

Walking Tips

Posture

Stand straight, chin-up, eyes forward, relaxed shoulders

Arms

Bent 90 degrees, close to body, swing in opposition of forward foot

Step

Roll through the step heel to toe

Stride

Avoid overstriding. Establish a comfortable stride. Your stride should be longer behind your body.

Warm-up

Start out at a slow easy pace for approximately 5 minutes

Stretch

After 5 minutes, stop and stretch

Cool Down


For the final 5-10 minutes of your walk, finish with an easy pace.

Repeat Stretch

For your safety, wear appropriate footwear.

A warning to walkers: Please be mindful of sidewalk imperfections and take caution when crossing streets.

www.bayshorewellnessalliance.org

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BAY SHORE WELLNESS ALLIANCE COMMUNITY WALKING TRAILS



Healthy Steps to a Healthy Community

These trails are made possible through the dedicated efforts and support of individuals too numerous to mention affiliated with the following organizations:

Bay Shore Wellness Alliance

Town of Islip

Bay Shore Chamber of Commerce

Bay Shore Schools

Bay Shore Summit Council

Directions

Shoppers Trail – Walking Directions:

(Distance – approximately 1 mile)



Leaving the starting point, make a left onto Main Street heading east along the north side of Main Street continuing straight. Cross over Park Avenue, Fourth Avenue, Third Avenue, Bay Shore Avenue, Second Avenue, and First Avenue. At the junction of Main Street and Gibson Street (Winnie’s Coffee Shop) cross over Main Street to the south side heading back west and straight along Main Street to the “End Trail” sign.

Historical Trail – Walking Directions:

(Distance – approximately 2 miles)



Leaving the starting point, make a left onto Main Street heading east along the north side of Main Street continuing straight. Cross over Park Avenue, Fourth Avenue, and Third Avenue. Continue to Bay Shore Avenue and make a left heading north to Mechanicsville Road. Cross over Mechanicsville Road and head east (right) on the north side of Mechanicsville Road to Second Avenue. Cross back over Mechanicsville Road and head south on Second Avenue. When you reach Main Street make a right. Continue straight on Main Street to Shore Lane (Sunny Buffet). Cross Main Street onto Shore Lane walking along the west side of Shore Lane while traveling south to the end. (At the curve Shore Lane becomes Aldrich Court

(Historical Trail continued)

until the intersection with Maple Avenue.) Cross over Maple Ave and make a right continuing north or straight along the west side back to Main Street. Make a left onto Main Street. Head west while walking along the south side of Main Street until you reach the “End Trail” sign.

Nautical Trail – Walking Directions

(Distance – approximately 3 miles)



Leaving the starting point, make a right onto Main Street heading west to Clinton Avenue. (St. Patrick’s Church) Cross over Clinton Avenue and again over Main Street so you are heading south on Clinton Avenue walking on the west side of the road. (YMCA) Continue south to the Bay Shore Marina. Upon entering the marina, cross over onto the sidewalk and continue towards the water. At the “Owen Johnson Pier” sign make a right onto the boardwalk. Continue along the pier to the end. Make a left and head north toward Nicky’s. Make a left at Nicky’s traveling past the restrooms to the grey brick path. Cross over to the dock walkway and continue straight. Cross both launch ramps and continue along the sandy path to Bayview Avenue. Cross over Bayview Avenue and continue walking north on the east side of Clinton Avenue. (This will bring you back to Main Street.) Make a right onto Main Street. Head east while walking along the south side of Main Street to the “End Trail” sign.



Shoppers Trail
Distance:
approximately 1 mile



Historical Trail
Distance:
approximately 2 miles



Nautical Trail
Distance:
approximately 3 miles

Historical Points

- 1** Half Penny Pub – Site of a Blacksmith’s Shop
- 2** Cortland House (Wick’s Farm 1800’s northeast corner of Fourth Avenue)
- 3** Delsen’s Deli-Site of the First Post Office – early general store
- 4** Post Office - “Speed” Sculpture* inside
- 5** Second Avenue Firehouse*
- 6** United Methodist Church*
- 7** Mars Stores- site of 1850’s General Store
- 8** Soldiers and Sailors Memorial Building – Built after World War I
- 9** Number 14-Entenmann House (Entenmann’s Bakery owners)
- 10** Number 56- Howell House – Oldest remaining wooden summer resort hotels, c. 1855
- 11** Southern end of Shore Lane – Former Aldrich Estate – early 1800’s
- 12** On left at Maple Avenue – Fire Island Ferries (over 50 years old)
- 13** Number 32-Residence of Dr. George S. King
- 14** Number 22 – Gibson-Mack-Holt House of the Bay Shore Historical Society, c.1820
- 15** Site of Dr. King’s Hospital (Bay Shore’s first hospital) southeast corner Maple Avenue and Gibson Street
- 16** Carleton Opera House (located on the site of the Band Shell)

* These are on the National Register of Historic Places

