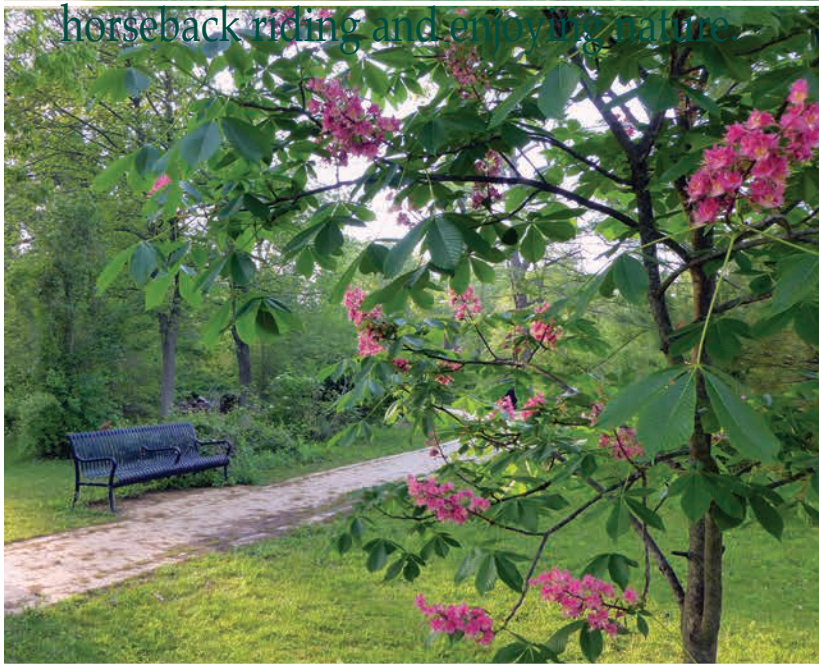




TRAILS

A guide to walking, hiking, bicycling,
horseback riding and enjoying nature.



Donald X. Clavin, Jr.
Supervisor



TRAILS BROCHURE

Bicycle Trails



Cedar Creek Park. Photo Credit: Eddie Giron, Levittown

EAST MEADOW

EISENHOWER PARK

Two entrances: Hempstead Turnpike opposite East Meadow Avenue and intersection of Merrick Avenue and Stewart Avenue, East Meadow, NY 11554; 572-0348. Open sunrise - sunset. Bicycle trails throughout the park.

NORTH WOODMERE

NORTH WOODMERE PARK

Branch Boulevard and 750 Hungry Harbor Road, Valley Stream, NY 11581; 571-7800.

Open 8 a.m. - 10 p.m. Memorial Day - Labor Day; 8 a.m. - dusk Sept. - Mar. A measured mile bicycle trail around the park.

OCEANSIDE

OCEANSIDE PARK ✓

3800 Mahlon Brower Drive, Oceanside, NY 11572; 763-0710.

Open 8 a.m. - dusk thru mid-April; 8 a.m. - 10 p.m. in season. A 1-mile bicycle trail around the park.

SEAFORD

CEDAR CREEK PARK

Merrick Road, east of Wantagh Parkway, Seaford, NY 11783; 571-7470, 785-1600. Open dawn - dusk all year long. A 4½-mile trail that leads to the Jones Beach Bike Path (Ellen Farrant Memorial Bikeway). There is a bike parking area on the east side of the East Bath House. Trail entrance is after Parking Lot #3.

SEAMANS NECK PARK ✓

2700 South Seamans Neck Road, Seaford, NY 11783; 783-3200.

Open 8 a.m. - 11 p.m. Apr. - Nov.; 8 a.m. - 9 p.m. Dec. - Mar. A bicycle trail approximately 1-mile long.

VALLEY STREAM

VALLEY STREAM STATE PARK

Southern State Parkway Exit 15A, Valley Stream, NY 11580; 825-4128.

Open 7 a.m. - sunset all year long. A 1½-mile bicycle trail through the park.

WANTAGH

JONES BEACH STATE PARK

Field 6, Ocean Parkway, Wantagh, NY 11793; 785-1600. A 4½-mile trail from Field 6 along the boardwalk to the new Energy and Nature Center and extending another 10 miles into Suffolk County as part of the Coastal Greenway.

MILL POND PARK

(THE ADAM D. RAND MEMORIAL TRAIL)

Merrick Road, Wantagh, NY 11793. Open dawn - dusk. A 1-mile bicycle trail around the pond.

Nature Trails



Mill Pond. Photo Credit: Staci Schwartz, Bellmore

BELLMORE

MEROKE PRESERVE

Merrick/Bellmore border, enter Orange Street and Farmers Avenue, Bellmore, NY 11710. Open year round sunrise - sunset. A ¼-mile trail in fresh water wetland and woodland, a wide variety of birds, both seasonal and nesting, and a bridge across Cedar Swamp Creek. A 25-acre preserve.

FREEPORT

BROOKSIDE PRESERVE

Entrance on Brookside Avenue, just north of Sunrise Highway, Freeport, NY 11520; 572-0200. Open sunrise - sunset all year long. Managed by South Shore Audubon Society. A ¼-mile nature trail along Milburn Creek and its fresh water wetlands. Additional trails weave through dry woods and upland fields. Home to a variety of trees, wild flowers and over 50 species of birds. A 20-acre nature sanctuary.

COW MEADOW PARK PRESERVE

701 South Main Street, Freeport, NY 11520; 571-8685. Open 9 a.m. - dusk all year long. A ¼-mile hiking trail through a bayberry thicket along saltwater marsh. It also features a bird watching tower to watch 156 species of nesting, migrating and wintering birds.

LIDO BEACH

LIDO BEACH PASSIVE NATURE AREA ✓

Lido Boulevard, Lido Beach, NY 11561; 431-9200. Open sunrise - sunset. Close to a mile's worth of simple trail system that will allow you to view and explore different areas from salt marsh to grasslands. Wetlands trail to Reynolds Channel. This conservation area has unique sections for bird watching.

MERRICK

NORMAN J. LEVY PARK & PRESERVE ✓

1600 Merrick Road, Merrick, NY 11566; 804-2000. Open 7 days a week at 7 a.m. Call for closing hours. The 52-acre park and preserve features 3½ miles of hiking trails with 18 exercise stations. The preserve is filled with different types of trees, including black locust, poplar, white birch and eastern red cedar. Many species of birds, Nigerian dwarf goats and other wildlife make the preserve their home.

OCEANSIDE

MARINE NATURE STUDY AREA ✓

500 Slice Drive, Oceanside, NY 11572; 766-1580. Open Tues. - Sat. year round 9 a.m. - 5 p.m. (trails close 4:30 p.m.); closed Sun., Mon. & holidays. A mile of trails, 52 acres of salt marsh, tidal creeks and uplands. A rich variety of plant and animal life, marine life displays, salt water aquaria featuring local species and over 250 sighted species of birds. Tour appointments for groups, 10 or less, are accepted. mnsa.info

ROCKVILLE CENTRE

TANGLEWOOD PRESERVE

1450 Tanglewood Road between Ocean Avenue and Lakeview Avenue, Rockville Centre, NY 11570; 764-0045. Open Mon. - Sun. 9 a.m. - 5 p.m.. Museum (closed Wednesdays) open with reservation only. A 17-acre preserve complete with ponds, streams and nature trails. Features Center for Science Teaching and Learning. CSTL.org

ROOSEVELT

REVEREND ARTHUR MACKEY SENIOR PARK

Lakeside Drive and Washington Avenue, Roosevelt, NY 11575; 571-8692. Open 8 a.m. - dusk Sept. - May; 8 a.m. - 8 p.m. June - Aug. A 3-mile nature trail through the park with a lake and a variety of birds.

SEAFORD

TACKAPAUSHA MUSEUM & PRESERVE

2225 Washington Avenue, Seaford, NY 11783; 571-7443. Museum open Thurs. - Sun. 11 a.m. - 4 p.m. Preserve open seven days a week, sunrise to sunset. No dogs allowed. An 84-acre preserve with five miles of nature trails; handicap-accessible. The preserve features streams, ponds and one of the last Atlantic White Cedar swamps in Nassau County as well as a 5-mile unpaved Greenbelt hiking trail.

VALLEY STREAM

VALLEY STREAM STATE PARK

Southern State Parkway Exit 15A, Valley Stream, NY 11580; 825-4128. Open 7 a.m. - sunset year round. The Squirrel Nut Environmental Trail is a ¼-mile loop through the park; the Hickory Nut Nature Trail is a ½-mile hiking trail. For fun exploration, both trails have labeled trees and plants.

WANTAGH

FOREST CITY COMMUNITY PARK ✓

3099 Morgan Drive, Wantagh, NY 11793; 783-2513. Open 8 a.m. - dusk. A ½-mile nature trail through the park with a lake.

TWIN LAKES PRESERVE ✓

Old Mill Road, Wantagh, NY 11793; 431-9200. Open sunrise - sunset year round. This 58-acre preserve features hiking trails around five fresh water ponds, and is home to a variety of trees, including red maple, sweet gum, hawthorn, sycamore and tulip.

WEST HEMPSTEAD

HEMPSTEAD LAKE STATE PARK

Southern State Parkway Exit 18, West Hempstead, NY 11552; 766-1029. Open sunrise - sunset all year long. A 3-mile marked hiking trail, which features rare birds, Brown Tail Hawks and a wide variety of trees.

Walking Trails



Biking and walking paths are at Wantagh Park. Photo Credit: Emily G. Schreiber, Bellmore

BALDWIN

BALDWIN PARK ✓

3232 South Grand Avenue, Baldwin Harbor, NY 11510; 546-4481. Open 7 a.m. - 10:30 p.m. Mar. - Nov.; 7 a.m. - 9:30 p.m. winter. A 2-mile walking/bicycling trail around the park.

BELLMORE

NEWBRIDGE ROAD PARK ✓

2600 Newbridge Road, Bellmore, NY 11710; 783-2500. Open 8 a.m. - 11 p.m. Apr. - Nov.; 8 a.m. - 9 p.m. Dec. - Mar. A 1-mile trail around the park.

EAST MEADOW

EISENHOWER PARK

Two entrances: Hempstead Turnpike opposite East Meadow Avenue and intersection of Merrick Avenue, and Stewart Avenue, East Meadow, NY 11554; 572-0348. Open sunrise to sunset year round. A 1-mile trail (white arrows) and a 3-mile trail (red arrows); both start by Parking Field #2 in front of Field House building.

HEMPSTEAD

HOFSTRA ARBORETUM

Hofstra University, Hempstead Turnpike, Hempstead, NY 11550; 463-6623. Open sunrise - sunset year round. More than 12,000 evergreen and deciduous trees representing 625 species and varieties on 240 acres. Specialized gardens include a sensory garden for physically challenged visitors, and the New American Garden of easy-care perennials and ornamental grasses on the North Campus.

KENNEDY MEMORIAL PARK

335 Greenwich Street, Hempstead, NY 11550; 478-6246. Open 9 a.m. - 9 p.m. Monday - Friday; 9 a.m. - 5 p.m. Sat. & Sun. A walking trail that circles the park amidst the various species of trees composing their arboretum. The trail also provides many exercise stops.

ISLAND PARK

SHELL CREEK PARK ✓

Traymore Boulevard and Vanderbilt Avenue, Island Park, NY 11558; 431-6440. Open 8 a.m. - 10 p.m. Apr. - Nov.; 8 a.m. - 5 p.m. Dec. - Mar. A ¼-mile paved walking trail.

MERRICK

NORMAN J. LEVY PARK & PRESERVE ✓

1600 Merrick Road, Merrick, NY 11566; 804-2000. Open year round 7 a.m. Call for closing hours. Park features 3½ miles of walking trails. There is a 1½-mile trail around the base of the park, 18 exercise stations along the trail and a 500-foot fishing pier. Kayak Eco-Tours, call for details.

NORTH WOODMERE

NORTH WOODMERE PARK

Branch Boulevard and 750 Hungry Harbor Road, Valley Stream, NY 11581; 571-7801. Open 8 a.m. - 10 p.m. Memorial Day - Labor Day; 8 a.m. - dusk Sept. - Mar. A measured mile walking trail.

OCEANSIDE

OCEANSIDE PARK ✓

3800 Mahlon Brower Drive, Oceanside, NY 11572; 763-0710. Open 8 a.m. - dusk through April; 8 a.m. - 10 p.m. in season. A 1-mile walking trail around the park.

SEAFORD

SEAMANS NECK PARK ✓

2700 South Seamans Neck Road, Seaford, NY 11783; 783-3200. Open 8 a.m. - 11 p.m. Apr. - Nov.; 8 a.m. - 9 p.m. Dec. - Mar. Walking trail approximately 1-mile long.

VALLEY STREAM

ARTHUR J. HENDRICKSON PARK

123 West Merrick Road, Valley Stream, NY 11580; 872-6003. Open year round sunrise - sunset. Park features a 1½-mile walking, skating and biking path at the top of the lake.

VALLEY STREAM STATE PARK

Southern State Parkway Exit 15A, Valley Stream, NY 11580; 825-4128. Open 7 a.m. - sunset year round. A ½-mile "World Trail" which features 15 exercise stations that provide a unique outdoor exercise adventure.

WANTAGH

WANTAGH PARK

South of Merrick Road, on King Road, Wantagh, NY 11793; 571-7460. Open dawn - dusk year round. A 3-mile walking trail around the park. Fitness trail with exercise stations.

JONES BEACH STATE PARK

Ocean Parkway, Wantagh, NY 11793; 785-1600. A 4½-mile trail from Field 6 along the boardwalk to the new Energy and Nature Center and extending another 10 miles into Suffolk County as part of the Coastal Greenway.

Bridle Trails

WEST HEMPSTEAD

HEMPSTEAD LAKE STATE PARK

Southern State Parkway Exit 18, West Hempstead, NY 11552; 766-1029. Open sunrise - sunset year round. There are two trails that total nine miles.