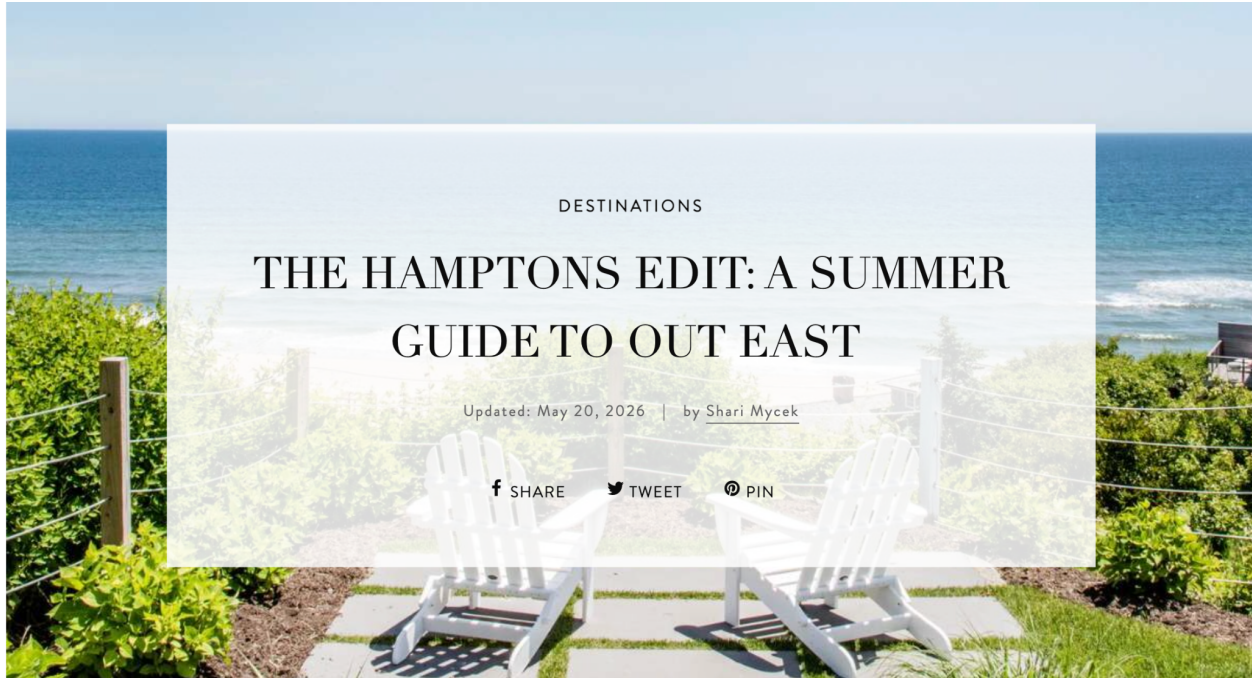


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THE HAMPTONS EDIT: A SUMMER
GUIDE TO OUT EASTUpdated: May 20, 2026 | by [Shari Mycek](#)

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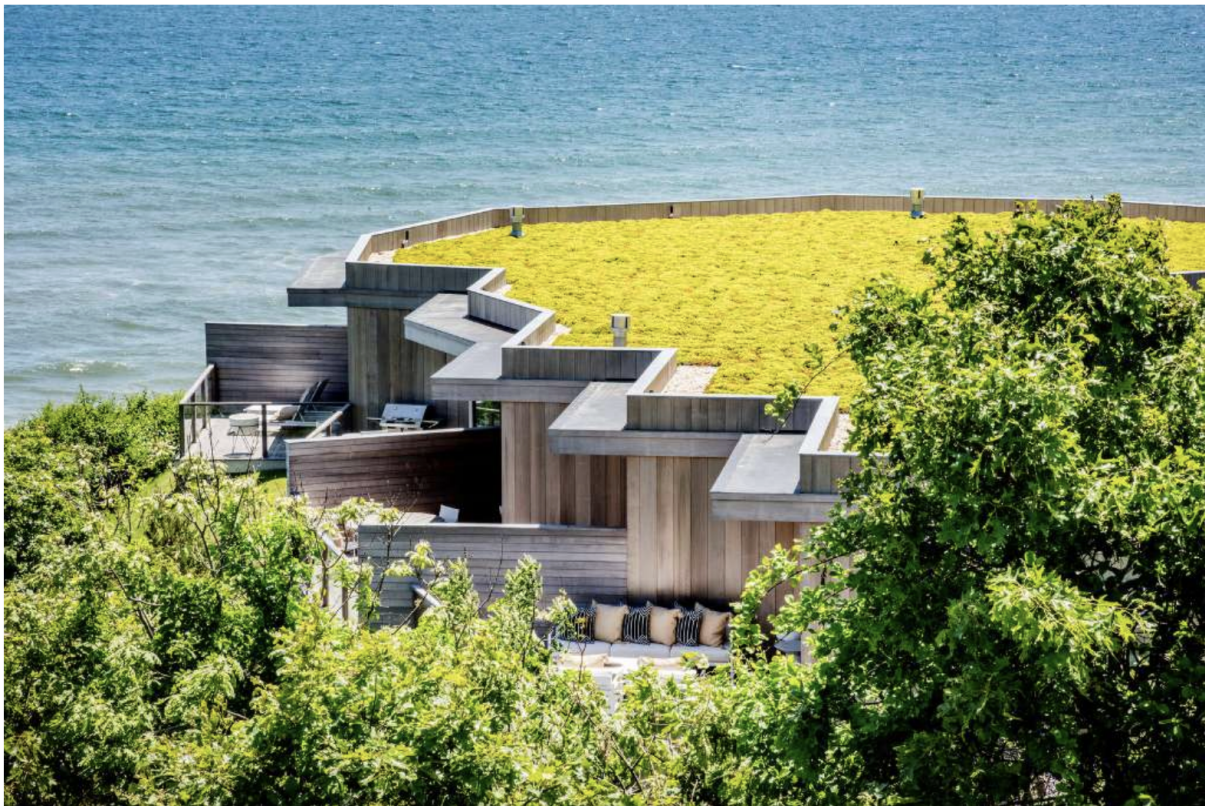
The Hamptons – a chic stretch of seaside communities on the eastern end of Long Island – is best experienced beyond the obvious. Along this 60-mile peninsula, which in summer famously takes more than three hours to drive end to end, lie pockets of understated luxury, art, and coastal intrigue. The secret, of course, is finding them.

Each Hamptons town comes with its own personality and story. Southampton – often dubbed old money – is known for its generational estates, polo, and hedge-fund set. Think white dresses, linen suits, and much-coveted invitations. East Hampton, the most New York of the Hamptons towns, is the epicenter of shopping and fashion, designer boutiques, gallery openings, and book signings. Sag Harbor, a former whaling village turned art haven, remains a favorite haunt of writers and filmmakers. Bridgehampton, farm chic and equestrian, is a standout for its farm stands and vineyards. Amagansett, quiet and discreet, is known for its mid-century modernism, while Montauk – as far Out East as one can go – remains laid-back, bohemian, and a favorite of the younger Hamptons set.

While roughly 70-80,000 residents live in the Hamptons year round, the population swells to nearly 300,000 each summer as New York City makes its annual exodus. The tradition began in the late 1800s with the arrival of the railroad as New York City's elite – the Whitneys, Woolworths, Dukes, Fords, Hearsts, Vanderbilts, Hiltons, and Rockefellers – began building grand, beachfront “cottages,” many with 10 bedrooms or more. Each spring, homeowners received the famed Blue Book, a directory listing the names, addresses, and even children's Ivy League schools of fellow residents. By the 1940s through 60s, writers including Arthur Miller, John Steinbeck, and Truman Capote – along with artists Willem de Kooning, Jackson Pollock, Roy Lichtenstein, and Andy Warhol – had joined the migration east. And today, the tradition continues.

Following is our guide of where to stay, dine, spa, play, and enjoy cultural events in the Hamptons this summer.

WHERE TO STAY



Courtesy, Gurney's Montauk Resort & Seawater Spa

Gurney's Montauk Resort & Seawater Spa, Montauk: One of our longtime (and forever) favorites, Gurney's is set directly on the Atlantic, offering dramatic cliff-top views, a private beach club, and thalassotherapy spa. It is the only true thalassotherapy spa in the U.S. where seawater is directly pumped into the spa and pool. Open year round.



Courtesy, Gurney's Montauk Resort & Seawater Spa