

Ride a Bike, Take a Hike See the Sights in the Town of Riverhead...



Cornell University
Cooperative Extension
of Suffolk County
Family Health and Wellness



**Town of
Riverhead**

The Town of Riverhead is excited to provide you with this map of designated bicycle routes within our borders. We are strong proponents of safe routes for bicyclists and hope you will regularly use this resource to explore our historic sites, farms and wineries, and our beaches. We strive to improve the recreational opportunities for our residents and visitors alike. On behalf of the entire Riverhead Town Board, I encourage you to ride safely and exercise regularly as part of a healthy lifestyle.

Jodi A. Giglio, Councilwoman, Town of Riverhead



Courtesy of RiverheadLOCAL.com



Edwin Fishel (1865-1942)

Photo of Edwin David Fishel was copied with permission of Edwin F. Tuccio.

Cornell Cooperative Extension of Suffolk County's Family Health and Wellness Program is working to bring bicycle routes to Riverhead as part of our Creating Healthy Places in Suffolk County (CHP) program. This statewide initiative is funded by the New York State Department of Health.

In an ideal healthy community, people can walk or bicycle to their destinations and physical activity opportunities are safe and accessible. Bikers can use paths for transportation purposes and for recreation. CCE is working with local government and civic leaders to create safe bike routes in Riverhead, where businessman Edwin Fishel once led a staff of deputies who patrolled and maintained many bike paths during the early 20th century. Bicycles were an important means of transportation in those days and Fishel, as commissioner of bike paths, helped keep them safe and accessible.

Visit us at ccesuffolk.org to learn more about Creating Healthy Places in Suffolk County.

Creating Healthy Places is coordinated by the Family Health and Wellness Program area of Cornell Cooperative Extension of Suffolk County and funded by the New York State Department of Health.

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Cornell Cooperative Extension in Suffolk County provides equal program and employment opportunities.

Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.

Wear a Helmet!

Athletes in many sports wear helmets. Cyclists need to take that same precaution to avoid serious or fatal head injury.

A helmet must have a strong strap and fastener to be sure it will stay on your head in a crash.

Your helmet has done its job if it protects you should you fall and hit your head. Do not take a chance that it has lost its cushioning properties. Replace it as soon as possible.

You're never too old or too young to attend a bicycle safety course. The more you know, the more you practice the safety you learn, the safer you and your loved ones will be on your bicycles.



Head Out With a Bike Helmet, New York State Department of Health

Share the road!



Obey Traffic Signs and Signals. Bicycles must obey all the Rules of the Road. Cyclists have the same privileges and duties as other vehicles.



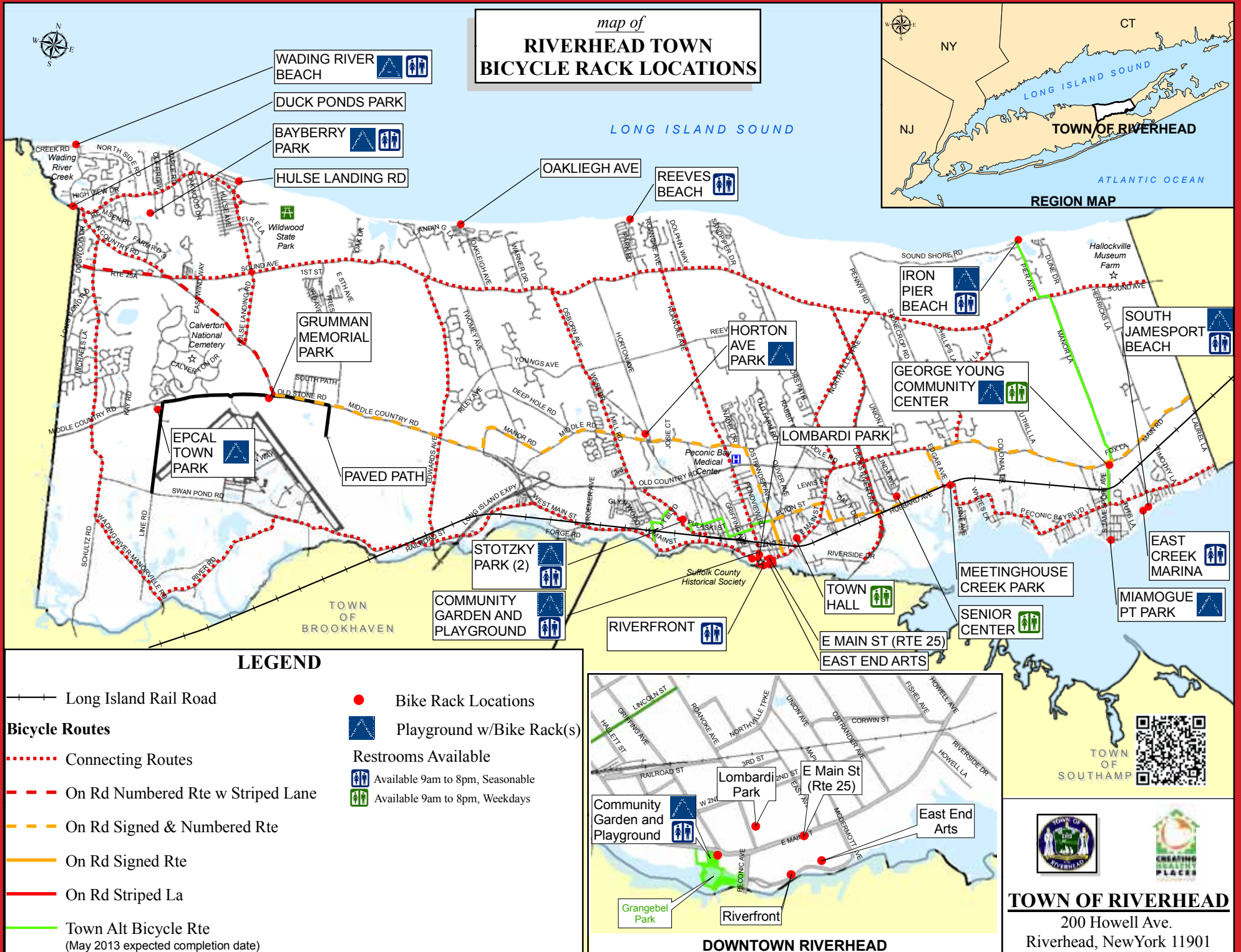
Use Hand Signals. Signal all turns and stops ahead of time, shoulder check, then make your intended move only when it is safe to do so.



Ride Right. Cyclists keep right except when passing or turning left. Sound bell or call out a warning early, then pass safely on the left.



Use Lights at Night. Always use a strong white headlight and red taillight at night or when visibility is poor. Use bike reflectors and reflective clothing. See and be Seen!



Bike Riverhead Directory



Bicycle Long Island		www.bicyclelongisland.org
Cross Sound Ferry	631-323-2525	www.longislandferry.com
EMERGENCY (Police, Fire, Rescue)	911	
Indian Island Park	631-852-3232	www.suffolkcountyny.gov
Long Island Rail Road	511 or 718-217-5477	www.mta.info/lirr
Long Island Tourism		www.longislandtourism.com
New York State Department of Transportation: Bicycle Program		www.dot.ny.gov/bicycle
New York Tourist Information	1-800-CALL-NYS	www.iloveny.com
NYS Department of Health		www.health.ny.gov
NY Traffic, Travel, and Transit Info	511	
Peconic Bay Medical Center	631-548-6000	www.peconicbaymedicalcenter.org
Riverhead Beaches	631-727-5744	www.townofriverheadny.gov
Riverhead Business Improvement District	631-727-0048	www.riverheadbid.com
Riverhead Chamber of Commerce	631-727-7600	www.riverheadchamber.com
Riverhead Recreation Department	631-727-5744	www.townofriverheadny.gov
Riverhead Town Hall	631-727-3200	www.townofriverheadny.gov
Suffolk County Department of Parks, Recreation and Conservation		www.suffolkcountyny.gov/departments/parks.aspx