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 Bellsows 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/

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

**East Hampton Trails Preservation Society**
(631) 329-4227
www.hike-li.org/ehtps/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 Islip**
(631) 224-5405

**Town of Southampton**
(631) 728-8585

**Town of Brookhaven**
(631) 451-8696

**Town of Riverhead**
(631) 727-5744

**Town of Southold**
(631) 765-5182

**Town of East Hampton**
(631) 324-2417

**Town of Shelter Island**
(631) 749-0978

**Town of Huntington**
(631) 351-3089

**Town of Smithtown**
(631) 360-7644
**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

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**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/


- 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