

Greenbelt Training Hikes 2017

Training hikes are beginning at the end of March in preparation for Hike for Life 2017! Posted every weekend from March 26 until Hike for Life on May 21st, these hikes are designed to help build up the endurance needed to Complete the challenging long distance hike. Mark your calendars!

Sun, Mar 26—Trailview to CSH and Back

9:00am – 12 miles – moderate – hilly. Info: Tammy, 631-896-1409, between 6-9pm.

A great workout in the woods. We will do an out-and-back from the Trailview Parking Lot all the way to Cold Spring Harbor library and back. Bring water, lunch, and trail snacks. A hiking pole is recommended. Heavy rain cancels, light rain does not; call morning of hike if unsure. Directions: I-495 (L.I.E.) Exit 44N. Merge onto NY-135 N toward Syosset. Take exit 14 E (Rte. 25 or Jericho Turnpike) toward Woodbury. Turn right onto 25. Continue to the Trailview Parking Lot on your left just east of the Stop and Shop.

Saturday, April 1 – April Fool's First Training Hike (seriously!)

8:30am – 12 miles – fast – flat – Info: Shari, 516-721-0223

Start the training hikes for this year's Hike for Life with this flat but brisk trek from Heckscher State Park Field 6; hike will go somewhere and eventually return to starting point; Happy April Fool's Day! bring a good joke or story to share; hiking experience suggested; only extreme weather cancels; bring water & snacks; take Southern State Pkwy east to end in Heckscher State Park; meet at Field 6 near comfort stations. E: hikegreenbelt32@yahoo.com.

Sunday, April 9 – Lower Greenbelt Great River Romp

8:30am – 16 miles – fast – flat – Info: Shari, 516-721-0223

Fun training hike from Heckscher State Park, going north through parts of Connetquot State Park, and back; option to do 10 mile partial hike; hiking experience recommended; bring water & snacks; only extreme weather cancels; meet at Great River LIRR Station parking lot (NY 27, then south on Connetquot Ave. to station). E: hikegreenbelt32@yahoo.com.

Sat, Apr 15—Trailview to CSH and Back

9:00am – 12 miles – fast – hilly. Info: Tammy, 631-896-1409, between 6-9pm.

Hike For Life training hike. We will do an out-and-back from the Trailview Parking Lot all the way to Cold Spring Harbor library and back to help get us ready for the May 21 Hike For Life, or for those just wanting a good workout in the woods. Bring water, lunch, and trail snacks. A hiking pole is recommended. Heavy rain may cancel, light rain does not; call morning of hike if unsure. Directions: I-495 (L.I.E.) Exit 44N. Merge onto NY-135 N toward Syosset. Take exit 14 E (Rte. 25 or Jericho Turnpike) toward Woodbury. Turn right onto 25. Continue to the Trailview Parking Lot on your left just east of the Stop and Shop.

Sunday, April 23 – Leave the Lollygagging from Lakeland for Later!

8:45am – 18 miles – fast – varied – Info: Shari, 516-721-0223

Another training hike in preparation for Hike for Life, this trek starts at Lakeland County Park, heads north to 347, back south through Connetquot State Park to the Fish Hatchery, and returns back to Lakeland; hiking experience suggested; bring water & snacks; meet at Lakeland County Park (L.I.E. Exit 58, south on Old Nichols Rd. to Johnson Ave., left to park; or L.I.E. Exit 59, south on Ocean Ave. to Johnson, right to park). E: hikegreenbelt32@yahoo.com.

Greenbelt Training Hikes 2017 - Continued

Sat. April 29 LOST ROADS OF THE PINES

9:00 AM – 13+ miles – fast – varied – Info: Jeff, 631-902-3156.

Fast training hike for the HFL. Check out some atmospheric, long-abandoned stretches of the Toppings Purchase Middle Line and the Old Westhampton Road, with a few connecting miles on the familiar, main Pine Barrens trail, as well; bring water & snacks; meet at Suffolk Community College, Eastern Campus Parking Field 1 (NY 27 to Exit 61, take C. R. 51 toward Riverhead, go 4.5 miles to right turn at Speonk-Riverhead Road (sign for college), then right turn onto campus, quick left at welcome sign, quick right to top end of Field 1); severely adverse weather cancels, so call or text that morning if in doubt!! E: jeffgreenberger@mac.com . Experienced hikers, please, THIS IS A HFL TRAINING HIKE. Fast pace, only one quick stop for snacks. Please spray your clothes against ticks and plan to do a thorough tick check when you get home!

Sun, Apr 30— Nassau-Suffolk Trail N to S

7:00am – 20 miles – fast – varied. Info: Tammy, 631-896-1409, between 6-9pm.

Hike For Life training hike. We'll meet on Ocean Ave near Merrick Road (on the west side of Massapequa Lake), then leave some cars and drive the rest to CSH, where we'll hike the full length of the Nassau-Suffolk Greenbelt Trail. Bring water, lunch, trail snacks, and determination. Heavy rain cancels, light rain does not; call morning of hike if unsure. Directions: NY-135 to the Merrick Road exit. Head east about a mile and make a left onto Ocean Ave just before the lake. Park on Ocean Ave. close to Merrick Rd.

Saturday, May 6 – Fire Island Frolic

8:15am – 12+ miles – fast – flat – Info: Shari, 516-721-0223

Start at Robert Moses State Park field 5 and head past the lighthouse into the many scenic communities of Fire Island; fast training hike on sandy trails and beach to prepare for the sandy sections of Hike for Life; great time to explore the area before the seasonal crowds; hiking experience recommended; bring water & snacks; meet at southeast corner of Parking Field 5; possible parking fee without Empire Pass. E: hikegreenbelt32@yahoo.com.

Sat, May 13—Trailview to CSH and Back

9:00am – 12 miles – fast – hilly. Info: Tammy, 631-896-1409, between 6-9pm.

Hike For Life training hike. We will do an out-and-back from the Trailview Parking Lot all the way to Cold Spring Harbor library and back to help get us ready for the May 21 Hike For Life, or for those just wanting a good workout in the woods. Bring water, lunch, and trail snacks. A hiking pole is recommended. Heavy rain cancels, light rain does not; call morning of hike if unsure. Directions: I-495 (L.I.E.) Exit 44N. Merge onto NY-135 N toward Syosset. Take exit 14 E (Rte. 25 or Jericho Turnpike) toward Woodbury. Turn right onto 25. Continue to the Trailview Parking Lot on your left just east of the Stop and Shop.

Sat. May 13 SARNOFF STOMP

9:00 AM – 13+ miles – fast – varied – Info: Jeff, 631-902-3156.

One week before the HFL, keep the legs strong and spirit ready with a fast several hours in the woods, featuring Wildwood Lake, the Red and Yellow loops, and then a bit more on the Pine Barrens Trail; bring water & snacks; meet at Suffolk Community College, Eastern Campus Parking Field 1 (NY 27 to Exit 61, take C. R. 51 toward Riverhead, go 4.5 miles to right turn at Speonk-Riverhead Road (sign for college), then right turn onto campus, quick left at welcome sign, quick right to top end of Field 1); severely adverse weather cancels – but call or text to be sure! E: jeffgreenberger@mac.com . Experienced hikers, please, THIS IS A HFL TRAINING HIKE. Fast pace, only one quick stop for snacks. Please spray your clothes against ticks and plan to do a through tick check when you get home!