

Mt. Sinai

Little Portion Friary

48 Old Post Road

473-0553

Open during daylight hours with no charge. Each month the brothers host a torchlight walk on or near the night of full moon. The event begins with a potluck meal, at about 7pm.

http://www.s-s-f.org/houses_lpf.htm

Stony Brook Village

Avalon Gardens

Avalon Gardens is a privately owned garden and preserve in Stony Brook that is open to the public. It is owned and administered by the Paul Simons foundation in memory of Paul Simons, a local resident and outdoor enthusiast. There is an entrance located next to the pond directly across the street from the **Stony Brook Grist Mill**. To get there from 25A, make the turn onto Main Street toward Old Stony Brook Village (turn near the Carriage Museum) then make a left past the pond (the Grist Mill will be on the right after the turn). <http://www.northshorewx.com/hiking.asp>

Stony Brook University

Red Dragon Labyrinth

The seven-tier labyrinth, located by Mendelsohn Quad near the woods northeast of Stony Brook Union, was dedicated to the campus in 2004 and designed to help users achieve balance and perspective as they walk the 54 feet of interwoven circles. The labyrinth was sponsored by the United University Professions, the Protestant Campus Ministry, Radiation Protection Services, and University Hospital's Department of Nuclear Medicine. Each year, the Department of Campus Recreation offers classes in meditative walking.