



Photos By Jordan

your



own



back



yard

Courtesy of NJ Office of Travel and Tourism



The Garden State has long championed its diversity: its diversity of culture, of industry and economy and its unique appeal that transcends both generations and interests alike.

Nowhere is this more evident than in what New Jersey offers its senior community. Whether you prefer the arts, nightlife activities, the great outdoors or simply a desire to soak up the state's historical elegance, the Garden State is the place to fulfill your own unique, individual needs.

Begin your journey in beautiful, picturesque Southern New Jersey. The Victorian splendor of Cape May offers hours of tranquil enjoyment amid miles of historic homes and attractions, quiet and relaxed dining opportunities and dozens of the most cozy and comfortable bed & breakfast establishments anywhere on the eastern seaboard.

If your style is more the bright lights and excitement of a night on the town, a short drive up north brings you to historic Atlantic City – home of the world's most renowned boardwalk, eleven lavish, eye-popping casino resorts, world-class entertainment, five-star dining and

preference is birding, hiking, biking, fishing or paddling, a terrific weekend getaway is mere miles away.

In South Jersey, the Delaware Bayshore Birding & Wildlife Trail stretches across all three southern of Salem, Cumberland and Cape May Counties and is nothing short of a naturalist's dream. Part of the larger New Jersey Coastal Heritage Trail, the Delaware Bayshore is perhaps the foremost location along the Atlantic Flyway and offers spectacular views of dozens of species – including shore birds, northern diamondback terrapins, blue herons and more.

The highlight of the year is unquestionably the World Series of Birding in Cape May. Hosted each year by the New Jersey Audubon Society, participants count as many species as possible during a 24-hour period.

Of course, the region is also home to the 43,000-acre Edwin B. Forsythe National Wildlife Refuge. Administered by the U.S. Fish and Wildlife Service, this coastal habitat protects migratory birds and provides valuable prospects for the birding industry.

Venturing to the northern tip of the New Jersey Coastal Heritage Trail, another sizeable bird sanctuary

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some of the best shopping anywhere in the Northeast. Over 30 million people annually enjoy Atlantic City and the surrounding area, and the minute you arrive you'll quickly see why.

Of course, a memorable getaway can be experienced anywhere in the Garden State, as its collection of museums, living history, theaters and fine arts attractions are unrivaled.

Whether you fancy tracing George Washington's "revolutionary" footsteps, reliving the innovations of Edison and Einstein, exploring the finest performing arts at renowned theatres and playhouses scattered across the state's landscape or witnessing centuries old creations on canvas at one of New Jersey's countless art museum and galleries, it all calls the Garden State home.

Oh, but there's so much more...

The Garden State is also a haven for seasoned naturalists and casual admirers of the great outdoors alike. In fact, one of the most popular (and growing) outdoor activities for people of all ages has been enjoying the state's collection of birding and wildlife trails. Whether your

resides at the Sandy Hook Unit of Gateway National Recreation Area in Highlands. Yet perhaps the biggest surprise awaits visitors to the Hackensack River Watershed and to the Meadowlands in Lyndhurst, where more than 265 different species of birds and is recognized as a major migratory fly-over and resting preserve. One visit and you'll be left in sheer amazement of this picturesque natural appeal.

Best of all, organized tours and weekend getaways are at your fingertips and simply a phone call away. The state's Office of Travel & Tourism is ready and more than willing to make your ideal getaway a reality. All it takes is a phone call to 1-800-VISIT-NJ or a visit to to get started.

The Garden State is home to so many treasures, yet some of these natural and historic wonders often fly below the radar and remained largely undiscovered – even by many of our seniors. Of course this is easily remedied. All that's needed is the time and interest of the young at heart to help ensure their legacy lives on today, tomorrow and for generations to come.

We look forward to seeing you soon!