


Popular Destinations:

Long Island Greenbelt Trail: 0.25 miles 


Hiking trail near the station which provides a safe off-road connection to all three listed State Parks. Experienced hikers may also continue up to 32 mi along this trail (multi-day hike).

Bayard Cutting Arboretum: 0.5-1.0 miles 

Walk among 5,000 specimen trees planted on the grounds of an estate designed by landscape architect Frederick Law Olmsted. Access via the greenbelt trail or by walking to the end of Union Blvd. Biking is not allowed within the arboretum.

East Islip: 0.7-2.0 miles 

Mile long commercial district along Montauk Hwy with several locally operated restaurants, cafés, bakeries and other local amenities.

Bayway Arts Center: 1.0 miles 

Nonprofit year-round theater featuring comedies, musicals and dramas.

Connetquot River State Park: 1.5-2.0 mi  






Follow the greenbelt trail north to access over 50 miles of trails, a fish hatchery, grist mill, and lodge listed on the National Register of Historic Places. Biking is only permitted on the paved greenway.

Timber Point Golf Course: 2.0 miles 

Waterfront 27-hole golf course with a driving range. Restaurant and grill open Friday-Sunday.

Timber Point Park: 2.0 miles 

Small waterfront park with boat launch. Kayaks and Paddleboards may be rented nearby from local operators with reservations.

Heckscher State Park: 2.2 mi     

Follow the greenbelt trail south to explore 20 miles of trails and a paved greenway along the Great South Bay. Waterfront cabins and campsites can be reserved. Kayaks may be rented from local operators with reservations.

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.

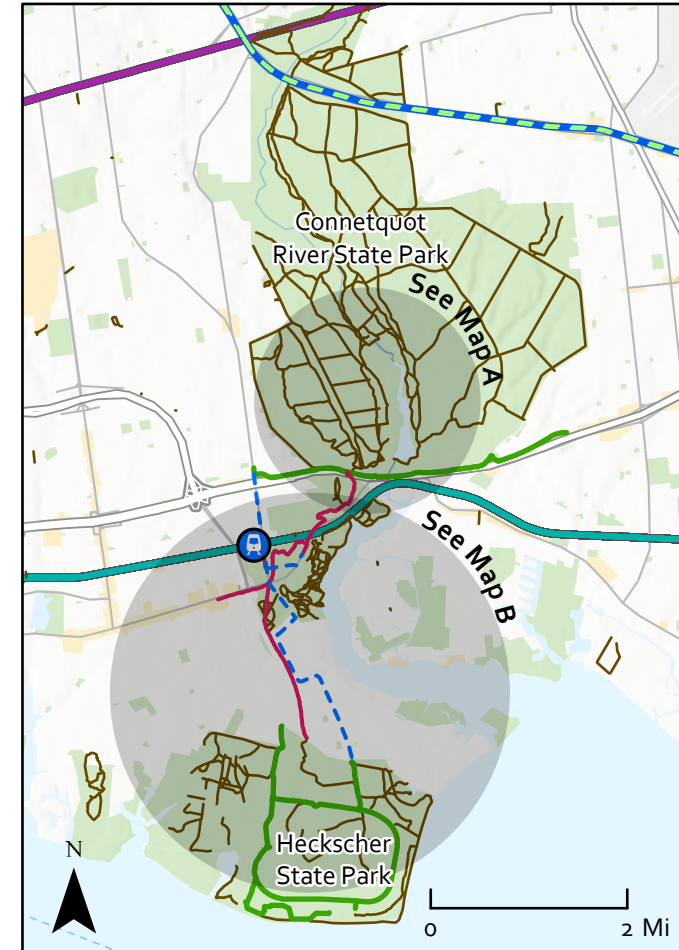
Weather, construction and other unforeseen circumstances may prevent users from taking the suggested routes. Always check online to see if the parks and attractions are open on the day of your trip. Check public transit schedules/service changes before starting your journey. Use caution along routes,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

Transit to Trails:

LIRR Great River Station

Use this guide to access over 5,000 acres of State Parks, the Long Island Greenbelt Trail, two multi-use greenways, Bayard Cutting Arboretum and East Islip's main street which are all accessible from the LIRR station.

Overview:



LIRR Station



Ronkonkoma LIRR Branch



Montauk LIRR Branch



Station Platform



Biking on Road

Sidewalk/Path

Walking on Road

Bike Lanes

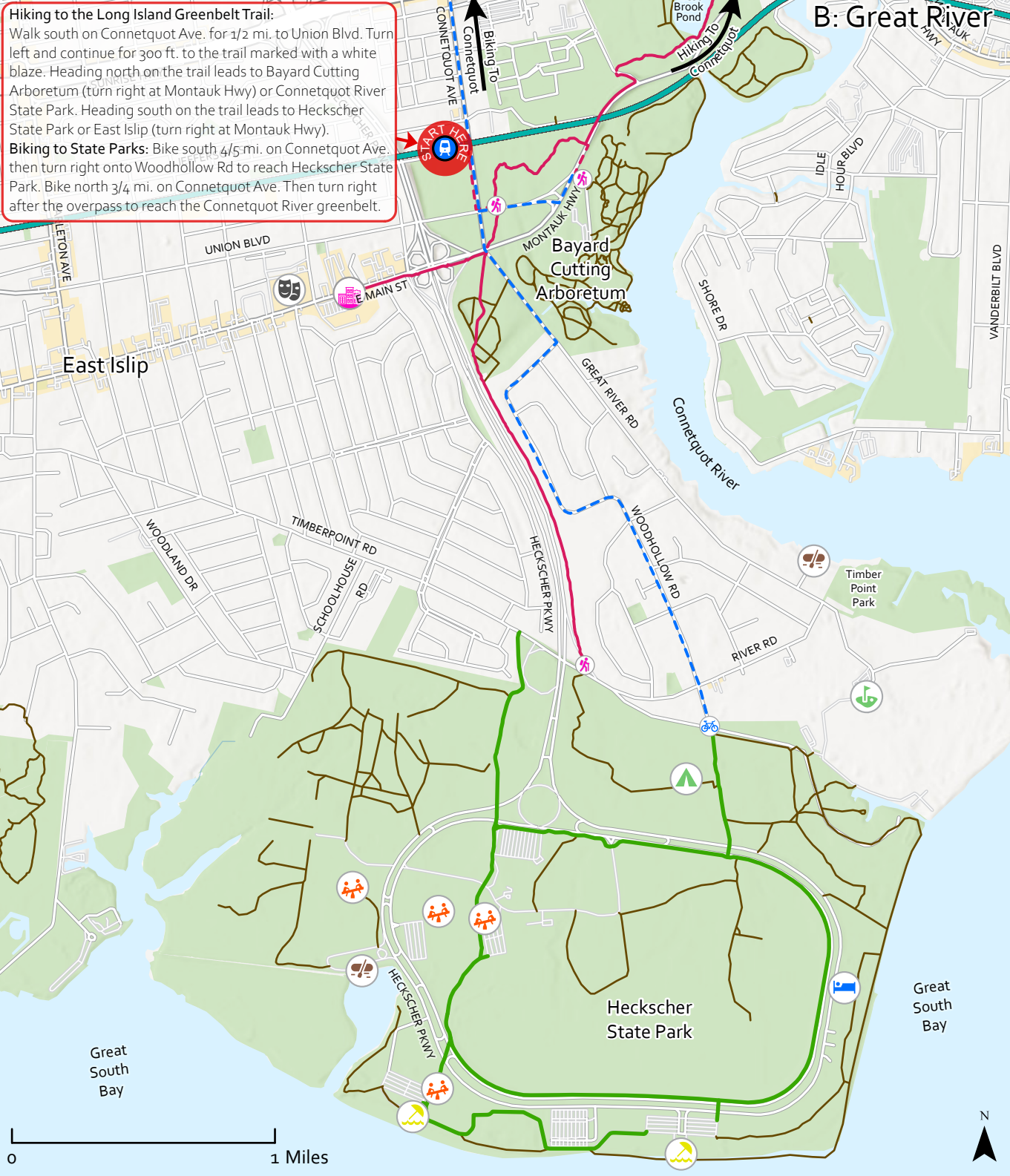
Hiking Trails

Shared Use Path

A: Connetquot River State Park



B: Great River



Hiking to the Long Island Greenbelt Trail:
Walk south on Connetquot Ave. for 1/2 mi. to Union Blvd. Turn left and continue for 300 ft. to the trail marked with a white blaze. Heading north on the trail leads to Bayard Cutting Arboretum (turn right at Montauk Hwy) or Connetquot River State Park. Heading south on the trail leads to Heckscher State Park or East Islip (turn right at Montauk Hwy).

Biking to State Parks: Bike south 4/5 mi. on Connetquot Ave. then turn right onto Woodhollow Rd to reach Heckscher State Park. Bike north 3/4 mi. on Connetquot Ave. Then turn right after the overpass to reach the Connetquot River greenbelt.

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|---------------------|--------------------|-----------------|
| LIRR Station | Downtown | Biking on Road |
| Montauk LIRR Branch | Golf/Minigolf | Sidewalk/Path |
| Start Here | Hiking | Walking on Road |
| Accommodations | Kayak/Canoe Launch | Crosswalk |
| Beach | Playground | Stairs |
| Biking | Theater | Boardwalks |
| Camping | Station Platform | Hiking Trails |
| | | Shared Use Path |

Sources: Suffolk County Economic Development and Planning, Open Street Maps Contributors, New York State ITS GIS Program Office, Peconic Land Trust, ESRI, HERE, METI, NASA, USGS, EPA, NPS, USDA, GSA, NGA, FEMA, Garmin, Microsoft, Geoland, SafeGraph, GeoTechnologies, Inc, US Census Bureau, Airbus, Geodastyselsen, Rijkswaterstaat