

Suffolk County Community Resource Guide



Suffolk County Parks with Hiking Trails

Blydenburgh County Park
Smithtown (631) 854-3713

Cathedral Pines County Park & Prosser Pines County Park,
Middle Island (631) 854-5500

Cedar Point County Park
East Hampton (631) 852-7620

Cranberry Bog County Park
Riverhead (631) 854-4949

Gardiner County Park
West Bay Shore (631) 854-4949

Lakeland County Park Islandia
(631) 853-2727 (seasonal)
Handicapped accessible boardwalk

Kings Park Hike & Bike Trail
http://bikeitorhikeit.org/kings_park_hike_bike_trail.htm

Montauk County Park
Montauk (631) 852-7878

Pine Barrens Trails Information Center
Handicapped accessible trail
CR 111 Manorville
(631) 369-9768

Robert Cushman Murphy County Park
Calverton/ Manorville
(631) 854-4949

Sears Bellows County Park
Hampton Bays (631) 852-8290

Southaven County Park
Brookhaven (631) 854-1414

West Hills County Park
Huntington (631) 854-4423

Guided Trail Outings Are Offered Throughout the Year

The Long Island Greenbelt Trail Conference
(631-360-0753)
www.ligreenbelt.org/

Long Island State Parks Commission
(631-669-1000)

Southampton Trails
(631-537-5202)
www.hike-li.org/stps/index.htm

East Hampton Trails Preservation Society
(631) 329-4227
www.hike-li.org/ehttps/index.htm

Group for the South Fork
(631-537-1400)

The Nature Conservancy
(631-367-3225) L.I. Chapter
(631-329-7689) South Fork Chapter

Peconic Land Trust
(631-283-3195)

Suffolk County Town Parks and Recreation Departments

Town of Babylon
(631) 893-2100

Town of Brookhaven
(631) 451-8696

Town of East Hampton
(631) 324-2417

Town of Huntington
(631) 351-3089

Town of Islip
(631) 224-5405

Town of Riverhead
(631) 727-5744

Town of Shelter Island
(631) 749-0978

Town of Smithtown
(631) 360-7644

Town of Southampton
(631) 728-8585

Town of Southold
(631) 765-5182

Suffolk County YMCA Locations

Brookhaven-Roe YMCA
155 Buckley Road
Holtsville, NY 11742-2499
Phone: 631.289.4440
www.ymcali.org/Brookhaven

Great South Bay YMCA
200 West Main Street
Bay Shore, NY 11706
Phone: 631.665.4255
www.ymcali.org/Great-South-Bay

Huntington YMCA
60 Main Street
Huntington, NY 11743
Phone: 631.421.4242
www.ymcali.org/Huntington

YMCA East Hampton RECenter
2 Gingerbread Lane
East Hampton, NY 11937

Phone: 631.329.6884
www.ymcali.org/East-Hampton

YMCA Patchogue Family Center
255 West Main Street
Patchogue, NY 11772
Phone: 631.891.1800
www.ymcali.org/Patchogue



Healthy Lifestyle Phone Apps

- Free health Apps for **Android** can be found on the **Google Play Store** icon on your mobile phone. Search terms: “fitness,” “nutrition,” “healthy lifestyle”
- Free health Apps for **iPhone** can be found on the **App Store at iTunes**. Search terms: “fitness,” “nutrition,” “healthy lifestyle”

Online Resources for Nutrition & Physical Activity Recommendations

- Center for Disease Control – “Nutrition”- <http://www.cdc.gov/nutrition/>
- Center for Disease Control – “Physical Activity” - <http://www.cdc.gov/physicalactivity/index.html>
- Let’s Move-“Where to Go Outside”- <http://www.letsmove.gov/where-go>
- United States Department of Agriculture- “Choose MyPlate”- <http://www.choosemyplate.gov/>
- American Heart Association- <http://www.heart.org/HEARTORG/search/searchResults.jsp?q=recommendations>
- For more information see the Suffolk County Department of Health Services website- <http://www.suffolkcountyny.gov/Departments/HealthServices/HealthyLiving/FitnessNutritionResourceGuide.aspx>

