

## LAKE PLACID, NEW YORK

### 5K Directions

Lake Placid Visitors Bureau  
2608 Main St  
Lake Placid, NY 12946  
(518) 523-2445

**Directions to Start Point:** From I-87, take exit 30 to US 9. Left on US 9N for 2.2 miles. Slight left onto NY 73W for 27 miles. Left onto Main St. (NY 86) for 0.4 mi to start point on the left. Open: M-F 8 - 5, Sa-Su 9 - 4. Restrooms available. Call Visitors Center for current conditions.

**Special Programs:** *Par for the Course, Step to the Beat, Town Halls/City Halls, Walk With American Veterans.*

**Route Ratings:** 5k - 1A, suitable for wheelchairs/strollers.

These maps & directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

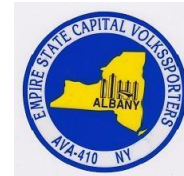
**For immediate emergency assistance call 911**

POC: Wayne C. Knapp, 518-469-7298, WayneCKnapp@gmail.com

1. **EXIT** the Lake Placid Visitors Bureau and face Main St. (NY 86)
2. **RIGHT** on Main St. to the far end of the Olympic Speed Skating oval on the right. Mirror Lake Dr is on the left. (*A block further down on the right is American Legion Post #326.*)
3. **CROSS** Main St at the crosswalk and walk along the left sidewalk of Mirror Lake Dr. (*Note the North Elba Town Hall across the street.*)
4. **CROSS** Parkside Dr and turn **LEFT**. Look for the toboggan chute.
5. **RIGHT** under the toboggan chute and walk past the beach (*Par for the course*).
6. **LEFT** on Mirror Lake Dr and circle the entire lake counterclockwise, heading back to the village.
7. At Saranac Ave., Mirror Lake Dr. becomes Main Street. **CONTINUE** along the left side of Main Street and enjoy the shops and restaurants on both sides of Main St. for several blocks. (*Zig Zags Pub [Step to the Beat] at #2528.*)
8. **LOOK** for a crosswalk just before the Adirondack Community Church.
9. **RIGHT** to cross Main St at the crosswalk.
10. **LEFT** on Main St to finish.

Upon completion of your walk, be sure to return to the Online Start Box at [my.ava.org](http://my.ava.org) in order to Finish/Complete your walk and receive credit for Event, Distance and Special Programs.





## LAKE PLACID, NEW YORK

### 10K Directions

Lake Placid Visitors Bureau  
2608 Main St  
Lake Placid, NY 12946  
(518) 523-2445

**Directions to Start Point:** From I-87, take exit 30 to US 9. Left on US 9N for 2.2 miles. Slight left onto NY 73W for 27 miles. Left onto Main St. (NY 86) for 0.4 mi to start point on the left. Open: M-F 8-5, Sa-Su 9-4. Restrooms available. Call Visitors Center for current conditions.

**Special Programs:** *Par for the Course, Step to the Beat, Town Halls/City Halls, Walk With American Veterans.*

**Route Ratings:** 10k - 2C, not suitable for wheelchairs/strollers

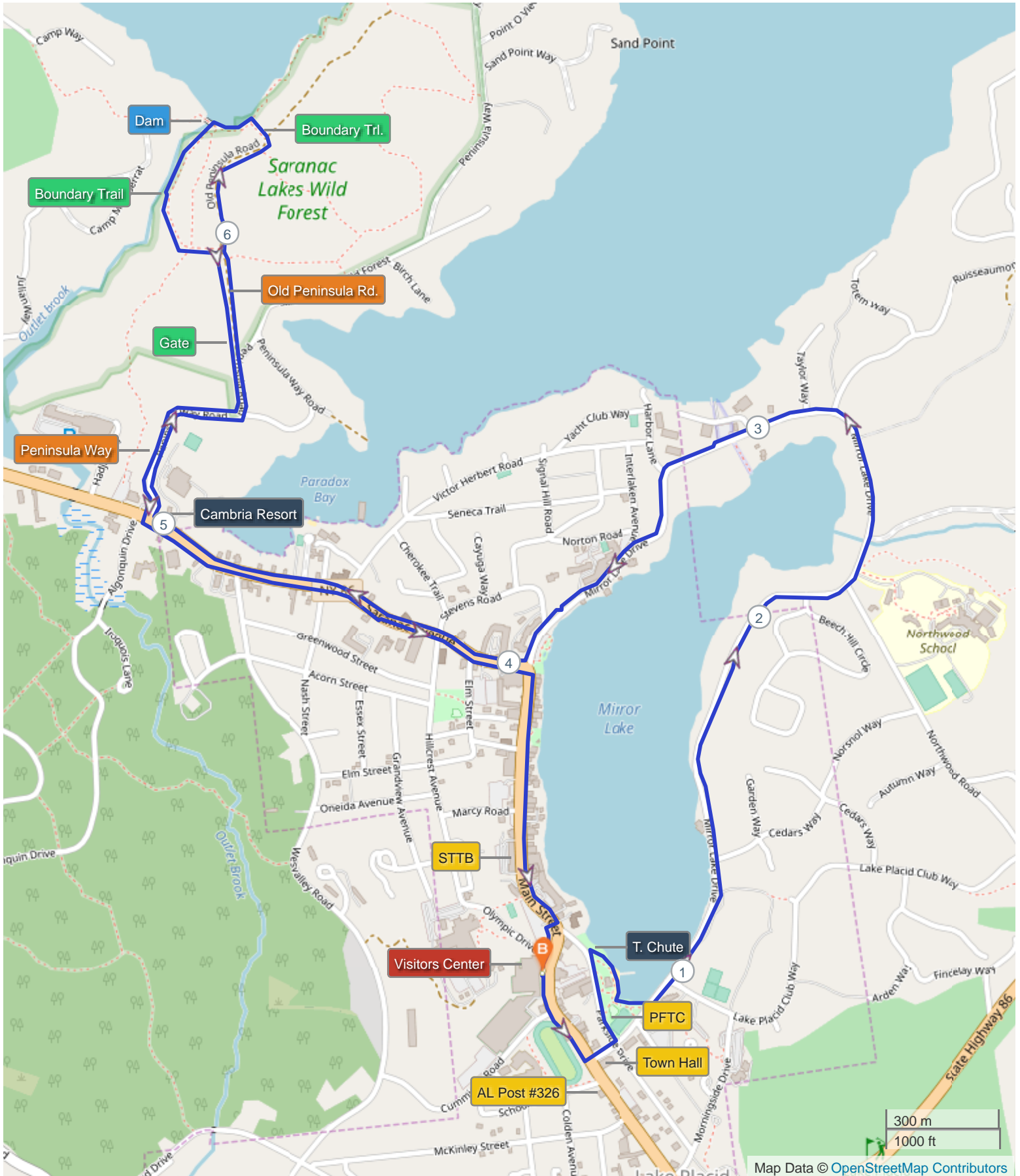
1. **EXIT** the Lake Placid Visitors Center and face Main St.
2. **RIGHT** on Main St to Mirror Lake Dr  
(a block further on the right is AL Post #326).
3. **CROSS** Main St and walk along the left side of Mirror Lake Dr. (Town Hall across St)
4. **CROSS** Parkside Dr. and turn **LEFT** to slide.
5. **RIGHT** under the toboggan chute and walk past the beach and playground (Par for the Course).
6. **LEFT** on Mirror Lake Drive for 3k, rounding 75% of the lake.
7. **RIGHT** on Saranac Ave crosswalk for 1k and pass the Cambria Resort on the right.
8. **RIGHT** on Peninsula Way.
9. **CONTINUE** on Peninsula Way as it curves right and left and onto a rubble road that leads to a sign "Saranac Lake Wild Forest and Brewster Peninsula Nature Trails."
10. **WALK** past a gate that leads to the trails.
11. **STRAIGHT** on Old Peninsula Rd, passing Ridge Trail on the right (no sign), Boundary Trail on the left, then Ridge Trail (spur) on the right.
12. **Immediate LEFT** on Boundary Trail towards Lake Placid. This is a short downhill section with roots and rocks. When reaching the lake, stay **LEFT** on Boundary Trail for a short 0.1k until just before a bridge and dam.
13. **LEFT** past a "private land" sign, bearing right at a V to remain on Boundary Trail along the left side of a creek to Jack Rabbit Trail.
14. **CROSS** Jack Rabbit Trail and continue **STRAIGHT** on Boundary Trail to a T at Old Peninsula Rd.
15. **RIGHT** on Old Peninsula Rd back through the gate and continue along Peninsula Way back to Saranac Ave.
16. **LEFT** on Saranac Ave for 1k back towards Mirror Lake Dr/Main St.
17. **CROSS** Mirror Lake Dr/Main St at the crosswalk.
18. **RIGHT** on Main Street. Enjoy the shops and restaurants on both sides for several blocks, before returning to the start/finish. (Zig Zags Pub [Step to the Beat] at #2528)

**Please be sure to return to the Finish/Complete tab of the [my.ava.org](http://my.ava.org) Online Start Box, in order to receive Event, Distance and Special Programs credit for this walk.**

**These directions and maps may only be used in conjunction with a signed America's Walking Club athletic waiver.**

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# Lake Placid 10k Map



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Rev 07.31.24 wck