








Popular Destinations:



Nassau-Suffolk Greenbelt: 0.75 miles 
20 mi greenbelt trail connecting several parks and Cold Spring Harbor. Experienced hikers can reach the Massapequa LIRR by heading south 16 mi.


Trail View State Park: 0.75 miles 
Linear park home to a 7 mi stretch of the Nassau-Suffolk Greenbelt trail.


West Rogues Wetlands: 0.75 miles 
Neighborhood preserve situated in a modest valley with trails alongside a small stream.


Stillwell Woods: 1.0 miles  
270 acre park on the hilly Harbor Mill glacial moraine with mountain biking trails.


Froehlich Farms Nature Preserve: 1.25 mi  
Once a 310 acre farm, this nature preserve is now home to 1.4 mi of trails and relatively flat terrain.


Oheka Castle: 1.5 miles  
Mansion offering guided tours, fine dining and overnight accommodations with reservations.


Uplands Farm Sanctuary: 2.3 miles 
Nature preserve linked to Trail View State Park with 2.4 mi of pastoral trails.

Cold Spring Harbor State Park: 2.5 miles 
Hilly 40 acre preserve with scenic views of Cold Spring Harbor, 1 mi of trails and a library which houses an environmental education center.

Downtown Cold Spring Harbor: 3.6 miles 
Seaside downtown lined with boutiques and independent restaurants situated at the northern terminus of the Nassau-Suffolk Greenbelt trail.

Billy Joel Park: 3.4 miles 
Small park with boat launch. Boats may be rented nearby from local operators with reservations.

The Whaling Museum: 4.0 miles 
Museum dedicated to the whaling and maritime heritage of Long Island with over 6,000 artifacts.

DNA Learning Center: 4.1 miles 
Museum managed by Cold Spring Harbor National Laboratory with rotating exhibits.

Transit to Trails Program:

Launched in 2023, Suffolk County's Transit to Trails Program was created to support hikers and bikers with exploring many of Long Island's natural landscapes using only public transit. The maps guide visitors to a variety of outdoor recreational activities and downtown amenities which are all accessible from Long Island Rail Road stations.

For more information,
visit ConnectLI.org



For transit schedules,
visit MTA.info/TrainTime



In Partnership With:



Disclaimer:

The trails and routes provided on the Transit to Trails maps are suggested routes for trip planning purposes only. All boundaries and trails are shown as approximate. The County and its partners make no representations or warranties with respect to the condition of the suggested routes and the accuracy of the maps.

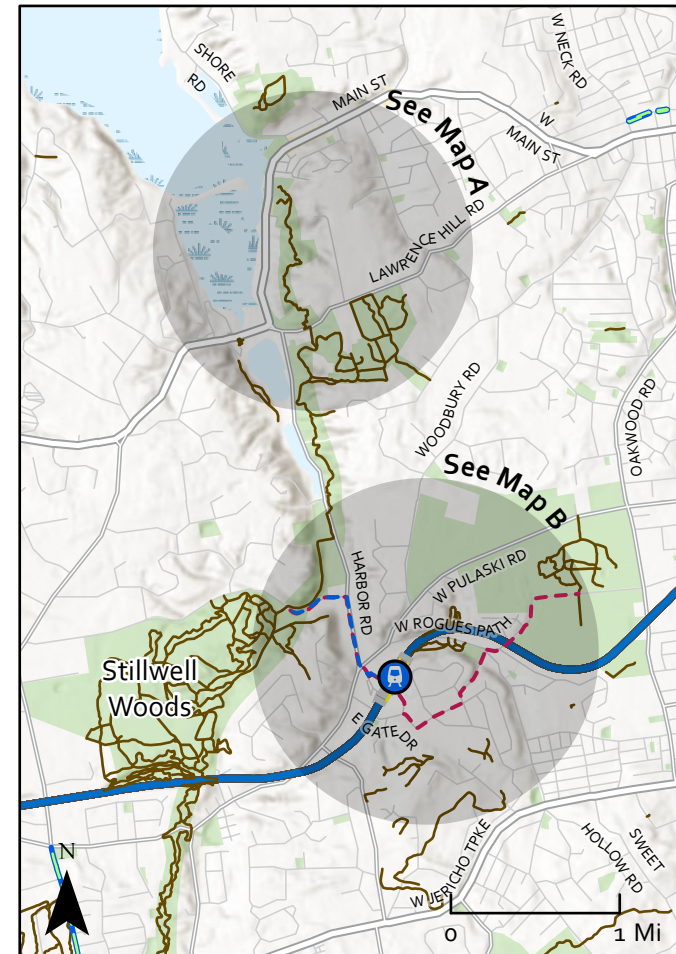
Weather, construction and other unforeseen circumstances may prevent users from taking the suggested routes. Always check online to see if the parks and attractions are open on the day of your trip. Check public transit schedules/service changes before starting your journey. Use caution along routes, especially when crossing roadways. Use official trail maps to navigate within parks.

Transit to Trails:

LIRR Cold Spring Harbor Station

Use this guide to access some of Long Island's most challenging terrains, over 20 miles of greenbelt trails, a large network of mountain biking trails and a seaside downtown which are all accessible from the LIRR station.

Overview:



LIRR Station



Port Jefferson LIRR Branch



Station Platform



Biking on Road

Sidewalk/Path

Walking on Road

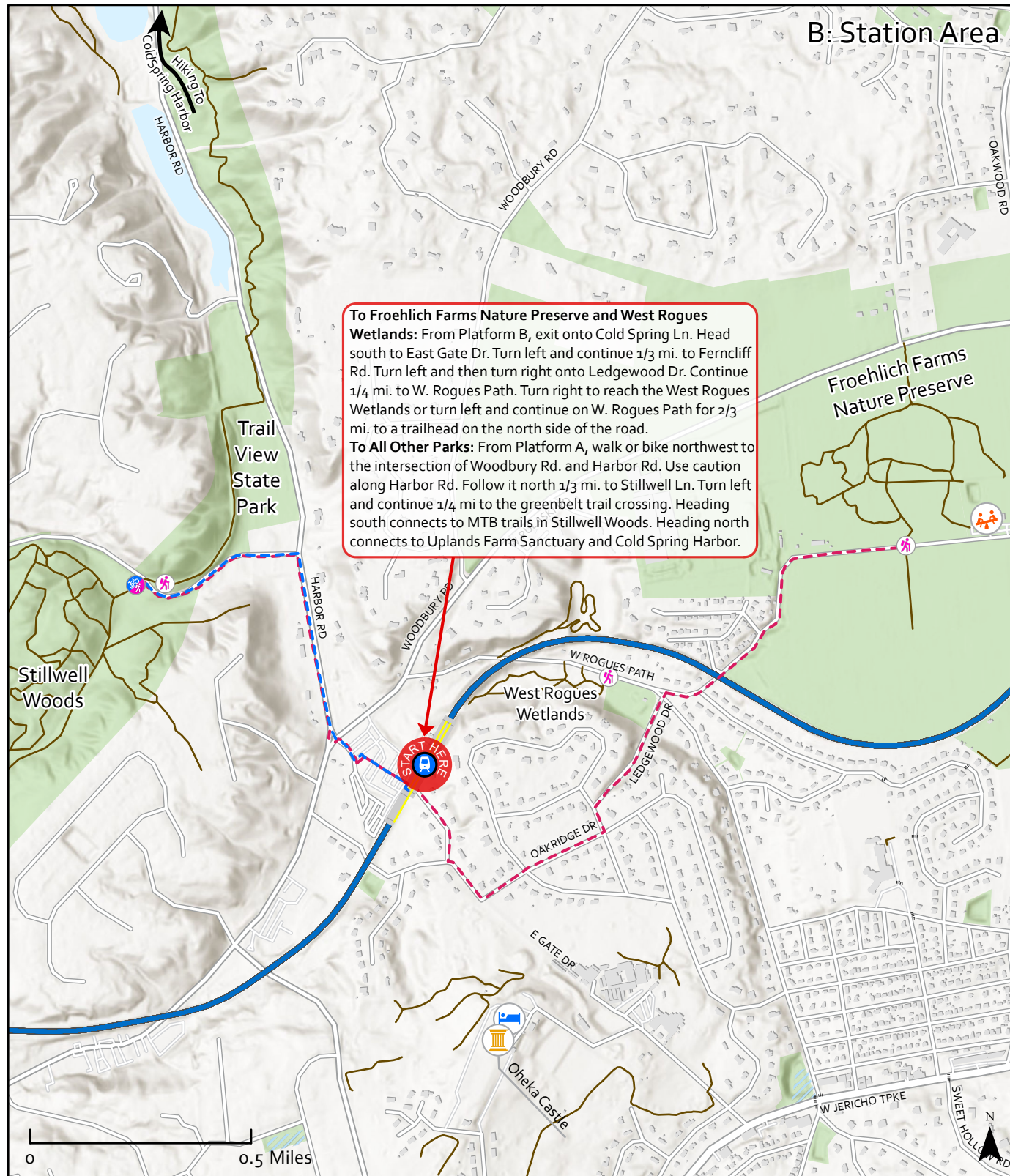
Bike Lanes

Hiking Trails

A: Downtown Cold Spring Harbor



B: Station Area



To Froehlich Farms Nature Preserve and West Rogues Wetlands: From Platform B, exit onto Cold Spring Ln. Head south to East Gate Dr. Turn left and continue 1/3 mi. to Ferncliff Rd. Turn left and then turn right onto Ledgewood Dr. Continue 1/4 mi. to W. Rogues Path. Turn right to reach the West Rogues Wetlands or turn left and continue on W. Rogues Path for 2/3 mi. to a trailhead on the north side of the road.

To All Other Parks: From Platform A, walk or bike northwest to the intersection of Woodbury Rd. and Harbor Rd. Use caution along Harbor Rd. Follow it north 1/3 mi. to Stillwell Ln. Turn left and continue 1/4 mi to the greenbelt trail crossing. Heading south connects to MTB trails in Stillwell Woods. Heading north connects to Uplands Farm Sanctuary and Cold Spring Harbor.

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| LIRR Station | Hiking & Biking | Sidewalk/Path |
| Port Jefferson LIRR Branch | Kayak/Canoe Launch | Walking on Road |
| Start Here | Museum | Crosswalk |
| Accommodations | Playground | Stairs |
| Downtown | Station Platform | Bike Lanes |
| Hiking | Biking on Road | Hiking Trails |