

Cooks Beach

Access: Easy Walkability: Easy Effort: Easy
Good beginner beach!



Beach Information

Access: Entire beach closed May 7-June 7 with exception of viewing area at entrance.

Sponsoring Organization: New Jersey Audubon

Ownership: Cape May National Wildlife Refuge

Other Activities: Horseshoe crab tagging, horseshoe crab egg density surveys, shorebird research, shorebird stewards, shorebird viewing area, large-scale restoration project.

Beach Sections

Total Distance: 0.2 mile

Section 1: Entire beach from creek to creek

Known Impingements

There is an old boat ramp structure (**rubble**) near the entrance to the beach, but it only occasionally traps crabs. The greatest potential hazard is (**natural – vegetation/peat above or below high tide line**).

Directions:

From Route 47: Turn onto Cooks Beach Road (right coming from the north and left coming from the south). The turn is just north of the Cape May County Mosquito Commission and just south of Reeds Beach Road. It will turn into a dirt road with many potholes before ending at the beach. Park along the sides of the road near the beach.

Safety:

This beach is very dark at night as there are no homes nearby. Take caution on the dirt portion of the road that has many potholes.

Contact Information:

New Jersey Audubon

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2025 Summary

Total rescued crabs	437
Total rescue walks	14
Total crabs per walk	31.2
Overturned crabs	381
Impingements	56
Natural - Veg/peat below high tide line	50
Natural - Overwash	3
Natural - Veg/peat above high tide line	2
Marine debris	1