

Saratoga Springs City Walk, NY

A 6K walk and an 11K walk are available and they are both rated **1A**.

Starting Point: Four Seasons Natural Foods Phone: 518-584-4670
120 Henry St.
Saratoga Springs, NY 12866 Website: www.fourseasonsnaturalfoods.com

Four Seasons Natural Foods Store is open daily from 8 AM to 8 PM. Call ahead to verify hours during holidays. Restrooms are available at the Start Point and at many restaurants and stores, e.g. Price Chopper and Stewarts. Parking at the Store is reserved for customers only. Park on nearby streets, the large public parking garage on High Rock Ave. or any of the other public parking facilities downtown. Please note posted time limits as they vary.

DIRECTIONS TO START POINT: Saratoga Springs is located approximately 38 miles north of Albany NY.

From the South: Take I-87 North. Get off at Exit 13N, continue North on Rt. 9 towards Saratoga Springs. Stay on Rt. 9 (Broadway) for 4.4 miles to center of city. Turn right at Lake Ave. (Rt. 29). Henry St. is 3 blocks down. Turn left and Four Seasons is on the right.

From the North: Take I-87 South. Get off at Exit 15 and bear right onto Rt. 50/US 9 South. Go approx. 1.5 mile bearing left onto Broadway following Rt. 50/US 9. At Lake Ave. (Rt. 29) turn left. Henry St. is 3 blocks down. Turn left and Four Seasons is on the right.

Course Description: **Rated 1A:** Walk on city streets & sidewalks, passing many Victorian homes and shop fronts; past world-famous mineral springs; the 19th-century Canfield Casino & Italian Gardens in the city's park; the historic Thoroughbred Racecourse & National Racing Museum; and Skidmore College. The trail is suitable for wheelchairs & strollers, but some assistance may be required.

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.

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POC: LaVerne Stiles, 518-223-3750

E-mail: saratogawalk@walkescv.org

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1. **LEFT** from start point on Henry St to Lake Ave.
2. **RIGHT** on Lake, two blocks to Maple Ave at traffic light.
3. **LEFT** to cross Lake Ave, walk on Maple Ave two blocks to Phila St.
4. **RIGHT** on Phila St, up the hill to Broadway.
5. **LEFT** on Broadway, cross Spring St, passing small information booth, to path just before the large "Historic Casino Park" sign (main entrance).
6. **LEFT** onto path (**Left** at first Y), then follow path clockwise. Pass the Spirit of Life statue/pool, pass the carousel (keeping it to the right), proceed straight to the Italian Gardens/Triton Fountains. Continue to the Palladian circle, around sundial, down steps, alongside the creek, over footbridge.
7. **LEFT** before brick building (fish pond on the left) – **Right** in front of Canfield Casino (now a museum) to Historical Society sign, **left** to cross roadway, walk toward pavilion in the pond.
8. **CONTINUE** straight, passing the World War Memorial in the pond, follow path circling to the right, passing Deer Park Spring.
9. **CONTINUE** on path out of the park, back to Broadway.
10. **LEFT** on Broadway to Circular St.
11. **LEFT** on Circular St (note the opulent Batcheller Mansion on the right but do not cross), continue to first crosswalk with Park Pl on the opposite side.
12. **RIGHT** to cross Circular St and straight onto Park Pl, continue one block to Regent St.
13. **LEFT** on Regent St to Union Ave, cross Union Ave.
14. **RIGHT** on Union Ave to the National Museum of Racing & Hall of Fame, walk to the end of the museum.
15. **CONTINUE** on Union Ave to East Ave, **left** on East Ave to Fifth Ave.
16. **LEFT** on Fifth Ave, cross Nelson Ave, continue straight onto Phila St – Stay on Phila St crossing Court St, Regent St and Circular Street to Henry St.
17. **RIGHT** on Henry St to Lake Ave (**Finish 6K** – cross Lake Ave, straight on Henry St, back to S/F).
18. **CONTINUE 11K** – **Left** on Lake Ave to Broadway, cross Broadway, walk straight on Church St to Clinton St (traffic light).
19. **LEFT** on Clinton St to Division St.
20. **LEFT** on Division St to Broadway.
21. **LEFT** on Broadway, cross Church and Walton Streets to VanDam St – **Cross** VanDam St, continue straight on N Broadway to Greenfield Ave.
22. **LEFT** on Greenfield Ave to Woodlawn Ave.
23. **RIGHT** on Woodlawn Ave to First St.
24. **LEFT** on First St to State St.
25. **RIGHT** on State St to bend in the road – At bend, look for path on the left.
26. **LEFT** onto path, over scrolled footbridge, onto Skidmore College Campus.
27. **CROSS** Perimeter Rd, take path straight toward Haupt Pond (keep pond on left), continue on path curving left toward center of campus to Case Center building.
28. **ASCEND** two flights of stairs up Case Center, walk through portico (**restrooms side entrance**), exit portico, pass the glass-faced Scribner Library to "T".
29. **RIGHT** at "T" passing Bolton, Dana and Harder Halls, then slight right toward the flagpole – Cross Perimeter Rd, walk down asphalt path (between exit & entrance roads) back to N Broadway.

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- 30. RIGHT** on N Broadway and straight to Greenfield Ave.
- 31. LEFT** at Greenfield Ave, cross N Broadway onto Rock St – Straight on Rock St to the Routes 9 & 50 arterial – Cross arterial, continue on Rock St to Maple Ave.
- 32. LEFT** on Maple Ave for a short distance to lamp-lit path to the right, take path down to parking lot and to High Rock Ave.
- 33. RIGHT** on High Rock Ave to the beginning of High Rock Park.
- 34. CONTINUE** on High Rock Ave to York St (beginning of the municipal parking lot).
- 35. LEFT** to cross High Rock Ave onto York St, back to Henry St (Start/Finish).

SPECIAL PROGRAMS	
Carousels Across America	Walking with American Veterans
Rockin' Round the Clock	Walking the USA, A to Z

AFTER YOUR WALK, please be sure to log back into the OSB system to "finish/complete" your online registration after completing the walk. The OSB system does not deduct any walking fee from your Event Bank until you have submitted walk completion info including the date the event was walked; the distance walked; and the selection of applicable special programs you're participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from your Event Bank when the pdf is downloaded. Later, any pdf fee is credited back to your Event Bank when you submit the walk completion info as a paying-for-credit walker. Note, however, that the \$2 coupon for the downloaded pdf will expire in 60 days).

SARATOGA SPRINGS CITY WALK 11K & 6K

