



National Park Service
U.S. Department of the Interior

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Fire Island National Seashore News Release

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Fire Island National Seashore Offers Annual Fire Island Trek

3- Day Fire Island Trek
Wednesday - Friday
June 27- 29, 2007
September 7- 9, 2007



Old Lifesaving Station



Trek at Watch Hill 2006

Patchogue, NY— Fire Island National Seashore is hosting its annual three- day Fire Island Trek, June 27 through 29 and September 7 through 9, 2007. This year, these excursions will begin at the Wilderness Visitor Center at Smith Point and end at the Fire Island Lighthouse, a distance of almost 20 miles. Guided tours and interpretive programs are incorporated along the way. Group size is limited by availability of lodging. Day 1 will begin at the Wilderness Visitor Center and hike the 7 mile stretch of beach in front of the wilderness area to Watch Hill. At Watch Hill the participants will enjoy a guided canoe trip through the salt marsh and have lunch. They will then continue on to the Barrett Beach/Talisman area where they will spend the first night. On Day 2, the group will hike to Sailor Haven via the mid- island the communities, where they will have lunch, followed by a tour of the Sunken Forest. Then it's on to Ocean Beach where they will hear stories of the lifesaving stations and the history of the communities. They will finish the day at the Appalachian Mountain Club (AMC) in Atlantique on Fire Island. Overnight accommodations at the AMC cabin, dinner, snack, and breakfast will be provided. Sleeping accommodations are limited. On Day 3, the group will finish their hike at the Fire Island Lighthouse where a guided tour and a special walk conducted by the Fire Island Lighthouse Preservation Society will be presented.

For more information and/or reservations about the [Fire Island Trek](#), contact Fire Island National Seashore Interpretation Office at 631- 687- 4765, 9 a.m. to 4:30 p.m. weekdays. To learn more about Fire Island National Seashore, visit the park's web site at www.nps.gov/fiis.

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