

# Cold Spring Harbor/ Trailview Pks (Nassau Greenbelt Trail)

Cold Spring Harbor State Park is a 40 acre site with hilly terrain and scenic views of historic Cold Spring Harbor. The one mile trail within the state park is both challenging and beautiful, with steep hills, rare 3-foot diameter oak trees, and thickets of Mountain Laurel. The park is used for hiking and jogging and is ideal for observing Great Horned Owls, Red-tailed Hawks and the spring and summer migrations of songbirds. The park serves as the northern trailhead of the Nassau-Suffolk Greenbelt Trail, which extends through Stillwell Woods Preserve, Bethpage State Park and ends in Massapequa Preserve. The trail in this park is a component of the only National Recreational Trail in the Town of Huntington. While planned to be a part of the Bethpage State Parkway, the lands were dedicated as state parks in the late 1990s.

The adjoining Cold Spring Harbor Library has an environmental section and provides restrooms for hikers' use. For a longer hike, visit the Uplands Farm Sanctuary, as well (see page 36).

**You May See:** American Beech, Black Birch, Black Huckleberry, Black Oak, Canada Mayflower, Chestnut Oak, Flowering Dogwood, Goldenrod, Lowbush Blueberry, Mapleleaf Viburnum, Mock-Orange, Mockernut Hickory, Mountain Laurel, Red Maple, Red Oak, Sedge, Shadbush, Solomon's Seal, Spicebush, Tulip Tree, White Ash, White Oak

Baltimore Oriole, Common Grackle, Downy Woodpecker, Great Horned Owl, Northern Flicker, Northern Mockingbird, Red-bellied Woodpecker, Red-eyed Vireo, Red-tailed Hawk, Rufous-sided Towhee, Song Sparrow, Tufted Titmouse



**Location:** 25A in Cold Spring Harbor.

**Terrain:** Many steep hills | **Length:** 1 mi | **Parking:** Parking Lot | **Type:** Linear | **Surface:** Ground | **Acres:** 44 | **Trailhead:** 40.867335, -73.461562

