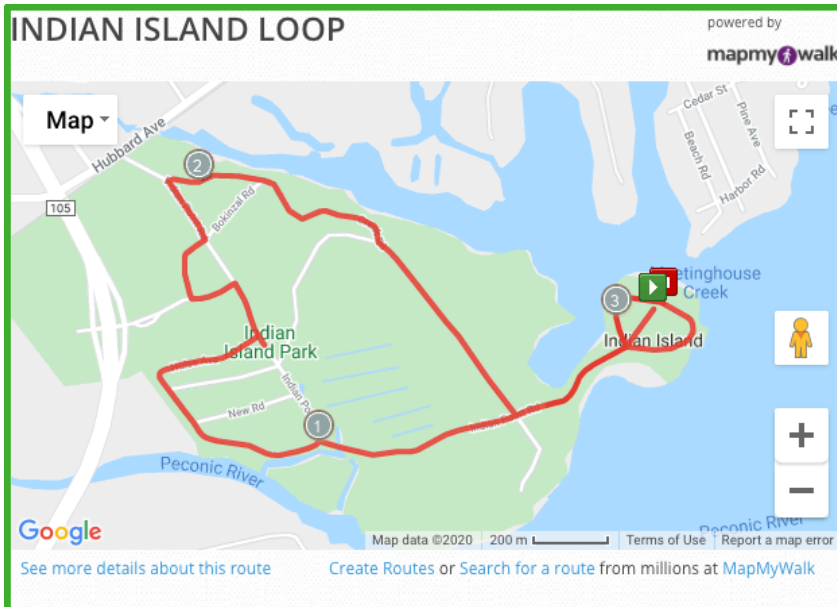




Northwell Health Walk Walking Maps

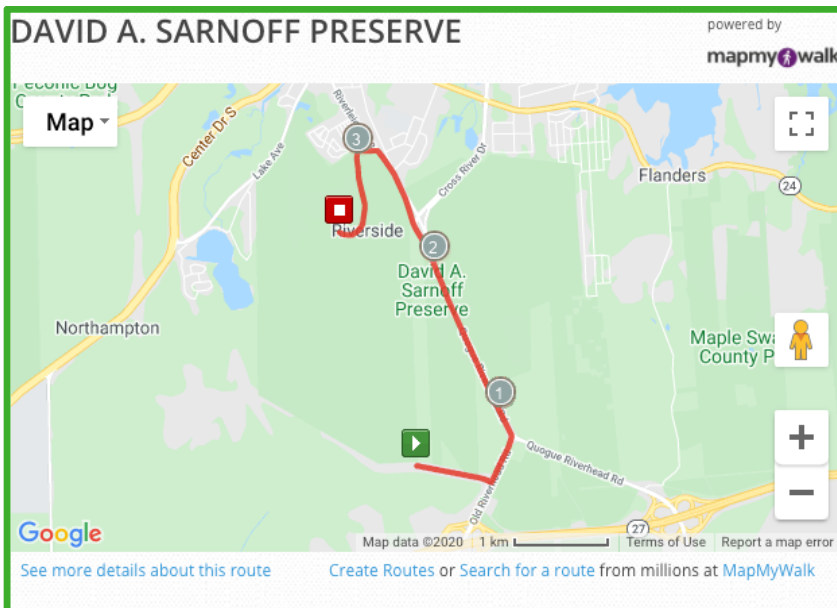
Click on the maps below to view paths you can use when training for your walk. You can use Google Maps or the MapMyWalk App to receive step-by-step instructions.

East End



Indian Island Loop *Riverhead, New York*

This 3.11-mile route at Indian Island Park includes amazing sights of the Peconic River and wildlife.



David A. Sarnoff Preserve *Riverhead, New York*

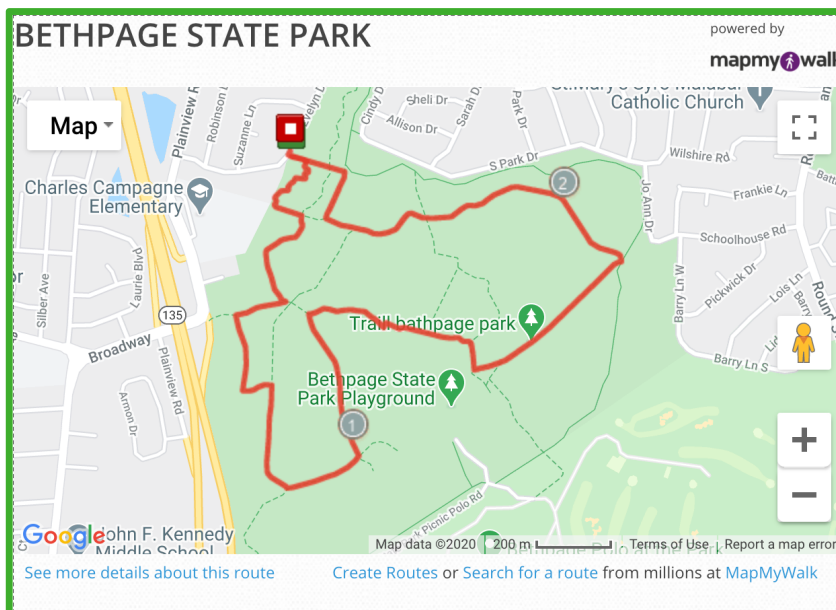
This is a 3.76-mile route located in Peconic Bog County Park. This is a great trail for walking, and it is dog friendly.

Jones Beach



Alley Pond Park *Queens, New York*

Enjoy a beautiful walk in nature as you walk the 3.17-mile route in this local park in Queens.



Bethpage State Park *Farmingdale, New York*

This park is best known for its five world-class golf courses, but it also has a 2.78-mile route great for the family. It's full of nature views and has a playground for your children.

Jones Beach



Franklin D. Roosevelt Four Freedoms Park *Roosevelt Island, New York*

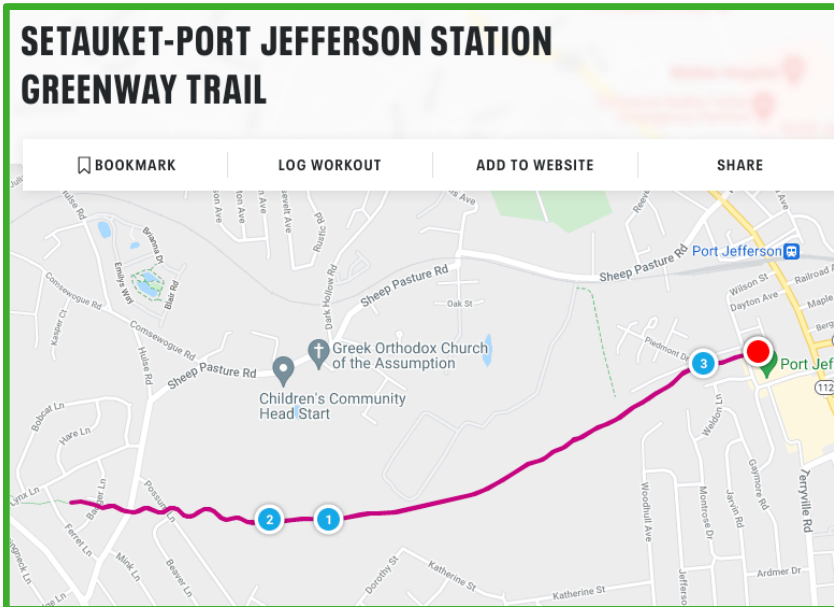
Take on this 2.38-mile walk on Roosevelt Island with astonishing views of the Roosevelt Island Reef.



Stillwell Woods Park *Woodbury, New York*

This 3.29-mile route contains beautiful wildflowers and horses you can glance at during your walk.

Port Jefferson



Setauket-Port Jefferson Station Greenway Trail

Port Jefferson, New York

This out-and-back 3.1 mile walking loop takes you halfway through the entire trail. Enjoy a stroll through nature, while getting a good workout through some hilly stretches.

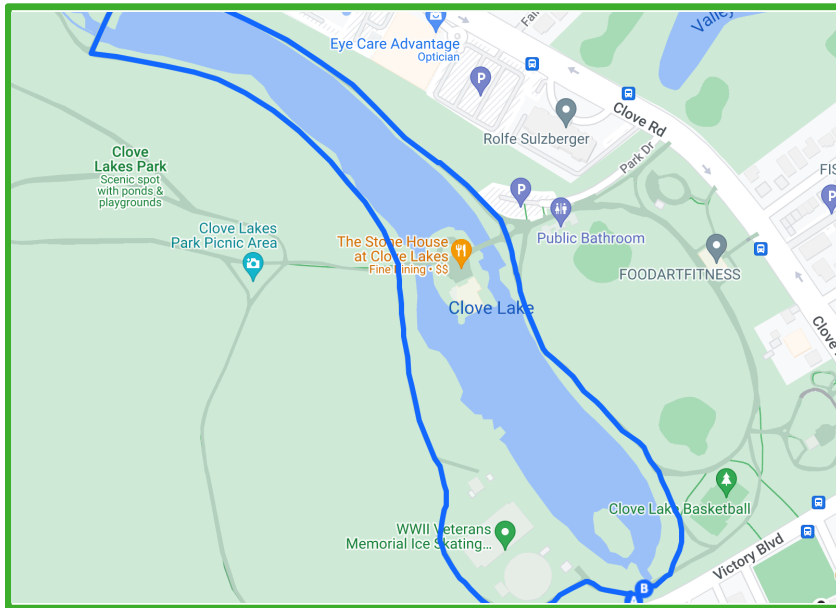


Avalon Nature Preserve

Stony Brook, New York

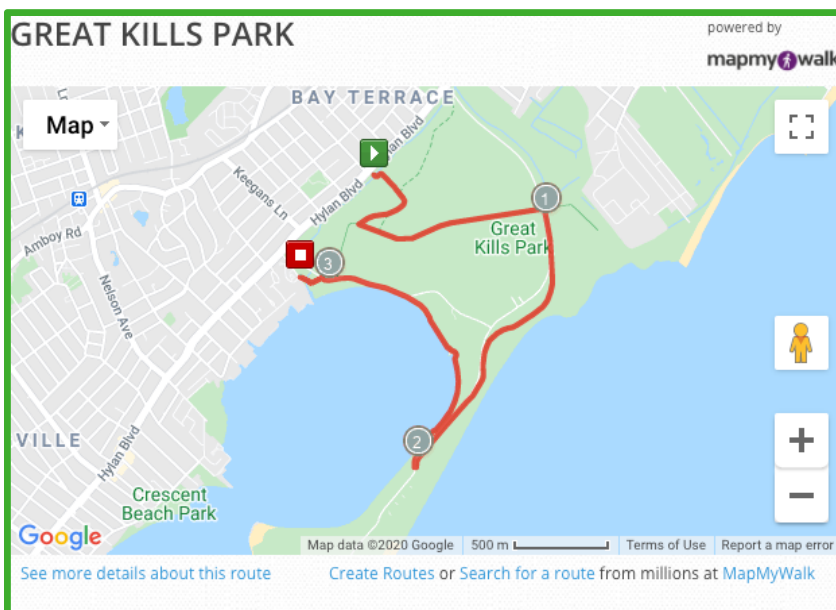
The Avalon Nature Preserve is a gorgeous place to get your steps in along any of their six trails. It is free to enter and is even pet-friendly, so grab a leash and bring Fido with you!

Staten Island



Clove Lakes Park *Staten Island, New York*

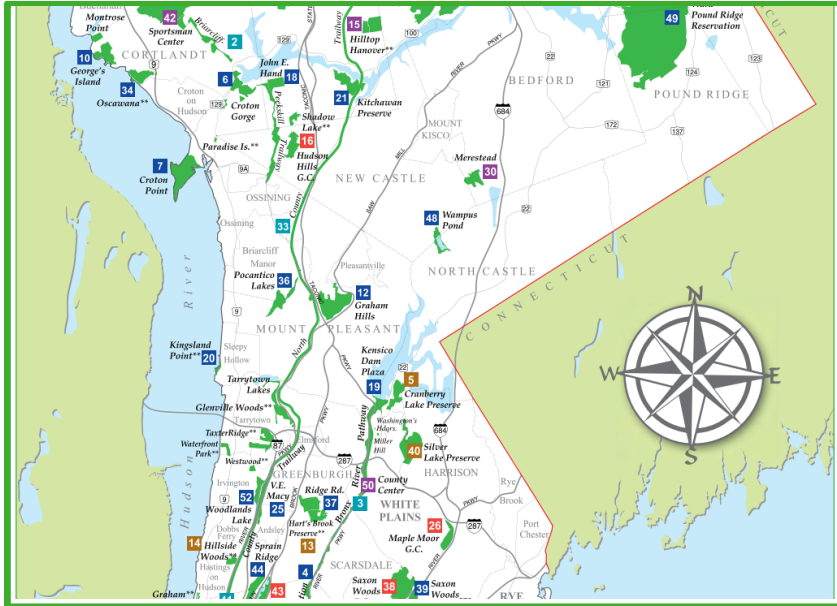
This one mile loop around Clove Lake is a beautiful path to train on. Feel free to walk the loop a couple of times.



Great Kills Park *Staten Island, New York*

Other than getting a great 3.12-mile walk in, this park has four different beaches you can view while getting those steps in.

Westchester



Westchester County Parks *Westchester, New York*

Westchester's parks offer some of the most beautiful scenery in the country. With miles of hiking trails and spectacular views, there's a trail for all! Click the image to download the Westchester County Parks map and guide.



Rockefeller State Park *Pleasantville, New York*

Looking for a safe walk in nature? This 3.25-mile route contains a walking trail and a sight of the beautiful Swan Lake.