



Blazing Paddles

Spring Edition

Message From the President: Cold Water Kills

Rather than my usual quarterly message, I decided to reprint an article by Charles Sutherland on cold water paddling that he wrote in February of 2006. Spring is the most dangerous time of the year to paddle. While air temperatures rise and winter coats are put away. The temperature of the water hardly changes at all. Right now, the water around Long Island averages about 43 degrees. It can be 80 degrees tomorrow, but the water temperature will be the same 43 degrees. Please take the time to read Chuck's article and follow his advice..

Paddling on cold water (60° F or less) carries great risk. In case of an accident, there may be no quick rescue unless you or your paddling partners are able to do it. If you are not dressed for immersion, even near-by boaters may not be able to save your life. On cold water, our clothing (PFD and wetsuit/dry suit) must enable us to remain at the surface and fully functional. We must be prepared (trained and equipped) to carry out our own rescues.

What happens in cold water?

Water removes heat from the body 25 times faster than cold air. About 50% of that heat loss occurs through the head and neck. Immersion in turbulent water or attempted swimming may double that rate of heat loss. Survival time can be reduced to minutes. Strong swimmers, without thermal protection, have died before swimming 100 yards in cold water. In water under 40° F, victims have died before swimming 100 feet. Immersion in cold water causes a series of traumatic responses that rapidly incapacitate and kill. Immersion in cold water causes a powerful gasping reflex. If the victim is under water, due to lack of a PFD, water may be inhaled resulting in rapid drowning. Exposure of the head and chest to cold water causes sudden increases in heart rate and blood pressure, which may result in cardiac arrest. Uncontrolled rapid breathing (hyperventilation) follows the initial gasping response and may also lead to unconsciousness. The victim must attempt to recover a normal breathing rhythm as rapidly as possible.

Swimming Failure

Soon after entering cold water, hands, arms and legs become stiff and devoid of feeling. The victim rapidly loses the ability to swim, climb out of the water into an upright boat, or hold on to either a capsized boat or a life line thrown by a rescuer. Without a PFD, the victim drowns long before core hypothermia has developed.

ll boaters who are not wearing protective clothing.

Cold Shock

Hypothermia

Hypothermia (reduced core body temperature) develops more slowly than the immediate effects of cold shock. Survival curves show that an adult dressed in average clothing may remain conscious for an hour at 40° F and perhaps 2-3 hours at 50° F. The crisis is more serious than these numbers suggest. Any movement in the water greatly accelerates heat loss and shortens survival time. Without thermal protection, as noted, the victim is soon helpless. Without a PFD, drowning is unavoidable. Shivering occurs as body temperature drops from 97° F down to 90° F. Muscle rigidity and loss of mental capacity occurs at about 93° F. Unconsciousness occurs when the body's core temperature reaches about 86° F. Death occurs at about 80° F. Once in the Water

Try to get back in or on your boat immediately. Do not leave the boat. If you are not wearing thermal protection and cannot get out of the water, stay as still as possible.

Fold arms, cross legs, and float quietly on the buoyancy of your PFD until help arrives (Heat Escape Lessening Posture; H.E.L.P). If two or more people are in the water, put your arms around one another. Stay still and close together (Huddle posture). Your ability to survive will depend on luck and how you prepared yourself before going out. Without a life jacket (PFD), you may drown and abruptly sink from sight. If you are dressed for the possibility of immersion, a rescue, with the help of your paddling partners, should not be difficult. **-Steve Berner**



Members-At-Large – Who are they? Don Gorycki

The Long Island Paddlers is a club comprising people who enjoy paddling kayaks and canoes.

As with any large organization, the Club has a defined structure to ensure its smooth and successful operation. The Club has an executive Committee comprising the President, Vice-President, Past President, Treasurer, Secretary, and two Members-At-Large.

All of the officers mentioned above are elected from the general membership and must meet certain requirements as stated in the Club's By-Laws.

OK, so what about the Members-At-Large?

First of all they must have the "interest and commitment to serve the Club in a leadership position." Members-At-Large attend the monthly Executive Counsel and General Membership meetings. Anyone can attend the Executive Council meeting but only as silent observers.

So how does anyone bring subject matters the Executive Council's attention? That's where the Members-at-Large come into play. They are the liaison between the General Membership and the Executive Council.

So, if you have a concern, new idea, a suggested improvement, or anything that affects the Club, just track down any of the two current Members-At-Large:

Glenn Schafer glschafer@aol.com 631-779-3090

Don Gorycki dgorycki6@gmail.com 516-313-4157)

and they will ensure that your recommendation will be on the agenda for the next meeting of the Executive Council for discussion and disposition.

Fix the Cranberry Bogs Spillway.

There is a problem at the earthen dam (by the old cranberry bogs) about 125 yards west of Edwards Ave. The wooden “hump” that you must traverse with your kayak or canoe is slippery and difficult to climb over. There are no hand-holds or rope to pull yourself over. I’m sure it is impassable for some people, and it can be dangerous. Furring strips and a rope would alleviate the situation.

A few paddlers should write to the DEC or call them and explain the problem. I have already written to them but unless they get a few more complaints nothing will be done to make it easier to cross. Ten phone calls and 10 letters should do the trick.

DEC phone number: 631-444-0200. Mailing address: NYS DEC

50 Circle Road

Stony Brook, NY, 11790-3409 The

Peconic River from Connecticut Ave., Manorville, to Riverhead is one of the most beautiful waterways on Long Island. I have paddled it over 100 times. Most people paddle the 7 mile Peconic in 4 hours by canoe or 3 hours by kayak. I have done it in 1 ½ hours especially after a hard rain which raises the water level. I’m usually in a hurry to paddle some place afterwards.

P.S. About 3 years ago the DEC or Suffolk County did a beautiful job rebuilding the spillway and cross-under by Edwards Ave. Now it is a simple portage.

Call me or e-mail if you want some of the following articles:

Paddling the Peconic River.

Manhattan Skyline – paddling around Manhattan.

Hiking in NYC, Westchester, L.I.

50 little known parks and hikes on L.I.

Eating out on the East End.

Restaurants that you can paddle to.

Jim Dreeben 631-834-2525 or jim@longislandpaddling.com

Confessions of a 3-season Paddler Don Gorycki

OK, I admit it, I'm a summer person. Don't get me wrong, I also like the spring and the fall seasons. Spring, with the melting of the snow, the temperatures rising, landscapes turning green., Fall, the air might be getting cold but the water is still comfortable; leaves showing their magnificent rainbow colors...That's when I do all of my paddling – winter is just too cold for me. I hear stories from my fellow paddlers who do paddle in winter. Open water with no boat traffic, serenity,



This is way too cold for me.

Certainly sounds great, but alas, I am a three-season paddler. My own paddling season spans the months of April through October. After that, I inspect my boat, make any necessary repairs/improvements, and store it in my shed where it 'hibernates' for 5 long months. During that time, while I am remembering and delighting in past trips, my body is slowly adapting to a land environment and forgetting the movements and feel of the water. During the height of the winter, as I look across the snow-covered yard at my shed, I can't help but fantasize about the activities of the upcoming paddling season. When will I take my first trip? Where will it be? What will the Club's activities be? The time has finally arrived.

First trip of the year, solo (I know solo kayaking is frowned upon, but that's another article), leaving from Smith Point Marina, paddling east. I carry my boat (Tracer 165) to the water's edge, load my equipment, and slide into the cockpit.



Put-in at Smith Point Marina

Five months of aquatic inactivity creates a sense of apprehension as I push off into the waves. The hip movements needed to counter the waves and maintain stability are familiar to me yet remain distant. The shoreline recedes as I continue paddling and hope I don't capsize. I lift up my face towards the blue sky and feel the warmth of the sun (sunscreen liberally applied, of course). I inhale through my nostrils and delight in the fragrance of the salt water. The stabilizing swaying of my body is channeled to my kayak as it glides through the mild chop of Moriches Bay. I feel my confidence returning. The focused look on my face is replaced by an ever increasing smile....I am born again! I paddle with a renewed vigor as my kayak cuts through the waves. My destination? It's always around the next bend. The only regret I have about paddling is that I started late in life, a condition I plan to make up in my retirement years.

OBTW: Can anyone recommend a good dry-suit?

Peconic River at its Best

Wednesday, September 6, a friend, Mike, and I paddled the Peconic River from Connecticut Ave. in Manorville to Downtown Riverhead. The water level was the highest I have seen it in many years, and it was very clear; you could see the bottom for most of the 2 ½ hour trip.

The past two summers, the water level was so low in the beginning that you had to get out and drag your canoe or kayak at least 1/2 mile, or put in at Edwards Avenue and forgo paddling the most scenic part. We had enough rain this summer, including 9/6/17, so the level was high.

We used an 18' Grumman Aluminum Canoe, bent-shaft paddles* and Kokatat Orbit Tour* PFDs. We began our trip at 8:55 AM. Thunder, lightning and heavy rain started at 9. (We did not bring cell phones so there was no turning back.) After fifteen minutes of paddling hard we sprinted to an overlook shelter and waited out the storm for over forty minutes. We resumed the trip with wind at our back and high water.

Highlights of the Peconic River: All of the foliage is unbelievably beautiful. It is mostly many shades of green but there are poison ivy bushes with leaves turning red that are quite beautiful also. There were many great blue heron sightings, dozens of swans, one cormorant, geese and ducks and many fish jumping out of the water including one about 18" long. A few turtles were sunning themselves on rocks. The only trash were 2 soda cans which I picked up.

In recent years the DEC has made many river access improvements such as parking lots along the river and rails on which to slide your canoe or kayak into the water. A few problems that I take care of myself: trimming poison ivy bushes, removing large branches and trees that had fallen across the river and picking up trash at the put-ins and portage areas.

Synopsis: The Peconic River is a gem that should be seen by all paddlers and nature lovers.

For more information about the Peconic River and the Peconic Bay, you can call me or e-mail: 631-834-2525 or jim@longislandpaddling.com. BTW, I paddled the river for the first time in 1977 and have done it over 100 times since then by canoe, kayak and stand up paddleboard.....Jim Dreeben

Jim's Great Adventures

I try to paddle wherever I go on vacation. I have paddled in the Bahamas, Bimini, many times in Florida, a few times in Mexico, Honduras and Belize, Vancouver, Maine, Chesapeake Bay, Cape Breton Island, Galapagos Islands, Kauai, Hawaii, Hudson River in NYC and upstate (Hudson River Gorge), and on a small lake in Roswell, Georgia.

This winter I paddled in Fiji. There were kayaks at our resort. They were basic sit on tops, but, who cares? I love all kayaks. We were on a snorkeling trip to Fiji in the South Pacific. The water was so clear that you could see almost as many tropical fish from the kayak as you could from snorkeling. I would go back there again just to go paddling and island hopping.

After the Fiji trip I was so enamored with islands in the South Pacific I read Paul Theroux's book: The Happy Isles of Oceania. If you love paddling, I recommend Paul's book. He really paddles.

Paddling at home: There are hundreds of fine paddleable waterways on Long Island. I have paddled many of them for an hour or two or 3. But, sometimes I like the challenge of a long paddle. A few years ago, I paddled from Orient Point to Riverhead. It took almost 9 hours. It was fun and tiring. The Peconic Bay is humongous.

This past September 16, I paddled around Manhattan, at night (6 PM to 6 AM). I don't know if I would call it fun, but it was a challenge. The view of the Manhattan Skyline from the middle of the Hudson River at 2 in the morning is outstanding. An article "Manhattan Skyline" is available if you e-mail jim@longislandpaddling.com.

From May to September, 2018, I expect to paddle at least 100 times. My choice of watercraft this summer: 18' Surge Kevlar sea kayak. Epic 18.9" wide Surf Ski. Prone board. JL SUPs.

Paddle Battle Race might be cancelled but Jerry Foster is planning a new, and interesting, race in Freeport in September. There is a Shelter Island race on Sept 8 or 15. Date to be announced.



Did you plan for summer?

Winter is over and did you plan for summer paddles? I spent quite a few hours looking at You-Tube videos on places to paddle besides the many club trips. Steve, of course, has some of the best trips. One, the Greece trip, is all booked already, and the all elusive Adirondack Adventure which fills the first day it is posted - the best trip of the year! Keep an eye on the club website for other great paddles all summer. Remember to read the skill levels and be honest with yourself. If trip leaders have to watch over you, they can't enjoy the paddle.

I have my own plans for the summer which starts possibly earlier than most of us, January I go to town hall in Huntington for the permit for the Ray Smith Picnic. March, April & May I have pool sessions to deal with. Memorial Day I go get my first whitewater fix on the mighty Lehigh River for two days of class three whitewater. Then I have an instructional to give at the picnic and soon after will be lessons on the Lackawaxen on Fridays after July 4th. Somewhere I need to fit in a trip to the Adirondacks then August 5th is the Manhattan Circumnavigation. Come August I hope to maybe run another rafting/biking trip on the Lehigh River and Rail Trail. Over the summer there are four full moons which with a good wind from the north make for great surfing in three to four foot waves at Crabmeadow Beach. Another trip which I have had some requests for is the Bannermans Castle which has to be done on a Sunday for car parking reasons (best in the fall). I plan to stop being lazy and join Bruce at West Neck Beach 7am a few days a week. One thing I missed last year was more whitewater, with a little luck I hope a few will take the class in PA so I would have people to drive with instead of driving alone all the time. Last year I almost completed over multitude of paddle to go from West Neck Beach all the way to Port Jefferson Harbor. This summer I will do the missing parts. I find for myself I need to get into the sound more often to improve my paddling skills.

Also on my hit list, to do a multi day canoe/kayak trip to Little Tupper Lake and if I can swing it maybe a trip to Georgian Bay Ontario Canada. It is a shame it is so far, we could travel a 50 miles loop and only have a 10 mile car shuttle. I am looking at French River to Bustard Islands then to Key River upstream to take out. In the winter maybe I will get to do one the Paddle Florida trips, I was shut out this year for waiting too long to book. It is all in the planning.

Paddling skills; want to improve, the fastest way, take an instructor class expensive but you will come out a much better all around paddler even if you do not get the certification you were trying for. The club will offer a few skill days but it is not as extensive as the ACA class. If you do take an ACA class and get certified the club will reimburse you for part of the cost through the Ray Smith Fund. If you do a level 3 it will include the trip leader portion.

So now that I have said all this question remains "did you make any plans for the summer?" If I get to do half of this I will be a happy paddler!!!

Chris Scalisi.





Virginia Trip with Alan

When I first volunteered to run a trip in Virginia I did not think it would be very difficult. The waterways were rivers and I had a year to learn the territory. I also figured I would have at most 12 hardy souls that would want to travel over 300 miles to paddle with someone who had no reputation for calm water paddling.

I spent the year learning the new waterways. Thanks to other really nice event organizers I met down here they were kind enough so explain the nuances of the different areas and put up with my leadership training during there trips to have group water breaks etc. We were fortunate that Peter the main event organizer for the Lake Ridge kayak group was willing and happy to due a combined group paddle for Saturday. He also added me on to his event organizer list so I can run trips through his group. One of his main organizers is a gentlemen named Hector who is very creative and runs costume and theme paddles all year long.

I was pleased to have 16 yankees come down to paddle. We could not have had better weather, mid 70's , light breezes, and sunshine for each day. I choose about 6 trips but had 3 on the top of the list. Since conditions and tides were perfect we choose to paddle from Pohick Bay down to the Potomac River and up Dough Creek to the Gristmill.of George Washington. We paddled around Fort Belvoir passing many beautiful trees and a few eagles. We went through the creek which was a little shallow in spots but my Virginia friends assured me there was always enough water there. I had paddled it in May and this was my first return trip. We arrived at the muddy non-launch and Incorrectly decided to follow the Virginian Bucket groups' landing plan rather than the one I did in may. Some of us landed in the mud,(lots of mud in Virginia) and went to help others, Paul as usual being helpful decided to land and unfortunately he pulled a muscle and was sidelined and in pain for the rest of the trip. Some members disembarked here but others found less muddy spots. After eating lunch anmembers carried Paul's kayak to the top of the parking lot and Fran and I came back latter to pick Paul up. We launched from the spot I used in may and had no problems. We arrived back after paddling for 11.5 miles that day.

Alan Mindlin

The next day we had a double paddle. We would start at Lake Ridge Marina and paddle to a dam on the Occoquan River. The River is flat water and serves as the reservoir for the area. The water is nice and clean. After lunch we had a joint trip with the Lake Ridge group and had about 25 boats in all. We paddled to Fountainhead Marina which is a great place to launch into the river. Both Lake Ridge and Fountainhead have rentals and bathrooms plus nice facilities for eating. At Fountainhead park you can also hike or go Mountain bicycling. We paddled and hung out for a little. Dawn even got to try paddle a stand Up from one of the nice members of the Lake Ridge group, Troy. It was a great experience sharing adventures and stories with the other group.

Our last paddling day was suppose to take us to Washington DC for a trip from Columbia Island. I learned from my new buddies that they were having the Marine marathon in Washington and the roads were closed. Hence we went with the first option, a trip to Mason Neck State Park. We left Occoquan Regional Park which was under construction and paddled across the Potomac to the wildlife area of the park. The park is a large state park with a nice landing beach along the shore and a small obstructed area where you launch and land kayaks. We choose the former and had lunch. Some members paddled back with Tom at this point so they could get home for work Monday. The rest of us paddled to the wildlife area but for the first time I saw no eagles. I have seen 4 eagle sitting on the beach from this spot. Not wanting to make everyone else get stuck in traffic we returned to Occoquan. If we had time and the tide was higher we could have paddled up a creek with an eagle nest. The next day a few of us



went to Mount Vernon and enjoyed the lovely day walking around and seeing Washington's home. We all had a great time. I thank everyone for attending and hope to do a similar trip next year but slightly closer to Fredericksburg Quantico, and Aquia Creek. It is closer to my home and a know the restaurants better. Special thanks to Chris, Tom, Ed and Bob and everybody else who helped me during the trip.

THE CLUB STORE

When you're looking to buy the following items or that money is just burning a hole in your wallet.....there's no need to make an extra trip or go traveling anywhere other than to our monthly meetings.

If there's time, these items will be on sale before the start of our General meetings, otherwise you can start shopping as soon as the meeting program is over.

For your shopping pleasure, our store is stocked with:

303 Cleaner	(\$12)	Works great on more than just your kayak
Croakies	(\$ 5)	You won't lose another pair of glasses
Hats	(\$13)	Heavy weight. Logo on front & Long Island Paddlers on back
	(\$10)	Light weight. Long Island Paddlers embroidered on front
Horns	(\$6)	Don't leave shore without one...works great
Lights	(\$20)	A must have for night kayaking
Shirts	(\$25)	Long sleeved with logo..keeps you warm or keeps you cool
T-Shirts (Men)	(\$8)	You can't beat this price for great t-shirts. Comes in several colors and sizes with club logo.
T-Shirts (Ladies	(\$8)	Special colors and v-neck shirts with club logo for the ladies.
Decals	(\$1)	Club logo decals – looks great on your kayak and a great advertising for the club
Fleece Jackets	(\$26)	Individually ordered – pick your size & color.

AND, for your reading pleasure we have the following BOOKS

Inside Passage	(\$15)
Canoeing the Peconic	(\$1)
Exploring East End	(\$12)
Paddling LI	(\$10)
Fearless	(\$12)
Canoeing & Kayaking	(\$10)
A Dip In The Ocean	(\$12)
More Deep Trouble	(\$10)

We also have a limited supply of FREE Coast Guard ID stickers for your kayak.

CLIP AND SAVE



2-18 Club Meeting, Nesting Eagles on LI

3-18 New/Old Inlet

3/18/18 Pool Skills Session

4/22/18 Pool Skills session

5/6/18 Pool Skills Session

6/9/18 Spring Picnic



Upcoming Picnics

Spring Picnic- Sat. June 9, Centerport Beach/Picnic Area

Fall BBQ- Sat. September 8, Indian Island Park



F.Y.I.

Pool Skill Sessions:

4/22/18

5/6/18

**Plum Island
Tour
Cancelled**

**Holiday Party will
now be in January
and will now be
the: 'New Years
Party'**

**Spring Picnic
Soon!!**

*Put in for Stump Pond
Blydenburgh Park
Suffolk County Park
From Liz Marcellus*



Put in is not from dock....follow the signs

Little Known Suffolk Parks and Hiking

Jim Dreeben

Arthur H. Kunz County Park – Smithtown

Blydenburgh County Park – Smithtown

Brookside County Park – Sayville

Cathedral Pines / Prosser Pines County Park – Middle Island Cedar Beach – End of Cedar Beach Road, Southold.

Cedar Point County Park – East Hampton

Clam Island – West end of Noyac Bay Ave, Southampton.

Cordwood Landing – Entrance is on the east side of Landing Road, Miller Place. Approx 3/10 mile walk to Long Island Sound.

Cranberry Bog County Park – Riverhead

Dwarf Pine Plains Preserve - Westhampton Farmingville Hills – Entrance is on the north side of Horse Block Road just east of Waverly Ave, Farmingville.

Gardiner County Park – West Bay Shore

Goldsmith's Inlet – Parking is on the north side of Sound View Ave approx. 3/10 mile east of Mill Road, Peconic.

Hedges Creek/Fuoco Family Preserve – Parking is on the east side of North Dunton Ave at the intersection of South Country Road, East Patchogue.

Indian Island County Park – Riverhead

Inlet Pond County Park – Greenport

Lakeland County Park - Islandia

Laurel Lake – Park on the shoulder on the south side of Old Sound Avenue between Cox Neck Road and Factory Avenue, Mattituck. Connects with trails on state, town, and Suffolk County Water Authority lands.

Laurel Valley County Park - Noyac

Makamah Nature Preserve – Parking is on the north side of Route 25A at the intersection with Makamah Road, Northport.

Manorville Hills – Entrance is on the westbound side of CR 111 about halfway between Sunrise Hwy and the Long Island Expressway, Manorville. Hiking, mountain biking and equestrian trails. Yellow trail connects with the Paumanok Path (white) and a 7-mile orange hiking loop. Blue mountain bike loop connects with NYS DEC Eastport trail.

McAllister – The parking lot is near the end of Anchorage Road on the north side, Belle Terre. Cars parked anywhere outside of the marked Suffolk County lot will be ticketed.

Montauk County Park - Montauk

Munn's Pond/Wildlife Rescue Center of the Hamptons – 228 West Montauk Hwy, Hampton Bays.

North Fork Preserve – 5330 Sound Ave (west of Church Lane), Riverhead.

Northwest Harbor – End of Northwest Landing Road, East Hampton.

Orient Point – Entrance is at end of Route 25 on the north side of the road, Orient. Only 1/4 mile walk to the beach. Approx 1.3 miles roundtrip to the point.

Paul T. Given – Entrance is on the south side of West Main Street just east of the Route 25 and 25A split, Smithtown.

Pine Meadow – Parking is on the eastbound side of CR 51 approx. 2 miles north of Sunrise Hwy, Eastport. Grassland restoration in progress.

Pine Trail Preserve – Trailhead parking is on the south side of Route 25 east of William Floyd Pkwy, Ridge. Direct access to Paumanok Path.

Poxabogue – West side of Old Farm Road just south of the train trestle, Southampton.

Robert Cushman Murphy County Park – Ridge / Manorville

Scully Estate/Suffolk County Environmental Center – 550 South Bay Avenue, Islip, south of Montauk Hwy.

Sears Bellows County Park – Hampton Bays Sound View Dunes – Soundview Avenue approx. ½ mile east of Mill Road, Southold. Marked hiking trails explore beach, dune, forest and wetland habitats including a rare maritime freshwater interdunal swale community. Approx 3/10 mile walk to beach.

Southaven County Park - Brookhaven

Suffolk Hills – There is no formal entrance. For the Bald Hill trail parking is on the shoulder of the westbound side of CR 51 approx. 6/10 mile south of Speonk-Riverhead Road. Access to the Paumanok Path.

Terrell River – Entrance is on the south side of Montauk Hwy east of Belleview Ave (across the street from Kaler's Pond Park), Center Moriches. Approx 1 mile walk to Moriches Bay.

W.S. Commerdinger, Jr. & Lily Pond – Parking is on the north side of Smithtown Blvd or at the corner of Edgewood Ave & Audubon St, Nesconset. Visitors to this 90-acre preserve can view the 200-year old Commerdinger Homestead as well as walk numerous trails through upland woods and past freshwater ponds and marshes.

Warbler Woods – Parking areas are on the east and west sides of CR 21 between Longwood Road and Main Street, Yaphank.

West Hills County Park - Huntington

Wildwood Lake – From Lake Avenue (CR 63) in Riverhead turn on to Wildwood Trail. Turn left on Birch Ct and parking is on the right alongside the lake.

Berkeley Jackson – Parking can be found on the west side of Warner Road or at the Town of Huntington's Manor Farm located on the east side of Manor Road just north of Jericho Turnpike, Huntington. Approximately 3 miles of hiking trails crisscross 100-acres of wooded, hilly terrain.

Birch Creek -Owl Pond – Trailhead parking is on the south side of Route 24 at the intersection with Spinny Road, Flanders. Yellow trail and Spinney Road (paved) connect with the Paumanok Path.

Maple Swamp – Trailhead parking is at the south end of Pleasure Drive, Flanders. Direct access to the Paumanok Path.

Miller's Pond – Parking is on the east side of Maple Avenue, Smithtown. Direct access to the Long Island Greenbelt Trail.

Please call me or e-mail for information about canoeing, stand up paddling, prone paddling, kayaking, paddling around Manhattan, paddling to restaurants for lunch or dinner, and eating out on Long Island and NYC. Jim Dreeben: 631-834-2525 or jim@longislandpaddling.com.

(631) 727-9895 (631) 834-2525



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HAPPINESS
BUT YOU CAN BUY A
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AND THAT'S PRETTY CLOSE

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The views expressed in this news-
letter are strictly those of their
respective authors. Information
offered on any topic should not
be assumed to be authoritative or
complete.

MEETINGS: Members and non-
members are always welcome at
our monthly meetings. We meet the
third Tuesday of each month. We
meet from 7 to 9 PM at: Bright-
waters Public Library 1 South
Country Road Brightwaters, NY