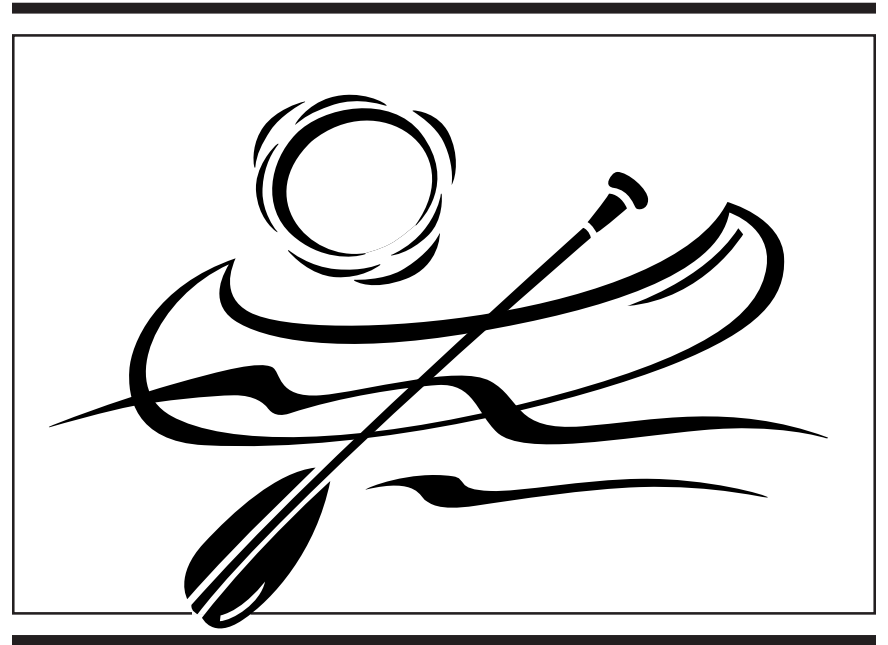


# KAYAK & CANOE GUIDE TO LONG ISLAND STATE PARKS



**LONG ISLAND STATE PARK HEADQUARTERS**

P.O. BOX 247, BABYLON, NEW YORK 11702 (631) 669-1000



**LONG ISLAND STATE PARK REGION**

Some of the best kayak and canoeing waters in New York State are located on Long Island. Parks featuring kayak and canoe access include:



**Great South Bay** 1. Jones Beach State Park  
2. Captree State Park  
3. Heckscher State Park

**North Shore** 4. Sunken Meadow State Park  
5. Nissequogue River State Park

**Lakes** 6. Hempstead Lake State Park  
7. Belmont Lake State Park

**East End** 8. Hither Hills State Park (South Fork)  
9. Orient Beach State Park (North Fork)

**Safety Tips:**

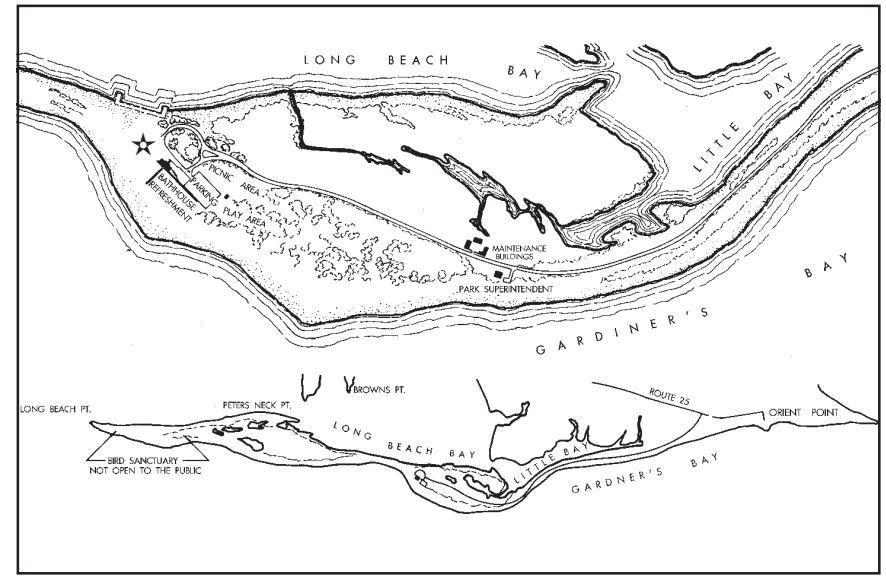
- Always wear an approved life jacket.
- Use common sense.
- Be aware of weather, tides and currents.
- Leave a float plan on your dashboard (for example: Kayaking into Great South Bay, back around 4).
- Avoid marked swimming areas.

**Emergency contacts:**

- State Park Police: (631) 669-2500
- U.S. Coast Guard – North Shore: (631) 261-6868  
South Shore: (631) 395-4421

# Orient Beach State Park

(631) 323 2440



Directions: Park located 118 miles from Manhattan at the end of Long Island's North Fork. Take LIE (495) east to the end, then Rt. 25 east to the Park.

Launch site access Gardiners Bay to the south and Long Beach (Hallock's) Bay to the north.

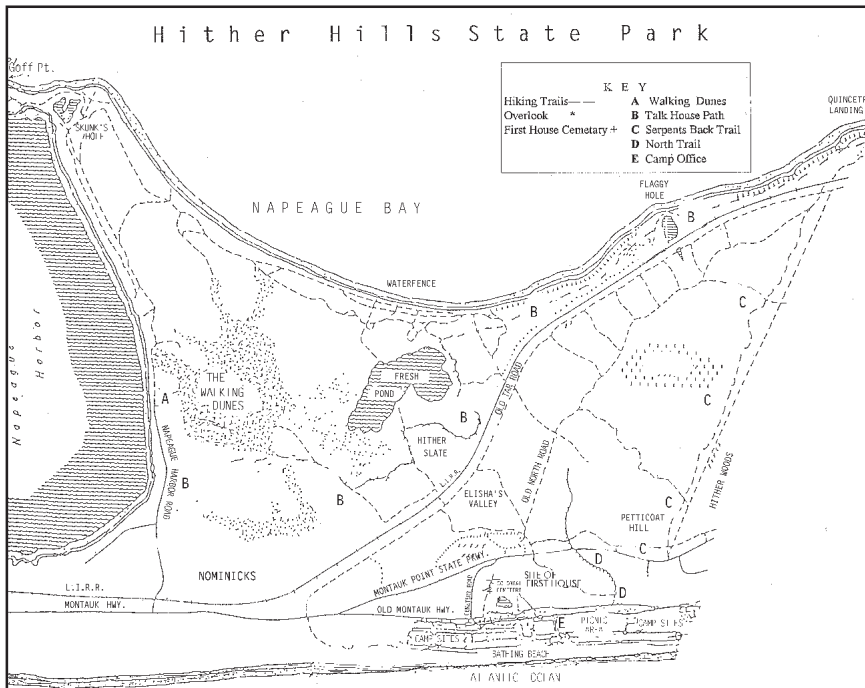
Kayak drop-off is approximately halfway around the circle adjacent to the parking lot. Hallock's Bay is a 30 yard carry and Gardiners Bay requires a 50 yard carry.

Kayaking available April - October.

Parking fee must be paid during fee collection season.

# Hither Hills State Park

(631) 668-3781



Directions: Park is located 122 miles from Manhattan, on Long Island's South Fork. Take Montauk Highway (Route 27) east to the Park.

Launch into Napeague Harbor, which opens into Gardiners Bay.

Access via Napeague Harbor Rd. off Montauk Highway, approx. 1 mile west of Hither Hills State Park campgrounds. Go north on road to end (use parking area for the Walking Dunes). Launch from adjacent beach.

Parking fee must be paid during fee collection season.

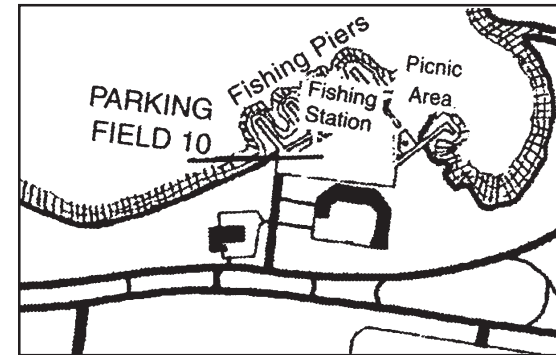
# Jones Beach State Park

(516) 785-1600

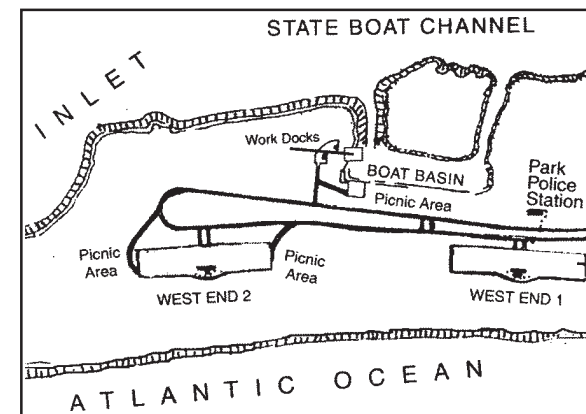
Directions: About 33 miles from Manhattan via Meadowbrook Parkway south or Wantagh Parkway south to the Park.

Launch sites access the Great South Bay:

- **Field 10** (open all year) – launch next to pier on east side of field near picnic area.



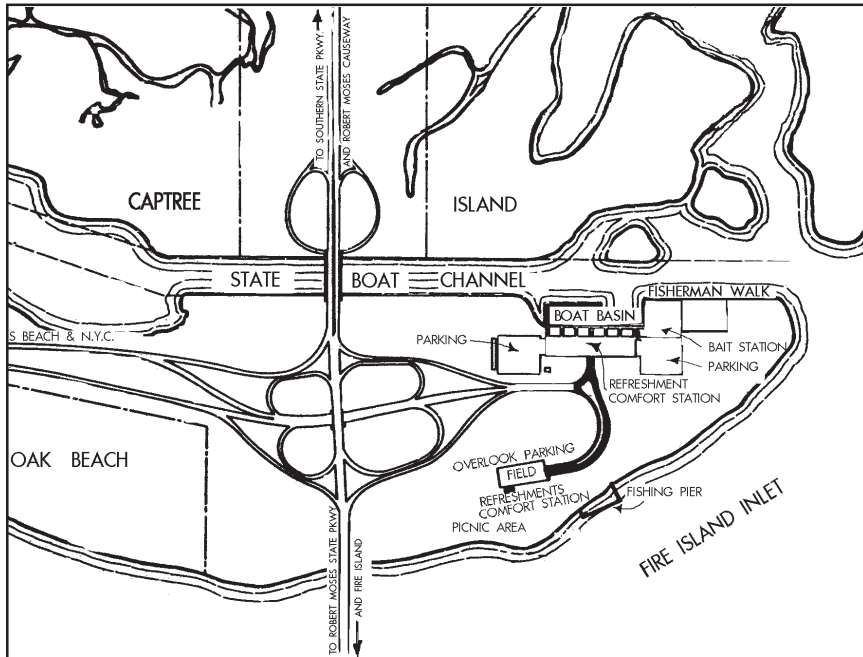
- **West End Boat Basin** (open all year) – launch from beach east of boat basin pavilion. No cars past parking lot. Note: limited parking, if lot is filled, drop off kayak and then park in northeast corner of West End 2 and walk to basin.



Parking fee must be paid during fee collection season.

# Captree State Park

(631) 669-0449



Directions: Park is located about 48 miles from Manhattan. Take LIE (495), Northern State or Southern State Parkways east to Sunken Meadow/Sagtikos Parkway, then south to Robert Moses Causeway to park entrance.

Launch sites access the Great South Bay and Fire Island Inlet:

- Overlook parking field.

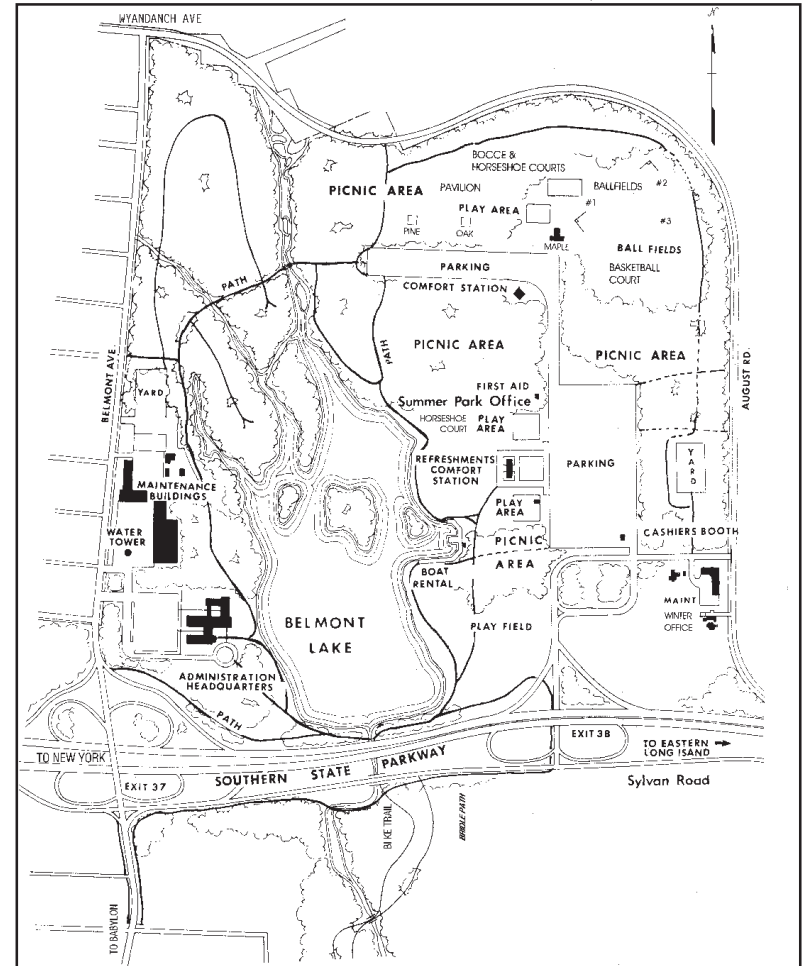
Notes:

- Captree is an area of strong currents. Check tide tables. Experienced boaters only.
- Launching in the marina or boat basin is prohibited.

Parking fee must be paid during fee collection season.

# Belmont Lake State Park

(631) 667-5055



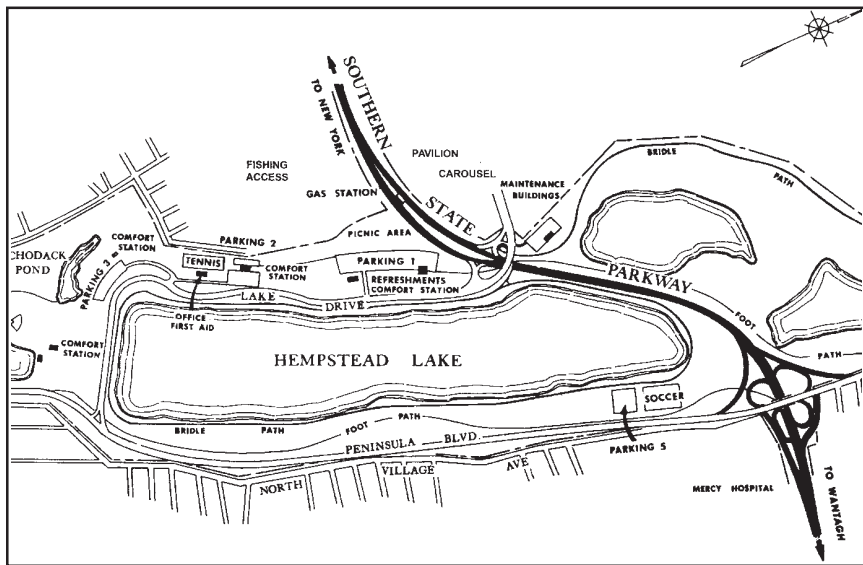
Directions: About 42 miles from Manhattan. Take Southern State Parkway to Exit 38 and follow signs to park.

Launch from boat dock into Belmont Lake during operation hours of boat dock only. Call park for hours.

Parking fee must be paid during fee collection season.

# Hempstead Lake State Park

(516) 766-1029



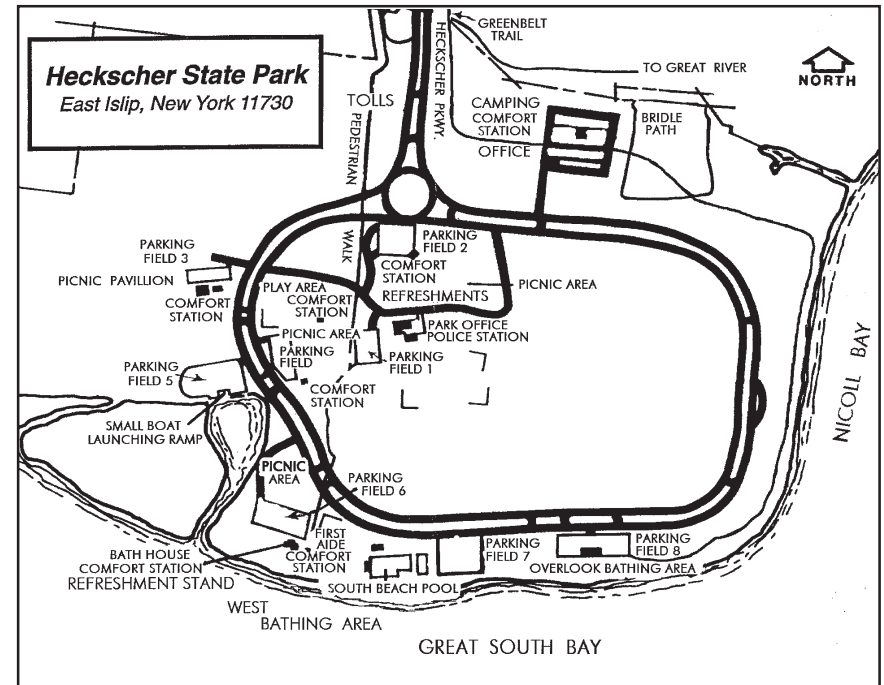
Directions: Exit 18 of the Southern State Parkway in West Hempstead.

Park in field # 1 to access Hempstead Lake.

Note: annual boat launch permit fee of \$50. Obtain permit from park office.

# Heckscher State Park

(631) 581-2100



Directions: Park is located about 50 miles from Manhattan at the end of the Southern State Parkway. Follow signs to park entrance.

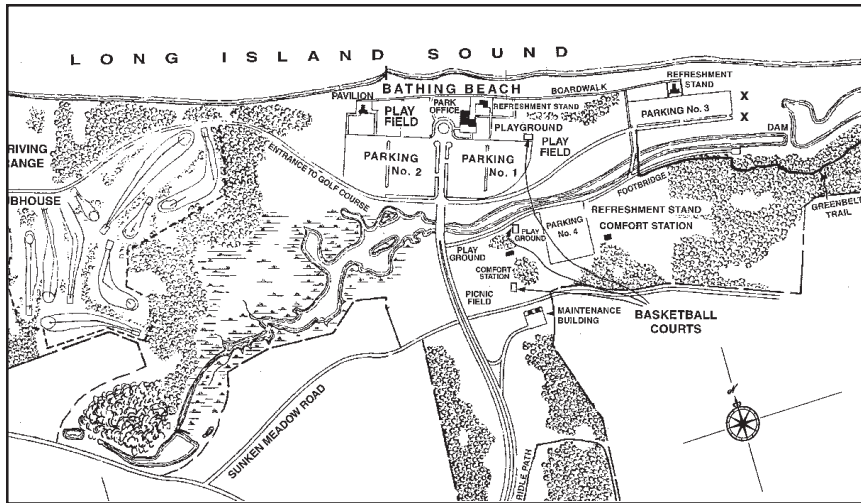
Launch from Field 7 to access the Great South Bay and lower Connetquot River.

Parking fee must be paid during fee collection season.



# Sunken Meadow State Park

(631) 269-4333



Directions: Park is about 46 miles from Manhattan. Take LIE (495), Northern State or Southern State Parkways east to Sunken Meadow/Sagtikos Parkway north to park entrance.

Launch sites at east end of Field 3 access Long Island Sound or the Nissequogue River:

- North side of service road to beach
- Directly east of parking lot to salt marsh

Check Long Island/North Shore tide tables and go up river on a rising tide. Round trip on river takes about 5 hours.

Parking pass required from Memorial Day to week after Labor Day. Obtain FREE seasonal pass at park office, located in main building at Field 1.

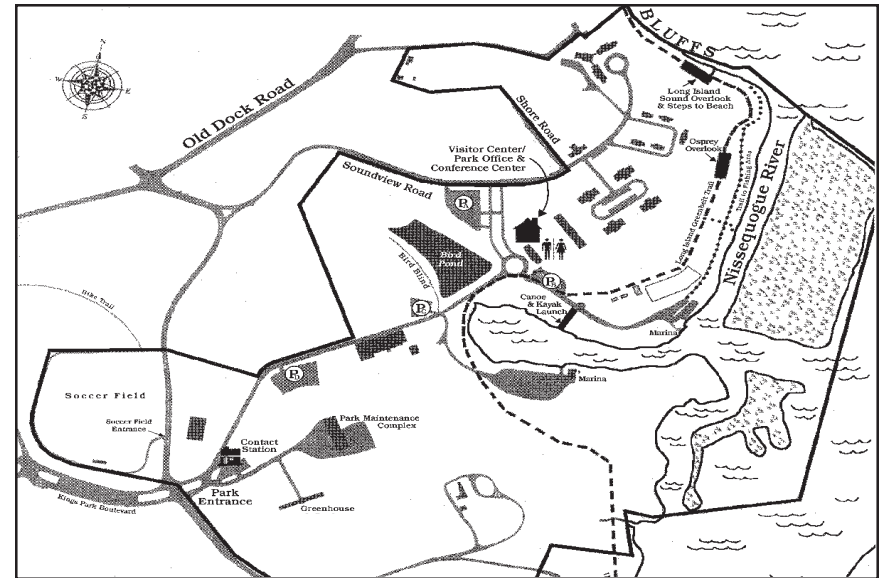
Drop kayak on grass and park in marked stall. Vehicles not allowed off pavement. Follow instructions according to posted signs. Kayaking/canoing in creek west of salt marsh prohibited.

Parking fee must be paid during fee collection season.

# Nissequogue River State Park

(631) 269-4927

*Kayak & Canoe Rentals Available!*



Directions: Park is about 45 miles from Manhattan. Take LIE (495), Northern State or Southern State Parkways east to Sunken Meadow/Sagtikos Parkway north. Exit SM4E, go east on Pulaski Rd. (which changes to Old Dock Rd. past Main St.). Stay on Old Dock Rd. about 2 miles. Turn right at intersection with St. Johnland Rd. Park entrance is about 1/2 mile on the left.

Launch site accesses the Nissequogue River:

- Turn right at park office and park. Launch site marked by sign. CAUTION: this site is accessible four hours before, four hours after, high tide. Launching and landing impossible at low tide due to mud flats.

Check Long Island/North Shore tide tables and go up river on a rising tide. Round trip on river takes about 4-5 hours.

Kayaks and canoes available for rent. You must call park office to make a reservation.

Parking fee must be paid during fee collection season.