

At the Beach in CNY!

Summer is in full swing here in Central New York! Get outside while the weather is nice and take part in recreational and relaxing activities at some of these local beaches. Just don't forget to pack your beach bag before you head out!

Did You Know?

The longest beach in the world, located in Brazil, stretches almost 160 miles.



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Locations

Green Lakes State Park **7900 Green Lakes Road,** **Fayetteville, NY 13066**

Green Lakes State Park is a beautiful setting that is home to rare lakes, old growth forests, and aquatic habitats. Its two glacial lakes provide an excellent backdrop for a day of swimming and kayaking. The park also has an 18-hole golf course and extensive trails for biking and hiking.



Jamesville Beach Park **3992 Apulia Road,** **Jamesville, NY 13078**

Spend a summer day at Jamesville Beach Park, relaxing along a beautiful stretch of waterfront. When it's warm, hit the water for swimming, canoeing, or kayaking. Prefer land? Enjoy disc golf, hiking, and volleyball. With picnic areas and playgrounds, it's a great spot for a fun, active day trip.



Long Lake Public Beach **1258 Main Street,** **Long Lake, NY 12847**

Plan a summer getaway to the Adirondacks and spend the day on a beach with unparalleled views of the Seward Mountain Range. This spot offers plenty of fun, including a mini-trampoline, slide, rope swings on the swim dock, and even free swimming lessons!



Plattsburgh City Beach **4 Beach Road,** **Plattsburgh, NY 12901**

This scenic freshwater beach features designated swimming areas, a nature trail, picnic spots, and even a dog park—making it the perfect place for a fun-filled day in the sun. Need a break from the beach? Head over to the stage to enjoy community events and live performances.



Southwick Beach State Park
8119 Southwicks Place,
Henderson, NY 13650

Enjoy a full day of swimming, hiking, and picnicking at Southwick Beach State Park! With its long sandy shoreline, scenic nature trails, spacious campground, playground, and shaded picnic areas, it's the perfect spot for a relaxing and fun-filled summer outing with family and friends.



Verona Beach State Park
6541 Lakeshore Road South,
Verona Beach, NY 13162

Verona Beach State Park is a picnicking paradise! Check out the shaded picnic and campground areas, complete with a beautiful view of Oneida Lake. As one of the most diverse aquatic habitats in the region, this location offers prime wildlife sightseeing during a hike on the nature trail.



What to Pack

☐ Blankets & Towels

Whether you're going to swim the day away or plan on soaking in the sun while laying in the sand, a beach blanket or towel is a must!

☐ Chairs & Umbrellas

Sometimes it's nice to sit in the sand, but why not make your beach day more comfortable with a beach chair? Plus, pack an umbrella to protect yourself from the sun for total relaxation.

☐ Cooler

Remember to keep your snacks and drinks cold this summer! Having a cooler on hand will keep your food fresh. Don't forget to include some ice packs!

☐ First Aid Kit

While beach days are exciting, there is room for minor injuries to take place. Even though lifeguards can help, it's always best to bring a first aid kit along to help treat cuts, scrapes, and burns.

☐ Sunscreen

Sunscreen is one of the most important things to pack when you're going to the beach. Never underestimate the sun... even on a cloudy day!



Watermelon Feta Salad

6-8 Servings

This watermelon feta salad recipe combines juicy watermelon and fragrant cheese—great for a cookout or as a side dish.

Ingredients

- 6 cups cubed watermelon
- 1 cup crumbled feta cheese
- ¼ cup thinly sliced red onion
- ¼ cup chopped fresh mint
- ¼ cup fresh lime juice
- 1 tbsp extra-virgin olive oil

Directions

1. Combine watermelon, feta cheese, red onion, and mint in a large bowl.
2. Pour the lime juice and olive oil over the watermelon mixture and toss gently to coat.
3. Serve immediately.

Foodie-guide

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