



# Winter Recreation in the Long Island Pine Barrens

Just because it's getting colder, doesn't mean you have to hunker down. Cure your cabin fever by getting outside. Spending time outdoors can boost your energy and immune system, enhance creativity, restore your focus, and improve your mood.



## Some Quick Tips!

- Be mindful of hunting seasons. October 1 - January 31 is prime hunting season (with waterfowl hunting continuing until April 15 in some areas). Not all parks allow hunting and in some cases, hunting is restricted to remote areas less-traveled by hikers. Check hunting regulations for your desired park before heading out and always check for signage posted. We'll provide some "hunt-free" locations below.
- Dress warmly and in layers. Due to the meteorological phenomenon known as "Radiational Cooling," the Pine Barrens is always colder than surrounding areas.
- Keep in mind that daylight hours are shorter in Winter. Make sure to leave enough time to get in and out before dark.
- Bring your binoculars - Long Island hosts some beautiful winter birds!

## Pine Barrens Parks to Visit in Winter

- **Prosser Pines Nature Preserve**

67 Yaphank Middle Island Rd, Middle Island, NY 11953  
Especially beautiful after a light snow.

- **Wading River Marsh Preserve**

Sound Road, Wading River, NY 11792  
Coastal forest and marsh along Long Island's North Shore.

- **Indian Island County Park**

Indian Point Rd, Riverhead, NY 11901  
Located at the estuarine mouth of the Peconic River, this park is a great spot to observe Winter birds.

- **Quogue Wildlife Refuge**

3 Old Country Rd, Quogue, NY 11959  
Nature preserve with easy trails and a education center featuring native animals. Staff also offers several educational workshops. Visit [www.quoguewildliferefuge.org](http://www.quoguewildliferefuge.org) for more information.

## Other Outdoor Winter Recreation Ideas

- **Head to your local beach.**

Sunrises and sunsets are more colorful and vibrant in the Winter, due to the clearer air. Practice your landscape photography.

- **Go on a seal cruise or walk.**

Nonprofits such as Group for the East End, Atlantic Marine Conservation Society and the Coastal Research and Education Society of LI hold educational seal walks and cruises throughout the winter.



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](http://www.pinebarrens.org) for more information about recreation in the Pine Barrens.

