



Long Island is considered a haven for residents and visitors alike. The longest and largest island in the contiguous United States, Long Island stretches over 100 miles from New York City to Montauk Point, offering pristine Atlantic Ocean beaches on its famous South Shore and quaint towns on its North Shore.

Though a well-known summer destination for celebrities as well as singles, couples, and families, Long Island is also home to several million residents who enjoy the island's unique beauty and myriad recreational opportunities. From fabulous art galleries and museums to exceptional fishing spots, golf courses to great restaurants, beautiful bike trails to spectacular white sandy beaches, there's virtually something for everyone.

In 2019, Eastern Long Island Hospital joined with Stony Brook Medicine to preserve the mission of our founders to better serve our community. Stony Brook Eastern Long Island Hospital is located 47 miles east of Stony Brook University Hospital on the north shore of Long Island.

# *What makes Long Island special?*

## **World Famous Beaches**



Long Island is known for its beautiful beaches—more than 100 of them—from the large public stretches with multiple amenities, to quiet, private coves at the ends of residential streets. Each summer hundreds of thousands visit Long Island for a taste of the tropics within driving distance.

### **Close by...**

#### North Fork Bay and Sound Beaches

- Orient State Park
- Third Street Beach, Greenport
- Gull Pond, Greenport
- Town Beach, Southold
- New Suffolk Beach, New Suffolk
- Mattituck Park Veterans Beach, Mattituck



### **Other Notable Beaches - A short drive away...**

- Montauk Ocean Beaches
- Meadow Lane, Ocean Beaches, Southampton
- Ponquogue Ocean Beaches, Hampton Bays
- Cupsogue Beach, Westhampton
- Smith Point County Park, Shirley
- Jones Beach, Wantagh
- Robert Moses State Park, Fire Island

For more Long Island beaches and details: [www.exploreli.com/beaches/](http://www.exploreli.com/beaches/)

## Spectacular Sporting Events

For professional hockey, thoroughbred racing, minor league baseball, and exceptional college teams, Long Island has it all.

### Close by...



#### Stony Brook Seawolves

For jump-to-your feet exciting football, basketball, baseball, lacrosse, tennis, track and field, soccer, volleyball, and more, the team events of the Stony Brook University Seawolves just can't be beat. Visit the Web site to find great seats and the schedule: [www.goseawolves.cstv.com](http://www.goseawolves.cstv.com)



#### Belmont Racetrack

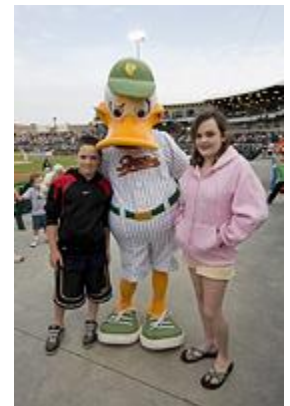
After the Preakness and the Kentucky Derby comes the Belmont Stakes race at the Belmont—Long Island's own thoroughbred track. Magnificent horses are raced at this century-old track during the spring and early summer, and again from Labor Day through mid October. [www.nyra.com](http://www.nyra.com)

#### New York Islanders Hockey

The New York Islanders is Long Island's own professional hockey team. Based in Uniondale, this exciting team has won four consecutive Stanley Cup championships, and has eight members in the Hockey Hall of Fame. [www.newyorkislanders.com](http://www.newyorkislanders.com)

#### Long Island Ducks

A great baseball experience close to home is what the family-friendly Long Island Ducks are all about. Besides terrific team playing from a well-rounded professional team, great views from every seat, and the high jinks of team mascot Quacker Jack, fans can also enjoy plenty of on and off field entertainment including giveaways, fan versus fan competitions, trivia contests, and carnival style amusements. Founded in 1998, the Ducks are a member of the Atlantic League of Professional Baseball, playing their home games in Citibank Park in Central Islip. [www.liducks.com](http://www.liducks.com)



#### New York Mets

Now in their beautiful new home, CitiField, in Queens, NY, the New York Mets, playing since the early 1960s, continue to excite loyal and new fans alike with their unwavering passion and winning ways. [www.mets.mlb.com](http://www.mets.mlb.com)

#### New York Yankees

The 2009 World Series Champions, Yankees, are one of America's most successful sports franchises, achieving 27 World Series Championships and 40 American League pennants. In the new Yankee Stadium, built in 2009, the team continues to be one of New York's best-loved attractions. [www.yankees.mlb.com](http://www.yankees.mlb.com)

#### New York Knicks

Since their debut in 1946, the New York Knickerbockers have thrilled sports fans with powerful players, incredible coaching, and numerous championships. The team's home base is Madison Square Garden, considered by many to be the world's most famous sports arena. [www.nba.com/knicks](http://www.nba.com/knicks)

## Exceptional Arts Venues

Close by...

### Staller Center for the Arts

Located on the Stony Brook University campus, the Staller Center for the Arts presents an ever-expanding schedule of live music, dance, theater, and fine art exhibitions in its five theaters and 5,000 square foot University Art Gallery. Over 50 professional performances, as well as approximately 450 events generated by the Departments of [Art](#), [Theater Arts](#), and [Music](#), are part of the Staller Center season and are supplemented by those outside presenters such as the [Long Island Philharmonic](#) and the [Seiskaya Ballet](#), which presents *The Nutcracker*.

[www.staller.sunysb.edu/](http://www.staller.sunysb.edu/)



### A short drive away...

The light, serenity and beauty of Long Island have attracted artists and their admirers for decades. The Island is peppered with galleries and museums featuring paintings, photos, crafts, and other works by world famous artists as well as emerging talent.

For a listing of galleries: [www.citidexli.com/2504.htm](http://www.citidexli.com/2504.htm)

For a listing of museums: [www.longisland.com/museums](http://www.longisland.com/museums)

Or venture into New York City, home to some of the most famous museums, theaters, and arts centers in the world. Here's just a sampling of the many options you can explore along with links for more detail:

The Metropolitan Museum of Art [www.metmuseum.org](http://www.metmuseum.org)

The Guggenheim Museum [www.guggenheim.org](http://www.guggenheim.org)

The Museum of Modern Art [www.moma.org](http://www.moma.org)

The Jewish Museum [www.jewishmuseum.org](http://www.jewishmuseum.org)

Museum of Chinese in America [www.mocanyc.org](http://www.mocanyc.org)

American Museum of Natural History [www.amnh.org](http://www.amnh.org)

American Folk Art Museum [www.folkartmuseum.org](http://www.folkartmuseum.org)

Tenement Museum [www.tenement.org](http://www.tenement.org)

Whitney Museum of American Art [www.whitney.org](http://www.whitney.org)

El Museo del Barrio [www.elmuseo.org](http://www.elmuseo.org)

The Studio Museum in Harlem [www.studiomuseum.org](http://www.studiomuseum.org)

Asia Society [www.asiasociety.org](http://www.asiasociety.org)

South Street Seaport [www.southstreetseaport.com](http://www.southstreetseaport.com)

Brooklyn Museum [www.brooklynmuseum.org](http://www.brooklynmuseum.org)

Children's Museum of Manhattan [www.cmom.org](http://www.cmom.org)

International Center of Photography [www.icp.org](http://www.icp.org)

Lincoln Center for the Performing Arts [www.lincolncenter.org](http://www.lincolncenter.org)

Broadway and Off-Broadway Shows [www.tdf.org](http://www.tdf.org)

## Shopping

Close by...

### Tanger Outlets

For fabulous finds from your favorite stores at excellent discounts take a trip to the Tanger Outlets. There are two locations right on Long Island—one in Riverhead, the other in Deer Park. [www.tangeroutlet.com](http://www.tangeroutlet.com)



A short drive away...

### Smith Haven Mall

Just a short distance from Stony Brook, the Smith Haven Mall in Lake Grove is a shopper's paradise, with more than 140 stores that meet all your shopping needs. [www.simon.com/Mall/?id=103](http://www.simon.com/Mall/?id=103)

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## Great Neighborhoods

### Greenport Village

The Village of Greenport is nestled within Southold Town. The village is steeped in history including being one of the oldest whaling and ship building villages as well as notable hotspots where during prohibition, Claudio's Family Restaurant was a main hub for rum running under its docks. [www.villageofgreenport.org](http://www.villageofgreenport.org)



### Sag Harbor

The Village of Sag Harbor is also known for its vast history in the fishing and whaling industry. Sag Harbor was known as the first port of entry to the United States.

[www.sagharborny.gov](http://www.sagharborny.gov)

### Stony Brook Village

A charming, quaint community, Stony Brook Village is filled with shops, lovely restaurants, parks, lodging, cultural activities, and even an historic grist mill. [www.stonybrookvillage.com](http://www.stonybrookvillage.com)



### Port Jefferson

One of the most picturesque of waterside villages to be found on Long Island, Port Jefferson is known for its many historic buildings housing wonderful shops and restaurants, an easy going lifestyle, and mid-Island convenience. [www.portjeff.com/](http://www.portjeff.com/)

## And more...

### Incredible Music

Music lovers can indulge in virtually every genre throughout the Island. You can catch well-known rock bands at Jones Beach, enjoy classical music performances by the Long Island Philharmonic, and find venues for everything from pop to jazz to alternative to ska.



### The Lure of the Hamptons

Known for magnificent homes, soft white sand beaches, and celebrity sightings, the Hamptons are a tourist attraction as well as a weekend destination for city dwellers. A series of towns, the Hamptons feature fine restaurants, small town squares, exceptional art galleries, trendy boutiques, and plenty of great people-watching.

### Award-Winning Wineries

Thousands of miles from Napa, France, and Italy, some of the world's most promising wineries have emerged on the shores of Long Island. Though less than 35 years old, the Long Island wine industry has grown from a single vineyard to more than 30 wineries offering world-class wines, along with enjoyable tours and tastings.



### The Magic of Manhattan

Just 59 miles from Stony Brook is Manhattan, part of the most famous, most-visited city on the planet. Though a small island, just 23.7 square miles in size, Manhattan is exceptionally urbanized, offering visitors a diverse array of restaurants, entertainment options, museums, parks, sports venues, shopping choices, and sightseeing opportunities.



From the art galleries and boutiques of Soho and Tribeca, to the fascinating streets of Chinatown and Little Italy, to the upscale shops of Madison Avenue, to the quiet family neighborhoods of the upper West and East sides, to the historic beauty of Harlem, Manhattan is a fascinating microcosm filled with people and places representing virtually every country in the world.