



Long Island State Parks

Park & Contact Information	Description	Directions
<p>Bayard Cutting Arboretum State Park Box 466 Oakdale, NY 11769 (631) 581-1002</p>	<p>Bayard Cutting Arboretum's purpose is "to provide an oasis of beauty and quiet for the pleasure, rest and refreshment of those who delight in outdoor beauty, and to bring about a greater appreciation and understanding of the value and importance of informal planting." The current collection of fir, spruce, pine, cypress, hemlock and other conifers is probably the most extensive to be found on Long Island. Also found are extensive plantings of dwarf evergreens, rhododendron, azaleas, hollies and oaks, wildflowers and daffodils. With the park's ponds and streamlets, these plantings provide food and homes for land and aquatic birds, fox, raccoon and other wildlife.</p>	<p>Grand Central Pkwy to Northern Pkwy, or the LI Expressway to Sagtikos State Parkway, south to Southern State Pkwy, east to Heckscher State Parkway, south to Montauk Hwy (Rte 27A, exit 45E) to the Arboretum. From Eastern Long Island: Sunrise Highway (Route 27) west to Southern State Parkway, south to exit 45E (Route 27A), east on Route 27A to Arboretum</p>
<p>Belmont Lake State Park P.O. Box 247 Babylon, NY 11702 (631) 667-5055</p>	<p>Belmont Lake State Park is a full service park and the headquarters of the Long Island State Park Region. Activities include boating, fishing, picnicking, biking, horseback riding, hiking and cross-country skiing. The park also has playing fields, horseshoe and basketball courts and playgrounds.</p>	<p>Exit 38 Southern State Parkway, 42 miles from Manhattan. Or, Deer Park Ave. from Babylon and Belmont Ave, from Sunrise Hwy (Route 27).</p>
<p>Bethpage State Park Bethpage Parkway Farmingdale, NY 11735 (516) 249-0701</p>	<p>Bethpage State Park is best known for its five world-class golf courses, but visitors flock to the park to use its picnic facilities, bridle paths, hiking and biking trails, playing fields, tennis courts and cross-country skiing trails. Also available at Bethpage State Park are restaurant and catering facilities, a Golf Pro Shop and driving range. Bethpage State Park also has a handicap accessible polo field. Matches are played every Sunday from June through October.</p>	<p>LI Expressway (Route 495) east to exit 44S, Seaford/Oyster Bay Expressway (Route 135) south to Powell Avenue Exit 8, east to park.</p>
<p>Caleb Smith State Park Preserve Box 963 Smithtown, NY 11787 (631) 265-1054</p>	<p>You can take a step back in time at Caleb Smith State Park Preserve. The Preserve provides hiking, cross-country skiing, nature trails, and fishing as well. Comprised of freshwater wetlands, ponds, streams, fields and upland woods, the park is nestled in the middle of a suburb. The park is an excellent place to pursue fly fishing as well. The preserve is a refuge for wildlife and a place for people to develop an awareness and appreciation of the natural world.</p>	<p>Take either, the Long Island Expressway (495) to Exit 53 (north) or the Northern State Parkway to Exit 45 (north) OR the Southern State Parkway to Exit 41A (north); to the Sunken Meadow Parkway (north) to Exit SM 3 East to Smithtown, onto Jericho Turnpike/Route 25 (east)</p>

		for three (3) miles to the park.
<p>Camp Hero State Park 50 South Fairview Ave Montauk, NY 11954 (631) 668-3781</p>	<p>Camp Hero State Park encompasses 415 acres of diverse landscape including heavily wooded areas, a long expanse of beachfront along the Atlantic Ocean, and an historic military installation. Specific features of Camp Hero are magnificent pristine maritime forests, freshwater wetlands, spectacular ocean vistas and dramatic bluffs rising from the beach. An extensive system of trails is available for hiking, biking and horseback riding. The park boasts some of the best surf fishing locations in the world, open 24 hours a day to fishermen with permits, and areas for picnicking. An undisturbed environment shelters bountiful wildlife and an abundance of birds. The former military base that is in the park is registered as a National Historic Site.</p>	<p>Route 27 (Sunrise Highway) east to the end. The park is approximately 130 miles from New York City.</p>
<p>Caumsett State Historic Park 25 Lloyd Harbor Road Huntington, NY 11743 (631) 423-1770</p>	<p>Caumsett State Historic Park, situated on a scenic peninsula extending into Long Island Sound, offers miles of bridle paths, walking, jogging, hiking, biking, cross-country skiing and nature trails over acres of woodland, meadows, rock shoreline and salt marsh. The park has beautiful gardens, excellent fishing and scuba diving by permit</p>	<p>Rte. 495, east to Rte. 110, north to Rte. 25A, west to West Neck Road, north to park.</p>
<p>Cold Spring Harbor State Park Care of Caumsett State Historic Park 25 Lloyd Harbor Road Huntington, NY 11743 (631) 423-1770</p>	<p>The park is comprised of 40 acres of hilly terrain that offer scenic vistas of the Cold Spring Harbor. It features a mixed hardwood forest with notable large oak specimens that measure three feet in diameter, as well as thickets of wild mountain laurel. The area is ideal for observing spring and fall migrations of a variety of songbirds, and is home to great horned owls and red-tailed hawks. The park serves as the northern trailhead of the Nassau Suffolk Greenbelt Trail that extends to Bethpage State Park and eventually the south shore of Nassau County.</p>	<p>From Nassau County (West): Northern State Parkway or LIE (495) east to the Seafood Oysterbay Expressway (135) north to Jericho Turnpike east. Take Jericho Tpk to Woodbury Road, make left (north). At Route 108 make left and follow to end Lawrence Hill Road. At end make left and immediate right onto Route 25A (east). Follow one half-mile to parking field and trailhead on right. From eastern Suffolk County: Northern State Parkway or LIE (495) west to Route 110 north. Take Route 110 to Route 25A, make left (west). Follow 25A into the village of Cold Spring</p>

		Harbor to the parking field on left.
<p>Connetquot River State Park Preserve Box 505 Oakdale, NY 11769 (631) 581-1005</p>	 <p>Connetquot River State Park Preserve maintains 3,473 acres of land and water for the protection and propagation of game birds, fish and animals. Deer and waterfowl are numerous, rare nesting birds, including the osprey, are present and there are numerous rare plants, such as trailing arbutus and pyxie moss in their natural habitats. The preserve also has 50 miles of hiking, horseback riding, cross-country ski and nature trails, as well as fishing (by permit only) on the Connetquot River.</p>	<p>From western Long Island: Southern State Parkway east to exit 44 (Sunrise Highway), east to the Preserve. From eastern Long Island: Sunrise Highway west to Oakdale. The Preserve is located on the north side of Sunrise Highway, just west of Pond Road.</p>
<p>Governor Alfred E. Smith/Sunken Meadow State Park PO Box 716 Rte. 25A and Sunken Meadow Parkway Kings Park, NY 11754 (631) 269-4333</p>	<p>Sunken Meadow State Park, located on Long Island Sound, has a wide range of topography that sustains a variety of flora and fauna. The three miles of beach meets tall, glacier-formed bluffs at the west end of the shoreline. A man-made dam separates the park's brackish creek and marshes from the tidal flats. South of the flats are acres of undeveloped and heavily-wooded rolling hills. Activities include swimming in Long Island Sound; hiking six miles of trails, including the northern starting point of the Suffolk County Greenbelt Trail; biking, horseback riding, picnicking, kayaking, canoeing, windsurfing, fishing, a ¾ mile boardwalk and cross-country skiing. In addition, the park has 27 holes of golf, a driving range and putting green.</p>	<p>Forty-six miles from Manhattan on the northern terminus of Sunken Meadow/Sagtikus Parkway. LI Expressway exit 53.</p>
<p>Heckscher State Park Box 160 East Islip, NY 11730 (631) 581-2100</p>	<p>Heckscher State Park has more than a million visitors a year. Twenty miles of trails attract hikers, bicycle and cross-country skiers. Swimmers can use the Great South Bay or the swimming pool complex. There are picnic areas, a boat launch ramp, playing fields, playground and 69 camp sites. Only vehicles under eleven feet high can come into the campgrounds</p>	<p>At the end of the Heckscher State Pkwy, 50 miles from Manhattan on the south shore of LI, within the East Islip/Great River Area in Suffolk County.</p>
<p>Hempstead Lake State Park West Hempstead, NY 11552 (516) 766-1029</p>	<p>Hempstead Lake State Park is a multi use facility. Included are 20 tennis courts, children's playgrounds, basketball courts, bridle trails for horse back riding, biking and hiking trails, shaded picnic areas and a historic hand carved wooden carousel. There is a picnic pavilion available for large parties.</p>	<p>Exit 18 of the Southern State Parkway in West Hempstead.</p>

	<p>There are three ponds that are accessible for fishing. On Hempstead Lake, the largest lake in Nassau County, you are permitted to use car top boats with an annual permit issued from the Park. Fishing in Hempstead Lake is by catch and release only. McDonald Pond and South Pond are stocked with trout in the fall and you may target trout throughout the winter months. Other species present include large mouth bass, chain pickerel, black crappe, perch, tiger muskies, carp and sunfish.</p>	
<p>Hither Hills State Park 50 South Fairview Avenue Montauk, NY 11754 (631) 668-2554</p>	<p>Hither Hills State Park offers visitors scenic picnic areas and fireplaces, sport fishing, a sandy ocean beach, playing fields, a playground and a 168-site campground on the ocean. Anglers can fish year-round and obtain permits to fish at night. The unique "walking dunes" of Napeague Harbor are located on the eastern boundary of the park, which also has woodlands filled with Russian olive, oak, shad and pine trees. Bridle paths and hiking, nature, biking and cross-country ski trails are available.</p>	<p>122 miles from Manhattan via Sunrise Highway (Route 27) east to Park.</p>
<p><u>Montauk Point State Park</u> 50 South Fairview Avenue Montauk, NY 11954 (631) 668-3781</p>	 <p>Montauk Point State Park, a heavily-wooded tundra leading to the eastern tip of Long Island and the historic Montauk Lighthouse, offers some of the best surf fishing in the world. The view is unique, because, when the water is calm, visitors can clearly see the "race" of converging tides from the Atlantic and Block Island Sound. Visitors can also use the nature trails to hike or cross-country ski, or spend time watching the seals sun on the rocks offshore.</p>	<p>132 miles from Manhattan, via Sunrise Hwy (Route 27) east to the Park</p>
<p>Nissequogue River State Park Saint Johnland Road P.O. Box 639 Kings Park, NY 11754 (631) 269-4927</p>	<p>Nissequogue River State Park is located on the north shore of Long Island. A variety of habitats including tidal and fresh water wetlands and hardwood forests provide habitat to a variety of shore birds, reptiles and amphibians. A section of the park has been designated a State Bird Conservation Area. The Greenbelt Trail, for walking and hiking, parallels the Nissequogue River and provides scenic views of the river and the Long Island Sound from the top of the bluffs. The park also has a soccer field, a canoe and kayak launch, fishing, bird watching, interpretive signs, guided tours and group tours by reservation, bicycle</p>	<p>Sunken Meadow Pkwy North to SM4. Head east on Pulaski (which changes into Old Dock Rd.) At the 4th traffic light make a right onto St. Johnland Rd. Park entrance is about 1/2 mile on the left.</p>

	rentals, plus a conference room which can be rented.	
<p>Orient Beach State Park Box 117 Orient, NY 11957 (631) 323-2440</p>	frontage on Gardiner's Bay and a rare maritime forest with red cedar, black-jack oak trees and prickly-pear cactus. A beautiful wood deck lets you overlook Gardiner's Bay. Visitors can swim in the bay, fish, picnic, play ball, go hiking or biking, or walk a nature trail. Pavilions available for private parties with catering available by concessionaire.	118 miles from Manhattan on the north shore via Long Island Expressway (Route 495) east to the end, then Route 25 east to the Park.
<p>Shadmoor State Park 50 South Fairview Ave Montauk, NY 11954 (631) 668-3781</p>	Ninety-nine acre Shadmoor State Park, located one quarter-mile east of Montauk Village, features more than 2,400 feet of ocean beach accessed by two stairways. The park, named for its open, rolling geography and the shadbush that grows there, also has bluffs, freshwater wetlands that are part of the preserve, hiking trails and elevated platforms for birdwatching and enjoying the shoreline views. Visitors may picnic and saltwater fish. The park's foliage includes black cherry trees and clusters of the rare and federally-endangered sand plain gerardia plant. Of historical note, two concrete bunkers, erected during World War II and once equipped with artillery guns to protect the coast from enemy invasion, remain on the property. Shadmoor does not charge for parking.	Route 27 (Sunrise Highway) east to Montauk Village. The park is one-half mile east of the village on the right, at the southwest corner of Route 27 and Seaside Ave.
<p>Trail View State Park 25 Lloyd Harbor Road Huntington, NY 11743 (631) 423-1770</p>	Trail View is a 400-acre, 7.4-mile linear park that serves as a link along the Nassau/Suffolk Greenbelt Trail that extends from Cold Spring Harbor State Park on the north shore of Suffolk County to Bethpage State Park, and eventually to the south shore of Nassau County. Offering a variety of recreational opportunities including trails for hiking and bicycling on its hilly terrain and open fields. Trail View encompasses a variety of habitats and undeveloped natural resources such as hardwood forests, marshes and succession fields with elevations ranging from 60 to 300 feet above sea level. The park is a favorite spot for birdwatchers year-round, most especially--because it lies on the Atlantic flyway--during the spring and fall bird migrations.	<p>From Nassau County (West): Northern State Parkway, Southern State Parkway or LIE (495) east to the Seaford Oyster Bay Expressway (135) north to Jericho Turnpike east. Take Jericho Tpke (25) east past two traffic lights. Parking will be on the left side of the road.</p> <p>From Eastern Suffolk County: Northern State Parkway, Southern State Parkway or LIE (495) west to the Seaford Oyster Bay Expressway (135) north to Jericho Turnpike east. Take Jericho Tpke (25) east past two traffic lights. Parking will be on the left side of the road.</p>

<p>Wildwood State Park P.O. Box 518, North Wading River Road Wading River, NY 11792(631) 929-4314</p>	<p>Wildwood State Park comprises 600 acres of undeveloped hardwood forest terminating on the high bluff overlooking Long Island Sound. Trailer and tent sites are available for campers. Swimmers can take advantage of the cool waters of the Sound, and picnickers can relax at shaded picnic tables as their children enjoy the nearby playground. Visitors can fish and use the hiking and cross-country ski trails. Fall Festival first weekend in October.</p>	<p>73 miles from Manhattan. Long Island Expressway to exit 68. North on Route 46, to Route 25A east. Left onto Sound Avenue - left at traffic light onto Hulse Landing Road. Park entrance is on the right.</p>
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