



Hiking in the Long Island Pine Barrens

Some Quick Tips!

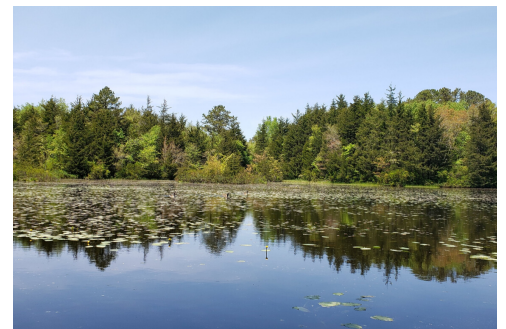
Hiking Novice? Have no fear! Here are some of the best tips to enjoy a hike in the Pine Barrens:

- Start small. Find a simple, short trail to start. Extend the distance as you begin to feel more comfortable.
- Check the weather before heading out. It may be nice now, but there could always be a storm coming soon.
- Bring some water with you, to stay hydrated (ideally in a reusable bottle).
- Wear the right shoes and socks. You want good support. Closed toe shoes and high socks pulled up over your pants provide you with the best tick protection.
- Bring a trail map and/or be mindful of trail markings. Always stay on the trail.
- Watch your feet. Make sure not to trip on roots. Watch for critters that might be along the path.
- On Long Island, it's especially important to check yourself for ticks after you hike. Remove any ticks with tweezers immediately. Be mindful, but not paranoid. A tick must be attached for 36 to 48 hours or more before infecting a host.
- Leave no trace! If you bring something in to a park, make sure to bring it out. Respect wildlife and leave what you find.

Short & Easy Trails

Perfect for the whole family!

- **Cranberry Bog Nature Preserve**
3814 Lake Ave, Riverhead, NY 11901
One mile loop around Swezey Pond
- **Dwarf Pine Plains Preserve**
Old Riverhead Road, East Quogue, NY 11942
Globally rare ecosystem where the pine trees rarely grow taller than six feet
One 0.6 mile loop with interpretative signs and one 2.75 mile loop
- **Prosser Pines Nature Preserve**
67 Yaphank Middle Island Rd, Middle Island, NY 11953
Former White Pine tree farm turned into a preserve
0.7 mile loop trail
- **Quogue Wildlife Refuge**
3 Old Country Rd, Quogue, NY 11959
Preserve and education center featuring a variety of native animals
Three trails, ranging from 0.8 to 3.1 miles in length
- **Wading River Marsh Preserve**
Sound Road, Wading River, NY 11792
Coastal forest and marsh along Long Island's North Shore
1.7 mile loop trail



Cranberry Bog Nature Preserve

Short & Easy Trails Continued

- **Wertheim National Wildlife Refuge**

340 Smith Rd, Shirley, NY 11967

2,550 acre refuge along the Carmans River with an educational visitors center

Trails ranging from 1.25 to 3.3 miles

Explore a little more!

Longer trails to explore more of the Pine Barrens

- **David A. Sarnoff Preserve**

606-530 Riverleigh Ave, Riverhead, NY 11901

Classic Pine Barrens Habitat

Operated by NYSDEC, free seasonal hiking permit required

Trail loops range from 4 to 9 miles

- **Hubbard County Park and the Ghost Forest**

Red Creek Road, Hampton Bays, NY 11946

Pine Barrens Forest turns into a beautiful salt marsh with views of Flanders Bay

Check out the "Ghost Forest" - remnants of Atlantic White Cedars along the shoreline

Roughly two mile hike

- **Manorville Hills County Park**

County Road 111, Manorville, NY 11949

Offers the longest expanse of roadless land on Long Island

0.5 mile entrance trail (yellow) and 7 mile loop (orange)

- **Rocky Point State Pine Barrens Preserve**

Several trail heads along 25A in Rocky Point and Whiskey Road and Route 25 in Ridge, NY

Classic Pine Barrens Habitat

Operated by NYSDEC, free seasonal hiking permit required

Trails range from 2 to 8.5 miles

Pine Barrens Adventurer

The Ultimate Pine Barrens Hike

For all avid hikers and runners, the Paumanok Path is the perfect challenge. Spanning more than 125 miles from Rocky Point to Montauk Point, much of which transverse the Long Island Pine Barrens, the Paumanok Path provides travelers with an up close and personal view of Long Island's environment and history. On the path, travelers will see pitch pines, glacial erratic, rolling hills, tidal marshes, cedar swamps, dunes, grasslands and countless species of wildlife and flora. The Paumanok Path has even greater significance due to its design drawing inspiration from the trips that Mountaukett Indian Stephen Talkhouse frequently made from East Hampton to Sag Harbor back in the 19th century. If you intend to complete the whole 125 mile journey, however, be prepared. Only one person has completed the whole span and it took six days! You can always break it up, though.



The Long Island Pine Barrens Society is an environmental education and advocacy organization focusing on protecting drinking water and preserving open space, especially in Long Island's Pine Barrens. Please visit our website at www.pinebarrens.org for more information about recreation in the Pine Barrens.

