

NEWS FROM Legislator

Lou D'Amaro



SUFFOLK COUNTY LEGISLATURE

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TAKE A HIKE!

Enjoy Outdoor Fun and Experience Local Scenic Beauty by Hitting the Trails with the Long Island Greenbelt Conference

(HUNTINGTON STATION, NY... DECEMBER 12, 2011) – Legislator Lou D'Amaro (D-Huntington Station) wants to inform local residents that although the cold weather has arrived, they can still enjoy Suffolk County's scenic beauty by taking part in one or more of The Long Island Greenbelt Trail Conference's many winter hikes.

The Long Island Greenbelt Trail Conference is a non-profit grassroots organization that has created more than 200 miles of hiking paths on Long Island, including three National Recreation Trails. The conference is dedicated to protecting open space and scenic Greenbelt trails for all to enjoy. They lead over 200 free, guided walks each year for all levels of hikers.

Below is a list of some upcoming Suffolk County hikes. Please note that hikes may be cancelled due to inclement weather and you are encouraged to call first if in doubt.

- December 16 and 30, **El's Trail Roundabout:** 9 am. Something different: walk the loop trail behind the Trails Information Center, once, twice, ten times or however long you want! Whether you're recuperating from an injury, seeking a healthier lifestyle, or for any other reason, you'll find this gentle trail a beautiful place for a walk. Leader will stay with

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the slowest hikers. 0.5 to 5 miles – easy – flat. Meet at the Trails Information Office just ¼ mile north of the LIE Exit 70. Info: Vinnie, (631) 209-0030.

- December 22, **Cold Spring Harbor Hill Loop:** 10 am. One of the toughest hikes on Long Island, this 4.3 mile fast and hilly trail features breathtaking views of the harbor and many surprises from Holiday elves who may have decorated some of the trees along the way. Cameras are encouraged. Not for beginners! Meet at the Nassau-Suffolk Greenbelt Trail Head on Harbor Rd. (NYS Route 25A), in the unpaved parking lot adjacent to the Cold Spring Harbor Library and bring water. Info: George, (516) 249-5041.
- December 24, **Ho Ho Ho Hike:** 10 am. Candy canes for all! Hike along beautiful Stump Pond in Blydenburgh County Park; meet at the Greenbelt office off of the New Mill Road entrance to the Park; heavy rain may cancel; bring water and snack. 5.7 miles – moderate – varied. Info: Bill, (631) 514-9487.
- December 31, **Stump Pond Circular:** 1 pm. Hike around the 120-acre pond in the middle of Blydenburgh Park; bring drinks and snack: rain or shine, although extreme weather cancels; meet at the Greenbelt office. 5.7 miles – moderate – varied. Info: Nancy B. (631) 682-0035.
- January 1, 2012, **Happy New Year Hike:** 11 am. Sleep late and take an easy hike to start the New Year; if it snows, you might be able to see animal tracks; meet at the Pine Trail Preserve parking lot, NYS Route 25, 6/10 mile east of Wm. Floyd Pky.; bring water, call AM of hike if weather is bad or very icy. 4+ miles – moderate – flat. Info: Bill (631) 514-9487.

For more information or a complete list of the Greenbelt trail's hikes, visit www.ligreenbelt.org or call the Greenbelt Office at (631) 360-0753.

“These walks are a fantastic opportunity for individuals and families to enjoy some outdoor winter fun in Suffolk County, despite the chilly weather,” Legislator D’Amaro said. “I encourage everyone to get out and ‘take a hike!’”

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Suffolk County Legislator Lou D’Amaro (D-Huntington Station) represents the 17th Legislative District, which includes parts of North Babylon, Deer Park, Dix Hills, Melville, West Hills, Huntington, South Huntington, and Huntington Station. He is Vice-Chairman of the Environment, Planning and Agriculture committee and a member of the Budget & Finance and Veterans & Seniors committees of the Suffolk County Legislature.