUSEUM & PLANETARIUM (22.3 MI)

180 Little Neck Rd, Centerport, NY 11721 | (631) 854-5579



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# BREWERIES

## BARRIER BREWING CO

Popular Oceanside brewery with a rotating tap list and often food trucks/events.

## SOUTH SHORE CRAFT BREWERY

Well-rated craft brewery also in Oceanside.

## LOST FARMER BREWING

Westbury brewery with classic and seasonal brews.

## BARNSHED BREWING

Hicksville brewery with a laid-back vibe.

## LUNCHBOX BREWING COMPANY

Bellmore brewery & beer bar with creative selections.

## MOTION CRAFT BREWED

Massapequa Park spot with both craft beers and ciders (great if you like both on tap).

## THE JACKET BAR & MICRO BREWERY

Micro brewery + bar in Mineola (more pub focus but local brews).

## CAMPGROUND CRAFT BEER & COFFEE (SEA CLIFF)

Not a full brewery but a great local tap spot for craft beer.

## LITHOLOGY BREWING CO.

Farmingdale favorite with a solid tap lineup.

## OYSTER BAY BREWING COMPANY

Classic brewery in Oyster Bay known for approachable styles.

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# FARMER'S MARKETS

Long Island boasts a vibrant array of farmers markets, offering fresh, locally sourced produce and artisanal goods. Below are some of the top farmers markets in Nassau County.

## CCE NASSAU FARMERS MARKET AT EISENHOWER PARK

Dates: Saturdays, 9:00 a.m. – 1:00 p.m.

Local produce, cooking demos, and community vendors.

Location: Eisenhower Park, SAC Building, Parking Field 8

## HUNTINGTON FARMERS MARKET (INDOOR)

Location: Spirit of Huntington, 2 Melville Rd, Huntington Station.

Schedule: Sundays, January 4 – April 26, 2026, 9:00 a.m. – 1:00 p.m..

Features: Local food, handmade goods, and small businesses.

## ROCKVILLE CENTRE FARMERS MARKET

Location: Long Island Growers Market

(check specific location, often indoors).

Features: Fresh vegetables, fruit, seafood, and baked goods.



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# SHOPPING

## [ROOSEVELT FIELD MALL \(GARDEN CITY\)](#)

One of the largest shopping malls in the U.S, featuring luxury brands, department stores, and a wide variety of restaurants.

Key Stores: Nordstrom, Bloomingdale's, Macy's, Gucci, Apple Store.

## [WALT WHITMAN SHOPS \(MELVILLE\)](#)

Upscale, open-air style shopping center with high-end retailers and elegant design.

Key Stores: Saks Fifth Avenue, Bloomingdale's, Louis Vuitton, Anthropologie

## [THE AMERICANA MANHASSET \(MANHASSET\)](#)

Luxury outdoors shopping center often called the "Rodeo Drive of Long Island".

Key Stores: Chanel, Hermes, Cartier, Prada, Tesla

## [TANGER OUTLETS DEER PARK & RIVERHEAD \(DEER PARK & RIVERHEAD\)](#)

Outdoor outlet mall offering discounts on designer and brand-name items.

Key Stores: Nike, Coach, Michael Kors, Calvin Klein, Adidas.



# RESTAURANTS IN NASSAU COUNTY

## **FARM ITALY (ITALIAN) ADJACENT TO THE SELBY**

725 Merrick Ave, Westbury NY 11590  
[www.thefarmitaly.com](http://www.thefarmitaly.com)



## **THE SHED (AMERICAN) ON-SITE AT THE SELBY**

685 Merrick Ave, Westbury, NY 11590  
(516) 794-0573 | [www.intheshed.com](http://www.intheshed.com)



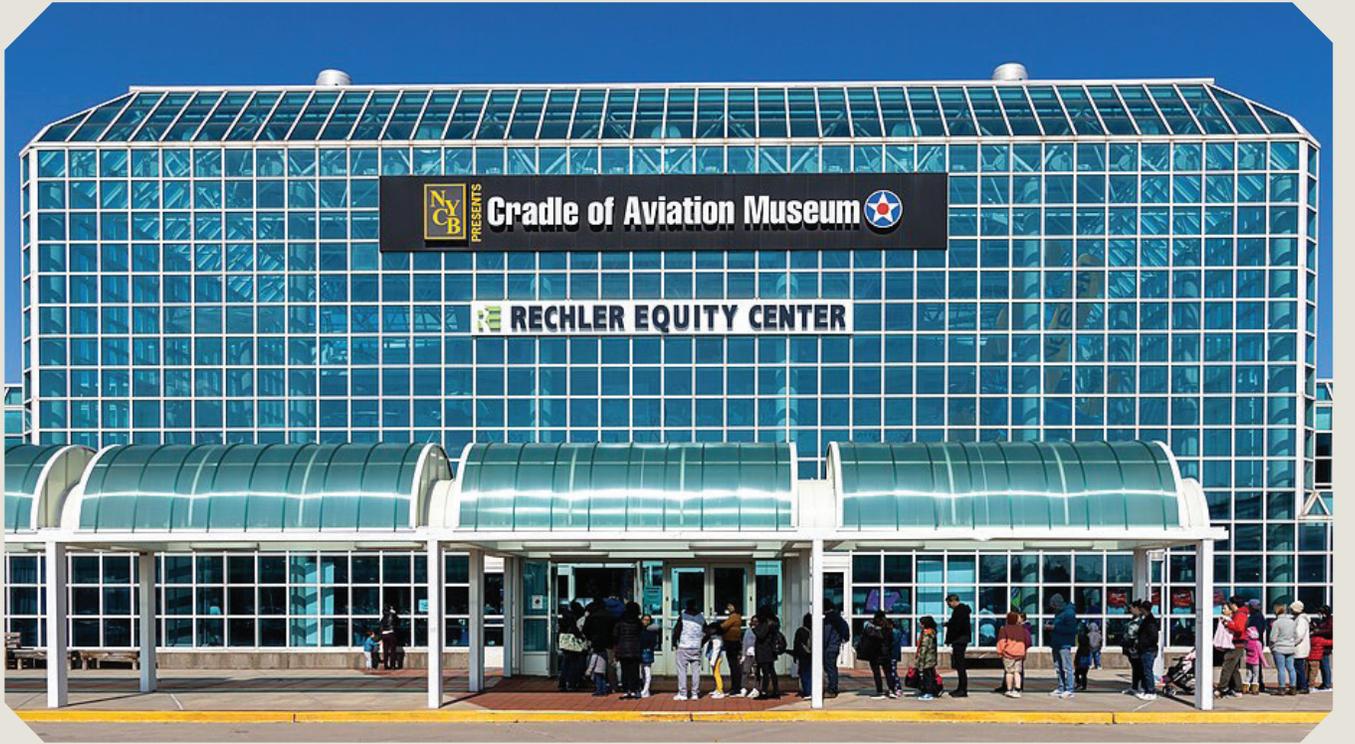
## **THE SHED (AMERICAN)**

1511 Old Country Rd, Plainview, NY  
(516) 586-5800  
[intheshed.com/plainviewny](http://intheshed.com/plainviewny)



## **IAVARONE ITALIAN KITCHEN (ITALIAN)**

1575 Old Country Rd, Plainview, NY  
(516) 888-4400  
[plainview.iavaronecafe.com](http://plainview.iavaronecafe.com)



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# NASSAU COUNTY'S MUSEUM ROW

Museum Row in Garden City, Nassau County, features four unique museums: Cradle of Aviation, Nassau County Firefighter Museum, Long Island Children's Museum, and the upcoming Long Island Museum for Science and Technology. Spend a day exploring all or visit one at a time.

## [CRADLE OF AVIATION](#)

Discover aviation history with a focus on Long Island, view model planes, artifacts, and sit in a fighter plane. Enjoy the Blue Angels Ride Theater, dome theater films, or sky theater planetarium.

## [THE NASSAU COUNTY FIREFIGHTER MUSEUM AND EDUCATION CENTER](#)

Explore the heritage of Nassau County's volunteer fire service, see restored firefighting artifacts, and learn about fire safety advancements.

## [LONG ISLAND CHILDREN'S MUSEUM](#)

Fun for all ages with hands-on science exhibits in galleries like Brick & Stick and Tool Box. Offers family programs, school field trips, and a "Museum on the Go."

## [LONG ISLAND MUSEUM FOR SCIENCE AND TECHNOLOGY](#)

Under construction, this museum will offer interactive science and technology exhibits and connect to the Cradle of Aviation.

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# STATE PARKS & BEACHES

Take time to explore Long Island's stunning state parks and beaches, where natural beauty meets outdoor adventure. From hiking scenic trails to relaxing on pristine shorelines, these spots offer the perfect escape from the everyday.

## *State Parks*

CAUMSETT STATE HISTORIC PARK PRESERVE  
(*Lloyd Harbor*)

CONNETQUOT RIVER STATE PARK PRESERVE  
(*Oakdale*)

CALEB SMITH STATE PARK PRESERVE  
(*Smithtown*)

NISSEQUOGUE RIVER STATE PARK PRESERVE  
(*Kings Park*)

## *Beaches*

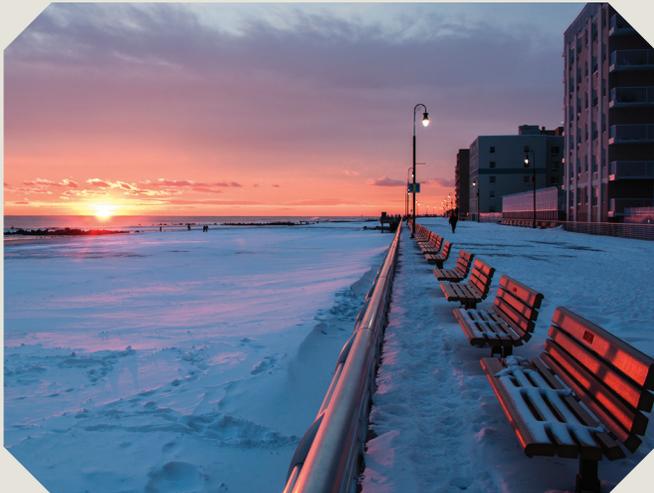
JONES BEACH STATE PARK (*Wantagh*)

LONG BEACH (*Long Beach*)

ROBERT MOSES (*Fire Island*)

COOPERS BEACH (*Southampton*)

FIRE ISLAND NATIONAL SEASHORE  
(*Fire Island, ferry ride required*)





*Jones Beach Theater*



*Old Westbury Gardens*

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# NASSAU COUNTY VENUES

## EISENHOWER PARK

Discover the vibrant offerings of Eisenhower Park –a premier destination for seasonal enjoyment. From free outdoor concerts and nationally recognized barbecue festivals to lively farmers markets, mini golf, and so much more, there’s something for everyone to enjoy.

Explore the full schedule of events at the official site:

[Free Concerts & Movies | Nassau County, NY - Official Website](#)

## OLD WESTBURY GARDENS

Offering a variety of cultural events, educational programs, and seasonal activities makes Old Westbury Gardens a cherished destination for history enthusiasts, garden lovers, and families alike.

Full calendar of events at the official site:

[Events Calendar – Old Westbury Gardens](#)

## THE FLAGSTAR AT WESTBURY MUSIC FAIR

*Formerly NYCB Theatre at Westbury*

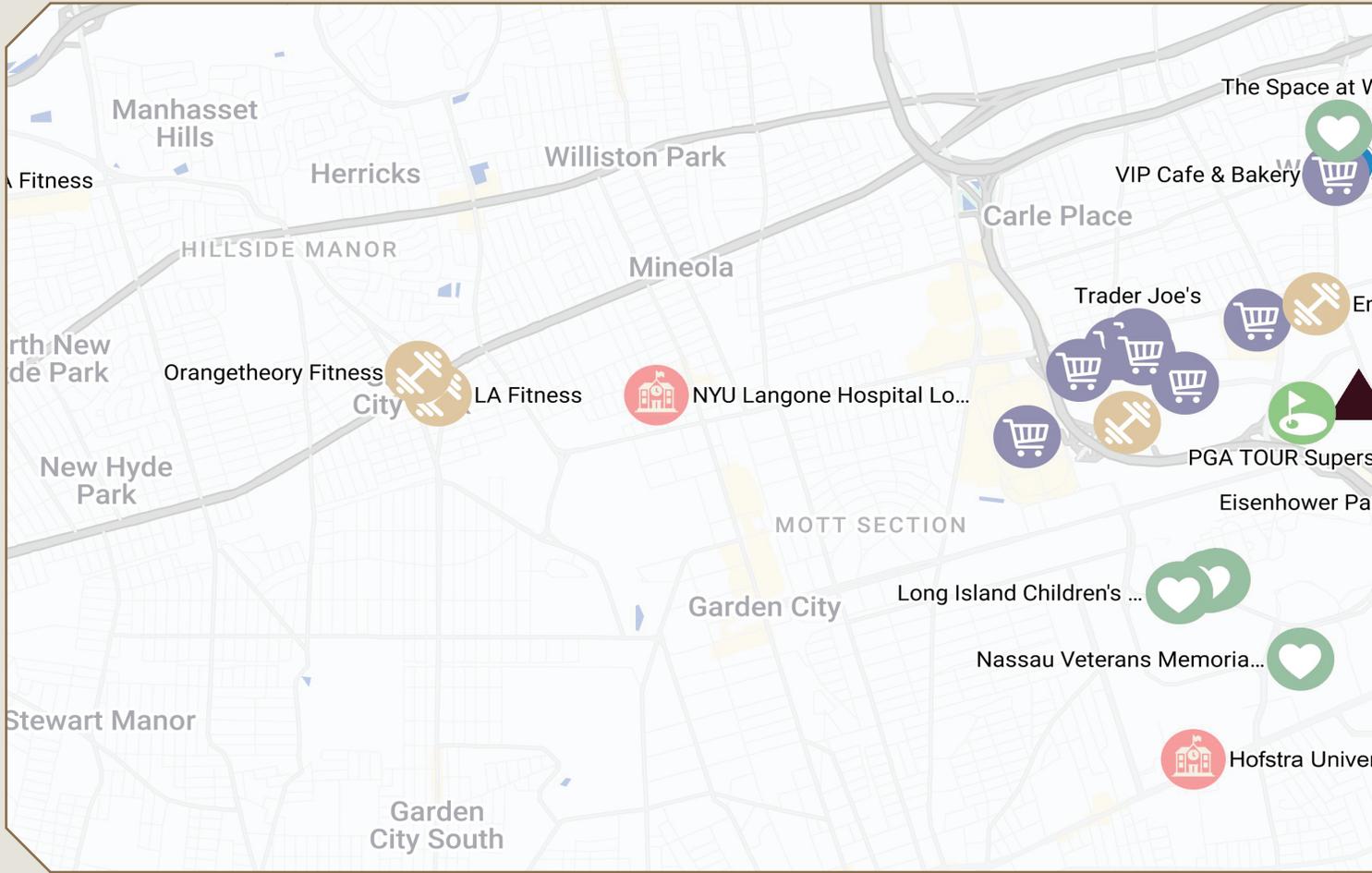
A premier destination for concerts, comedy shows, and theatrical performances, maintain its legacy as one of Long Island’s most cherished cultural landmarks.

[Flagstar at Westbury Music Fair | Westbury, NY | Westbury Music Fair](#)

## THE NORTHWELL HEALTH AT JONES BEACH THEATER

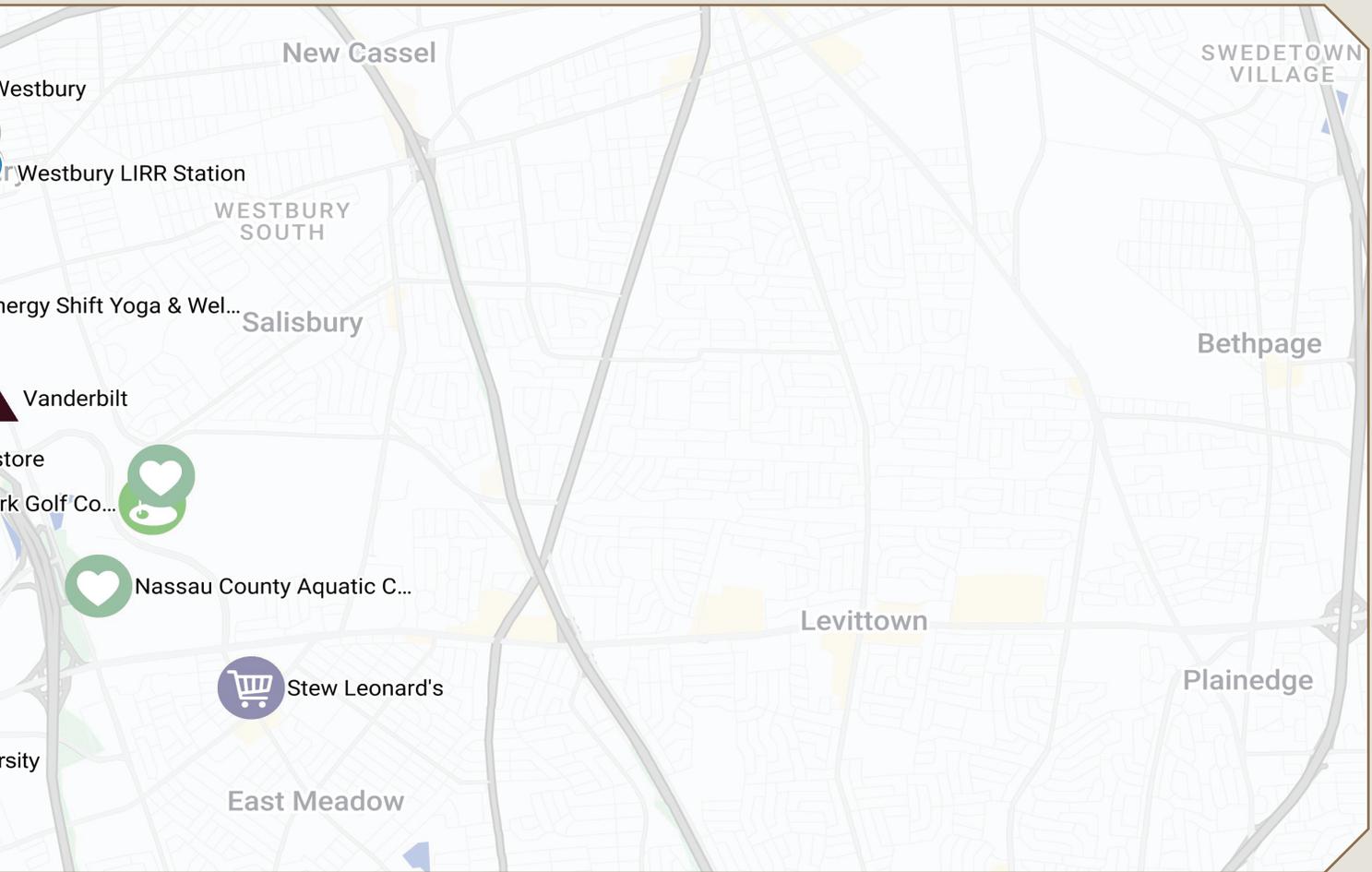
Situated within Jones Beach State Park, the theater offers audiences an unparalleled experience with performances set against the backdrop of the Atlantic Ocean. Its unique location and design have made it a favorite destination for both artists and fans, hosting a diverse array of concerts and events throughout the summer season. For more information on upcoming events and tickets, visit the official website:

[JonesBeach.com - Theater Concerts 2025 | State Park | Tickets](#)



# LIFE *in the* HEART *of* LONG ISLAND

A CENTRAL LOCATION

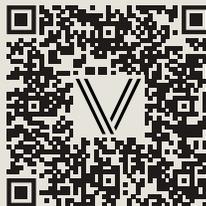


Vanderbilt places residents a quick drive to the tree-lined trails and rolling green fairways of the 930-acre Eisenhower Park in the coveted village of Westbury. Just outside The Vanderbilt, a world of recreation awaits, including three golf courses, tennis courts, skating rinks and the largest aquatics center in the Northeast. Within minutes of home are Long Island's most acclaimed boutiques, world-class dining, sports venues, arts and entertainment centers, and picturesque beaches. From its central, commuter-friendly location, The Vanderbilt offers convenient nearby access to Long Island's freeways and the Westbury LIRR station, offering 40-minute service to New York City's Penn Station.



VANDERBILT.LI.COM

Leasing Gallery Open Daily 10am — 5pm  
990 Corporate Dr, Westbury, NY 11590  
516-979-2112



\*Prices and availability are subject to change without notice.





