



Outdoor Exercise Guide

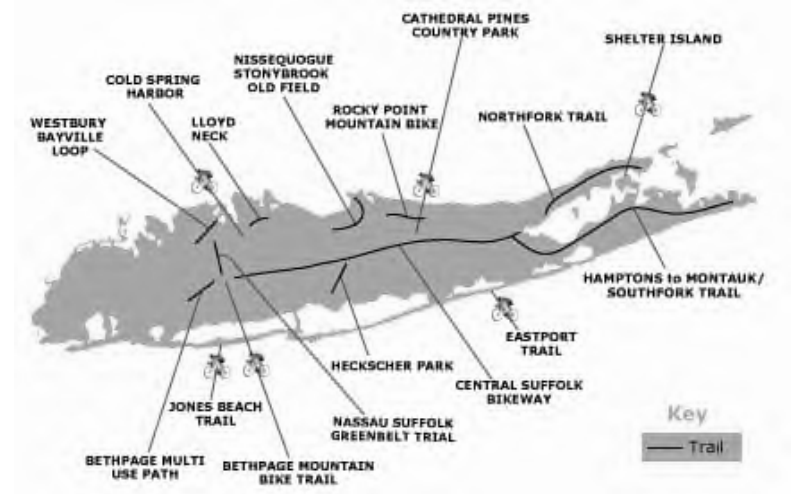
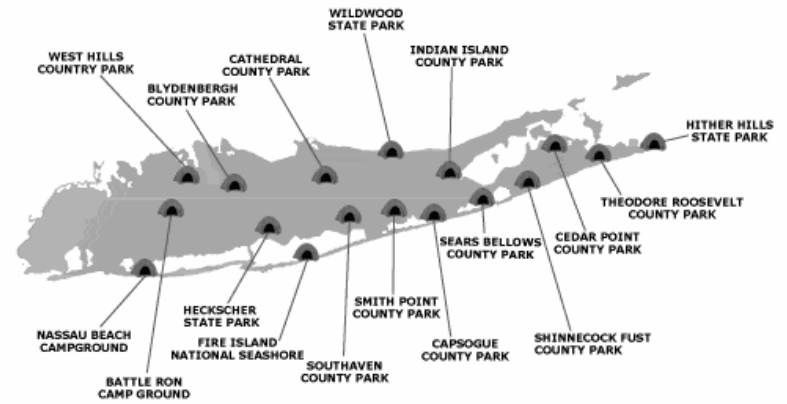


Find the best places on Long Island to workout and enjoy the earth's natural gifts.

Designed
by
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Department of
Campus Recreation

Produced by
Department of Campus Recreation
Stony Brook University
2004

The producers of this Outdoor Exercise Guide assume no responsibility or liability for injury sustained while exercising or use of any of the mentioned facilities. The information included in this book is not an all inclusive guide to outdoor activities available in Long Island, New York.



Retrieved from: <http://www.licvb.com>



LIGHT HOUSE INFORMATION

Fire Island Lighthouse

Phone: 631-661-4876

Website: www.fireislandlighthouse.com

Old Field Light House

Old Field Road

Old Field, NY

The Cedar Point Lighthouse

Cedar Point County Park

East Hampton, NY

Lighthouse

Robert Moses State Park Field 5

Box 247

Babylon, NY 11072

Phone: 631-669-0470

Montauk Light House

Montauk, NY

Phone: 631-668-2544

Website: www.montauklighthouse.com



FERRY INFORMATION

Port Jefferson Ferry

Phone: 631-473-0286

New England Residents: 1-888-44-Ferry

Website: [//www.bpjferry.com/contact.shtml](http://www.bpjferry.com/contact.shtml)

Fire Island Ferry

99 Maple Avenue

Bay Shore, NY 11706

Phone: 631-665-3600 or 666-3600

Website: www.fireislandferries.com/contact.shtml

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PARKS

Sunken Meadow State Park
Kings Park, NY
Phone: 631-269-4334 or 269-4353

Bethpage State Park
Bethpage Parkway
Farmingdale, NY 11735
Phone: 516-249-0701

Heckscher State Park
East Islip, NY
Phone: 631-581-2100

Hither Hills State Park
Montauk, NY
Phone: 631-668-3781

Wildwood State Park
Wading River, NY 11792
Phone: 631- 929-4314

Robert Moses State Park
Box 247
Babylon, NY
Phone: 631-669-0470

Jones Beach State Park
Wantagh, NY
516-785-1600

Caleb Smith State Park Preserve
P.O. Box 963
Smithtown, NY
Phone: 631-265-1054

Connetquot River State Park Preserve
P.O. Box 505
Oakdale, NY
Phone: 631-581-1005

NYS Department of Environmental Conservation
SUNY - Bldg. 40
Stony Brook, NY 11790
Phone: 631-444-0354
www.dec.state.ny.us/website/reg1/

Regional Director
Peter A. Scully
SUNY - Building 40
Stony Brook, New York 11790

General Information
Phone: (631) 444-0204



BEACHING & SURFING

Gilgo Beach
Babylon, NY
516-785-1600
daily fee: \$15
Weekend fee \$25

Robert Moses State Park
Box 247
Babylon, NY
Phone: 631-669-0470

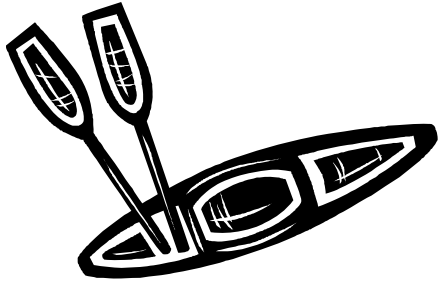
Heckscher State Park
East Islip, NY
Phone: 631-581-2100

Hither Hills State Park
Montauk, NY
Phone: 631-668-3781

Smith Point County Park
Fire Island Shirley, NY
(631) 852-1313
Camping Reservations: 631-244-7275
Beach Hotline: 631-244-7275 (option #1)
Smith Point Beach Hut: 631-281-7788
Website: www.co.suffolk.ny.us

Jones Beach State Park
Wantagh, NY
Phone: 516-785-1600





KAYAKING & CANOEING

Blydenburgh Country Park
Veterans Memorial Highway
Smithtown, NY
Phone: 631-854-3713

Carmans River
Brookhaven, NY
Phone: 631-286-0567

Connetquot River
Oakdale, NY
Phone: 631-269-2774

**Nissequogue River Canoe
and Kayak Rentals**
Nisseuogue / Smithtown, NY
Phone: 631-979-8244

**Setauket Harbor Canoes
Kayaks**
East Setauket, NY
Phone: 631-749-1990

Indian Island County Park
Riverhead, NY
Phone: 631-852-3232

**Shinnecock East County
Park**
Southampton, NY
Phone: 631-852-8899

Smith Point County Park
Shirley, NY
Phone: 631-852-1313

Southaven County Park
Brookhaven, NY
Phone: 631-854-4949

Heckscher State Park
East Islip, NY
Phone: 631-581-2100

Hither Hills State Park
Montauk, NY
Phone: 631-668-3781

**Watch Hill Campground
Fire Island National
Seashore**
Phone: 631-289-9336

Indian Island County Park
Riverhead, NY
Phone: 631-852-3232

Shinnecock East County Park
Southampton, NY
Phone: 631-852-8899

Smith Point County Park
Shirley, NY
Phone: 631-852-1313

Southaven County Park
Brookhaven, NY
Office phone: 631-852-1414
Stables Phone: 345-2449

Watch Hill Campground
Fire Island National Seashore
Phone: 631-289-9336

Blydenburgh Country Park
Veterans Memorial Highway
Smithtown, NY 11787
Phone: 631-854-3713

Carmans River
Brookhaven, NY
Phone: 631-286-0567

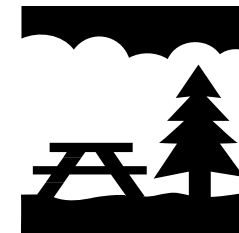
**Lake Ronkonkoma
County Park**
Lake Shore Road
Lake Ronkonkoma, NY
Phone: 631-854-9699

Cathedral Pines County Park
Yaphank-Middle Island Road
Middle Island, NY
Phone: 631-852-5500

West Hills County Park
Huntington, NY
Phone: 631-854-4423

Lakeland County Park
Johnson Avenue
Islandia, NY
Phone: 631-853-2727

**Robert Cushman Murphy
County Park**
Old River Road
Manorville, NY
Phone: 631-854-4949



Smith Point County Park
Fire Island Shirley, NY
(631) 852-1313
Camping Reservations: 631-244-7275
Beach Hotline: 631-244-7275 (option #1)
Smith Point Beach Hut: 631-281-7788
Website: www.co.suffolk.ny.us

HIKING



Pine Barrens Trails Information Center

¼ mile north of L.I.E
Exit 70 on C.R. 111.
Manorville, NY
Phone: 631-369-9768

Wildwood State Park

Wading River, NY 11792
Phone: 631- 929-4314

Calverton Ponds Preserve

Old River Rd
Riverhead, NY

Daniel R. Davis Preserve

Mt. Sinai Coram Road
Coram, NY

Robert Moses State Park

Babylon, NY
Phone: 631-669-0470

Wertheim

Carman's River in Shirley
Shirley, NY

The Long Island Greenbelt Trail

North Shore, NY

The Nassau Suffolk Trail

Cold Spring Harbor, NY

Sunken Forest

Foster Avenue in Sayville
Sayville, NY

Watch Hill

West Ave.
Patchogue, NY

Fire Island Trail

The Center of Fire Island
Fire Island, NY

Sunken Meadow State Park

Kings Park, NY
Phone: 631-269-4334 or
269-4353

Nissequogue River State Park

Kings Park, NY

Caleb Smith State Park Preserve

P.O. Box 963
Smithtown, NY
Phone: 631-265-1054

Vail Blydenburgh Sanctuary

Eckernkamp Road
Smithtown, NY

Butler Huntington Woods

Fifty Acre Road
St. James, NY



HORSEBACK RIDING

Smoke Run Farm

Hollow Road
Stony Brook, NY 11794
Contact: George Lukemire
Phone: 631-751-2803

Blydenburgh County Park

Veterans Highway
Smithtown, NY 11787
Phone: 631-854-3713

Babylon Riding Center

1500 Peconie Avenue
North Babylon, NY 11703
Phone: 631-587-7778

Bohemia Equestrian Center

Bohemia, NY
Phone: 631-854-4949

East End Stables

Oakview Highway
East Hampton, NY 11937
Phone: 631-324-9568
Email: cdeleyer@aol.com

Bethpage Stables

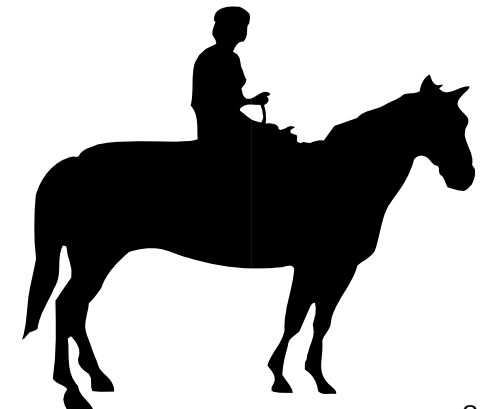
499 Winding Rd
Old Bethpage ,NY 11804
Phone: 516-531-8007

Deep Hollow Ranch Theodore Roosevelt County Park

Montauk, NY 11954
Phone: 631-668-2744
Email: dhreddl8@aol.com

Hillcrest Sport Horses

1219 Middle Road
Riverhead, NY 11901
Phone: 631-369-1179





BIKING

Bethpage Mountain Bike Trail

Bethpage State Park
Bethpage, NY

Heckeher Park Trail

Central Islip, NY

Jones Beach Trail

Jones Beach, NY

Nassau Suffolk Greenbelt Mountain Bike Trail

Bethpage Park to Stillwell
Bethpage, NY

Nissequogue Stony Brook Old Field

North Shore
Nissequogue Stony Brook Old Field, NY

Rocky Point Mountain Bike Trail

Rocky Point, NY
Phone for trail permit: 516-444-0273

Bohemia Equestrian Center

Bohemia, NY
Phone: 854-4949

Blydenburgh County Park

Veterans Memorial Highway
Smithtown, NY 11787
Phone: 631-854-3713

Stony Brook University

The Paul Simons Memorial Bike Path
Stony Brook, NY

East Farm and Avalon Preserves

Shep Jones Lane
Village of Head of the Harbor, NY

Heckscher State Park

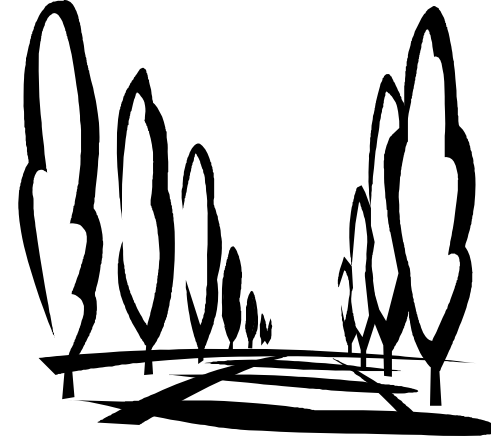
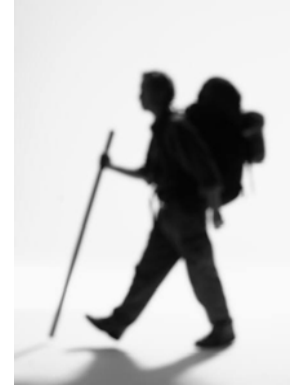
East Islip, NY

Connetquot River State Park Preserve

P.O. Box 505
Oakdale, NY
Phone: 631-581-1005

Paumanok Path

"Appalachian Trail"
Rocky Point to Montauk Point, NY



Fire Island National Seashore

120 Laurel Street
Patchogue, NY 11772
Park Headquarters
Phone: 631-289-4810

Fire Island Lighthouse

Phone: 321-7028

Wilderness Visitor Center

Phone: 631-281-3010

Sailors Haven Visitor Center

Phone: 631-597-6183



LONG ISLAND BOARDWALKS

Smith Point Boardwalk
Shirley, NY
Phone: 631-852-1315 or 852-1316

Heckscher State Boardwalk
East Islip, NY
Phone: 631-581-2100

Hither Hills State Boardwalk
Montauk, NY
Phone: 631-668-3781

Sunken Meadow State Boardwalk
Sunken Meadow State Park
Kings Park, NY 11754
Phone: 631-269-4333

Gilgo Beach Boardwalk
Babylon, NY
Phone: 516-785-1600

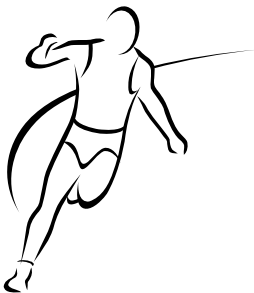
Jones Beach Boardwalk
Phone: (516) 785-1600

Callahans Beach Boardwalk
Fort Salonga, NY
Phone: 631-754-9808

Long Beach Boardwalk
Nissequogue, NY
Phone: 631-584-9684

New Suffolk Beach Boardwalk
New Suffolk, NY
Phone: 631-765-5182

Crab Meadow Beach Boardwalk
Northport, NY
Phone: 631-261-7574



FISHING

Captain Marty's Fishing Station
New Suffolk, NY
Phone: 631-734 -6852

Caraftis Fishing Station
Port Jefferson, NY
Phone: 631-473-2288

Ralph's Fishing Station and Marina
Mount Sinai, NY
Phone: 631-473-6655

Smith Point County Park
Moriches Inlet
Shirley, NY 11961
Phone: (631) 852-1313
Website: www.suffolk.ny.us

Captree State Park
Box 247
Babylon, NY 11702
Phone: (631) 669-0449

