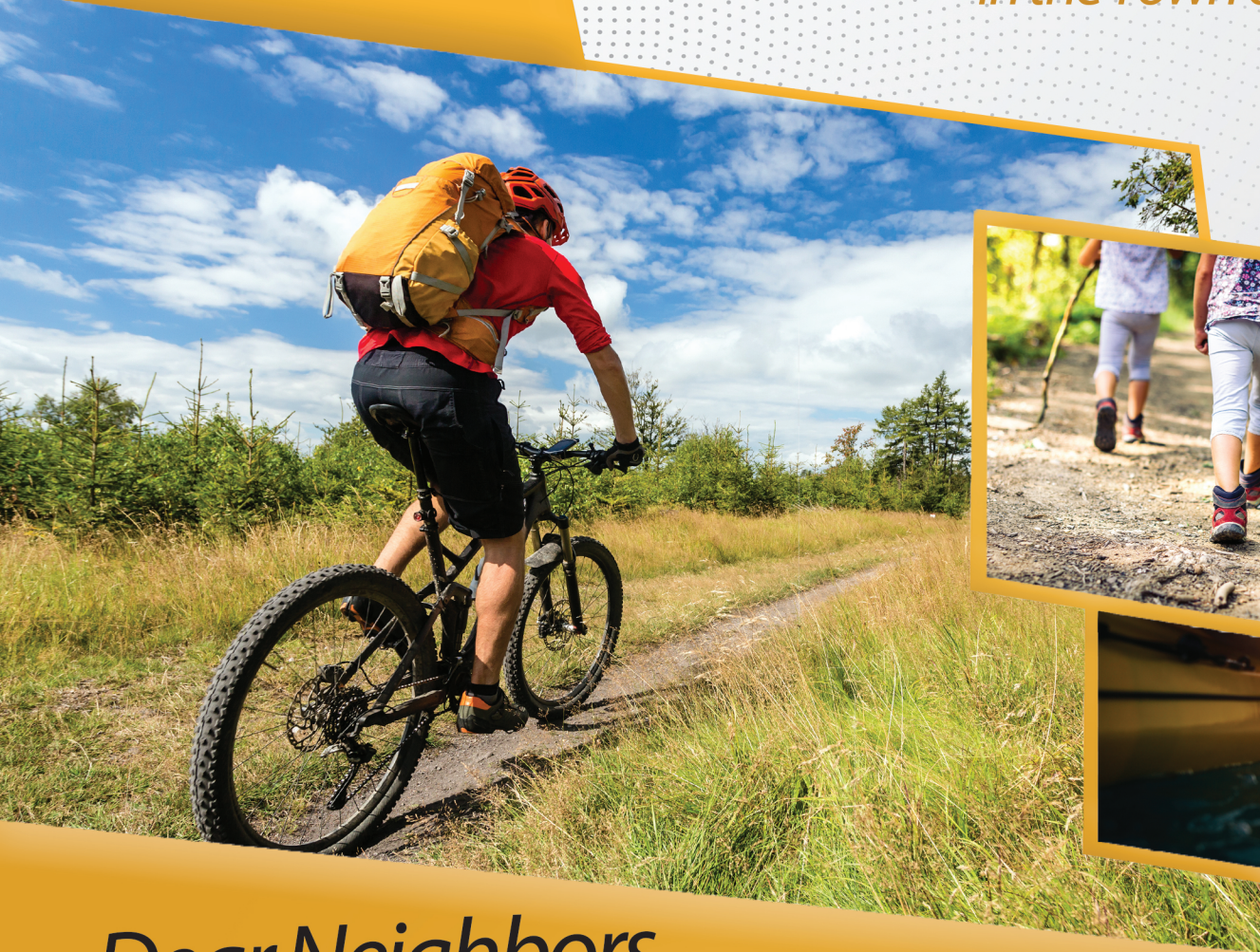




Joseph Saladino
Town Supervisor



A Guide to **BIKING, HIKING AND KAYAKING** *in the Town of Oyster Bay*



Dear Neighbors,

Did you know that you can bicycle from TOBAY Beach to Captree State Park? It's true; this trail is open along Ocean Parkway and runs 10 miles long. Have you kayaked the South Shore Blueway Trail? If not, you can launch into local waters to navigate the coastline and rich ecosystems of the Hempstead Bays and South Oyster Bay. If bicycling and water sports aren't for you, you can spot wildlife while enjoying preserves when hiking, jogging and walking over a dozen trails throughout the Town of Oyster Bay.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Most importantly, regular activity can improve your quality of life. Your guide to staying #TOBstrong begins here!

Sincerely,

Joseph Saladino
Town Supervisor

www.OysterBayTown.com/Fitness

BIKING



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Town Supervisor

BETHPAGE BIKEWAY - Trail end points are located at Manetto Hill Road and Woodbury Road in Woodbury, and at Merrick Road and Ocean Ave. in Massapequa. The approximately 14-mile round trip Bethpage Bikeway connects Bethpage State Park with Merrick Road in Massapequa. There are a few parkway exits and busy street crossings along the way, but all crossings are clearly marked. The bikeway path runs south through the park on a scenic, paved path affording views of the polo field and some of the park's five golf courses. The trail leaves the park and parallels Bethpage State Parkway eventually crossing Southern State Parkway and entering the Massapequa Preserve. The only major road crossing is at Sunrise Highway, near the southern end of the trail, but there is a stop light and crossing lane.

OCEAN PARKWAY COASTAL BIKE PATH - An extension of the bike path that runs along the Jones Beach Barrier Island is now open. The shared use path, Ocean Parkway Coastal Greenway, had run 3.6 miles from Jones Beach State Park to TOBAY Beach. It was recently extended by 10 miles, leading east to Captree State Park. This addition connects multiple trails and boasts stunning views of the Manhattan skyline. The path allows for walkers, runners, joggers, skaters, and cyclists to exercise along the shore. It also connects to another shared use trail, the Jones Beach Shared Use Leisure Path, on the West End. The path includes new bicycle parking areas at Gilgo Beach, Cedar Beach Marina, and Captree State Park.

WEST HARBOR DRIVE BIKE PATH - Bike Lane End Points: Ludlam Ave (Bayville) to Bayville Ave-Centre Island Road (Bayville).

JOHN J. BURNS PARK BIKE PATH - Merrick Road, Massapequa. This shared-use bike path loops around the entirety of the park, providing scenic views of ball fields, playgrounds, and the Great South Bay. The path loops around the park approximately .6 miles.



Riding to end cancer.
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HIKING



BETHPAGE STATE PARK – *Bethpage State Parkway, Farmingdale. (516) 249-0701*

Best known for its five world-class golf courses and as the host of the 2002 and 2009 U.S. Open Golf Championship and the 2019 PGA Championship, Bethpage State Park also offers bridle paths, hiking and biking trails, playing fields, tennis courts, cross-country skiing trails, picnic facilities and a polo field where matches are played every Sunday June through October.

CHARLES CHURCH NATURE PRESERVE – *Frost Mill Road, Mill Neck. (516) 671-0283*

This 60-acre area, also known as Shu Swamp, is a wooded wetland fed by the Beaver Brook system. It offers 2.5 miles of trails, with boardwalks across muddier areas. Open every day except Friday, it is preserved and managed by the North Shore Wildlife Sanctuary.

CORDELIA HEPBURN CUSHMAN PRESERVE – *Route 25A, Oyster Bay Cove. (516) 922-1028*

This 15-acre wooded preserve features a variety of woodland birds. Open sunrise-sunset.

C.W. POST COMMUNITY ARBORETUM – *Long Island University, 720 Northern Boulevard, Brookville. neighbor@liu.edu*

This 20-acre tract of native trees and nature trails within the Long Island University features more than 62 tree species amid formal gardens, rolling green lawns, and a wide variety of shrubs and flower plants. Trail winds past the Tudor mansion that was the home of heiress Marjorie Merriweather Post. Open dawn to dusk seven days a week. Additionally, there is an eight-acre wooded preserve centered on a kettlehole pond. Home to a variety of wildlife.

FOX HOLLOW PRESERVE – *White Oak Tree Rd, Syosset. (516) 922-1028*

This 26-acre preserve was once part of a farm. A variety of bird life can be observed here. Open sunrise-sunset.

HOFFMAN NATURE PRESERVE & WILDLIFE CENTER – *6000 Northern Blvd, East Norwich. (516) 922-3290*

Hoffman Center is a nature preserve and wildlife sanctuary located on 155 acres with approximately five miles of hiking trails. The center is open for free nature tours every first and third Saturday of the month, from 1pm to 2pm. Visitors should meet the tour guide at site entrance at 12:50pm. The gate will be locked when tours begin. No pets or children under 10 are permitted, and the walks are held rain or shine. Hoffman Center also hosts a variety of walks and programs, all led by the Theodore Roosevelt Sanctuary and Audubon Center.

HOPE GODDARD ISELIN PRESERVE - *Chicken Valley Rd, Oyster Bay. (516) 572-0200*

This 42-acre preserve stands on a plateau north of the Harbor Hill moraine. Once farmed, a historic field supports diverse plant life and bird species, as well as small mammals. The preserve is also wooded with a white pine plantation, an oak forest and abundant mountain laurel. Marked trails are open for hiking and observing nature from dawn to dusk daily.

JOHN F. KENNEDY MEMORIAL WILDLIFE SANCTUARY – *Ocean Parkway, Massapequa. (516) 797-4110*

Just west of the TOBAY Beach-bayside, this 500-acre sanctuary is considered one of the most important refuges for waterfowl in the northeast. It serves as a major wintering area for more than two dozen species of waterfowl, is a commonly used habitat for several species of ducks and wading birds, and is a stopover for numerous migrating waterfowl, as well as hawks and falcons. The Guggenheim Pond attracts a variety of wading birds including herons, egrets and ibis, as well as ducks, such as the uncommon black duck and American bittern. Visitors must obtain a pass from the Town of Oyster Bay Parks Department by calling (516) 797-4110.

LOUIS C. CLARK SANCTUARY – *Valentine's Lane, Old Brookville. (516) 922-1028*

This eight-acre preserve contains extensive freshwater wetlands punctuated by Cedar Swamp Creek. A variety of plant life can be observed here. It is open sunrise-sunset.

PETER J. SCHMITT MASSAPEQUA PRESERVE – *Merrick Road and Ocean Avenue, Massapequa.*

This 423-acre linear preserve runs from Merrick Road on the south to Linden Street on the north and is bounded by Ocean Avenue/Parkside Boulevard on the west and Lake Shore Drive on the east. It is divided into three sections bounded by major roadways. The southern section, from Merrick Road to Sunrise Highway, contains the most diverse and ecologically valuable lands, including Massapequa Lake. Freshwater swamps, marsh, stream, lake and sandy-bog area provide habitat for many rare and endangered Long Island plants, including white-fringed orchids, carnivorous sundews and bladderworts. Freshwater fishing is permitted in several of the lakes (license required). The Nassau-Suffolk Greenbelt Trail runs through the preserve.

NASSAU-SUFFOLK GREENBELT TRAIL – *Runs from Cold Spring Harbor to Massapequa. (631) 360-0753*

From steep hills to old fields to quiet wetlands, this 20-mile National Recreation Trail offers surprising diversity. From Cold Spring Harbor, where mountain laurels bloom in June, the trail crosses Long Island to the Massapequa Preserve watershed, where dozens of species of birds stop on their fall and spring migrations. Paths for mountain bikers parallel parts of this trail, and a loop in the Plainview area provides a connection with the Walt Whitman Trail.

STILLWELL WOODS PRESERVE - *South Woods Road, Syosset.*

A 270-acre preserve and multiple-use area, Stillwell Woods offers a blend of old field and oak barrens communities, the latter of which includes plants and animals that are more typical of habitats farther east on Long Island. The Nassau-Suffolk Greenbelt Trail for hikers runs through the preserve. There are also bicycle trails and equestrian trails. A 30.9-acre portion of the preserve is leased to the Town of Oyster Bay for use as playing fields.



Joseph Saladino
Town Supervisor



TRAIL VIEW STATE PARK – 8101 Jericho Turnpike, Woodbury. (631) 423-1770/(516) 249-0701

Trail View is a 400-acre, 7.4-mile linear park that serves as a link along the Nassau-Suffolk Greenbelt Trail that extends from Cold Spring Harbor State Park on the north shore of Suffolk County to Bethpage State Park, and eventually to the south shore of Nassau County. Encompassing a variety of habitats and undeveloped natural resources such as hardwood forests, marshes and a succession fields with elevations ranging from 60 to 300 feet above sea level, it offers a variety of recreational opportunities including trails for hiking and bicycling on its hilly terrain and open fields. The park is a favorite spot for birdwatchers year-round, but especially during the spring and fall bird migrations because it lies on the Atlantic flyway.

MUTTONTOWN NATURE PRESERVE – 1864 Muttontown Lane, East Norwich.

Comprising 550 acres of fields, woodlands, ponds and grounds from two former estates, this is Nassau County's largest nature preserve and encompasses miles of marked nature trails with local wildflowers, trees, birds, mammals, reptiles and amphibians (maps and brochures available for self-guided tours). Guided public nature walks and school educational programs are available by appointment. Cross-country ski trails are open to the public, weather permitting. The circa 1904 Nassau Hall, home to the Nassau Parks Conservancy, is open to the public weekdays.

OACES SANCTUARY - Route 25A, East Norwich.

A 26-acre wooded sanctuary which is home to a variety of bird life and wildlife. It is open sunrise-sunset.

OYSTER BAY NATIONAL WILDLIFE REFUGE – Oyster Bay, NY. (631) 286-0485

This refuge includes more than 3,000 acres of bay bottom and adjacent shoreline up to the mean high tide, plus the channels and marshes of Frost, Oak Neck, and Mill Neck Creeks. The sheltered nature of the refuge makes it attractive as a year round habitat for a variety of birds and waterfowl. New York State's only remaining commercial oyster farm operates on the refuge, producing 90% of the State's oyster harvest. Access to the refuge is limited to boats. Residents outside of Oyster Bay may enter the refuge by boat from Long Island Sound. Visitors in vehicles may travel local roads adjacent to the refuge. The refuge does not provide parking.

ST. JOHN'S POND PRESERVE - 1660 Route 25A, Cold Spring Harbor.

This 14-acre preserve has three district habitats: marsh, pond and woodland. The preserve's wildlife includes opossum, red fox, flying squirrels, as well as several species of turtles and frogs. Marked trails, for foot traffic only, are open for hiking and observing nature daily except Christmas and New Year's. Obtain a key to the preserve at the Cold Spring Harbor Fish Hatchery admission booth between 10am and 5pm.

TACKAPAUSHA MUSEUM AND PRESERVE - 2225 Washington Ave, Seaford. (516) 572-0200

The museum showcases the varied natural habitats, including plants and wildlife in different seasons, and provides educational programs. The preserve is a 77-acre tract of glacial outwash plain that serves as a wildlife sanctuary consisting of wet, deciduous woods, swamps, streams and ponds. A variety of small mammals and 170 species of birds have been seen at the Preserve in the spring.

THEODORE ROOSEVELT SANCTUARY AND AUDUBON CENTER - 134 Cove Rd, Oyster Bay. (516) 922-3200

Owned by the National Audubon Society, the sanctuary was the first Audubon songbird sanctuary in the nation and contains 12 acres of unspoiled land and a self-guiding nature trail. The museum houses Long Island flora and fauna exhibits. Educational programs on natural sciences, wildlife, ecology and Native Americans are available for pre-k to grade 12, as well as wildlife presentations for pre-k to adult.

TIFFANY CREEK PRESERVE – Sandy Hill Road near Berry Hill Road, Oyster Bay.

A 197-acre preserve cobbled together from parts of three former estates, Tiffany Creek provides a mix of ecological communities within an oak forest. Descending through glacially formed ravines, the preserve's oak hilltop and upland meadow provide excellent examples of the mid-slope community. Tuliptree, red oak and red maple dominate the low slope. A wet meadow with a diverse plant community can be found at the northeast border of the preserve. Part of the Nassau County Parks, Recreation and Museum system, the preserve has a self-guided trail.

KAYAKING



SOUTH SHORE BLUEWAYS TRAIL – Access points are located at Alhambra Park; John J. Burns Park; and TOBAY Beach.

The South Shore Blueway Trail is a safe network of water access points for kayaks, canoes and beachable sail craft, which allows people to experience the natural, scenic and cultural wonders of the Hempstead Bays and South Oyster Bay. Navigate the coastline and enjoy the rich ecosystems and wildlife.

THE WATERFRONT CENTER – One West End Ave, Oyster Bay. (516) 922-7245

The Waterfront Center is a not-for-profit organization dedicated to inspiring people of all ages about the marine environment. If you would like to learn to sail, take part in sailboat racing, rent a sailboat or sea kayak, arrange a private charter, send your child to summer camp, take swimming lessons, or go fishing on Long Island Sound with pros – The Waterfront Center has a program that will suit you!





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Town Supervisor



MASSAPEQUA LAKE - *Located within the Massapequa Preserve, just north of Merrick Road, in Massapequa.*

Anglers will have a chance to catch largemouth bass, some of which are over 15 inches long thanks to a no-kill regulation implemented in 1998. The lake also supports a very strong bluegill and yellow perch population. During the most recent survey of Massapequa Lake, the catch for both species was over 80 fish per hour. The lake becomes difficult to fish during the summer due to heavy growth of spatterdock and water chestnut. These plants grow out of the water creating dense mats of vegetation that anglers cannot fish through. Targeting the edges of these mats should reward anglers with a few large fish. Common carp also grow very large in Massapequa Lake, with fish over 10 pounds.

OYSTER BAY MILL POND - *Located in Oyster Bay, south of West Shore Road.*

Oyster Bay Mill Pond is one of the few public freshwater fishing spots on the North Shore of Nassau County. Trout are stocked in the spring and the fall. A population of largemouth bass also populate the lake, but tend to be less than 12 inches long. There are also carp and a few bullhead in the lake, which are up to about 15 inches long. The lake can become difficult to fish during the summer due to heavy growth of water chestnut which create dense mats of vegetation. Targeting the edges of these mats should reward bass anglers with some fish.

SALT WATER FISHING AT TOBAY BEACH, HARRY TAPPEN BEACH, THEODORE ROOSEVELT BEACH & CENTRE ISLAND BEACH

- Salt water fishing is available at TOBAY Beach (Ocean Parkway, Massapequa), Harry Tappen Beach (Shore Road, Glenwood Landing), Theodore Roosevelt Beach (Larabee Ave, Oyster Bay) and at Centre Island Beach (466 Bayville Ave, Bayville). Residents and non-residents can apply for a night fishing permit (non-residents must be sponsored by a current Town resident who already has a night fishing permit). Night fishing hours are 7pm to 7am. Night fishing is permitted at TOBAY Beach from May 1st through December 12th. Night fishing is permitted at Harry Tappen Beach, TR Beach, and Centre Island Beach year round.



JOSEPH SALADINO

Town Supervisor



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Supervisor Saladino and the Town Board *are committed to preserving our environment*



Supervisor Saladino, Councilwoman Walsh and Tax Receiver Pravato joined Glen Head students in planting a tree.



Supervisor Saladino, Councilwoman Johnson, Councilman Imbroto, and Tax Receiver Pravato improve water quality by placing millions of baby oysters and clams into our waterways.



Supervisor Saladino joins volunteers in planting dune grass at TOBAY Beach to strengthen our shoreline.