

Long Island Greenbelt Trail 50K

LANDMARK	LEG	TOTAL	AID	NEXT AID	INSTRUCTION
Trail Entrance-North side of Northern State Pkwy	—	0	3.3		Head West on Sunnysdie Blvd
Sunnyside Blvd near Woodbury Road	0.9	0.9			U-Turn at Cone
Trail Entrance-North Side of Northern State Pkwy	0.9	1.8			Turn L to enter and follow White Trail north
Woodbury Road	1.2	3.0			Cross Street
Jericho Turnpike (Route 25)	0.3	3.3	AID	2.9	Cross Street
Syosset-Woodbury Road	0.9	4.2			Cross Street
Whitney Lane	0.4	4.6			Turn Left, go under LIRR, turn Left again
South end of Stillwell Field	0.3	4.9			Turn Right, proceed along side of field
North end of Stillwl Field	0.3	5.2			Turn Right
Stillwell Lane	1.0	6.2	AID	2.8	Cross Street
Bench	0.5	6.7			Turn Left
Route 108	0.1	6.8			Cross Street
Lawrence Hill Road	1.2	8.0			Cross Street
Route 25A- Cold Spring Harbor	1.0	9.0	AID	2.8	U-Turn at trail end, follow white trail South
Lawrence Hill Road	1.0	10.0			Cross Street
Route 108	1.2	11.2			Cross Street
Bench	0.1	11.3			Turn Right
Stillwell Lane	0.5	11.8	AID	2.9	Cross Street
North End of Stillwell Field	1.0	12.8			Turn Left, proceed along side of field
South End of Stillwell Field	0.3	13.1			Turn Left
Whitney Lane	0.3	13.4			Turn Right, go under LIRR, turn Right again
Syosset-Woodbury Road	0.4	13.8			Cross Street
Jericho Turnpike (Route 25)	0.9	14.7	AID	2.9	Cross Street
Woodbury Road	0.3	15.0			Cross Street
Sunnyside Blvd/Northern State Pkwy Trailhead	1.2	16.2			U-Turn at cone, follow White Trail north
Woodbury Road	1.2	17.4			Cross Street
Jericho Turnpike (Route 25)	0.3	17.7	AID	2.9	Cross Street
Syosset-Woodbury Road	0.9	18.6			Cross Street
Whitney Lane	0.4	19.0			Turn Left, go under LIRR, turn Left again
South end of Stillwell Field	0.3	19.3			Turn Right, proceed along side of field
North end of Stillwl Field	0.3	19.6			Turn Right
Stillwell Lane	1.0	20.6	AID	2.8	Cross Street
Bench	0.5	21.1			Turn Left
Route 108	0.1	21.2			Cross Street
Lawrence Hill Road	1.2	22.4			Cross Street
Route 25A- Cold Spring Harbor	1.0	23.4	AID	2.8	U-Turn at trail end, follow white trail South
Lawrence Hill Road	1.0	24.4			Cross Street
Route 108	1.2	25.6			Cross Street
Bench	0.1	25.7			Turn Right
Stillwell Lane	0.5	26.2	AID	2.9	Cross Street
North End of Stillwell Field	1.0	27.2			Turn Left, proceed along side of field
South End of Stillwell Field	0.3	27.5			Turn Left
Whitney Lane	0.3	27.8			Turn Right, go under LIRR, turn Right again
Syosset-Woodbury Road	0.4	28.2			Cross Street
Jericho Turnpike (Route 25)	0.9	29.2	AID	2.9	Cross Street
Woodbury Road	0.3	29.4			Cross Street
Sunnyside Blvd/Northern State Pkwy Trailhead	1.2	30.6			Turn Left onto Sunnyside Boulevard
Fairchild Avenue/Sunnyside Blvd	0.15	30.75			Turn Left onto Fairchild Avenue
Dupont Street/Fairchild Avenue	0.05	30.8			Turn Left onto Dupont Street
GLIRC Clubhouse Parking Lot	0.2	31.0			Turn Right into Parking Lot at GLIRC sign
GLIRC Clubhouse	0.07	31.07			FINISH