



2026

TrailLink Unlimited 

Guides



**Bethpage
Bikeway**
New York



Bethpage Bikeway

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The paved 13.4-mile Bethpage Bikeway runs alongside suburban roads for long segments of the route, but it's much more than a suburban trail. Each on-road suburban stretch is broken up by one of three beautiful parks in the Long Island region: Trail View State Park, Bethpage State Park, and Massapequa Preserve.

About the Route

Beginning at the northern terminus on Woodbury Road, the asphalt path follows the highly trafficked Sunnyside Boulevard Extension for the first mile, passing a corporate office park on the left before curving sharply right to remain on Sunnyside Boulevard. The shared-use path then crosses over Northern State Parkway and down a short, steep hill. After crossing Sunnyside Boulevard at a

traffic signal on Fairchild Avenue, the path turns left onto the Long Island Expressway North Service Road. The path parallels this service road 0.7 mile over a series of undulating hills.

The path turns right at Washington Avenue and crosses under the Long Island Expressway. To the right in 0.2 mile is a parking area for the trail. From here, the trail crosses Washington Avenue and parallels East Bethpage Road, opposite an industrial park. In 0.8 mile, the path crosses Old Country Road and enters the southern section of Trail View State Park. Hiking and mountain biking trails run along the bike path, and the trail experience is much greener as it follows the edge of the park, crossing over a few well-marked neighborhood roads, such as Old Bethpage and Haypath Roads.

In 1.4 miles, the path enters Bethpage State Park at Haypath Road. The path skirts the park for 0.5 mile before entering a lovely, wooded section of the route. In this section, which runs roughly 2 miles, the route is shared with riders, walkers, and runners. Both Trail View State Park and Bethpage State Park feature cross-country skiing trails. A side path from the picnic area in the center of the park leads to restrooms and water fountains. The path travels next to a golf course before popping out on the other side of the park. Here, trail users will cross the moderately trafficked Plainview Road, where flashing lights alert drivers to the bike crossing.

After crossing Plainview Road, the path follows the right-of-way of Bethpage State Parkway for 2.5 miles. This on-road segment feels similar to the beginning of the route, traveling alongside traffic until it crosses over Southern State Parkway and enters Massapequa Preserve. Arguably the nicest segment of the bikeway, the shaded, well-paved preserve is dotted with lakes, ponds, reservoirs, and marshland. This well-maintained section of the trail offers the best opportunity to escape into nature.



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Bethpage Bikeway

New York

States: New York

Counties: Nassau

Length: 13.4 miles

Trail end points: Manetto Hill Road and Woodbury Road (Woodbury) to Merrick Road and Ocean Ave. (Massapequa)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Fishing, Inline Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Bethpage Bikeway runs between Manetto Hill Road and Woodbury Road (Woodbury) and Merrick Road and Ocean Ave. (Massapequa), with parking available at the northern end.

Additional parking is available at:

- 158 Bethpage Bikeway (Plainview)
- 1000 Lake Shore Dr (Massapequa Park)

This bikeway is also accessible via. light rail. Visit the Metropolitan Transportation Authority website for more information.



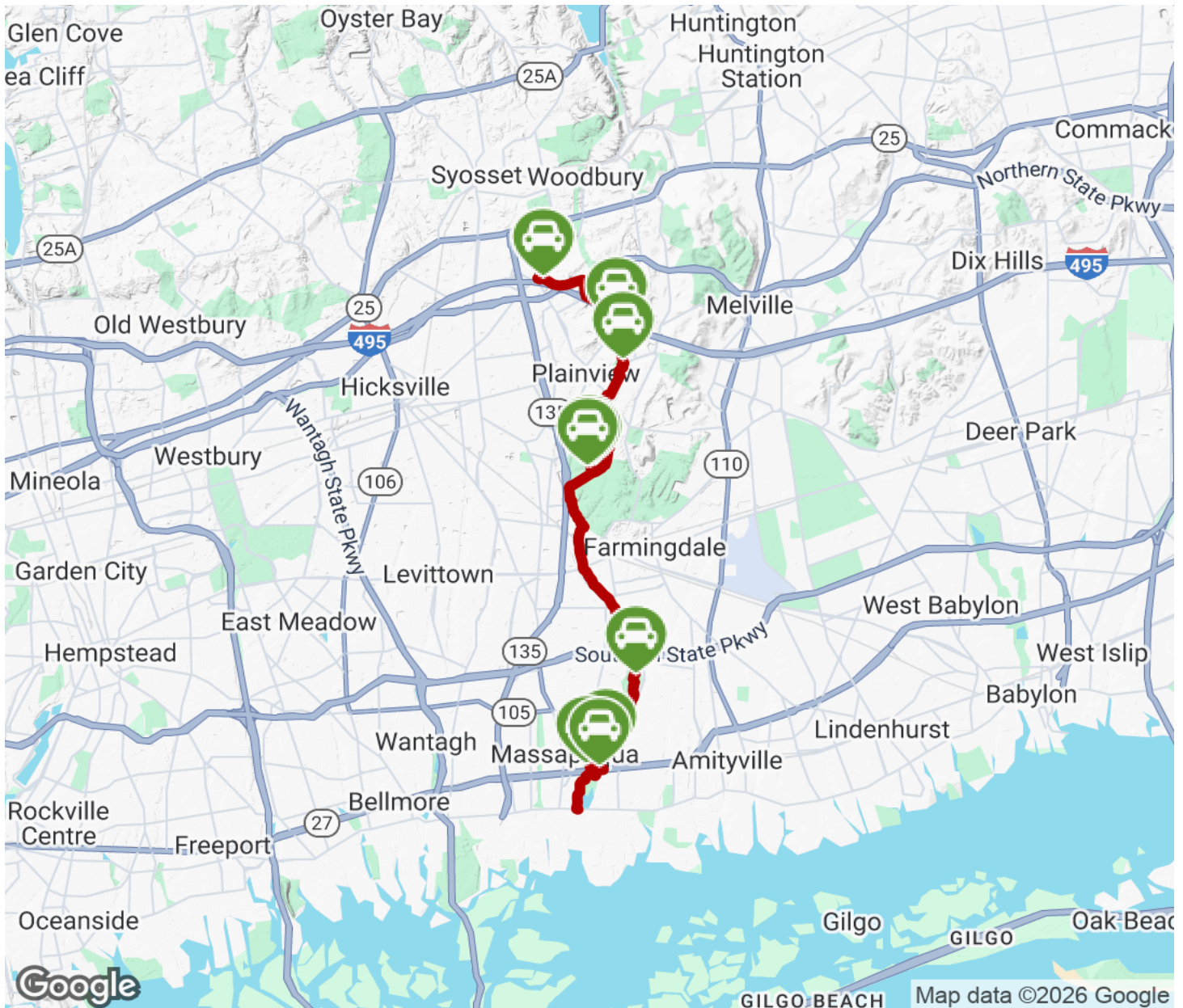
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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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