Directions to All-Women Lifeguard Tournament

1. Get to Exit 117 of the New Jersey Garden State Parkway.

2. From Exit 117 (heading toward Keyport), take Route 36 South/East about 12 miles to the Highlands Bridge.

3. Cross over the Highlands Bridge and follow signs to the Sandy Hook Unit of Gateway National Recreation Area.

4. Once in the park, pass through the toll plaza and proceed 2-3 miles north to the competition site at Beach Area E. (Competitors arriving the night before, proceed to the NPS ranger station for specific directions to the sheltered area.)

* If you need help, call the National Park Service ranger station at Sandy Hook 24 hours a day at 1-732-872-5900.

NATIONAL PARK SERVICE
ALL-WOMEN
LIFEGUARD
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