

## Saratoga Spa State Park, NY - 5 & 10K Walks And Winter Sports (Snowshoe/Cross Country Ski) Opportunity

The 5K and 10K walks are both rated 1B.

**Starting Point:** Saratoga Spa Golf Course Parking Lot  
60 Roosevelt Drive  
Saratoga Springs, NY 12866

**DIRECTIONS TO START POINT:** Saratoga Spa State Park is located on the south side of Saratoga Springs approximately 36 miles north of Albany, New York. The walks are available daily from dawn to dusk. NOTE: If coming from the South, Schenectady or Scotia, some GPS systems will direct you to turn into the park on East-West Rd. However, to avoid paying a \$10 park entrance fee, continue on Route 9 North for an additional 1.6 miles and turn left on Avenue of the Pines to enter the park as described in the directions below. Likewise, if coming from Scotia/Schenectady continue north on Rt. 50 for approximately 0.7 miles and turn right on Avenue of the Pines to enter the park as described in the directions below.

**Starting Point for Winter Sports:** Saratoga Spa State Park Warming Hut parking area is suggested. The Warming Hut parking area is located on the south side of Avenue of the Pines <0.1 miles from the main Route 9 park entrance There are other parking areas available, please refer to the winter sports map included in the packet.

**From the South:** Take the Adirondack Northway (Interstate-87) North. Use Exit 13N and continue North on Route 9 for approximately 3 miles. Left at the traffic light at the Main Entrance to Saratoga Spa State Park. Proceed on Avenue of the Pines to first left before Y intersection. Turn left onto Roosevelt Dr. and continue around the Park Administrative offices and Spa Little Theater. Turn left into parking lot for Saratoga Spa Golf Course and Victoria Pool.

**From the North:** Take the Adirondack Northway (Interstate-87) South. Get off at Exit 14 and go West on Route 9P (Union Ave.) to Circular St., left on Circular St. to Route 9 (Holiday Inn on right). Left (south) on Route 9 (South Broadway) approximately 3/4 mile to Main Entrance (traffic light) to the Saratoga Spa State Park. Turn right at traffic light onto Avenue of the Pines. Continue using From the South directions.

**From Scotia/Schenectady:** Take Route 50 north through Ballston Spa and after road becomes divided highway turn right at third traffic light, Main Entrance to Saratoga Spa State Park. Proceed on Avenue of the Pines to where road splits, bear right to Roosevelt Dr. (stop sign). Right on Roosevelt Dr. and continue around the Park Administrative offices and Spa Little Theater. Turn left into parking lot for Saratoga Spa Golf Course and Victoria Pool.

**From the West:** Take Route 29 east towards Saratoga Springs. Right onto West Ave. (traffic light). At the end of West Ave. turn left onto Route 50. Next left at the traffic light, Main Entrance for the Saratoga Spa State Park, Avenue of the Pines. Continue using the From Scotia/Schenectady directions.

**Course Description:** **Rated 1B**, the mostly gentle terrain of the Spa State Park with its arched promenades offers mostly easy walking and winter sports with a few gradual hills. There is a 5k minimum distance for skiing and no minimum distance for snowshoeing. Saratoga Spa Park is a National Historic Landmark known for its cultural diversity. The glorious setting includes the only spouting geyser east of the Mississippi, natural mineral springs, and its mile-long Avenue of the Pines. It is home to the National Museum of Dance, Lincoln Mineral Bath, Gideon Putnam Hotel, (View Link to history of Gideon Putnam <https://www.gideonputnam.com/plan-your-trip/explore-region/gideon-putnam-history/>) the Saratoga Automobile Museum, the Saratoga Performing Arts Center (SPAC - summer home of the NYC Ballet & Philadelphia Orchestra), and the Hall of Springs.

The following map & 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: Larry Godshalk Phone: (518) 878-4596

E-mail: [spaparkwalk@walkescv.org](mailto:spaparkwalk@walkescv.org)

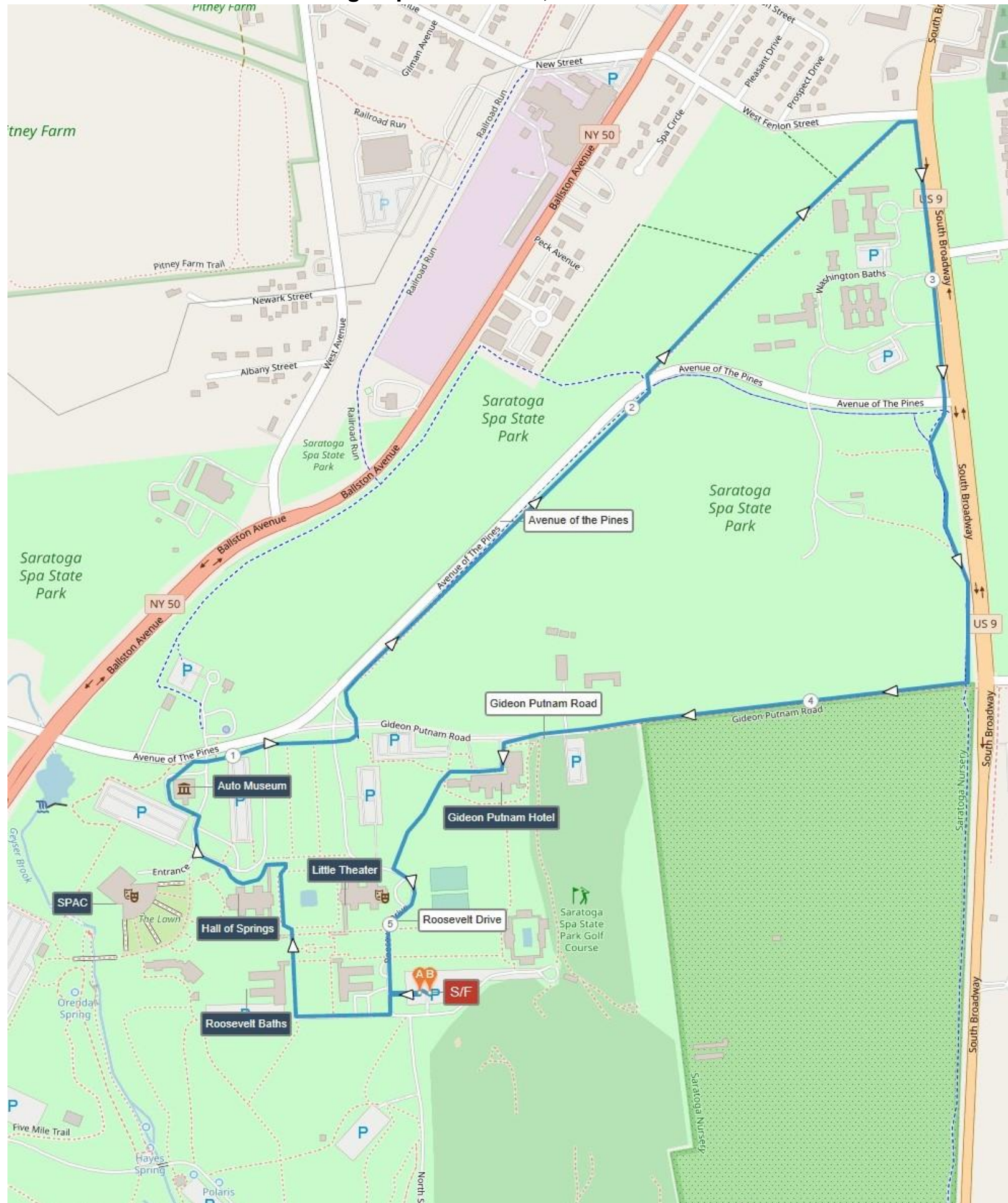
## Saratoga Spa State Park, NY - 5K Walk

1. **EXIT** the golf course parking lot to Roosevelt Dr. (Par for the Course)
2. **LEFT** on Roosevelt Dr. to stop sign.
3. **RIGHT** on Roosevelt Ext. past the first row of buildings on the right to the next row of buildings.
4. **RIGHT** on the paved/gravel path just before the Roosevelt Baths & Spa sign. Continue on the path alongside the arched promenades.
5. **LEFT** at the third portico; it's the one after the flagpole on the right.
6. **WALK** up the steps thru the portico, down the steps past the main entrance of the Hall of Springs Banquet Facility
7. **CONTINUE** on the sidewalk past the turnstiles (rear entrance) of the Saratoga Performing Arts Center (SPAC) to the gated driveway entrance to SPAC on your left.
8. **RIGHT** diagonally across the roadway and proceed on diagonal roadway to the back of the Saratoga Automobile Museum.  
*This building was the former New York State Bottling Plant.*
9. **CONTINUE** clockwise around to the front of the museum.
10. **RIGHT** onto sidewalk in front of the museum.
11. After passing the front of the museum **CONTINUE** on sidewalk/path crossing three roads.  
*Another outlet for State Seal Spring Water is across the road in a small pavilion. Many locals visit regularly to fill jugs for home use*
12. After crossing Roosevelt Dr. follow sidewalk as it curves **LEFT** to Gideon Putnam Rd.
13. **CROSS** Gideon Putnam Rd. using crosswalk.
14. **CONTINUE** on sidewalk as it curves to the **RIGHT** along Avenue of the Pines.
15. **CONTINUE** on sidewalk until you reach a bend in the road and a crosswalk on your left.
16. **LEFT** to cross Avenue of the Pines. The sidewalk immediately ends at a T.
17. **RIGHT at the T** onto a wide gravel path lined with streetlamps.
18. **CONTINUE** on path to Route 9/South Broadway.
19. **RIGHT** on Route 9 sidewalk past National Museum of Dance and Lincoln Baths. Walk to the traffic light and a crosswalk at the park entrance.
20. **CROSS** this entrance road to the Spa Park (Avenue of the Pines).  
*Note the beautiful gardens on each side of the entrance.*
21. **CONTINUE** on walkway that passes between the entrance gardens. As you continue on this path Route 9 will be on your left and the golf course will be on your right.
22. **RIGHT** at the intersection with blocked road (Gideon Putnam Rd.) Looking to your left you will see a traffic signal on Route 9.
23. **CONTINUE** on roadway/path onto the sidewalk that begins just before the Gideon Putnam Hotel. Note the charging stations for electric cars along the sidewalk.
24. **LEFT** on the curved sidewalk that parallels the circular driveway and continue past the entrance to the Gideon Putnam. (Anniversary Hurrah!) (Restrooms inside, when open).
25. Next **LEFT** on sidewalk along front of the building to the end of the building. Several paths branch out from this point.
26. **LEFT** on the path (approximate 10:00 position) which leads to the Spa Little Theater, the building with six columns on Roosevelt Dr. (no sign).(Step to the Beat)
27. **LEFT** on Roosevelt Dr. (in front of Little Spa Theater)
28. **LEFT** into parking lot and Start Point.

SPECIAL PROGRAMS		
Par for the Course	Anniversary Hurrah!	Step to the Beat

**AFTER YOUR EVENT:** Be sure to log back into the OSB system to 'finish/complete' your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable Special Programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying-for-credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

# Saratoga Spa State Park, NY - 5K Walk



## Saratoga Spa State Park, NY - 10K Walk

1. **EXIT** the parking lot by the golf course, the road is Roosevelt Dr. (*Par for the Course*)
2. **LEFT** on Roosevelt Dr. and walk straight towards the Pro Shop. There is a brick building on the left.
3. **LEFT** immediately at the end of the building and look for some steps. Take a few minutes to climb up the steps and view the iconic Victoria Pool. If gates are open, use the promenade to circle the pool. When finished, descend the same steps and return to Roosevelt Dr.
4. **RETRACE** your steps on Roosevelt Dr. to the first road on your left (North-South Rd.)
5. **LEFT** on North-South Rd. past the toll booth and past the driveway to Ferndell Pavilion.
6. **RIGHT** on the paved/gravel path down through a geological fault to enter the lower portion of the park.
7. **LEFT** at the end of this path onto a road known as the Geyser Loop Road to the end where it intersects with the East-West Rd. (no sign)
8. **RIGHT** on East-West Road, continue past the large Peerless Pool parking lot.
9. **RIGHT** on Geyser Loop Rd/Picnic Loop Road. Follow this road downhill to just before the bridge.
10. **LEFT** on the sidewalk before the bridge, keep the pavilion on your right. Continue straight on sidewalk passing under a bridge (It's the pedestrian bridge from the parking area and Box Office to the grounds of SPAC.) Look for the steps on your right.
11. **RIGHT** down the steps.
12. **RIGHT** on path at bottom of steps. Follow the path keeping Geyser Creek on your left until it returns to the park road and the bridge. There are several informational signs to read.
13. **LEFT** onto the road and cross the bridge. Note the following points of interest:

*Look for the Hayes Mineral Spring where you can partake in the legendary healing waters. From this point you can view the only spouter east of the Mississippi.*

*Across the road is the State Seal water. It has pure, uncarbonated water; one of the first to be sold commercially. The building next to it has restrooms and the Creekside Classroom, a four-season environmental education center.*
14. **LEFT** onto a wide, uphill dirt path as the vehicle road curves to the right. This path leads to the rear parking lot of the Saratoga Performing Arts Center.
15. **RIGHT** through the parking lot walking past the grounds of the Saratoga Performing Arts Center. Look for the Roosevelt Mineral Baths building.
16. **LEFT** on the paved/gravel path just after the Roosevelt Baths & Spa sign. Continue on the path alongside the arched promenades.
17. **LEFT** at the third portico; it's the one after the flagpole on the right.
18. **WALK** up the steps thru the portico, down the steps past the main entrance of the Hall of Springs Banquet Facility
19. **CONTINUE** on the sidewalk past the turnstiles (rear entrance) of the Saratoga Performing Arts Center (SPAC) to the gated driveway entrance to SPAC on your left. (*Step to the Beat*)
20. **RIGHT** diagonally across the roadway and proceed on diagonal roadway to the back of the Saratoga Automobile Museum.

*This building was the former New York State Bottling Plant.*
21. **CONTINUE** clockwise around to the front of the museum.
22. **RIGHT** onto sidewalk in front of the museum.

## Saratoga Spa State Park, NY - 10K Walk

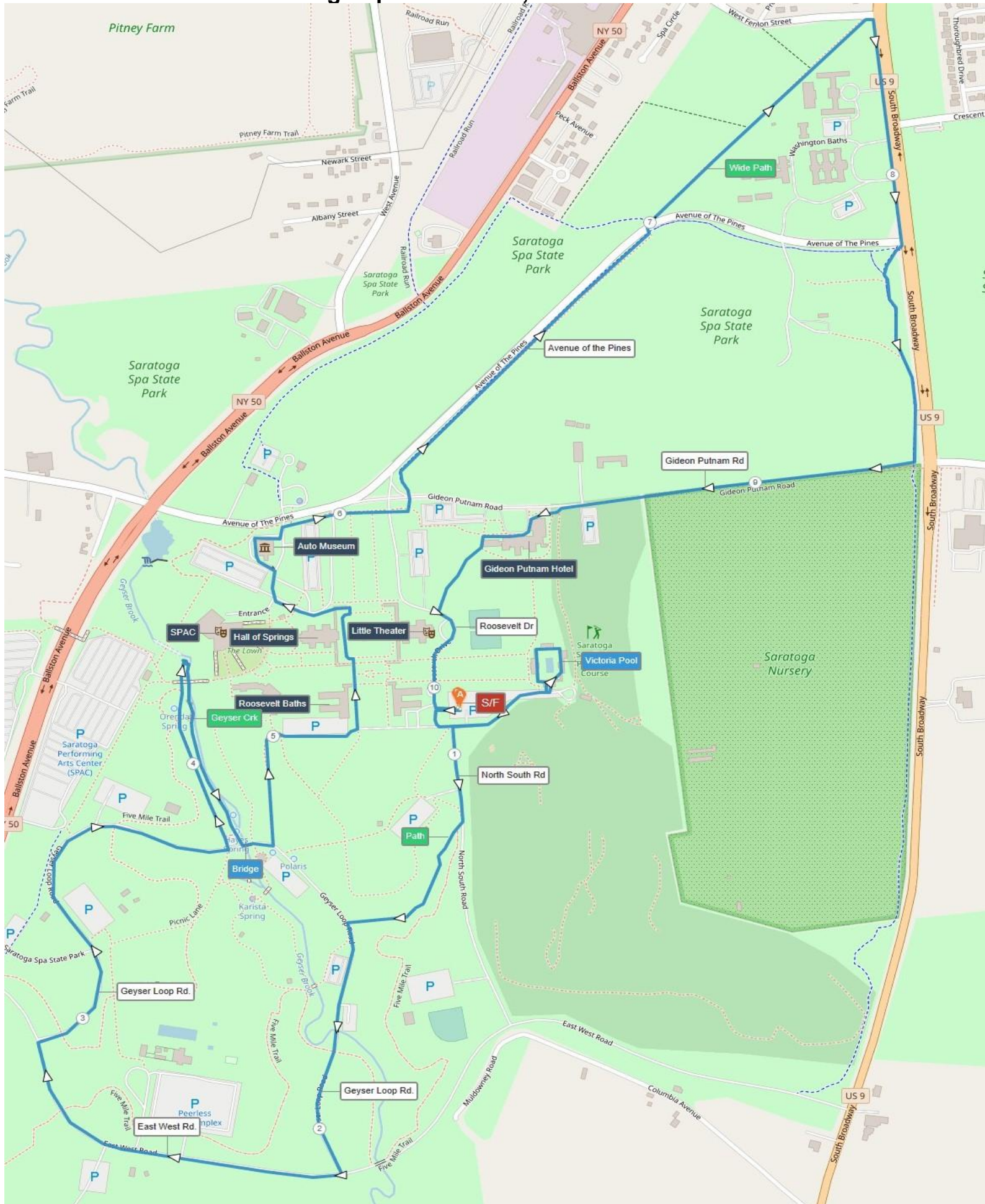
23. After passing the front of the museum **CONTINUE** on sidewalk/path crossing three roads.
24. After crossing Roosevelt Dr. follow sidewalk as it curves **LEFT** to Gideon Putnam Rd.
25. **CROSS** Gideon Putnam Rd. using crosswalk.
26. **CONTINUE** on sidewalk as it curves to the **RIGHT** along Avenue of the Pines.
27. **CONTINUE** on sidewalk until you reach a bend in the road and a crosswalk on your left.
28. **LEFT** to cross the Avenue of the Pines. The sidewalk immediately ends at a T.
29. **RIGHT** at the T onto a wide gravel path lined with streetlamps.
30. **CONTINUE** on path to Route 9/South Broadway.
31. **RIGHT** on Route 9 sidewalk past National Museum of Dance and Lincoln Baths. Walk to the traffic light and a crosswalk at the park entrance road.
32. **CROSS** this entrance road to the Spa Park (Avenue of the Pines).
33. **CONTINUE** on the walkway that passes between the entrance gardens. As you continue on this path, Route 9 will be on your left and the golf course will be on your right.
34. **RIGHT** at the intersection with the blocked road (Gideon Putnam Rd.) Looking to your left you will see a traffic signal on Route 9.
35. **CONTINUE** on roadway/path onto the sidewalk that begins just before the Gideon Putnam Hotel. Note the charging stations for electric cars along the sidewalk.
36. **LEFT** on the curved sidewalk that parallels the circular driveway and continue past the entrance to the Gideon Putnam. (*Anniversary Hurrah!*) (*Restrooms* inside, when open).
37. Next **LEFT** on sidewalk along front of the building to the end of the building. Several paths branch out from this point.
38. **LEFT** on the path (approximate 10:00 position) which leads to the Spa Little Theater, the building with six columns located on Roosevelt Dr. (no sign).
39. **LEFT** on Roosevelt Dr. (in front of Little Spa Theater)
40. **LEFT** into parking lot and Start Point.

*Note the beautiful gardens on each side of the entrance.*

<b>SPECIAL PROGRAMS</b>		
Par for the Course	Step to the Beat	Anniversary Hurrah!

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# Saratoga Spa State Park, NY - 10K Walk



# Saratoga Spa State Park

## Cross Country Ski Trails

19 Roosevelt Drive, Saratoga Springs, NY 12866

Park Office: (518) 584 - 2535  
 Regional Office: (518) 584 - 2000  
 Park Police: (518) 584 - 2004



New York State  
 Parks, Recreation and  
 Historic Preservation

### Features

- XC Ski Trail
- Road
- Highway
- Saratoga Spa State Park
- Building
- Grass Parking
- Paved Parking
- Water
- Wetland
- Parking
- Trailhead
- Skating Rink
- Restrooms
- Warming Hut
- Gate
- Ski Trail - Easy
- Ski Trail - Hard

### Mineral Springs

- |                         |                      |
|-------------------------|----------------------|
| <b>1</b> State Seal     | <b>7</b> Polaris     |
| <b>2</b> Charlie        | <b>8</b> #5          |
| <b>3</b> Orenda         | <b>9</b> Ferndell    |
| <b>4</b> Island Spouter | <b>10</b> Karista    |
| <b>5</b> Hayes          | <b>11</b> Coesa      |
| <b>6</b> State Seal     | <b>12</b> Hathorn #3 |
|                         | <b>13</b> Shonts     |

### Buildings #

- |                               |                                   |
|-------------------------------|-----------------------------------|
| <b>1-</b> Warming Hut         | <b>7-</b> Roosevelt Bath House I  |
| <b>2-</b> Gideon Putnam Hotel | <b>8-</b> Roosevelt Bath House II |
| <b>3-</b> Auto Museum         | <b>9-</b> Victoria Pool           |
| <b>4-</b> SPAC                | <b>10-</b> Ferndell Pavillion     |
| <b>5-</b> Hall of Springs     | <b>11-</b> Colombia Pavillion     |
| <b>6-</b> Park Office         | <b>12-</b> Peerless Pool          |



Please be considerate of other park users.  
 Please report any accident or incident immediately to park police.  
 All boundaries and trails are shown as approximate.  
 Be aware of changing trail conditions.  
 Pets are not permitted on groomed trails.  
 Snow shoes are available for rental at the Administration Building.  
 Many park roads are not plowed or open during the winter.  
 Parking is available in lots denotated according to the legend.

Map produced by NYSOPRHP GIS Bureau, April 15, 2022.