

The changing tides alter the currents in the bays. Plan to travel with the tidal current, then when the current turns paddle with it in the return direction. There are many tidal flats, passageways between marsh islands, and creeks that become completely mud during lower tides. When traversing bridge crossings and inlets, water conditions can be rough. Use caution and only advanced trail users should navigate across bridge abutments and inlets where currents can be extremely swift at ebb and flood tide. Check local tide charts, available at most park offices and online at [lighthouse.org](http://lighthouse.org).



Severe weather can approach quickly, check local weather before heading onto the water. If a Small Craft Advisory is posted, head to safety immediately, as winds may become too strong to operate your vessel safely. Cold water is extremely dangerous. A wet suit is a must in water as warm as 50° – 60° degrees, which can cause “Cold Water Shock”. A dry suit is recommended for cold temperatures.

#### WEATHER

Experienced outfitters, guides and paddle clubs can ensure a safe and enjoyable day on the blueway trail, help improve skills and organize trips.

#### Outfitters

- Empire Kayaks [empirekayaks.com](http://empirekayaks.com)
- Harbor Surf & Sports [harborsurfandsports.com](http://harborsurfandsports.com)
- Sea Kayaking Skills & Adventure, Ltd. [skaa-ltd.com](http://skaa-ltd.com)
- The Dinghy Shop [dinghyshop.com](http://dinghyshop.com)

#### Paddlesport Clubs

- Kayak Fishing Association of NY <http://kfa-ny.org>
- Long Island Kayak Club [longislandkayakclub.com](http://longislandkayakclub.com)
- Long Island Kayaking Enthusiasts (LIKE) [meetup.com/LIKEMEETUP](http://meetup.com/LIKEMEETUP)
- Long Island Paddlers [lispaddlers.org](http://lispaddlers.org)
- North Atlantic Canoe & Kayak [get-the-nack.org](http://get-the-nack.org)

#### PADDLING OPPORTUNITIES



The South Shore Blueway is in the shallow waters of the western reach of the South Shore Estuary Reserve, an officially protected area that is striking and very fragile. During your visit, we hope you will be respectful of the south shore’s natural wonders by observing from a safe distance, practicing “leave no trace” outdoor ethics and taking only pictures. The extensive mudflats and salt marshes are an important part of the south shore’s marine environment. Do not land on grass islands. Use caution at low tide, so as not to impact fragile sea grass beds and marine life nurseries. Particular caution is required at beaches where pairs of endangered piping plovers are active.

#### CONSERVATION



## PADDLE THE SOUTH SHORE BLUEWAY



#### WATER ACCESS

For launching permit information, contact the site owner:

- Nassau County Dept. of Parks, Recreation & Museums (516) 572-0200 [nassaucountyny.gov](http://nassaucountyny.gov)
- Town of Hempstead Parks Department (516) 292-9000 [toh.li](http://toh.li)
- Town of Oyster Bay Parks Department (516) 797-4128 [oysterbaytown.com](http://oysterbaytown.com)
- Village of Freeport [freeportny.com](http://freeportny.com)
- City of Long Beach (516) 431-3890 [longbeachny.gov](http://longbeachny.gov)
- New York State OPRHP (516) 785-1600 [nysparks.com/parks/10](http://nysparks.com/parks/10)

#### EMERGENCY ASSISTANCE

The US Coast Guard and all marine patrol vessels monitor VHF marine radio channel 16, 24 hours a day. In the event of a marine emergency, dial 9-1-1

- Nassau County Police Marine Bureau (516) 573-4450
- Town of Hempstead Bay Constable (516) 897-4100
- Town of Oyster Bay Bay Constable (516) 797-7986



The South Shore Blueway Trail is made possible by the Village of Freeport, a Local Waterfront Revitalization Grant from the New York State Department of State under Title 11 of the Environmental Protection Fund and the Nassau County Environmental Bond Act.

Going Coastal, Inc. Design by Bea Santiago.  
Map by Zhennya Sloodskin. Photos courtesy of Empire Kayak.

#### SAFETY PRECAUTIONS

Each paddling occasion is unique, with varying distances, conditions and levels of difficulty. Please plan your route accordingly and take all proper safety precautions before embarking.

- Always wear a US Coast Guard approved, properly fitted life jacket.
- Paddle with a group or a buddy.
- Do not wear cotton. Dress for the weather and water temperature.
- Be visible, wear bright colors. Kayaks and canoes sit low in the water and are extremely difficult to see from a distance, especially in marginal conditions.
- If paddling at night, be sure to have a USCG approved 360-degree white light.
- Motorized boat and jet ski traffic can be heavy, especially on the weekends.
- Use caution when crossing channels; do so quickly and together as a group.
- To ensure your safety, let someone know your trip itinerary by filing a Float Plan.

#### ITEMS TO BRING



- Life jacket
- Drinking water
- Signaling devices: flashlight, flares, safety whistle
- Sunglasses, wide-brim hat, sunscreen
- Cell phone, VHF radio, GPS unit
- First aid kit
- Water shoes
- Bilge pump
- Map or chart and compass

#### PADDLE THE SOUTH SHORE

Long before Europeans arrived on Long Island, Native Americans navigated its waters fishing and travelling by kayak and canoe for thousands of years. Today, visitors can explore East, Middle and West Hempstead Bays and South Oyster Bay, each has its own unique characteristics and habitat. There is abundant wildlife—blue herons, snowy egrets and nesting osprey. Sweep through salt marsh islands on quiet creeks and channels where migrating birds nest, harbor seals haul out and the tiny Bayhouses of shellfishers stand on stilts above the wetlands. Land on a secluded beach or combine your paddle with hiking a nature trail or biking the Jones Beach Greenway. Paddle and dine on locally caught steamers at a waterside seafood shack or “catch your own” kayak fishing for over 40 species.

The best way to explore the western bays of Long Island’s south shore is by kayak, canoe or stand up paddleboard. By using the appropriate gear, following safety precautions and being aware of tides and weather conditions, even beginners and families can experience the beautiful scenery and wildlife of the South Shore Blueway. For advanced and expert paddlers, there are plenty of challenging full day adventures, multi-bay routes across inlets and ocean kayak surfing. From health benefits to stress relief and more, paddling is an activity with endless benefits for people of all ages and abilities.

Discover more of the South Shore Blueway Trail at [southshoreblueway.com](http://southshoreblueway.com).

Have fun and enjoy the South Shore Blueway!





Launch Sites

Hand Launch Motor Boat Ramp

Stopovers



1. Woodmere Dock

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2. Hewlett Pt. Park

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3. Bay County Park

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4. Bay Park Ramp

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5. Talfor Boat Basin

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6. Harbor Isle Beach

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7. Long Beach Ramp

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8. Marine Nature Area

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9. Baldwin Park

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10. Millburn Ramp

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11. Waterfront Park

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12. Sea Breeze Park

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13. Cow Meadow

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14. Albany Ave. Ramp

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15. Levy Park

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16. Wantagh Ramp

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17. Alhambra Road

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18. Burns Park

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19. Tobay Beach

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20. Zachs Bay

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21. Green Island

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22. Jones Beach Field 10

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23. Jones Beach West

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24. Pt. Lookout

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25. Town Marina West

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26. Inwood Ramp

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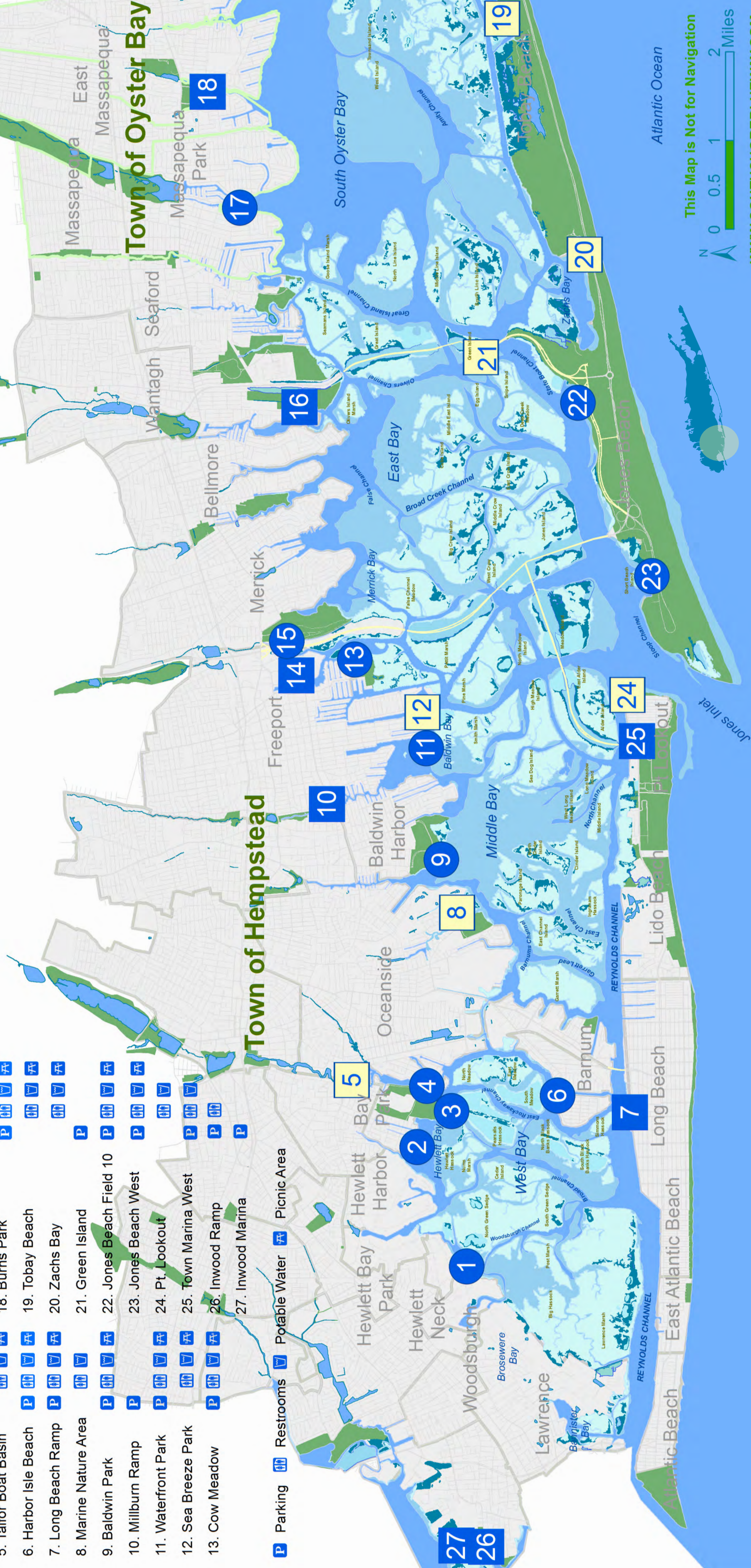
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27. Inwood Marina

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Parking Restrooms Potable Water Picnic Area



This Map is Not for Navigation

0 0.5 1 2 Miles

The western portion of the South Shore Estuary Reserve [WWW.SOUTHSHOREBLUEWAY.COM](http://WWW.SOUTHSHOREBLUEWAY.COM)