



## Fire Island 3-day Trek: Sept. 5-7, 2012

### Schedule:

#### Wednesday, September 5–

- \* Arrive at Wilderness Visitor Center, Fire Island at 8:30 am
- \* Check-in and turn in overnight bag and sleeping bag for transport to overnight destination.
- \* Leave the Wilderness Visitor Center at 9:00 am
- \* Hike the 7 mile stretch of beach in front of the Otis G. Pike Fire Island High Dune Wilderness
- \* Arrive Watch Hill
- \* Optional PROGRAM: Canoe Caravan- Explore the salt marshes of the wilderness area-canoes, paddles, and life jackets are provided. (*Weather Dependent*)
- \* Lunch
- \* Hike to Talisman
- \* Dinner and Lodging
- \* Free Time
- \* TOTAL DISTANCE DAY 1: 10 miles

#### Thursday, September 6 –

- \* Breakfast
- \* Leave Talisman at 9:00 am
- \* Hike to Sailors Haven
- \* Optional PROGRAM: Exploring the Sunken Forest- a ranger-led tour of a 300 year old maritime forest on a 1.5 mile nature trail.
- \* Lunch
- \* Hike to Point O'Woods
- \* Hike to Ocean Beach: Discover one of Fire Island's larger communities.
- \* Optional PROGRAM: Tour of a former United States Life Saving Service building.
- \* Hike to Atlantique
- \* Dinner and Lodging
- \* Free time
- \* TOTAL DISTANCE DAY 2: 7 miles

#### Friday, September 7 –

- \* Breakfast
- \* Leave Atlantique at 9:00 am
- \* Hike to Fire Island Lighthouse
- \* Optional PROGRAM: Guided tour and walk provided by the Lighthouse Preservation Society.
- \* End of Fire Island Trek