

Dix Hills Park-

Fitness Trail



Also see Dix Hills Park- Woodland Trail. The Dix Hills fitness trail was installed in 2001 and was funded through the Huntington Environmental Open Space and Park Fund (EOSPA). It consists of 20 stations with equipment and guidance for specific exercise activities that stretch between the entrance parking area and the ice rink. The trail is located on the lawn along the east side of the park's main roadway, Robert J.Flynn Memorial Drive.

Stations Include

Balance Beam, Beam Jump and Beam Run, Chin-Up Bar, Isometric Squat, Leg Lift, Leg Stretch, Push-Up Bar, Sit-Up Platform, Steps

Park steward says: "The trails are great, a good workout in a quiet special place".



Location: on the North side of Vanderbilt Parkway, East of Deer Park Ave in Dix Hills
Terrain: Few hills | **Length:** 0.25 mi | **Parking:** In Park | **Type:** Linear
Surface: Lawn between stations, safety surface under equipment | **Acres:** 160
Trailhead: 40.816369, -73.327880

