

New Jersey's

ASIAN

Visitors Guide



WELCOME TO
NEW JERSEY

WHAT'S HOT
DINING/GARDENS/PARKS

New Jersey's

ASIAN

Visitors Guide

DEPARTMENT OF STATE
DIVISION OF TRAVEL & TOURISM

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New Jersey
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New Jersey's
ASIAN
VISITORS GUIDE

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This guide is representative of sites, attractions and other offerings for those visiting New Jersey. Information supplied in this publication is believed to be correct at the time of publication. The New Jersey Office of Travel & Tourism is not responsible for changes and/or typographical errors.

Many events in this guide are held annually. If you miss an event, contact the event's organizers for next year's schedule.

To receive details on Americans with Disabilities Act compliance, please contact each location directly.

www.visitnj.org

Photo: The Statue of Liberty, our nation's symbol of freedom and opportunity, is viewable and accessible from various points in New Jersey. www.nps.gov/stli

Welcome!

Asian influences represent a valuable expansion of New Jersey's cultural diversity. Vibrant Asian neighborhoods thrive in cities and towns across the state. Restaurants with authentic cuisines from every Asian country serve all the traditional favorites. Museums and performing arts centers embrace Asian art, music, dance and theatrical productions.

Aesthetic Asian Gardens seemingly transport visitors across oceans and continents. Sample Asian goods that line shelves and racks at many New Jersey stores and shops. Festivals and special events celebrate Asian holidays with all the customs from their country of origin.

Experience all of this and more, with the help of the New Jersey's Asian Visitors Guide, your handbook to experiencing the best of Asia right here in New Jersey.



How to Use This Guide

Location Finder

New Jersey is comprised of six distinctive regions. Each region consists of geographically defined counties. Color codes used throughout this guide will help you to quickly identify the general locations of places and events **by region**. Each place or event listing will include a city and county location. Knowing the **county** location narrows proximity further to more easily find your destination in a city or town.

About Us

New Jersey's year-round population density spreads north to south with highest concentration in the Gateway Region, which includes Newark, the largest city. The next most populated areas year-round are in the Delaware River Region. This area includes the cities of Trenton, the state capital, and Camden which overlooks Philadelphia, Pennsylvania.

During summer months, New Jersey's communities along the Atlantic Ocean in the Shore, Southern Shore, and Greater Atlantic City regions swell with seasonal residents, vacationers, and day trippers flocking to fun in the sun and evening attractions. Any destination throughout the state can appeal to your personal travel interest. Wherever you stay in New Jersey, any attraction is within easy distance for day trips via car, bus or rail lines.

Think North to South

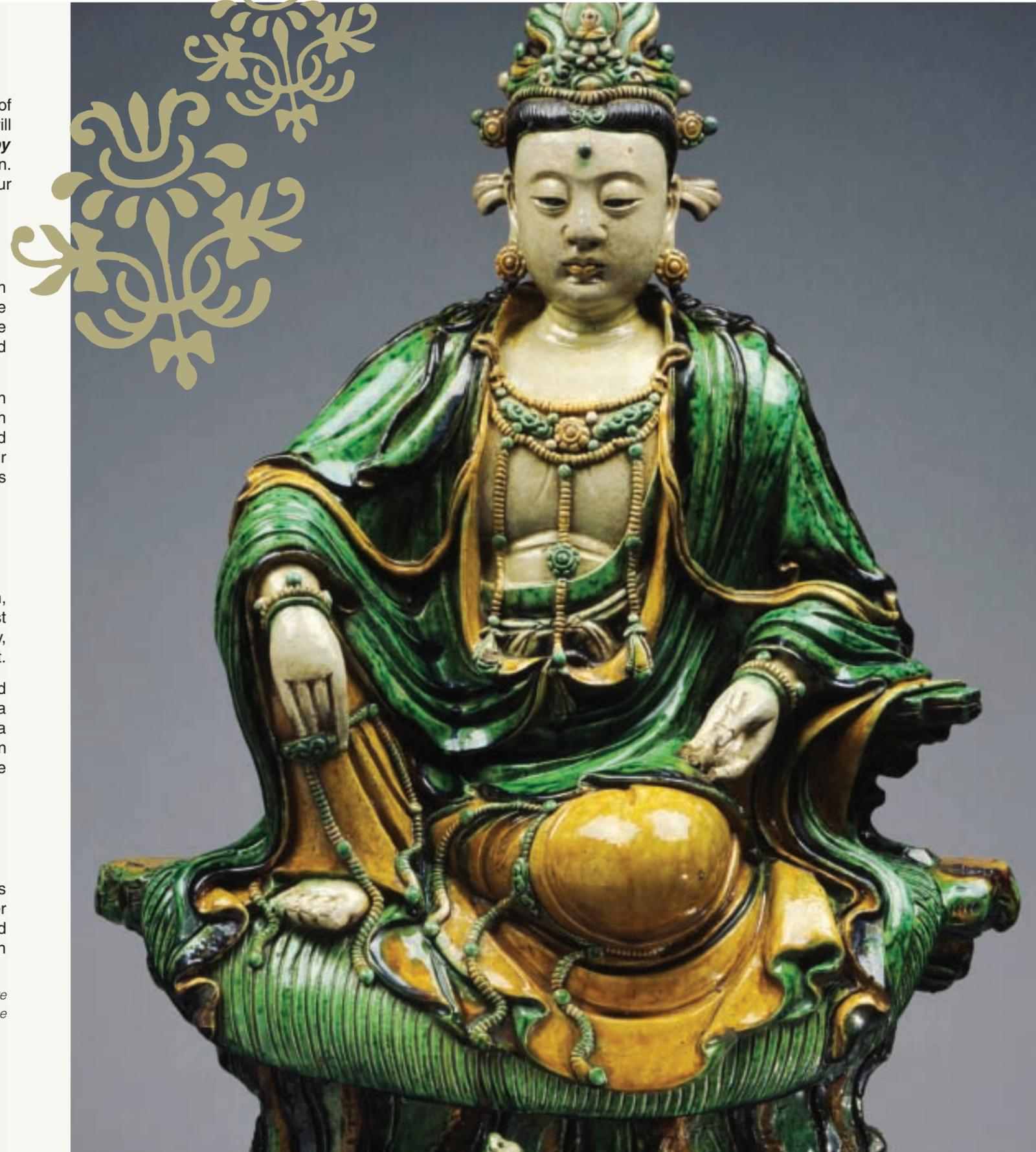
For your convenience, all listings in this guide are organized north to south, and each location is identified by region, city and county. For points of interest in the north around Newark, begin at the top of a list; in central New Jersey, look first in the middle of a list; and in the south, start near the bottom of a list.

Knowing which county you are in will help to pinpoint proximity to a listed restaurant, shopping mall, park, museum, etc. A ride within a county or to a destination in an adjoining county can take only minutes. Travel from a northern location to a southern location or across the state from the ocean shoreline in the east to the banks of the Delaware River in the west will take several hours.

Use Phone Numbers and Websites Provided

Every listing in this guide includes a contact phone number and most listings include a website to visit for more information. New Jersey venues are never at a standstill, so you will want to check a destination's hours of operation and event scheduling. Websites are especially useful for confirming that an attraction is what you perceive it to be, or maybe much more than you expected!

Websites listed in this Guide are provided as a convenience to visitors. Not all Websites are maintained by a Department of the State of New Jersey. Contents of Websites are the responsibility of the respective owners.



Everyone has their preferences for travel, dining, shopping, and forms of entertainment. Whether planning a visit with family and friends, an exciting vacation, or just a relaxing getaway, this guide is organized to help you locate your personal points of interests quickly.

Skylands Region

The rolling hills and rural areas of northwest New Jersey, including **Sussex, Warren, Morris, Somerset** and **Hunterdon** counties, offer spectacular vistas and opportunities to enjoy nature while engaging in a wide variety of outdoor recreational activities.

Gateway Region

Bordering New York City, the Gateway Region takes its name from its history as the “the Gateway to Freedom” for millions of immigrants. This is New Jersey’s most densely populated region. The area, consisting of **Hudson, Passaic, Essex, Union, Middlesex** and **Bergen** counties, offers many historical sites, world-class art, cultural attractions and professional sports venues.

Delaware River Region

The expansive Delaware Valley Region, consisting of **Mercer, Burlington, Camden, Gloucester** and **Salem** counties, offers much history from America’s colonial days, Revolutionary War, Civil War and early agricultural society. The region is blessed with the majestic Delaware River Valley, pine and hardwood forests, much of the state’s highly productive farmlands and a thriving 21st century business economy.

Shore Region

Pristine beaches, bustling boardwalks, and a vast array of activities and attractions make the Shore Region, consisting of **Monmouth** and **Ocean** counties, one of New Jersey’s most popular vacation destinations.

Greater Atlantic City Region

Beaches, upscale shopping, glittering nightlife, thrilling gaming venues, challenging golf courses and the world’s most famous four-mile boardwalk draw millions of visitors to **Atlantic** County annually.

Southern Shore Region

Cape May and **Cumberland** counties, situated between the Delaware Bay and the Atlantic Ocean offer blue skies, crashing waves, cool ocean and bay breezes with many quiet, relaxing getaways in an idyllic setting.



- Location Finder**
- Skylands Region
 - Gateway Region
 - Delaware River Region
 - Shore Region
 - Greater Atlantic City Region
 - Southern Shore Region

Look for these color coded symbols throughout this guide to quickly identify the general locations of places that interest you.

Getting There

New Jersey Information and Welcome Centers

ATLANTIC COUNTY

Hammonton • 609-449-7101
Atlantic City Expressway, Farley Plaza,
Mile Marker 21

Pleasantville • 609-383-2727
Atlantic City Expressway Mile Marker 3.5

BERGEN COUNTY

Montvale • 201-391-5737
Garden State Parkway, Mile Marker 172N/S

Ridgefield • 201-943-8757
Vince Lombardi Travel Plaza, NJ Turnpike
Mile Marker 116N/S

CAPE MAY COUNTY

Ocean View • 609-884-5404
Garden State Parkway, Mile Marker 18.3N/S

ESSEX COUNTY

Newark • 973-623-5052
Newark Liberty International Airport
Terminal B, International Arrivals

HUDSON COUNTY

Jersey City • 201-459-2070
Liberty State Park Exit 14B off NJ Turnpike,
Morris Pesin Drive

HUNTERDON COUNTY

Flemington • 908-782-8550
Liberty Village Premium Outlets,
One Church Street

MIDDLESEX COUNTY

Cranbury • 609-655-1610
Molly Pitcher Rest Area, NJ Turnpike South,
Mile Marker 71.9

OCEAN COUNTY

Jackson • 732-833-0503, NJ Turnpike Exit 7
Jackson Outlet Village, 537 Monmouth Road

SALEM COUNTY

Deepwater • 856-351-0194
Route 295 North, Mile Marker 2.3

Penns Grove • 856-299-8246
John Fenwick Rest Area, NJ Turnpike North,
Mile Marker 5.4

SOMERSET COUNTY

Bridgewater • 908-725-1552 ext. 16
Somerset County Business Partnership
360 Grove Street & Route 22

WARREN COUNTY

Knowlton • 908-496-4994
Delaware Water Gap, I-80 East, Mile Marker 7



New Jersey Transit Bus & Rail Information

New Jersey Transit

Daily, 6 a.m. to midnight
800-772-2222

Hearing Impaired (NJ only,
with teleprinter)
800-772-2287

Atlantic City Rail Line

800-772-2222

PATH

800-234-PATH

PATCO

856-772-6900

SEPTA

215-580-7800

AMTRAK

800-USA-RAIL

NEW JERSEY & VICINITY AIRPORTS

Newark Liberty International Airport

973-961-6000

Kennedy International Airport

718-244-4444

LaGuardia Airport

718-533-3400

Philadelphia International Airport

800-745-4283

Atlantic City International Airport Pomona

609-645-7895

Central Jersey Regional

Airport Hillsborough/Manville

908-526-2822

Teterboro Airport

201-288-1775

Trenton/Mercer Airport

609-882-1600

For complete general aviation airport listings contact: Division of Aeronautics of the New Jersey Department of Transportation at 609.530.2900
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WELCOME

New Jersey

WWW.VISITNJ.ORG



You can travel New Jersey and still enjoy cultural traditions, foods, festivals, dance, music and other gifts of national heritage. Asian cultures touch every part of the state, in some areas more than others.

One advantage of connecting with your related ethnic community is to quickly learn which restaurants, events and recreational destinations year-round residents prefer. Another is to locate houses of worship and businesses established to serve the community. Small shops, eateries and Asian supermarkets in these areas, for example, are more likely to carry merchandise and authentic delicacies not to be found elsewhere.

The Gateway Region, particularly Bergen and Middlesex counties, and Jersey City, offers New Jersey's largest Asian neighborhoods and the greatest influences on the state's cultural, social, economic and political structures. It is here where neighborhood stores, bakeries, cultural institutions, traditional holiday celebrations and many of the state's finest Asian restaurants are most tightly woven into everyday life.

Asian American Communities

Edison and surrounding locations in Middlesex County have grown to be a center of diversity, led by large Chinese, Korean and Indian representation. The Asian Cultural Center in Edison features a fabulous Chinese bookstore and an art gallery with a vast range of works integrating Eastern and Western worlds. Travel Oak Tree Road through Edison and Iselin, or Newark Avenue in the Journal Square area of Jersey City, for endless choices of Indian stores and restaurants. Visit West Side Avenue in Jersey City for Filipino groceries and shops, as well as Bergenfield and Edgewater in Bergen County.

While in Edgewater, be sure to stop by the Mitsuwa Marketplace which is regarded by many as New Jersey and New York's favorite Asian mall. Visitors come as much for its spectacular view of the New York skyline as they do for the Mitsuwa supermarket and pan Asian retail shops. Communities in Bergen County offer a vibrant mix of Japanese, Korean, Chinese and Filipino cultures.

Whether in a neighborhood with the distinctive sights and sounds of home, or a vacation spot with an unmistakably cosmopolitan feel, expect friendly faces, fantastic experiences and urges to stay longer than planned.



Museums and

Performing Arts

Major Asian Collections

■ **Newark Museum**
49 Washington Street
Newark, Essex County
973-596-6550 or 1-800-7MUSEUM
www.newarkmuseum.org
The more than 80 galleries at New Jersey's largest museum include collections from Tibet, China, India, Japan and Korea.

■ **Asian Fusion Gallery**
1876 Route 27
Edison, Middlesex County
732-287-5598
Part of the Asian Cultural Center, the Asian Fusion Gallery presents a vast range of works in a variety of mediums, fusing Eastern and Western cultures through art.

■ **Jane Voorhees Zimmerli Museum**
71 Hamilton Street
New Brunswick, Middlesex County
732-932-7237
www.zimmerlimuseum.rutgers.edu
Among the more than 60,000 works at this Rutgers University museum is a collection of Japonisme that reveals the strong influence of the art of Japan on the West in the 19th century.

■ **Princeton University Art Museum**
McCormick Hall, Princeton University
Princeton, Mercer County
609-258-3788
www.princetonartmuseum.org
(Asian Art Collection) etcweb.princeton.edu/asianart
Among more than 60,000 works at the Princeton University Museum, selections from its 6,000-piece Asian Art collection are presented on an ongoing basis for curatorial and scholarly research.

Performing Arts

■ **Nai-Ni Chen Dance Company**
Fort Lee, Bergen County
800-650-0246
www.nainichen.org
Recipients of awards and recognition in both the U.S. and China, look for Nai-Ni Chen performances in New Jersey's larger venues.

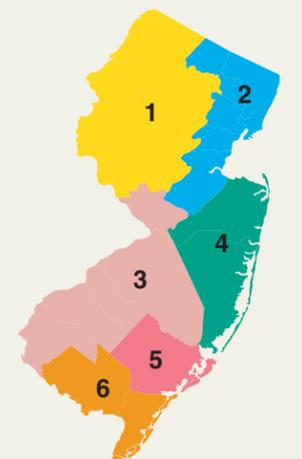


■ **Huaxia Performing Arts Troupe**
www.hxpat.org
Celebrating community diversity through the performing arts, this song and dance troupe performs at arts and cultural festivals throughout New Jersey.

■ **Teluga Fine Arts Society**
www.tfas.net
Promotes and encourages arts and cultural activities of Teluga speaking people from South India

New Jersey Regions

- 1 Skylands
- 2 Gateway
- 3 Delaware River
- 4 Shore
- 5 Greater Atlantic City
- 6 Southern Shore



The diversity and splendor of Asia enriches New Jersey's many museums and performing arts centers. Whether your interests are art, theater, dance, music or history—Asian or Western—a stimulating and enjoyable experience is always close.

Museums in Newark and Princeton, for example, hold a wealth of Asian treasures among their permanent collections from around the world. Other museums throughout the state frequently host Asian cultural events and traveling exhibitions for the education and pleasure of New Jersey's 21st century society. Don't be surprised to find exceptional convergences of East and West cultures, such as the collection of Japonisme, a 19th century Western art influenced by Japan, at the Rutgers University Zimmerli Museum in New Brunswick.

New Jersey's many performing arts venues are equally diverse with numerous opportunities to enjoy both Western and Asian productions of every imaginable entertainment discipline and genre—from local theater to Broadway shows, traditional to modern dance, comedy to ballet, opera to gospel, classical symphony and jazz to country, rock and folk music. New Jersey is home to organizations like the Nai-Ni Chen Dance Company which, in addition to performances within the state, travels the world and has been recognized for excellence in both the U.S. and China.

Many New Jersey communities and institutions observe their own Asian Festivals and feature groups like the Huaxia Performing Arts Troupe, whose appearances colorfully promote cultural exchange through song and dance. Other organizations like the Teluga Fine Arts Society, founded to preserve cultural heritage in New Jersey, provide a unique resource for visitors who share the Teluga language and customs. Through arts and science, attractions throughout the state celebrate diversity, foster multicultural exchange and delight audiences.



Heritage



Asian Pacific Heritage Month

May

Celebrated throughout the United States, Asian Pacific Heritage Month in New Jersey leads many museums, performing arts centers, and communities to schedule special events honoring the many different Asian heritages at this time of year. All of New Jersey's Asian population centers celebrate major traditional holidays, often with parades and festivals, at the same time holidays occur in their countries of origin.



Diwali/Deepavali and Navaratri

October/November (Diwali)

March and October (Navaratri)

Celebrations of major Hindu festivals can be found near any Indian population center with the largest festivities in Iselin and Edison along Oak Tree Road in Middlesex County and in the Little India section of Jersey City along Newark Avenue between Kennedy Boulevard and Tonnelle Avenue.



Lunar New Year

January/February

The Lion Dance, holiday delicacies, Dragon Parade and other traditions, some lasting over 5,000 years are celebrated in New Jersey's Chinese, Korean and Vietnamese communities in Middlesex, Bergen, Morris, Monmouth and Somerset counties



Mid-Autumn and Asian Moon Festivals

September/October

Centered around abundance and family togetherness, much like the American Thanksgiving holiday in November, this second most important holiday on the Chinese calendar (after the Lunar New Year) and a legal holiday in several other Asian countries is celebrated by special events featuring music and dance performances, traditional foods and activities for the entire family by many of New Jersey's institutions, restaurants, entertainment venues and communities.



Philippine Fiesta

August

Meadowlands Exposition Center
Secaucus, Hudson County
212-682-6610
www.philippinefiesta.com

This annual event features multiple attractions, including a business-oriented trade show with exhibitors from the Philippines and the U.S., entertainment with international and local performers, a cultural and food festival, a beauty pageant, business and educational seminars, and a job fair.

Carnival India

August

Brookdale Park
Bloomfield, Essex County
973-268-3500

Sponsored by the Coalition of Indian Organizations, this daylong carnival celebrates Indian Independence Day with a cultural show, classical and folk dances, amusement rides and games, and many vendors offering food, clothing, jewelry and more.



Essex County Cherry Blossom Festival

April

Branch Brook Park, Newark, Essex County
Branch Brook Park Alliance
973-268-2300

Annual celebration timed to coincide with the flowering of 2,000 Japanese cherry trees attracts more than 100,000 visitors for events such as a 10K run, bicycle tour, festival gala, concert, Japanese cultural demonstrations, performances and more.

Events

Jersey City Chinese Festival

September

Liberty State Park
Jersey City, Hudson County
Jersey City Recreation and Cultural Affairs
201-547-4325

Day long festival is a celebration of Chinese culture and filled with various exhibits, live performances, plenty of ethnic Chinese food and special attractions each year.



Indian American Festival

July/August

Sri Venkateswara Temple (Balaji Mandir)
and Community Center
Bridgewater, Somerset County
908-725-4477

An annual fun-filled carnival with food, music and entertainment that includes a dance competition attracting as many as 50 Indian dance schools from New Jersey, Pennsylvania, Delaware, New York and Connecticut

FCC Annual China Day Celebration

May

Liberty State Park, Jersey City, Hudson County
Jersey City Recreation & Cultural Affairs
201-547-4325

One day event sponsored by Families with Children from China (FCC).



Philippine Flag Raising

June

City Hall, Jersey City, Hudson County
201-547-5522

www.jerseycityi.com

City Hall, Passaic, Passaic County

973-365-5500

www.cityofpassaic.com

The towns of Jersey City and Passaic hold annual flag-raising ceremonies during the third week in June to mark the Philippine's Independence Day.



Philippine-American Friendship Day

June

Jersey City, Hudson County
Jersey City Recreation & Cultural Affairs
201-547-4325

Full day of attractions including a parade, festival and many cultural events celebrate a long history of friendship between the Philippines and the United States.



Dushahra Festival

September

Lake Pappianni Park (In front of City Hall)
Edison, Middlesex County
www.dushahra.com
609-213-3034

This celebration of the "Victory of Good over Evil" marking the traditional homecoming of Lord Rama after his victory over Ravana features dance performances, tall tales of Ram Ravan, games and rides and fireworks with the spectacular burning of a 40-foot-tall Ravan effigy imported from India.



Sino Monthly Magazine Chinese Festival

Edison, Middlesex County

732-650-7466

www.sino-monthly.com

This annual Chinese book and CD show with appearances by authors and concerts by musical artists follows a different theme and is held at a different location each year.



Lift your mind, spirit and physical energy by visiting one of New Jersey's exquisite Asian Gardens. In Japan and China, gardening is an art form, interpreting native values, beliefs and religious principles in idealized conceptions of man and nature which meticulously integrates architecture with natural elements.

In New Jersey, the gardens are true gifts of Eastern cultures. Like a fine painting or sculpture, Asian gardens are designed for balance, harmony and proportion considered essential to life. Natural elements, such as rock, water, trees and flowers are combined with artificial elements—decorative buildings, lanterns, bridges and walkways—to attain desired affects envisioned by their creators.

Asian Gardens

Every detail in a garden is planned, from the positioning and symbolism of certain trees and plants to focusing the eye on specific views of scenery. Distinct areas of serenity and absorbing beauty emerge, carrying a visitor into a world of relaxation, contemplation and reflection.



Asian Gardens

Branch Brook Park

115 Clifton Avenue
Newark, Essex County
973-268-2300

www.branchbrookpark.org

Technically not a garden, but with more than 2,000 cherry trees—greater in both variety and number than those famed in Washington, D.C.—the park becomes an enchanted land of unforgettable pink and white blossoms when the trees flower in April. The annual Cherry Blossom Festival here attracts more than 100,000 visitors and includes Japanese cultural demonstrations and performances among many festival events.

Duke Farms

Route 206
Somerville, Somerset County
908-722-3700

www.njskylands.com/atdukgar.htm

Tranquil Japanese and Chinese gardens are among this collection of 11 gardens from different cultures and regions of the world.

In the Japanese garden, a narrow footpath leads from a display of dwarf bonsai trees past a teahouse and through vegetation accented with red maple. The garden has a three-level design symbolizing heaven, man and earth.

Nearby in the Chinese garden, a walkway takes visitors over a stream filled with goldfish, symbolizing luck and long life. More symbols, like bamboo representing a strong and resilient character, abound in the profusion of plantings. Structured views bring the eye to bold rock formations, then across a pond to a mysterious grotto and Moon Gate to lattice courtyard.

Sayen House and Gardens

155 Hughes Drive
Hamilton, Mercer County
609-587-7356

www.sayengardens.org

Although not an Asian garden, the elaborate gardens on this 30-acre municipal property include rare species of flora from China and Japan as well as picturesque ponds, gazebos and walking trails. The gardens were created in the early 20th century when the land was privately owned by Frederick Sayen, an avid gardener and world traveler who acquired plants when visiting distant lands.

Sister Mary Grace Burns Arboretum

Georgian Court University
900 Lakewood Avenue
Lakewood, Ocean County
732-987-2760

www.georgian.edu/aboretum/index.htm

A Japanese Garden designed in 1910 by Takeo Shiota is part of an arboretum that encompasses the entire Georgian Court University campus. The garden occupies about one acre of land surrounded on three sides by a yew hedge. To approach the "Sukiya" teahouse, visitors walk a curving path past gnarled old Japanese maples and across wooden footbridges that cross an iris-lined dry stone stream. The tea garden includes a series of little hills, a waterfall and a meandering brook. Among the vegetation is Hinoki false cypress, Japanese cherry, weeping Higan cherry, Japanese maple, Japanese snowbell, yucca, peony and juniper. For a listing of public gardens visit our web site at www.visitnj.org.



In New Jersey, the gardens are true gifts of Eastern cultures. Like a fine painting or sculpture, Asian gardens are designed for balance, harmony and proportion considered essential to life.



Dining

Literally *thousands* of authentic Asian and Asian-influenced restaurants operate in New Jersey.

Distinctive eateries with authentic cuisine represent virtually every Asian nation. There are traditional restaurants, each specializing in well-known dishes from a distant country of origin, as well as “fusion” restaurants where creative chefs introduce new tastes influenced by Western culture. Ambience can be anything from family style to upscale; and costs, from economical to pricey.

Chinese, Indian and Japanese restaurants are the most plentiful, especially in areas that have well-established ethnic neighborhoods. Korean restaurants are heavily concentrated in the population centers of Palisades Park, Fort Lee and Edison. Filipino, Thai, Vietnamese, Malaysia and Pan Asian restaurants, although fewer in number, enjoy widespread popularity for the unique dining experiences they offer.

New Jersey is also a magnet for all of the American fast food and “casual dining” chains, many of which now offer Asian entrees on their menus. We are also famous for hundreds of American pop-culture diners, which preceded fast food restaurants and continue to serve breakfast, lunch and dinner—often 24 hours a day. We love food in New Jersey, where Asian cuisines have universal appeal, and we enjoy trying dishes that are different and new as much as familiar favorites.

} Literally thousands of authentic Asian and Asian-influenced restaurants operate in New Jersey.



Chinese Restaurants

■ **Golden Dynasty**
(Two Locations)
295 Kinderkamack Road
Hillsdale, Bergen County
201-358-8685
825 Franklin Lakes Road
Franklin Lakes, Bergen County
201-891-7866
www.goldendynastynj.com
Finest Chinese cuisine rated among best in New Jersey by dining critics and the public.

■ **Chengdu 46**
1105 US Highway 46 East
Clifton, Passaic County
973-777-8855
www.chengdu46.com
Elegant, upscale restaurant imports its chefs and spices directly from Sichuan province.



Chinese Restaurants

Hunan Taste

67 Bloomfield Avenue
Denville, Morris County
973-625-2782
www.hunantaste.com

Hunan, Szechuan, and Mandarin cuisines served in a spectacular palatial atmosphere.

Shanghai Jazz

24 Main Street
Madison, Morris County
973-822-2899
www.shanghaijazz.com

Gourmet Asian cuisine with some of New Jersey's best live jazz entertainment.

Filipino Restaurants

Kubo Restaurant

989 Amboy Avenue
Edison, Middlesex County
732-225-7300
www.kuborestaurant.com

This "small house with big tastes" delights with traditional Filipino, Southeast Asian and American dishes in an atmosphere that pays homage to centuries-old Asian family traditions.

China 46

88 Route 46 West
Ridgefield, Bergen County
201-313-0088
www.china46.com

Master chefs from China delight adventurous and traditional Chinese food lovers.

Other Links



China Online Statewide Restaurant Listing

http://nj_chinese.usa-guide.org

Samar Grill

1665 Stelton Road
Piscataway, Middlesex County
732-339-0900
www.samargrill.com

Tuloy po kayo! Enjoy authentic Filipino favorites with pinoy homestyle cooking and sizzling Filipino-American grill.

Other Links



Filipino-Americans.com Statewide Restaurant Listing

www.filipino-americans.com/cgi-bin/directory.cgi



Indian Restaurants

The Clay Oven

1140 Route 46 East
Ledgewood, Morris County
973-252-7270
www.theclayoven.com

All authentic Indian entrees on an enchanting menu are prepared in a Tandoor, the clay oven believed to have originated in Ancient India.

Cloves

61 International Drive
Budd Lake, Morris County
973-347-9290

Exquisite Northern Indian cuisine in a dining area designed with 6,000 year old Vastu principles and Feng Shui concepts.

Moghul

(two locations)
35 Morris Street
Morristown, Morris County
973-631-1100
1655 Oak Tree Road
Edison, Middlesex County
732-549-5050
www.moghul.com

Signature dishes include succulently tender Peshawari kebabs, fragrant Akbari Murg Biryani, Machli Kali Mirch and Kofta Naram Dil.



Saffron Indian Cuisine

249 Route 10 East
East Hanover, Morris County
973-599-0700

Upscale Indian dining, fantastic ambiance and excellent service at an affordable price.

Swagath Gourmet

Sugar Tree Plaza
1700 Oak Tree Road
Edison, Middlesex County
732-549-2626
www.swagathgourmet.com

Dedicated solely to authentic South Indian vegetarian dishes in an exquisite South Indian ambiance.

Other Links



Statewide Indian Restaurant Listings

www.njindia.us
<http://newjersey.eknazar.com>
www.thokalath.com/new-jersey/restaurants.php
www.oaktreeroad.us

Japanese Restaurants

Robongi

520 Washington Street
Hoboken, Hudson County
201-222-8388
www.robongi.net

Noted for great, fresh sushi, generous portions, and quick, friendly service at an excellent price.

Sapporo Sushi & Steak House

375 George Street
New Brunswick, Middlesex County
732-828-3888
<http://sapporo.wtc.net>

Friendly atmosphere and delicious variety of dining options from full sushi bar to hot entrees to fiery hibachi.



Japanese Restaurants

■

Midori

Denville Commons Mall
3130 Route 10 West
Denville, Morris County
973 537 8588
www.midorirestaurant.com
Journey into a world of Japanese culinary delight with exquisite dishes in a beautifully designed setting.

■

Nikko

881 Route 10 East
Whippany, Morris County
973-428-0787
www.nikkonj.com
Artfully prepared sushi and authentic, traditional cuisine with a Tatami room for both regular dining and private parties.

Korean Restaurants

■

Korea Palace

208 Piermont Road
Closter, Bergen County
201-784-7732
www.koreapalace.com
Great choice from BBQ to sushi featuring recipes of the Lee Dynasty

■

Dae Ga

2053 Lemoine Ave
Fort Lee, Bergen County
201-944-8699
Huge full service restaurant that features Korean BBQ, a daily buffet, sushi, and interesting menu selections such as a tasty budaejigae (army hotpot stew).

■

Dong Won

774 Westside Avenue
Jersey City, Hudson County
201-435-5684
Owned and operated by a former Seoul restaurateur, a true taste of authentic Korean cuisine with dishes such as bul go ki, sam gyup sal, kimchi jige, du bu jige, pajun, ojing-uh bokum, and gol baeng e muchim.

■

Sawa Steakhouse & Sushi Bar

42 Route 36
Eatontown, Monmouth County
732-544-8885
www.sawasteakhouse.com
Superb traditional atmosphere with a broad and exotic variety of Japanese foods, including sushi and hibachi.

Other Links



Statewide Japanese Restaurant Listings

www.switchboard.com/Restaurants-Japanese/NJ/
2472-/yellowpages_statewide.htm

■

Woo Jeon

411 US Route 1
Edison, Middlesex County
732-572-6100
Large menu with Korean BBQ, bright renditions of spicy classic flavors, as well as more serene sushi, noodles and broiled fish.

■

Keum Ho Jung

518 Old Post Road
Edison, Middlesex County
732-650-1588
Excellent Korean BBQ and heavenly pancakes, among best in Central Jersey, next door to huge Kam Man Asian food market.

Malaysian Restaurants

■ ■ ■

Penang Malaysian & Thai Cuisine

(three locations)
200 Route 10 West
East Hanover, Morris County
973-887-6989

635 Nassau Park Boulevard
West Windsor, Mercer County
609-897-9088

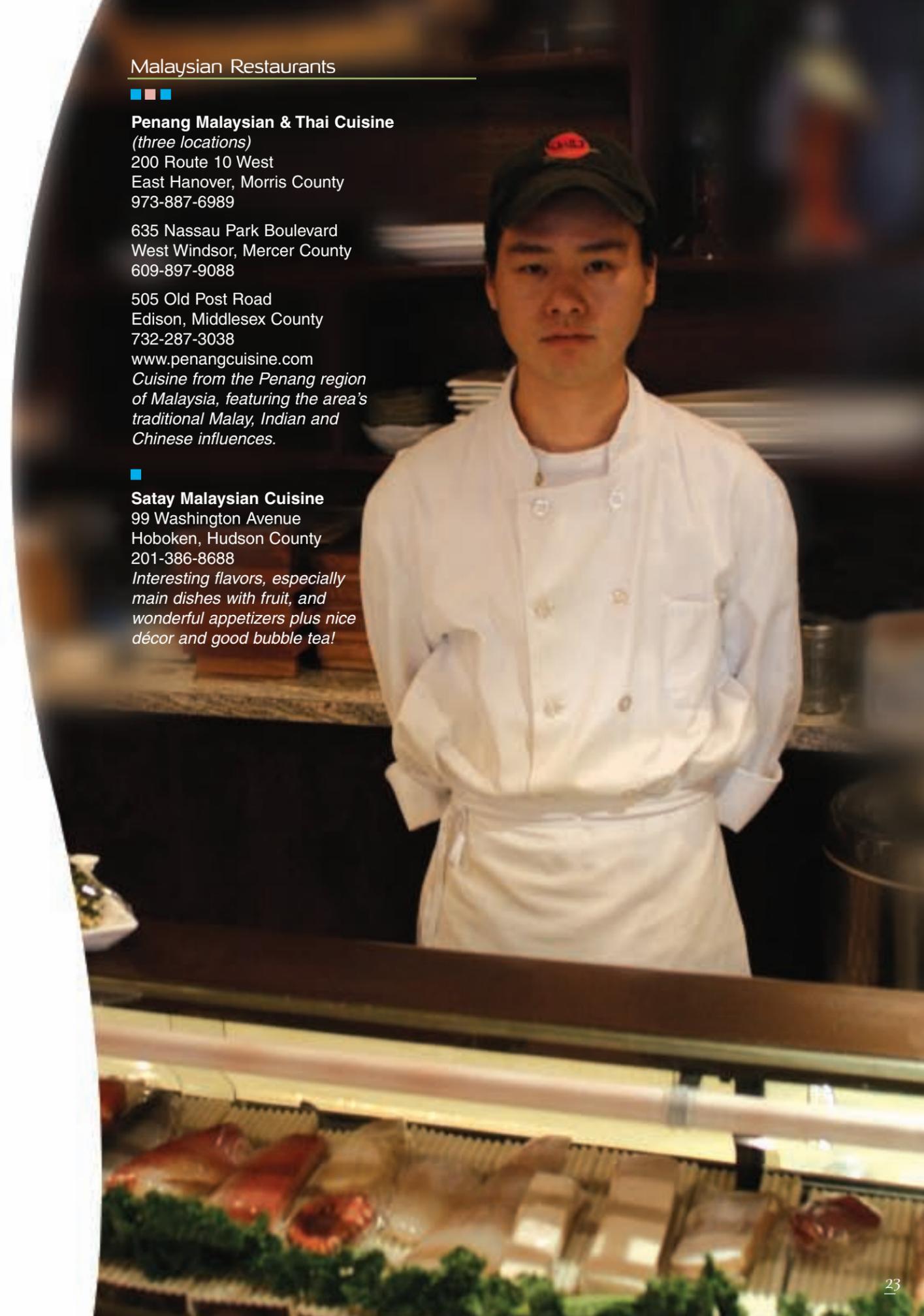
505 Old Post Road
Edison, Middlesex County
732-287-3038

www.penangcuisine.com
Cuisine from the Penang region of Malaysia, featuring the area's traditional Malay, Indian and Chinese influences.

■

Satay Malaysian Cuisine

99 Washington Avenue
Hoboken, Hudson County
201-386-8688
Interesting flavors, especially main dishes with fruit, and wonderful appetizers plus nice décor and good bubble tea!



} We love food in New Jersey,
where Asian cuisines
have universal appeal.



Distinctive eateries
with authentic cuisine
represent virtually
every Asian nation.

Thai Restaurants

Thai Ping

811 Main Street
Boonton, Morris County
973-335-9541
www.thaiping.com
Elegant taste of authentic Thai cuisine in a spacious restaurant that re-creates a beautiful Northern Thailand setting.

Bangkok Garden

261 Main Street
Hackensack, Bergen County
201-487-2620
www.bangkokgarden-nj.com
The first Thai restaurant in Bergen County offers an impressive menu with each dish individually prepared and seasoned to taste.

New Main Taste

225 Main St
Chatham, Morris County
973-635-7333
www.newmaintaste.dine.com
Upscale but casual atmosphere where traditions of sophisticated cuisine are preserved by Chef Nida Punyaratabandhu whose ancestors cooked for the Thai Royal Family.

Sawadee

400 Main Street
Metuchen, Middlesex County
732-549-8383
pad-thai.com/sawadee
"Hello" to delicious Thai flavors in this comfortable and spacious setting that features a pianist on weekends.

Siam Garden

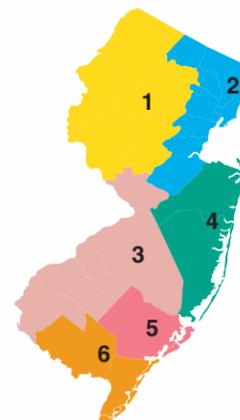
2 Bridge Avenue
Red Bank, Monmouth County
732-224-1233
www.siamgardenrestaurant.com
Unique ambiance and Thai cuisine in its best, most diverse and authentic form provided by award-winning Executive Chef Suchart Tiawskul and his team of chefs from Bangkok.

Other Links



Thai-Food.com Directory

www.thaifood.com/restaurant_directory/usa/new_jersey.html



New Jersey Regions

- 1 Skylands
- 2 Gateway
- 3 Delaware River
- 4 Shore
- 5 Greater Atlantic City
- 6 Southern Shore

Vietnamese Restaurants

Saigon R.

58 West Palisade Avenue
Englewood, Bergen County
201-871-4777

Intimate and relaxing with a refined Vietnamese menu, Saigon R. is a favorite North Jersey restaurant among customers and food critics.

Nha Trang Place

247-249 Newark Avenue
Jersey City, Hudson County
201-239-1988

Authentic dishes at this big, noisy, vibrant restaurant attract many of the local Vietnamese.

Bien Hoa

2090 Route 27
Edison, Middlesex County
732-287-9500

Vietnamese specialties like barbecued shrimp around sugar cane, roasted quails, papaya salad, pho, and Vietnamese coffee.

Pho 99 Vietnamese Restaurant

3600 Park Avenue
South Plainfield, Middlesex County
908-791-9880

Fresh, authentic Vietnamese food, lots of vegetables with soup, good service and a nice atmosphere.

Other Links



Pho Fever Directory

www.phofever.com





Shopping

As America's most densely populated state and being geographically located between the major metropolitan areas of New York City and Philadelphia, New Jersey serves an extremely large and diverse consumer base. Demand has created a variety of extraordinary indoor malls, "strip malls," discount shopping outlets, bustling downtown districts, country markets, and seaside shops. Many of the state's shopping destinations are themselves tourist attractions.

Naturally, Asian population centers are the most likely places to find Asian goods, but many "Western" stores, from food markets to leading department stores, increasingly seek to appeal to the state's many Asian shoppers. Mitsuwa Marketplace in Edgewater and Oak Tree Road through Iselin and Edison are particularly popular Asian shopping destinations. Major supermarket chains such as North American-based Han Ah Reum and New Jersey's Asian Food Markets typically serve as the anchor stores for shopping centers with other Asian shops. Indoor malls attract crowds from all cultures with major retail chains, restaurants, shops, entertainment and events such as fashion, auto and consumer technology shows.

Thousands of New Jersey retailers welcome your patronage. You will come across many unique stores such as the Bengali Sweet House in Iselin, which specializes in making hand-crafted sweets favored in Bengali, Punjabi, Gujrati and other regions of India; and the Philippine Bread House in Jersey City, offering fresh *pad de sal*, *hopia mongo*, *ensaymada macapuno* and other Filipino favorites. This guide identifies some of the magnet destinations because of their concentrations of stores and restaurants, and promises of memorable shopping experiences.

} Many of the state's shopping destinations are themselves tourist attractions.

Major Shopping Attractions

Westfield Shoppingtown

One Garden State Plaza
Paramus, Bergen County
201-843-2121

westfield.com/gardenstateplaza

In the heart of New Jersey's most populous Asian area, features over 300 upscale to moderate stores and restaurants.

Mitsuwa Marketplace

595 River Road
Edgewater, Bergen County
201-941-9113

www.mitsuwanj.com

New Jersey and New York's favorite Asian mall features a large Mitsuwa supermarket, retail shops and a spectacular view of the Manhattan skyline.

Secaucus Factory Outlets

Secaucus, Hudson County
201-348-4780

www.harmonmeadow.com

Over 120 stores with the finest name-brand designers and manufacturers offering merchandise at dramatically reduced prices.

The Mall at Short Hills

Route 24 & JFK Parkway
Short Hills, Essex County
973-376-7350

www.shopshorthills.com

This luxury shopping destination includes over 170 specialty stores and restaurants. Over 40 boutiques have their only New Jersey location here.

Jersey Gardens

651 Kapkowski Road
Elizabeth, Union County
908-354-5900

www.jerseygardens.com

New Jersey's largest discount mall features 200 outlet stores under one roof, a deluxe food court, several restaurants and a children's play area.

Oak Tree Road

Route 604
Iselin and Edison, Middlesex County
www.oaktreeroad.us

Vibrant South Asian downtown areas attract visitors from all over New Jersey as well as Connecticut, New York, Pennsylvania, Delaware and Maryland.

Liberty Village Premium Outlets

One Church Street
Flemington, Hunterdon County
908-782-8550

www.shopflemington.com

Over sixty factory discount shops with hundreds more in nearby downtown Flemington.

Six Flags Factory Outlets

537 Monmouth Road
Jackson, Ocean County
732-833-0680

www.shopjackson.com/outlets

Near the fabulous Six Flags Great Adventure Park, Water Park and Safari, 100 outlet shops add another major attraction during a visit to Jackson.

Pier at Caesars

Atlantic City, Atlantic County
www.thepieratcaesars.com
609-345-3100

90 stores, 10 restaurants, four floors of world-class retailers on Atlantic City's ocean side boardwalk, all connected to the Caesars Hotel and Casino by a sky bridge, make New Jersey's newest shopping destination one of the most unique.

The Quarter at Tropicana Casino

S. Brighton Avenue and the Boardwalk
Atlantic City, Atlantic County

Recreation of a three-story Havana, Cuba streetscape provides a dazzling array of shops, world-class restaurants, Latin bands, Salsa dancing, palm trees, and South Jersey's only IMAX theater.

The Walk

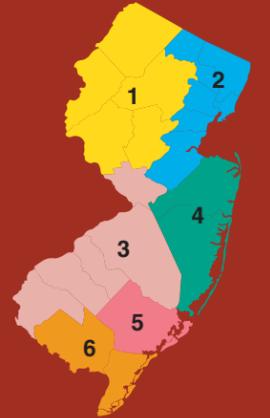
Atlantic Avenue
Atlantic City, Atlantic County
609-872-7002

www.acoutlets.com

Features 52 national brand outlet stores, entertainment venues and exciting restaurants and clubs between the Atlantic City Convention Center and boardwalk casinos.

New Jersey Regions

- 1 Skylands
- 2 Gateway
- 3 Delaware River
- 4 Shore
- 5 Greater Atlantic City
- 6 Southern Shore



Thousands of New Jersey retailers welcome your patronage.

A woman with long dark hair, wearing a black sleeveless top and blue jeans, stands on a sandy beach looking out at the ocean. The ocean is blue with white waves crashing onto the shore. In the distance, there are dark rocks. The sky is clear and blue.

*} Relax or play on a beach.
Swim in the Atlantic Ocean.
Hike a nature trail or stroll
a sun-baked boardwalk.*

From Sandy Hook in the north to Cape May at the southern tip of the state, New Jersey's Atlantic coast is awash with carefree pleasures. Any of the state's 71 shore communities offers a great escape from everyday life, yet each possesses its own unique attractions. All have beaches for swimming and sunbathing, and areas for walking, biking and picnicking, but that's where similarities end.

Places like Sandy Hook and Island Beach State Park preserve maritime ecosystems and are the best destinations to enjoy nature. Atlantic City, The Wildwoods, Ocean City and Seaside entertain with bustling boardwalks, shopping, games, amusements, live shows, concerts, and frivolous diversions. Cape May and smaller communities on Long Beach Island charm with the splendor of preserved 19th century Victorian era mansions.

By day, relax or play on a beach. Swim in the Atlantic Ocean. Hike a nature trail or stroll a sun-baked boardwalk. Descend a water slide. Try deep sea fishing, jet skiing, sailing, surfing or windsurfing. Go bird watching or whale watching. Visit a spa or intimate shops. Enjoy a challenging golf course or the family fun of an amusement park.

By night, experience the sound of pounding surf on an empty, moonlit beach, or the carnival atmosphere of an evening boardwalk's fun-loving crowds. Indulge in the excitement of Atlantic City's boardwalk with high-end shopping, world-class dining and spectacular entertainment. Thrill to live entertainment, games of chance and amusement rides, or relax with a quiet walk around a sleepy shore town.

So many choices. Come. See why New Jersey's world famous beaches are indeed a playground for vacationers.

Ocean Resorts

Ocean Resorts

Sandy Hook Gateway National Recreation Area

Monmouth County
732-872-5970
www.nps.gov/gate/shu/shu_home.htm
This National Park offers seven miles of beachfront, a maritime holly forest, nature trails, 300-species of migratory birds, lighthouse, post civil war fort that guarded the entrance to New York Harbor, and visitors center. Swim and picnic in summer. Hike, windsurf, fish and enjoy nature year-round.

Asbury Park

Monmouth County
732-775-0900
www.asburyboardwalk.com
This once "Crown Jewel" of the Jersey Shore has been undergoing a renaissance and again is attracting crowds to its wide, clean beaches, amusements, boardwalk, nightspots and two major performing arts centers.

Atlantic City

Atlantic County
1-888-228-4748
www.atlanticcitynj.com
Year round, day or night, Atlantic City guarantees excitement and non-stop fun with world-class entertainment, fine dining, shopping, golf, spas, nightlife and, of course, casino gaming—all in addition to the other beach and boardwalk attractions.

Ocean City

Cape May County
1-800-232-2465
www.oceancityvacation.com
This major family vacation destination offers eight miles of beautiful beaches, a 2.5 mile boardwalk with both serenity and numerous entertainment attractions, a downtown district with intimate boutiques and specialty shops, cultural attractions such as its own museum and pops orchestra, and special events year-round.

Sea Isle City

Cape May County
609-263-8900
www.seaislecity.org
Surrounded by the sea and immense natural beauty, Sea Isle City offers fabulous outdoor recreation, all of the favorite oceanfront activities, dining, shopping, year-round events, and close proximity to other southern shore attractions.

The Wildwoods

Cape May County
1-800-992-9732 or 609-729-9000
www.wildwoodsny.com
Consisting of the communities of North Wildwood, Wildwood and Wildwood Crest, the white beaches along this five-mile shoreline are considered among the best in the United States. Wildwood's two-mile boardwalk is lined with carnival games, specialty shops, food stands and the largest amusement piers in the world.



Point Pleasant Beach

Ocean County
1-888-772-3862
www.pointpleasantbeachnj.com
Scenic beach community has remained virtually unchanged since the turn of the century with architecture of a bygone era, restaurants and shops, and a boardwalk that includes an aquarium and amusements.

Island Beach State Park

Ocean County
732-793-0506
http://island_beach_park.tripod.com
Pristine white beaches, sand dunes covered with wild flowers, nature trails, winding bike paths, and canoe tours attract thousands of visitors to this easily accessible 9.5-mile barrier island year-round.

Seaside Heights and Seaside Park

Ocean County
732-793-9100 and
www.seaside-heightsnj.org
www.seasideparknj.org
These adjacent family shore resorts are famous for their ocean side boardwalks lined with amusements, rides, games of chance, arcades, restaurants, night clubs, snack bars, boutique shops, gourmet candy shops, an aquarium, a beach train, an antique carousel, log flume and more.

Long Beach Island

Ocean County
www.lbinet.com
Another barrier island just south of Island Beach State Park, Long Beach Island features several small resort communities with shops, hotels, restaurants and nightclubs in addition to the fabulous beaches.

Cape May

Cape May County
609-898-4500
www.capemay.com
Picturesque Cape May holds the distinction of being the oldest shore resort in the country and one of the most unique. The city is known for its large number of majestic, well-maintained, Victorian era (19th century) structures and a serenity that provides an oasis of relaxation and refuge from hectic lifestyles.



Come See why New Jersey's
world famous beaches are indeed
a playground for vacationers.

Atlantic City Casinos

■ **Bally's Atlantic City**
Park Place & The Boardwalk
609-340-2000
www.ballysac.com

■ **Borgata Hotel Casino & Spa**
One Borgata Way
609-317-1000
www.theborgata.com

■ **Caesars Atlantic City Hotel Casino**
2100 Pacific Avenue
609-348-4411
www.harrah.com

■ **Harrah's Atlantic City**
777 Harrah's Boulevard
609-441-5000
www.harrah.com

■ **Hilton Casino Resort**
Boston & The Boardwalk
609-347-7111
www.hiltonac.com

■ **Resorts Atlantic City**
1133 Boardwalk
609-344-6000
www.resortsac.com

■ **Showboat Casino Hotel**
801 Boardwalk
609-343-4000
www.harrah.com

■ **Tropicana Casino Resort**
2831 Boardwalk
800-525-8228
www.tropicana.net

■ **Trump Marina Casino Resort**
Huron Avenue & Brigantine Boulevard
800-777-1177
www.trumpmarina.com

■ **Trump Plaza Hotel & Casino**
Mississippi Avenue & Boardwalk
609-441-6000
www.trumpplaza.com

■ **Trump Taj Mahal Casino Resort**
1000 Boardwalk at Virginia Avenue
609-449-1000
www.trumptaj.com



Outdoor Recreation

New Jersey has a variety of destinations for every imaginable outdoor activity. In addition to ocean resorts, the state is home to seven national parks, 50 state parks, hundreds of county and city municipal parks, and major amusement parks.

Enormously popular and available in the most fascinating settings are favorite diversions such as road and mountain biking, hiking, boating, canoeing, horseback riding, swimming, camping, golf, water slides, downhill and cross country skiing, snowboarding, snow tubing, snowmobiling, hunting and fishing.

In the northwest Skylands Region, America's Appalachian Mountain Chain crosses the state providing breathtaking views and some of the best hiking trails for anyone inclined to test the rugged terrain. In southern New Jersey, the Pinelands National Reserve is an internationally important ecological region of 1.1 million acres occupying 22% of the state's land area. This unique ecosystem of vast oak and pine forests, wetlands and diverse species of plants and animals, is unlike any other in the world for outdoor enthusiasts.

Enjoy all of New Jersey's majesty any way you choose.

Even New Jersey's urban areas make room for nature and favorite outdoor pursuits. The Gateway National Recreation Center at the northern tip of Monmouth County, the Great Swamp National Wildlife Refuge in Basking Ridge and Liberty State Park in Jersey City are among the most idyllic destinations situated in the least likely of locations. Outdoor fun also awaits at places like Six Flags Great Adventure, one of the largest theme parks in the United States with more than 100 thrill rides and the world's largest drive-through wild animal safari outside of Africa.

From the mountains to the sea, from wilderness to urban oasis, from nature trails to greenways, you can enjoy *all* of New Jersey's majesty any way you choose.

State Parks



New Jersey State Parks

www.state.nj.us/dep/parksandforests
Lists New Jersey's nearly 50 state parks and forests by location and available outdoor activities.



National Parks

Appalachian Scenic Trail

Warren and Sussex Counties
www.nps.gov/appa

New Jersey's 72 mile section of a 2,158 mile Appalachian Mountains footpath that extends across 14 states from Maine to Georgia includes a rugged 43 mile stretch along Kittatinny Ridge, named by early Native Americans to mean "endless mountain."

Delaware Water Gap National Recreation Area

Warren County
www.nps.gov/dewa
This scenic and historic area preserves 40 miles of undeveloped land on both the New Jersey and Pennsylvania sides of the Delaware River. For outdoor enthusiasts, the area offers some of the state's best destinations for hiking, biking, horseback riding, canoeing and cross country skiing.

Delaware National Scenic River

Warren County
www.nps.gov/dela
Flows 41 miles through the Delaware Water Gap National Recreation Area, affording opportunities for swimming, boating, canoeing, whitewater rafting and fishing.

Morristown National Historic Park

Morris County
908-766-8215
www.nps.gov/morr
Preserves site occupied by General George Washington and the Continental Army during two critical winters of America's 18th century Revolutionary War.

Gateway National Recreation Area

Monmouth County
732-872-5970
www.nps.gov/gate/shu/shu_home.htm
America's first urban park includes a wildlife refuge, historic forts, airfields, and a wide range of outdoor recreational opportunities.

New Jersey Pinelands National Preserve

Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Ocean Counties
609-894-7300
www.nps.gov/pine
Covering 1.1 million acres, seven counties, and 22% of New Jersey's land area, this unique ecosystem of historic villages and berry farms amid pine forests, wetlands, and diverse species of plants and animals includes three state parks to pursue every outdoor wilderness activity.

Great Egg Harbor Scenic and Recreational River

Camden and Atlantic Counties
215-597-5823
www.nps.gov/greg
This 129-mile river system fed by 17 tributaries flows through Southern New Jersey's Pinelands National Reserve, which is one of the top 10 locations in North America for bird watching.

Appalachian Trail Hiking

Warren and Sussex Counties
www.trails.com/activity.asp?area=10129
www.njskylands.com/odhikeaptr

Sunfish Pond & Mt. Mohican
One of the most popular hiking destinations in New Jersey with Sunfish Pond (a clear glacial lake) and Mt. Mohican vistas.

Sunrise Mountain & High Point
Rugged walk to New Jersey's highest elevation includes craggy ledges and spectacular views of the Delaware River and Walkill River Valley.

Catfish Mountain to Flatbrookville Road
Seven-mile skyline hike along top of the "endless mountain" features Kittatinny Ridge ledges, Black's Pond beaver dams, Rattlesnake Swamp, a U.S. B-17 bomber crash site and a view of Tocks Island Dam.

Wawayanda Mountain to Warick Turnpike
Six-mile hike across wild land includes a remote plateau where bears forage, craggy cliffs where coyotes and bobcats make their dens, a preserved 19th century mountain farm and one of the state's best vistas.



Rattlesnake & Bird Mountains
Strenuous 11-mile hike across the most remote and wild section of the 43-mile Kittatinny Ridge rewards with spectacular views of scenery and wildlife.

Walkill & Vernon Valleys
While most of the above trails follow ridgelines, this 9.8 mile walk crosses fertile bottomlands as well as Pochuck Mountain, a rugged, multi-peaked ridge.



Mountain Resorts

Mountain Creek

Vernon, Sussex County
973-827-2000
www.mountaincreek.com
WINTER: Skiing, Snowboarding, Snow Tubing
SUMMER: Water Park, Downhill Mountain Biking

Hidden Valley

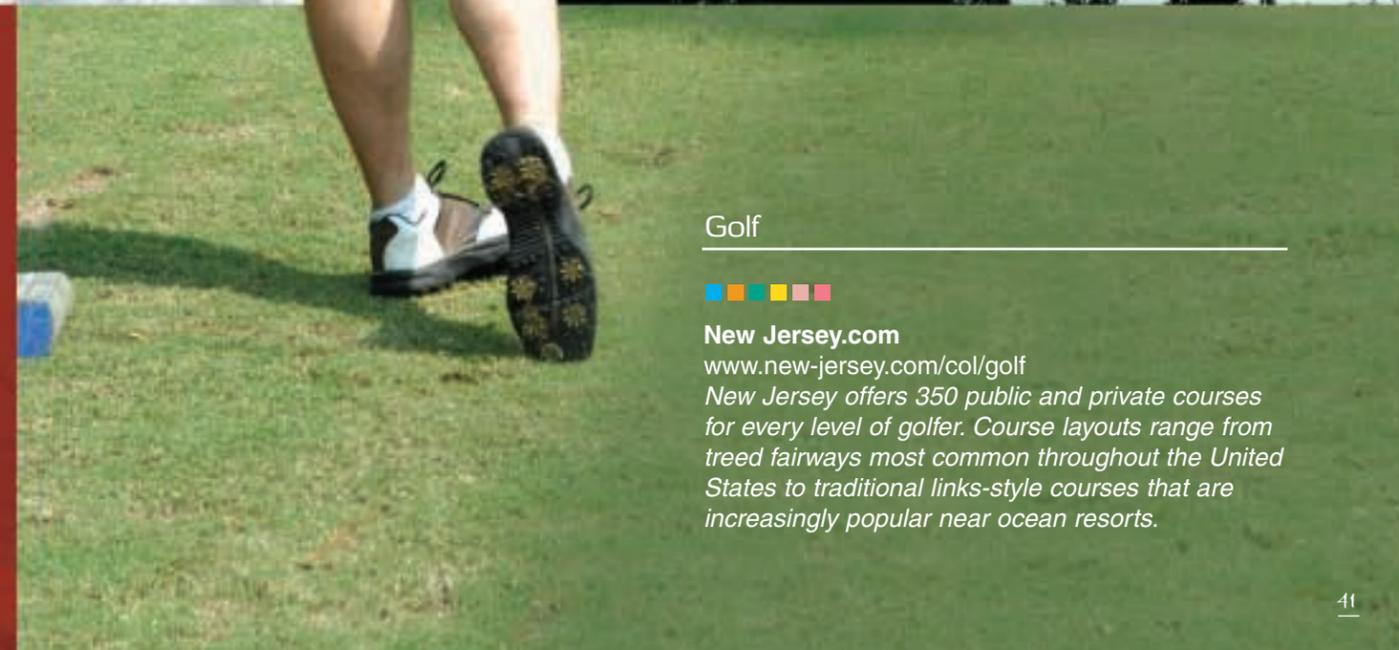
Vernon, Sussex County
973-764-4200
WINTER: Skiing, Snowboarding, Snow Tubing,
Cross Country Skiing

Crystal Springs

Vernon, Sussex County
973-827-5996
www.crystalgolfresort.com
WINTER: Skiing, Spa
SUMMER: Golf (six courses), Spa

High Point

Sussex, Sussex County
973-293-3282
http://xcskihighpoint.com
WINTER: Cross Country Skiing
SUMMER: Cross Country Roller Skiing



America's Appalachian Mountain Chain
crosses the state providing breathtaking views.

Golf



New Jersey.com

www.new-jersey.com/col/golf
New Jersey offers 350 public and private courses for every level of golfer. Course layouts range from treed fairways most common throughout the United States to traditional links-style courses that are increasingly popular near ocean resorts.



Spas

Spa therapies based on ancient Asian healing philosophies provide earth's natural remedies and treatments for keeping the mind, body and spirit in balance. Many of New Jersey's hundreds of spas, large and small, economical to pricey, feature treatments with Asian influences. Some spas offer ocean views, others garden views. Many accompany the healing powers of natural minerals and plants with bubbling fountains and soothing music. Treatments can range from a 50-minute visit to day-long pampering to the great escape of a spa resort.

The Crystal Springs Resort, tucked away in the mountains of Vernon in Sussex County, features the Mineral Springs Hotel & Spa (973-827-2222, www.crystalgolfresort.com), along with golf on any of six award-winning courses and, in winter, snow skiing at the adjacent Mountain Creek ski area. The spa brings the beauty of the outdoors inside with hand-painted earthscape walls that sparkle with bits of mica, textured stone surfaces, illuminated rice paper artwork, hammered copper fixtures, natural fabrics and unique rainwalls dripping with thousands of silver beads. Beneficial minerals are featured in many of the spa's services, including a unique moisturizer infused with copper flakes and mineral-based water soaks, muds and cosmetics.

East and south, along New Jersey's Atlantic shoreline, nothing quite compares to an oceanfront spa vacation. The Ocean Place Resort & Spa (1-800-411-6493, www.oceanplaceresort.com/spa) in Long Branch, Monmouth County even includes ocean views in its complete day spa experience. If the ocean air and waves washing ashore aren't enough to soothe, try the "Microdermabrasion" service which includes Shiatsu and Reiki for balancing the body's energy on both physical and emotional levels. This spa also features reflexology and warm stone massages, and hydrotherapy with mud, seaweed and aromatherapy baths.

South of Long Branch, spas compete with the dining, wagering, shopping and headline entertainment attractions at virtually all of the Atlantic City casino resort hotels. The latest and greatest at 50,000 square feet is the Tocarre Spa at The Borgata Hotel Casino & Spa (609-317-7555, www.theborgata.com). The luxurious layout features an indoor pool, an outdoor Spa Garden, a Spa Suite, an exercise room with cardio and muscle toning equipment, and a variety of "Decadent Bath Suites, including the "Zen Suite" designed with an Asian motif.

All the way down the coast, the Cape May Day Spa (609-898-1003, www.capemaydayspa.com) combines luxurious massages, facials and body treatments with the serene, romantic, ocean atmosphere of one of New Jersey's most enchanting cities. Among Asian influences here are a stone massage, Shiatsu, reflexology and Thai yoga—a massage that incorporates mindfulness, gentle rocking, deep stretching and rhythmic compression for balancing energy and creating a wholeness of mind, body and spirit.

Maybe closer to home would be the BEYOND Spa (201-996-4500, www.humed.com/beyond) in Hackensack, Bergen County or The Spa DePasquale (973-538-3811, www.depasqualethespa.com) in Morris Plains, Morris County.

The BEYOND day spa offers a tea garden for meditation with an indoor waterfall, and Asian-inspired treatments such as a green tea salt rub and a lemongrass toning body wrap. The serene environment combines ancient massage techniques with modern medicine, providing a unique therapeutic approach to beauty, health and wellness.

Among services at The Spa DePasquale, with its fireplace and waterfall, is the "DePasquale Experience," which combines a dip in a Japanese Steeping Tub with a relaxing massage. Or try the "Warm Stone Experience," an Asian-inspired therapy where several warm stones are placed over acupressure points and other stones are moved in long flowing strokes over the body to relieve tension and enhance the body's energy flow.

Again, there are hundreds of spas throughout New Jersey, and choices near where you may be in the state. This link — http://www.state.nj.us/travel/wtstay_spas.html — although a lot to type into your Web browser it's the quickest way to find a best spa for you personal enjoyment.

